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Band to
tour Europe

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Girls just
want to
have fun

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Taking
art to
the
State
Capitol

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PHOTOS COURTESY OF JESSE SCHAA

Fourth of July, honoring the birth of our nation, is the U.S. federal holiday celebrated with much anticipation. Local governments and organizations arrange festivities including parades, waving the flag, political speeches, and a grand displays of fireworks. It is also a time for families to get together and enjoy a picnic or barbeque on a day off from work.

Although Independence Day has been widely celebrated on July 4th, for years, many have disputed the official date of the declaration of independence from Great Britain. On July 2, 1776, the Continental Congress voted in favor of Virginia delegate Richard Henry Lee's motion calling



for independence. In a letter written by John Adams to his wife, he stated: "The second day of July 1776 will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival."

However, it was on July 4, 1776 when the final revision of the Declaration of Independence was approved. Since

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Recycled goods make unique creations in Transformations 2

SUBMITTED BY SUN GALLERY

Another hit art show is currently on display at the Sun Gallery in Hayward, this time featuring recycled and up-cycled works of art by over 20 local and international artists. "Transformations 2: Recycled and Up-cycled" includes mixed media pieces, sculpture, functional art, embroidery, textiles, photography, and collage.

Sun Gallery staff members Dorsi Diaz, Christine Bender, and volunteers Bethany Bender, Char Bender, and Heather Thompson worked together on the unique, hand-made Transformations show sign, creatively made out of found items, as a fun and whimsical in-

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Making lives better at George Mark Children's House

BY JOHNNA M. LAIRD

When Lt. Randy Brandt got the call, he was supervising traffic units on San Leandro streets. George Mark Children's House had a patient interested in seeing a motorcycle cop. Would it be possible? If one

motorcycle patrol officer was good, thought Brandt, what about a whole unit?

When he arrived with the unit, Brandt was expecting a small house—not a 15,000 square-foot state-of-the-art facility that bridges hospital-to-home care for children faced with life-limiting ill-

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Teams test their metal at the annual SWAT Fitness Challenge fundraiser.

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Learn to Prevent A Stroke

Attend Stroke 101

Do you know the symptoms of a stroke? If you or a friend or family member “just doesn’t feel right,” do you know what questions to ask and what to do?

Most of us don’t, and that’s why Washington Hospital is offering a free educational program, Stroke 101, from 6 to 8 p.m. on Tuesday, July 7. The program, led by Washington Hospital cardiologist and Stroke Program Director Dr. Ash Jain, and Stroke Coordinator Douglas Van Houten, will be held in Conrad E. Anderson M.D. Auditorium #B at Washington West, 2500 Mowry Avenue, Fremont. To register for the free seminar, call (800) 963-7070 or visit www.whhs.com.

Stroke is the leading cause of death in the United States and the leading cause of long-term disability — and it is 80 percent preventable, according to Dr. Ash Jain, cardiologist and medical director of the Washington Hospital Stroke Program.

The goal of Stroke 101 is to educate people about what a stroke is, how to prevent it, how to detect a

stroke when it happens and what to do when it occurs.

A stroke is damage to the brain that occurs when circulation to the brain is impaired, usually from a blood clot or ruptured blood vessel. “The degree of the patient’s disability is determined by how big the stroke is and what part of the brain is affected,” Dr. Jain explained.

Disability is defined as difficulty speaking and communicating, difficulty using one’s arms or legs due to paralysis, blindness, and/or difficulty swallowing, Dr. Jain added. “Stroke survivors often lose their independence and ability to live the same life they lived before the stroke.”

The best way to detect a stroke is to “Think FAST.” Look for the following signs:

Facial weakness — sometimes an asymmetrical smile or droop.

Arm weakness — one arm is weak and drifts down when the person is asked to hold his/her arms out.

Speech impairment — is the person able to speak? If so, are the words slurred or unclear?



Stroke is the leading cause of death in the United States and the leading cause of long-term disability. The Washington Hospital Stroke education program aims to educate people about stroke, how to prevent it, how to detect it and why it is critical to respond to signs of stroke by thinking FAST and calling 9-1-1. The free Stroke 101 seminar is scheduled for Tuesday, July 7 from 6 to 8 p.m. in the Conrad M.D. Auditorium located in Washington West (2500 Mowry Avenue, Fremont). To register for the free seminar, call (800) 963-7070 or visit www.whhs.com.

Time — it is an emergency. Call 911 immediately.

“The good news is that stroke generally is preventable, but the bad news is that the risk factors for stroke can be hidden,” Van Houten said. These “hidden” factors include cardiac arrhythmias, hypertension, high cholesterol and diabetes, along with smoking, using drugs and drinking alcohol to excess.

If you suspect a stroke, call 911 immediately. Treatment must begin within a short few hours from the onset of the stroke, Dr. Jain said. Brain damage occurs quickly: a person suffering a large stroke loses two million brain cells every minute, according to the American Stroke Association.

For stroke victims, the cutting-edge care at a certified Primary Stroke Center like that at Washington Hospital is critical to mitigating the damage from a stroke.

“Our primary goal is to treat stroke as quickly as possible once a patient reaches our Emergency Room, because time is everything when it comes to effective management of a stroke,” Dr. Jain said. “Even small delays can have heavy costs, and research has shown that outcomes are better when people can properly identify signs of stroke and seek help immediately.”

However, Van Houten added, the best treatment is preventative: deal with the risk factors in advance by watching your weight and diet, exercising, stopping

smoking, drinking alcohol in very moderate amounts, scheduling regular medical checkups — all of these can help prevent a stroke.

And, if you have had a previous stroke or have a disease that is identified with stroke susceptibility — such as diabetes, heart and circulatory problems or high blood pressure — take active and aggressive steps to manage those diseases so that they don’t lead to a stroke sometime in your future.

“Make sure you see your doctor regularly for a complete check-up,” Dr. Jain said. And, he urged: “Be sure to be checked for irregular heartbeats as that is a condition that causes one third of strokes and often doesn’t show up in regular exams.”

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY		
	06/30/15	07/01/15	07/02/15	07/03/15	07/04/15	07/05/15	7/06/15		
12:00 PM 12:00 AM	Alzheimer's Disease	Sports-Related Concussions	Diabetes Matters: Research: Advancing Diabetes Management	The Weigh to Success	Crohn's & Colitis	New Treatment Options for Chronic Sinusitis	Meatless Mondays		
12:30 PM 12:30 AM		Peripheral Vascular Disease: Percutaneous (Under the Skin) Treatment	Diabetes Matters: Insulin: Everything You Want to Know	Deep Venous Thrombosis	Diabetes Matters: Back to the Basic Keys for Success	Shingles	Diabetes Matters: Top Foods for Heart Health		
1:00 PM 1:00 AM									
1:30 PM 1:30 AM	Arthritis: Do I Have One of 100 Types?	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Superbugs: Are We Winning the Germ War?	Diabetes Matters: Partnering with your Doctor to Improve Control		Community Based Senior Supportive Services	What Are Your Vital Signs Telling You?		
2:00 PM 2:00 AM		Washington Township Health Care District Board Meeting June 10, 2015			Inside Washington Hospital: Patient Safety		Washington Township Health Care District Board Meeting June 10, 20		
2:30 PM 2:30 AM	Eating for Heart Health by Reducing Sodium		Washington Women's Center: Sorry, Gotta Run!	Washington Township Health Care District Board Meeting June 10, 2015		Diabetes Matters: When You Care Too Much			
3:00 PM 3:00 AM	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Varicose Veins and Chronic Venous Disease			How to Prevent a Heart Attack		The Weigh to Success	
3:30 PM 3:30 AM							Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		
4:00 PM 4:00 AM	Acetaminophen Overuse Danger	Voices InHealth: Cyberbullying - The New Schoolyard Bully		Washington Women's Center: Cholesterol and Women	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Washington Women's Center: Cancer Genetic Counseling	Inside Washington Hospital: Rapid Detection of MRSA		
4:30 PM 4:30 AM	Keeping Your Heart on the Right Beat		Minimally Invasive Surgery for Lower Back Disorders						
5:00 PM 5:00 AM		GERD & Your Risk of Esophageal Cancer	Diabetes Matters: Healthy or Hoax	Diabetes Matters: Diabetes Viewpoint	Strengthen Your Back! Learn to Improve Your Back Fitness	Minimally Invasive Options in Gynecology	Vitamins and Supplements - How Useful Are They?		
5:30 PM 5:30 AM	Skin Cancer								
6:00 PM 6:00 AM	Vitamins and Supplements - How Useful Are They?	Don't Let Back Pain Sideline You	Heel Problems and Treatment Options	Diabetes Matters: Partnering with your Doctor to Improve Control	Washington Township Health Care District Board Meeting June 10, 2015	Washington Township Health Care District Board Meeting June 10, 2015	Surgical Treatment of Obstructive Sleep Apnea		
6:30 PM 6:30 AM								Arthritis: Do I Have One of 100 Types?	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment
7:00 PM 7:00 AM				Hip Pain and Arthritis: Evaluation & Treatment					
7:30 PM 7:30 AM	The Weigh to Success	Acetaminophen Overuse Danger	Eating for Heart Health by Reducing Sodium			The Weigh to Success			
8:00 PM 8:00 AM	Washington Township Health Care District Board Meeting June 10, 2015	Deep Venous Thrombosis	Washington Township Health Care District Board Meeting June 10, 2015	Inside Washington Hospital: Stroke Response Team		Inside Washington Hospital: Rapid Detection of MRSA	Shingles		
8:30 PM 8:30 AM					Living with Heart Failure	Kidney Transplants		Minimally Invasive Surgery for Lower Back Disorders	Minimally Invasive Options in Gynecology
9:00 PM 9:00 AM		Community Based Senior Supportive Services				Inside Washington Hospital: The Green Team	Raising Awareness About Stroke	Diabetes Matters: Insulin: Everything You Want to Know	
9:30 PM 9:30 AM					Diabetes Matters: Strategies for Support	Alzheimer's Disease		Superbugs: Are We Winning the Germ War?	Voices InHealth: Washington's Community Cancer Program
10:00 PM 10:00 AM				Voices InHealth: Medicine Safety or Children	Prostate Health and Prostate Cancer			Snack Attack	
11:00 PM 11:00 AM	Your Concerns InHealth: Senior Scam Prevention	Reach Your Goal: Quit Smoking	Turning 65? Get To Know Medicare	What You Should Know About Carbs and Food Labels	Latest Treatments for Cerebral Aneurysms	Lunch and Learn: Yard to Table	Diabetes Matters: The Diabetes Domino Effect: ABCs		
11:30 PM 11:30 AM								Keys to Healthy Eyes	What Are Your Vital Signs Telling You?

Fire Up the Grill!

Tips for Healthy and Safe Summer Outdoor Eating

For many people, summertime meal preparation often means grilling food outdoors. It’s an American tradition, after all.

“Traditional summer barbecue fare of hamburgers and hot dogs with creamy potato or macaroni salad may sound good, but the fat, calories and preservatives aren’t exactly good for your health,” says Washington Hospital’s Director of Food and Nutritional Services Kimberlee Alvari, RD. “Fortunately, there are healthier options that taste great and let you trim the fat and calories without sacrificing flavor. So instead of turning to the same standard dishes, try grilling fish or skinless chicken – and even vegetables – to make your summer barbecue, picnic or potluck healthier.”

As an alternative to high-fat beef hamburgers, Alvari suggests turkey burgers or veggie patties. She also recommends lean cuts of beef and pork, with any visible fat trimmed away.

“A 4-ounce serving of trimmed beef top sirloin, for example, has less than half the total fat and saturated fat found in the same-sized portion of porterhouse steak,” she explains. “A tenderloin pork chop is better for you than a whole loin chop. The tenderloin chop has 4 grams of total fat and 1.4 grams of saturated fat. The whole loin chop has 16 grams of total fat and 6 grams of saturated fat. It’s important to watch the portion sizes, too, serving 4-ounce portions as opposed to ‘man-sized’ 10- to 16-ounce portions.”

Marinating meats with a low-fat marinade prior to grilling will tenderize the meat and may reduce the formation of



Enjoying barbecues can be both fun and good for your health. One simple way of making barbecue fare healthy is by replacing traditional fatty foods that are high in calories and preservatives, with lean protein options like fish, skinless chicken and vegetables.

substances that form on the surfaces of well-done meat cooked at high temperatures on the grill, according to Alvari.

“Those substances may be linked to an increased risk for cancer,” she notes. “Make sure to ‘score’ the meat with a fork down ¼ inch from the surface and fully cover with marinade for an hour in the refrigerator. Make sure the marinade is low-fat and a mix of savory and sweet flavors. Avoid marinade ingredients that are too sweet – such as fruit juice, honey or brown sugar – as the sugar content may encourage the food to burn. You also can pre-cook meat in the oven or microwave and finish it on the grill to try to decrease the amount of those substances. It helps to turn the meat over frequently, too.”

For grilled chicken, Alvari advises removing the skin (and bones, if desired) before grilling and using a marinade or barbecue sauce that keeps the chicken moist and tender while lowering total and saturated fat. With fish, dense-texture swordfish and tuna work well on the grill. Lighter, flakier fish such as halibut and salmon can be “smoked” on the grill, using a cedar wood plank that has been soaked in water for an hour and placed under-

neath the skin side of the fish. When using a cedar plank under fish, be careful to keep the temperature of the grill low and avoid letting the plank actually catch on fire.

“Another way to improve your outdoor summer meals is to add more color to your plate, with lots of fresh vegetables and fruits,” she says. “Seasonal local produce is the best option, and during the summer there’s a wide selection of great-tasting and affordable fruits and vegetables available at local farmers’ markets. You can marinate and grill veggies with delightful results – corn on the cob without husks, zucchini and summer squash in ¼-inch slices, thinly sliced eggplant, sliced bell peppers and onions on a skewer, asparagus, carrots or even green beans. One woman I know lightly grills fresh pineapple slices and peach halves (without the center seed) on the grill for dessert. Just make sure the size and shape of the vegetables or fruit work on your grill. Grilling time for vegetables and fruit of 8 to 10 minutes is usually about right.”

Alvari warns that outdoor eating and warm temperatures encourage foodborne bacteria to grow, possibly causing food poisoning. To minimize the risks, she offers a variety of tips:

- Keep your hands clean.

- Marinate foods in the refrigerator prior to grilling; separate some marinade if you want to use it later, and don’t expose it to raw food.
- Clean produce well before prepping or eating raw.
- Keep cold food cold (below 40 degrees Fahrenheit) by packing it on ice in a cooler. Drain off water as the ice melts and replenish the ice.
- Separate cooler contents – keep perishables in one cooler and drinks in another – so that perishable foods are not exposed to the ongoing opening of the beverage cooler.
- Don’t cross-contaminate foods. Keep foods properly wrapped and separate – meat wrapped well and separate from veggies and fruit, especially if the meat is raw.
- Cook foods thoroughly. Use a food thermometer to make sure the food (especially meat, chicken and fish) is heated to the proper temperature.
- Hot foods can be kept off to the side of a grill after they are finished cooking to keep

continued on page 5

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

Air Travel and Feeling Bloating and Pregnancy Cravings

Dear Doctor,
I notice that when I fly I feel bloated. Am I imaging this?

Dear Reader,
You are not imaging this! The lower cabin pressure that occurs as the airplane ascends allows the gases in our body to expand, which makes us feel bloated. The best remedy is to keep fluids flowing in and out throughout the flight and to wear comfortable clothing!

Dear Doctor,
I am 4 months pregnant and have had some pretty strong cravings. My OB doesn’t believe that there is any science to this. Is he right?

Dear Reader,
There is no hard science to understand why women get such strong cravings during pregnancy. However, most scientists believe that it is a way for the body to communicate its needs such as calories (for example, craving chocolate) or nutrients like calcium (craving ice cream). Some women also experience aversions during pregnancy. For example, the distaste for bitterness during the first trimester is thought to provide a natural aversion to alcohol and other toxic substances that would affect development. This sensation becomes less strong as pregnancy moves along.

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.



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whhs.com/health-insurance

Washington Hospital Health Insurance Information Service



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■ Change in job

■ Loss of a job

■ Change in benefit coverage

■ Medicare Eligible

■ Advance Health Care Directive planning

Call the Washington Hospital Health Insurance Information Service, a free and confidential service.

We offer Covered California enrollment counseling. We can also assist with questions on COBRA, individual plans, government sponsored programs such as Medicare, Medi-Cal, and answer any health insurance question you may have. We also offer Advance Health Care Directive planning.



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



Call

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OR

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for more information or to schedule an individual appointment or for a presentation for your group.



Summer Bridge 2015 at Ohlone College Free program for incoming HS graduates!

*"The past is behind, learn from it;
The future is ahead, prepare for it;
The present is here, Live it!"*

A bridge is about connections—making it possible to move from one side to another. But it is also about the experience of crossing-over —changing from where you were to the place where you want to be. The Ohlone College Summer Bridge provides both of these functions for students. Summer Bridge provides an easy connection as students move from high school to college. And the Summer Bridge helps students transition from high school, becoming a college student who is confident and prepared.



© Dibrova, dreamstime.com

This three week program is free—no cost to register and no charge for books—and provides free breakfast and lunch to the Summer Bridge students. It is held at the Ohlone College Newark campus July 27 - August 13, Monday through Thursday from 9:00am to 3:00pm. General topics that are covered include: what it's like to attend college classes, where classroom buildings are located on campus, how to get financial aid, how to work with a counselor, and how to be successful when facing this new experience. Students will review basic math concepts so they can have a positive experience in their math classes.

What happens at Summer Bridge?

Get to know each other and better understand who you are through group activities, interactive personality assessments, and sharing your experiences with others

Learn about financial aid and get help applying for assistance in paying for college!

Prepare for math with a review of basic math concepts so you're ready right from the start

Summer Bridge is open to incoming students who graduated in the past three years from diverse backgrounds who want to prepare for college.

To Apply, go to www.ohlone.edu/eops and click on the Summer Bridge button. Read the information on how to apply. Make the transition to Ohlone College at Summer Bridge.

Ohlone Renegades Emphasize Athleticism and Student Success

Student life is an immense part of Ohlone College experience. In addition to building students' academic success, Ohlone College sports programs create a sense of community and enjoyment that brings student academics and athleticism together. At Ohlone, the athletics program achieves more than developing a student's physical capabilities and integrating them to an active lifestyle. It also prepares them academically so they can transfer to a university, play at a four year school, and earn a bachelor's degree. Ohlone College emphasizes the academic experience preparing them to accomplish future goals.

"We take athletes and turn them into student athletes. Make them athletically strong and give them the knowledge to transfer to a four year school with a solid academic core," says Chris Warden, Dean of the Athletics & Kinesiology Division.

Ohlone College Renegades Athletics has carried pride in its achievements along the way. With baseball, winning eight conference championships, twice making it to state competition and winning the state championship in 2010. The women's softball team has a highly respected reputation. In 2013, they made it all the way to the super regional in the post season completion. Both men's and women's basketball regularly participate in regional post season competition as well. Ohlone is a member of the



Chris Warden, Dean of Athletics and Kinesiology proudly describes how the Ohlone athletic teams turn out great scholars—while winning their way to championships!

Coast Conference, the largest conference in the California Community College system.

New Ohlone playing fields will stay "Green"

As Ohlone College sports fields go under a major renovation, the Home of Renegades is always recruiting students to join the athletic programs. Soccer kicks off its agenda July 8th and practices will be held at the Central Park Soccer Fields in Fremont. New recruits for baseball and softball begin training in August to be fully prepared

to compete in the spring 2016 season. Moreover, the Ohlone Renegades Youth Sports Camps Summer 2015 is excited to launch fun sport programs for boys and girls, grades 1-12.

In addition to building a new soccer field, the Athletic Fields Construction Project is making major improvements in the existing baseball and softball fields with regards to playability, accessibility and safety. A great advantage will be proximity of the fields, which will help spectators' moving between them during regional competitions. Baseball and softball fields will be reconfigured in their current locations, creating a magnificent sports complex, home of Renegades Athletics.

An important addition to the new fields is the installation of artificial turf to lower costs of field maintenance and save water consumption, especially significant during the severe drought California is experiencing. We also added a field house which provides an injury prevention area to store supplies and house maintenance equipment.



Deconstructing Ohlone



Ohlone College's Fremont campus is in the midst of major renovations. The Athletic Fields project has just begun, while the Academic Core demolition project has been underway since the first of June. Four construction site Web Cams are in place which allow visitors to the site to watch the progress of the buildings as they come down and then watch as the new buildings emerge from the dust! Go to the Ohlone home page

(www.ohlone.edu) and click on the web cam button to view the project from all four angles! We've included some photos of the work being done. But take note, work on the project is proceeding so quickly, by the time this article is printed the things you're looking at in the pictures will have changed!



Ohlone College

Fall semester begins **AUG 31**

REGISTER NOW! ohlone.edu

THE TIME IS NOW.

continued from page 3

Fire Up
the
Grill!

Tips for
Healthy and
Safe Summer
Outdoor
Eating

them hot, without overcooking them.

- Don't re-use platters, bowls or utensils that previously held raw meats.
- Once it is served, food should not be kept out longer than two hours, or one hour if the outdoor temperature is above 90 degrees Fahrenheit. This recommendation applies to both hot and cold foods.

“Somehow, food often tastes better when it’s cooked over an open flame on the grill, and in hot weather, eating outdoors is more fun,” Alvari observes. “Don’t limit yourself to hamburgers and hot dogs. There are all sorts of healthy foods you can cook on your grill. And you can add other healthy salads and side dishes to complete the meal.”

Easy Recipes for Your
Summer Barbecue

Healthy Marinade
for Chicken

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- ¼ cup Worcestershire sauce
- ¼ cup soy sauce
- 2 teaspoons Dijon mustard
- 1 teaspoon minced garlic

Mix all ingredients in a large sealable plastic bag and marinate skinless chicken in the bag for 1 hour in the refrigerator.

Tomato, Corn and Avocado
Salad

- 1 ear of fresh corn – kernels cut off the cob
- 2 pints of cherry, grape or pear tomatoes, sliced in half

- 1 avocado, diced
- 2 tablespoon of fresh lime juice
- 1 tablespoon of vegetable (or olive) oil
- Salt and pepper

Combine vegetables in a large bowl. Blend the lime juice, oil and seasonings together and pour over vegetables, mixing well. Chill in the refrigerator or a cooler until ready to serve.

Learn More

The American Heart Association offers some heart-healthy tips for your warm-weather grilling and barbecues at: www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Heart-Healthy-Grilling-and-Barbecue-Tips_UCM_303146_Article.jsp

Washington Hospital's Outpatient Nutrition Counseling program provides nutrition counseling for individuals with specific medical needs as well as other people who wish to maintain optimal health. The program's registered dietitians create individualized nutrition plans that integrate science-based nutrition education with guidelines for changing eating and exercise patterns to meet individual healthimprovement goals.All nutrition counseling requires a physician referral.

To get more information about Outpatient Nutrition Counseling, learn about fee schedules or book an appointment, call (510) 745-6542.

Passeio
do Vinho

SUBMITTED BY RAMONA THOMAS

Wine lovers, foodies, entertainment seekers and Lusophiles (lovers of all things Portuguese) take note the “Passeio do Vinho” (Walk of Wine) is back and better than ever in its third year. The downtown Hayward wine stroll will take place on Saturday, July 18. Registration begins at 2 p.m. and the event kicks off at 3 p.m.

Participants will begin their journey in the light-filled City Hall rotunda before setting out for tasting stops at more than a dozen participating Downtown Hayward businesses. In addition to wine tasting, participants will enjoy a range of hors d'oeuvres, multiple “artists’ alleys” and a variety of live musical performances along the tour. Acclaimed Portuguese Fado singer Ramana Vieira will headline the event, further celebrating the city's rich Portuguese heritage.

Tickets for the event are available now online, or in person at Doc's Wine Shop (22570 Foothill Blvd.) and at Hayward City Hall (777 B Street, Revenue Department). An exciting new partnership with sponsor TPC Stonebrae will provide all Passeio participants with a free ticket to the final round of the Web.com Tour's Stonebrae Classic golf tournament taking place the same weekend.

Participants will receive maps of the event route to help them wend their way through downtown Hayward to the sounds of pop, jazz and R&B music performed by live artists. The tasting route will also feature locations serving non-alcoholic options, although all event participants must be 21 years of age or older.

A range of ticket options between \$35 and \$65 are available with a 10 percent discount for seniors. All ticket holders receive admission to the event, a commemorative wine glass, a Passeio do Vinho t-shirt and a single entry ticket to the final round of the Stonebrae Classic. Premium ticket holders will also receive a wine glass holder, fruit fusion sports bottle and a jumbo zipper tote bag. All commemorative event merchandise will also be available for purchase.

Passeio do Vinho
Saturday, Jul 18
Event: 3 p.m. (Registration 2 p.m.)
Hayward City Hall
777 B St, Hayward
Advance tickets:
haywardwinestroll.eventbrite.com
\$35-\$65
Ages 21+ only

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Physical and Spiritual Nutrition program

SUBMITTED BY MSJ DOMINICAN SISTERS

On Wednesday, July 15, Sister Joan Prohaska, O.P., will facilitate a program on Physical and Spiritual Nutrition. She is an internationally certified BodyTalk Practitioner, Energy Medicine Specialist, Healing Touch Practitioner, Massage Therapist, and Yoga Instructor. She has worked in the body-mind healing field for over 30 years.

Also, participating in the program are Lynette Gullings, RN - Wellness Coordinator and S. Ingrid Clemmensen, O.P. - Spiritual Director.

Explore ways to train your mind and heart to connect with your true inner self.

Physical and Spiritual Nutrition
Wednesday, Jul 15
10:00-11:30 a.m.
Dominican Sisters of Mission San Jose
43326 Mission Blvd, Fremont
(510) 933-6335
Register: www.msjdominicans.org
[facebook.com/dominicansistersofmsj](https://www.facebook.com/dominicansistersofmsj)
Free will offering opportunity (donation)

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Rainbow is a sweet, gentle, friendly kitty. She'd love to sit in a sunny window or curl up in your lap. She'd do well in a calm home. Meet Rainbow at the Hayward Animal Shelter. More info: (510) 293-7200.

Norman is an outgoing, curious young orange tabby with a loud purr. He enjoys being held and will give you a gentle head butt to show his affection. Meet Norman at the Hayward Animal Shelter. More info: (510) 293-7200.



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

Chabot launches open house series

SUBMITTED BY MELISSA MCKENZIE

Summer Open House Series

Chabot College has launched its "Summer Open House Series," giving new students insight into Chabot's campus and student life. Additionally, Chabot is offering Chabot College Transfer Days for students displaced by the Corinthian College closures.

The afternoon sessions for new students will highlight a variety of academic and career technical programs, including tours of campus facilities. Students will meet program faculty and counselors available to answer program questions and discuss financial aid opportunities. Remaining sessions from June 25-July 30 will be held at the Community and Student Services Center in Building 700.

Students victim of the Corinthian College closures are invited to attend a session to address their specific needs. The session on Thursday, June 25 in the Student Services Center in Building 700 will have counselors available to answer questions relating to academic, career and special programs, as well as financial aid. Tours of program areas will also be given. Students will receive program information and meet program faculty, as well as obtain class schedules and college catalogs.

"We want to give students affected by the closure of Everest, Heald and Wyotech campuses a session separate from our regular open house schedule," said Chabot College Interim Vice President of Student Services, Dr. Matt Kritscher. "These students have distinct needs that differ from other incoming students. We want these students to know they're welcome at Chabot, a fully accredited community college, and that staff are ready and willing to help them meet their educational needs."

All students, whether new or transfer, will be encouraged to enroll in summer sessions beginning Monday, July 6. Additional information can be found at www.chabotcollege.edu.

Jun 25
Counseling/Health Center
Program Area: Applied Tech/Business

Jul 9
Special Programs
Program Area: Arts

Jul 16
Student Life
Program Area: Allied Health

Jul 23
Student Life
Program Area: Science and Math

Jul 30
Career and Transfer Center
Program Area: Special Programs

4 p.m. – 7 p.m.
Community and Student Services Center
Chabot Community College, Bldg 700
25555 Hesperian Blvd, Hayward
(510) 723-6600
www.chabotcollege.edu

Transfer Days
Thursday, Jun 25
1 p.m. – 4 p.m.
Student Services Center
Chabot Community College, Bldg 700
25555 Hesperian Blvd, Hayward
(510) 723-6600
www.chabotcollege.edu

An appetite to serve

SUBMITTED BY GUY ASHLEY

For one out of three children in Alameda County's low-income households, the threat of hunger is real all year round but even greater in the summer. Nearly 2 million of California's most vulnerable children fall into "the summer nutrition gap," with over 80 percent of the state's low-income children and youth – who benefited from free or reduced-price lunches during the academic year – missing out during the summer. Alameda County has identified 15 neighborhoods with child poverty rates above 50 percent and another 36 neighborhoods where child poverty rate exceeds 32 percent. Lack of nutritious meals during the summer months can contribute to hunger, illness and other health issues such as obesity.

"I am proud of the fact that the Alameda County Social Services Agency is the only County human service agency throughout the state to participate in the Summer Food Service Program. I think it is important to meet the needs of families where they access services. Providing nutritious meals for children in the same place where their parents apply for CalFresh benefits just makes sense to me. No child should have to look back one day and recall that hunger was their prevailing experience," says Lori A. Cox, Social Services Agency Director.

Hot, nutritious lunches will be prepared by Revolution Foods, which was launched in 2006 in Oakland and now serves more than 1 million healthy and kid-inspired meals weekly in schools across the nation. The menu will change daily and include hot offerings – like firecracker chicken with sesame noodles, pasta with zesty beef, and cheese quesadillas – while meeting nutritional standards set by U.S. Department of Agriculture.

Free lunch for children ages 18 and under will be offered on a first-come, first-served basis on:

Wednesday, Jun 24 to Thursday, Aug 13
(Except Friday, Jul 3)
11 a.m. - 1 p.m. (weekdays)
Eden Area Multi-Service Center
1st floor - Room 118
24100 Amador St, Hayward

Alleviate hunger this summer

SUBMITTED BY CINDY BONIOR

Over 60 years ago, U.S. President Harry Truman signed the Russell National School Lunch Act, which created the National School Lunch Program we know today. The School Breakfast Program was established when President Lyndon Johnson signed the Child Nutrition Act of 1966. But 90,000 children who rely on school breakfasts and lunches do not have access to school meals during the summer break; thus, families turn to the Alameda County Food Bank.

The Food Bank serves one out of every five Alameda County residents, 43 percent of whom are children. Children continue to make up the largest group of people receiving emergency food in Alameda County. And, 19 percent of all food bank clients are seniors. Hunger exacerbates poor health in children and seniors, and affects our community at large.

To help with food supplies, please bring in non-perishable, unopened and non-expired foods between June 23 and July 24 to Fremont Chamber of Commerce, located at 39488 Stevenson Pl., Suite 100.

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Ohlone Humane Society

California State Fair... the most humane in the nation?

By Nancy Lyon

Not yet... but the 2015 California State Fair has taken noteworthy steps forward in becoming more animal friendly. The widely challenged farrowing crates are still on display, but absent are the inhumanely confined and stressed mother pig and her piglets - hopefully for good. Also no longer in evidence are the literally thousands of dying, gasping goldfish prizes in plastic bags, wild-caught hermit crabs destined for the same sad fate, the repugnant wild raccoon-on-a-stick kabobs and the majority of rodeo events.

A promising change to a mind-set that has long existed with little thought or question given to the welfare of the animals involved in Fair events.

However, progress does not happen overnight. The State Fair is still in litigation with the East Bay-based national non-profit Animal Legal Defense Fund (ALDF) that is appealing a court judgment that pregnant and nursing pigs in the Fair’s 2013 Livestock Nursery Exhibit held in Sacramento did not violate California’s anti-cruelty code. ADLF alleges that nursing sows were placed in body-gripping “farrowing crates” for three weeks at the 2013 State Fair, unable to walk, turn around, or stand comfort-



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ably in violation of penal code sections 597 and 597t. The outcome is yet to be decided but it’s hard to deny that the pigs deserve far better treatment.

Stephen Wells, executive director of the Animal Legal Defense Fund recently stated “The American public is more concerned than ever about the welfare of animals used in agriculture” ... “State laws and major corporations are beginning to turn away from the intensive and cruel confinement of sows—and Californians do not want to support animal cruelty at a state exhibition funded by taxpayer dollars.”

Removing the nightmares of the past hasn’t been an easy undertaking but gone are senseless events like the dangerous “Bull Poker” and the tragic Cowboy Teeter-Totter where a rodeo bull suffered a broken back and was euthanized after being struck by a mechanical contraption designed to make the ride more challenging to cowboys.

Still, concerns regarding animal welfare continue at the Fair and need to be carefully reviewed. Horse racing continues while the sizzling Sacramento sun beats down on horses with no choice but to run. It begs the question... Should there be an upper temperature limit for races? Jaripeo, a Mexican-style rodeo (charreada) event in which contestants ride a

bull provoked by riders on horseback until exhausted and unable to buck any more. Both events demand animals to perform beyond a reasonable limit.

Animals advocates have worked long and tirelessly to bring about positive changes at the Fair. While there are humane problems at the Fair that still exist and need to be addressed, it is hoped that the latest improvements signal a new working relationship with its Board of Directors. Clearly, the great majority of the public supports and wants to see respect and compassion for Fair animals.

With cooperation and a willingness to understand that oversight and concern for the welfare of Fair animals is here to stay, Californians may soon be able to boast that they have the most humane State Fair in the nation.

The Fair runs from July 10-26; please consider a brief email or call in support of the positive changes to members of the Fair Board. Public backing and attendance encourages future progress in animal welfare.

Board of Directors - California Exposition & State Fair
1600 Exposition Blvd.
Sacramento, CA 95815
916/263-3000
Toll Free 877/CALEXPO
info@calexpo.com

A focus on oil trains

Submitted by Rev. Jeffrey Spencer

The Second Saturday Documentary Series presents two short documentaries, “Boom” (produced by the Weather Channel) and “The Crude Gamble of Oil by Rail,” as part of a teach-in on oil trains, on Saturday, July 11 at Niles Discovery Church. The teach-in, free and open to the public, will be led by Dr. Paul Rea.

The Santa Maria Refinery near San Luis Obispo run by Phillips 66 hopes to build an oil train terminal to receive oil transported in large railroad tanker. If allowed, mile-long trains of tank cars carrying oil will likely be moving through the East Bay, including Fremont. These are the same sort of trains and tank cars that exploded in a fiery crash in Lac Mégantic, Quebec, in July 2013.

When the 63 tank cars exploded, they engulfed Lac Mégantic in a firestorm. The burning oil incinerated the downtown, rendering some of it uninhabitable. No one would imagine allowing such a tragedy to repeat, not here, not anywhere. Yet by downplaying the dangers posed by the crude-oil trains soon to rumble through the East Bay, we are

increasing the likelihood of a catastrophe here. These oil trains are becoming bigger and more common. Many pull a hundred tank cars and run a mile long. Worse, most of the tank cars are old, defective, and prone to rupture, yet most will carry highly flammable crude oil. Even the most up-to-date tank cars are insufficient to the task of safely transporting the highly volatile oils.

This teach-in will provide more detail about the dangers of oil trains, actions that have been taken national and locally by public officials and activists, and an invitation to be involved.

The Second Saturday Documentary Series is co-sponsored by Niles Discovery Church, Tri-City Perspectives, and the San Jose Peace and Justice Center.

Documentaries and Discussion on Oil Trains
Saturday, Jul 11
1:30 p.m.
Niles Discovery Church
36600 Niles Blvd, Fremont
(510) 797-0895
www.nilesdiscoverychurch.org
Free

Free Family Movie Nights

Submitted by Ely Hwang

The City of San Leandro Recreation & Human Services Department announced that the City again will be hosting the highly-popular Family Movie Nights program, which will showcase family-friendly movies at various parks throughout the City during the months of July and August. These fun events are free and open to the public and will take place according to the following schedule:

Maleficent on Wednesday July 8th at Washington Manor Park (14900 Zelma Street)

Paddington on Wednesday July 22nd Halcyon Park (1245 147th Avenue)

Big Hero 6 on Wednesday August 5th at Chabot Park (1698 Estudillo Avenue)

“I am so pleased that the City is again able to host this fun summer tradition,” noted Mayor Cutter. “I encourage San Leandrans to come out with their friends and family to enjoy a free movie at one of our wonderful local parks.”

All films are rated PG, and shows will begin promptly at 8:30 p.m. Bring your lawn chairs, blankets and snacks, and enjoy this summertime family event.

For more information, contact Recreation & Human Services Customer Service at (510) 577-3462 or visit: www.sanleandro.org. These events are being made possible thanks to a generous donation from the San Leandro Optimist Club.



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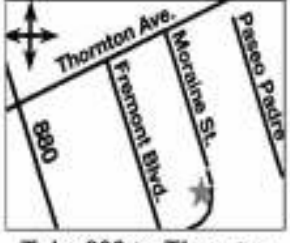
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Back to School giveaway at Check Center

SUBMITTED BY
PARVEEN PATHAK

Check Center will be holding its annual Back to School event on Saturday, July 18. The event, begun in 2006, has grown over the years. The goal is to help provide children with the proper tools needed to have a good school year. Many families struggle with paying for items such as backpacks, school supplies and other back-to-school necessities.

Check Center dedicates one time a year to provide these items, free of charge, to the community. This event is fun for the families who participate and Check Center also holds raffles

and serves refreshments while the kids go through the process of getting their school supplies.

The company feels that for every backpack they provide parents gain a little more peace of mind that their child goes to school prepared and ready to learn.

**Back to School Giveaway
Saturday, July 18
11 a.m. – 3 p.m.
Check Center
3992 Washington Blvd,
Fremont
(510) 651-8881
<https://www.facebook.com/events/407221372797393/>
<https://www.checkcenters.com/contact>**

Free

World of Arts program

Induz, a Bay Area non-profit focused on comprehensive education including global learning and the arts partnered with the Fremont Cultural Arts Council and Fremont Main Library to provide its eleventh year of “Passport to World Arts” for children. The results of a successful completion of its eleventh year were shown at an exhibition at the Fremont Main Library on Friday, June 19.

During the eight week program, each week, 35-55 participants “traveled” around the world using a passport stamped with a visa, to explore geography, culture and arts, past and present. With a healthy dose of imagination, program leaders provided information and the children let their creativity take it from there. For example, at one meeting, ancient Egyptian art was explored that, although figures are shown in profile, a full eye is exposed to the viewer and in some instances combines a human and animal figure. Participating children explored the concept with enthusiasm and creativity that, as Ray Mitra of Induz said, “Transcended boundaries.”

For more information about Induz and its programs, visit: www.induz.org

Hayward student wins \$10,000 at State Capitol



(L to R): Amy Lynch, Vice President of Technical Operations, Comcast California; Yomira Abarca Radilla from Impact Academy in Hayward; Ted Girdner, Vice President of Business Services, Comcast California

SUBMITTED BY BRYAN BYRD
PHOTO BY STEVE YEATER/COMCAST

Comcast joined with hundreds of students and their families in a celebration of education on the steps of the California State Capitol, on June 17, announcing the 199 California high school seniors who have won a 2015 Comcast Leaders and Achievers Scholarship. Each student attendee was presented with their individual \$1,000 grant.

In addition to her \$1,000 scholarship, Hayward student, Yomira Abarca Radilla from Impact Academy in Hayward, won a Comcast Founders’ Scholarship of \$10,000 — instituted in honor of Ralph J. Roberts, Founder and Chairman Emeritus of Comcast Corporation. Radilla will be attending California State University, East Bay to study Biology.

For more information, visit <http://corporate.comcast.com/our-values/community-investment>

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Union City fire victims in need of support

SUBMITTED BY
PATRICIA ABADESCO

On Thursday, June 18, 2015, a two-alarm fire occurred at a 4-unit complex on Alvarado-Niles Road near Hartnell Street in Union City, with one confirmed fatality and three families displaced. These families are in desperate need of donations as they have lost most of their belongings. A bank account has been set up to collect funds that will be distributed to all three families. They all need assistance to help them move into a new home, and one family needs help with burial expenses. Donations can be made to:

**Bank of the West
33301 Alvarado-Niles Rd.,
Union City
Account number: 603034109**

You can also donate through Paypal using Centro de Servicios' account at <http://centrodeservi->

cios.org/getinvolved.html. The families are also in need of household and personal items, including but not limited to:

Shoes (female size 9; male sizes 10 1/2, 13 and 11 1/2)
Shirts (sizes L, XL for male)
Pants (female size 9; male sizes 34x30, 34x32 and 30x32)
Underwear (size M for male)
Queen size bed
Laptop (for a college student)
Basic household items (e.g. blender, tables etc.)

These items may be dropped off at Centro de Servicios, located at 525 H St., Union City. The office will also accept checks payable to “Centro de Servicios.” Please make a note that the check is for the fire victims. For more information, call Centro de Servicios at (510) 489-4100.

Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

New Housing: What’s Approved vs. What’s Needed

In the last few years, Fremont has approved over 1,400 new housing units:

- Over 130 Affordable Housing units
- Over 300 mostly high-end rental apartments
- Nearly 100 for-sale condominiums
- 650 luxury three-story townhouses
- Nearly 270 single-family houses mostly in expensive Mission San Jose

How many medium-range apartments, condominiums, townhouses, or houses? Only around 170!

There are nearly 6,000 units being proposed:

- 4,000 units in the Warm Springs BART area
- Over 1,200 other units in six developments
- Over 700 units in preliminary review for possible future development

What Do We Need?

Many developments have been proposed to attract people working in Silicon Valley (“millenniums”) or families from out of town who want to attend the great Fremont schools. But what about the current residents and the existing character of our neighborhoods?

Where is the new housing for the younger generations of current Fremont residents who have only a medium level income? Right now there isn’t any, and our adult children are either living in their parents’ home or spending most of their income on what few available rental spaces there are. Or they move away and we lose any sense of family continuity in our town.

Where is the senior housing that will attract empty-nesters and thus freeing up their current homes for the next generation? Why are there multiple families living together in apartments and small houses sharing the rent?

“Affordable Housing” units are those that people at lower income levels must apply for. Housing that is affordable are units available to anyone that are affordable by design. They cost much less than the luxury units that are now being built.

Why does Fremont allow variances that enable developers to pack in high-end units rather than limit those variances to only the medium-priced housing that Fremont needs?

How Did We Get Here?

A few years ago, some residents were polled about what they wanted for Fremont. “Create us a pedestrian-friendly downtown with a sense of place...” they said. So we became “strategically urban” with high-rises and lots of 3-story luxury townhouses. How did our request for a great downtown turn into high-end urban housing all over Fremont?

The 2011 General Plan created four Transit Oriented Development (TOD) Overlays around train and BART stations as locations for high-density pedestrian-oriented housing. Over 230 units (other than Affordable Housing) have been approved in TODs. All but four have been high-end units. Why aren’t the nearly 900 units in a proposed TOD apartment “resort complex” designed for medium-income residents?

The state mandates that cities add housing units if they want certain state funding. Each city is issued a Regional Housing Need Allocation or RHNA (pronounced Reena) Numbers. These are housing unit counts by Affordability Level. For some rea-

son, Fremont’s 2014-2022 “Above Moderate” allocation is 1/3 of the total need of 5,455 units. This ends up being used to justify Fremont’s approving lots of expensive townhouses and single-family houses. Fremont is trying hard to fill the “Very Low” needs with Affordable Housing. But they are silent about filling the middle third.

Other Questions

Each development’s impact on streets, infrastructure, schools, parks, libraries, etc. is evaluated separately. Why not cumulatively to give a better sense of what all these developments are doing to our city?

Developers can get a General Plan Land Use Amendment passed to increase the housing density of a parcel. They only have to get the landowner to agree - a landowner who will benefit from such an increase - or they can purchase the land and become the landowner. Why aren’t Fremont’s residents allowed to apply to decrease the density unless they get the landowner’s permission? Residents have to argue their case against amendments for increase but, the developers and landowners aren’t made to fight against decreases - residents just aren’t permitted to apply for an amendment by themselves.

Why does Fremont allow minimal new parking requirements for these high-density downtown developments? Won’t those residents use up the little available downtown parking? Where will the rest of us park since we have to drive there?

Who Do We Contact for Change?

Ask your questions and voice your concerns directly to the City of Fremont. Find city contacts on the Contacts page at www.ShapeOurFremont.com



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San Leandro Unified receives CalRecycle grant

SUBMITTED BY ROBIN MICHEL

San Leandro Unified School District (SLUSD) recently announced that after having successfully met all grant requirements, the district has received a \$150,000 check from the Department of Resources Recycling and Recovery (CalRecycle), through the Tire-Derived Product (TDP) Grant Program.

CalRecycle offers the Tire-Derived Product (TDP) Grant Program to promote markets for recycled-content products derived from waste tires generated in California and decrease the adverse environmental impacts created by unlawful disposal and stockpiling of waste tires. It is a highly competitive program; however, the District took the opportunity to apply for and receive the reimbursement grant when designing the elementary school athletic exteriors projects funded through Measure M, the \$50.1 million general obligation bond passed by

San Leandro voters in 2010.

The district installed resilient fall zones at every playground at all eight elementary schools,” said spokesperson Robin Michel. “Not only do students have fewer bumps and scrapes on their knees, we have also diverted nearly 45,000 tires from landfill.”

Diverting tires is only one way San Leandro Unified is demonstrating its commitment to energy efficiency and sustainability. In 2007, after passage of Measure B, the Board adopted a resolution to ensure that the design, construction and operation of district facilities would promote a healthy environment and be energy and resource efficient. In addition to athletic improvements, Measure M is funding the new solar projects at San Leandro High School and the Adult School/John Muir Middle School.

“Our district is committed to greening our schools,” said Superintendent Mike McLaughlin, “and seeking additional funding to stretch tax dollars whenever possible.”





Students at Monroe Elementary School enjoy playground with resilient fall zone made from recycled tires.

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BUSINESS

You face on your espresso? Highlights from tech show

BY BREE FOWLER
AP TECHNOLOGY WRITER

NEW YORK (AP), Jun 26 – Imagine staring deep into the foam of your favorite espresso drink and seeing a face looking back at you. Or how about using the charge in your fingers to clean your teeth?

At the CE Week gadget show in New York this week, there were several standouts amid the sea of smartphone chargers and 3-D printers. Some are set to hit stores near you in the not-too-distant future.

Here's a look at some of the more fun and fabulous items on display:

LUFTHANSA LATTES

Ripples combines 3-D and ink-jet printer technologies to paint a picture on top of any foam-covered drink using coffee extract. Baristas can choose a pre-loaded design or upload their own over Wi-Fi, such as a picture of the person receiving the drink, corporate logos or even jokes.

The Israeli company behind it, Stream CC, says it has a deal to introduce the machines in Lufthansa's first and business-class lounges this year.

The \$999 machine will be available to commercial establishments that serve coffee. Service plans start at \$75 per month.

BEER FIZZICS

For the beer aficionado who wants to experience the frothy

head of a properly poured draft beer at home, there is Fizzics.

The personal beer dispenser takes beer from any store-bought can, bottle or growler and applies some magic to give it the bubbles and taste of something straight from the tap.

All styles of beer from pilsners to stouts work with the machine.

The invention was funded by an Indiegogo campaign that raised about \$148,000, nearly triple its goal. Commercial sales are expected to start in September, with the machines retailing for nearly \$200.

A-TREX THAT PLAYS FETCH

If you think a puppy is too much responsibility for your child, how about a mini robot Tyrannosaurus Rex?

Using location technology, the MiPosaur can chase after a matching ball, go for a walk with its owner and even dance and make happy sounds. The exceptionally cute robots will go on sale in August at major retailers such as Target, Wal-Mart and Toys R Us. The combination of a MiPosaur and a ball will cost about \$120.

WowWee, the MiPosaur's parent company, also showed off its REV battle cars. For \$100 you can get a pair of race cars controlled by a smartphone or tablet app. Players use the cars to chase and shoot at each other. Lights and sounds signal a hit. Those

who can't find a partner can choose a computerized bad guy to play against.

CODING FOR KIDS

Given the job possibilities down the road, it's never too early to start teaching your kids how to code.

Ozobot aims to do just that. By drawing lines in various colors, kids as young as 7 can tell the pingpong-ball-sized robot to do things like go forward, backward or spin around.

While the original Ozobot has been around for a while, an updated version is geared at older children. Rather than draw colored lines, kids program their Ozobot on a computer.

The new Ozobots sell for \$60 on Amazon. Older models, which sell for about \$50, can be upgraded to add the coding software for \$10.

BATTERY BOOSTER

There's a lot of power in your little finger.

The Ionic ProClean toothbrush generates millions of ions negative by creating a circuit involving the moistened toothbrush and a person's palm or finger. According to the company, the completion of the circuit gets the ions flowing. The ions then polarize plaque fluid, causing a person's tooth enamel to repel it. This loosens and removes the plaque.

A small light on the brush indicates when this is happening. The brushes sell for about \$10.

Safeway names new manager of Fremont store

SUBMITTED BY JIM ZELINSKI

Safeway Inc. has promoted Shayleen Pantoja to manager of its store at 46848 Mission Blvd. in Fremont. "We're very proud and honored to help professionals like Shayleen grow and succeed in their Safeway careers," said Tom Schwilke, Northern California Division President. Pantoja has risen through the Safeway ranks from Courtesy Clerk to Food Clerk, Assistant Store Manager and Relief Store Manager.

Pantoja enjoys the daily challenges and the ability to build relationships with her team at Safeway. She tries to be a good leader and positive role model.



Padilla named to Pan Pacific Board of Directors

SUBMITTED BY BRENDA PATTERSON



Pan Pacific Bank (OTCBB:PPFC) recently announced that Jonathan Padilla, a Bay Area native and manager of public policy and community engagement at San Jose Silicon Valley Chamber of Commerce, has joined its board of directors.

Prior to joining the chamber, Padilla served as policy and finance director on Sam Liccardo's successful campaign for mayor of San Jose. Padilla has also held roles in Washington, D.C., as an intern for the White House Office of Communications and as an intern for Rep. Mike Honda. In addition to his experience in government, Padilla has also worked as a special education teacher for Teach for America, an intern at Google and a research assistant at Harvard Kennedy School.

Padilla holds a Bachelor of Arts in government from Harvard University and graduated from Bellarmine College Preparatory. For more information, please visit: www.panpacificbank.com.

Free Breakfast Outreach

SUBMITTED BY RAYMOND GRIMM

United Neighborhoods Outreach invites everyone to a free breakfast on Saturday, July 11 at Besaro Mobile Home Park's Social Hall with keynote speaker, City of Fremont Planning Commissioner Raj Salwan. United Neighborhoods Outreach helps senior citizens in the Tri-City area experiencing financial crises. RSVP by Monday, July 6 by calling (510) 792-6640; please ask for Joe. You may also visit the contact page at www.unitedneighborhoodsoutreach.com.

United Neighborhood Outreach Free Breakfast
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LEARN

continued from page 1

Recycled goods make unique creations in Transformations 2

roduction to the show.

Artist Anne Pinkowski's work features found items along with stunning hand-made neon glass work cleverly embedded in her art. A mannequin creation by Amy Nelson Smith named "At Your Service" stands boldly in one corner, complete with a tray resembling a butler serving dinner plus a light that turns the butler into a functioning lamp. Next to Smith's piece is work by local artist Pete Fecteau of Rubik's Cube art fame with his piece "David," a heavy van door spray-painted in pointillism style. Standing back, a viewer can see a portrait emerge.

Scattered throughout the space are works by international artist Anitta Toivia, whose long flowing self-portraits prompt speculation on how they were made. Another international artist, Eszter Bornemisza, has two pieces in the show, one an amazing work called "Mother" which depicts Eszter's physicist mother along with her math notes, creatively done in paper, netting, and a special process which burns part of the artwork away, leaving distinct gaps in the pieces.

Stunning woodwork by Larry Berger shows an attention to detail normally reserved for only the finest of wood furniture, while Cynthia Jacobs offers a delight for children with colorful and fun marionette-like creations of bugs and animals crafted from caps, lids, telephone wire, and other recycled plastics.

Textile artist Jennifer Huang dares viewers to think out of the box in her unique pieces, featuring embroidery delicately spun over photographed faces in pieces like "Our Sinew made Anew," and the clever use of plastic PVC piping turns the mundane into something fun in artist Robert Wolff's goat creation named "Year of Goat."

Fun and functional art abounds in the show with a bright birdhouse crafted out of a Wisconsin license plate in Jamila Rufaro's piece aptly named "Wisconsin." A coat rack made from an old stage prop by Phillip Gallegos hangs on another wall next to colorful weavings made by Sun Gallery's current Summer Art Camp students. Beautifully crafted and colorful collages by Jan Nolte hang above other collage-inspired art by Sun Gallery's

Free Art Saturday class families.

In addition to their work in the Transformations exhibit, popular Fremont artists Peter and Maureen Langenbach have a show in the adjacent Ken Cook Room called "Art Transformed," which runs from June 23 to August 1. The Langenbach's well-loved work epitomizes the art of using recycling material to its fullest potential, weaving whimsical and fun images into sometimes provocative messages. Hand-crafted sculpted heads cleverly encase the poems of Hayward Poet Laureate Bruce Roberts, with a sign encouraging viewers to open up the "heads" and read the poem tucked neatly inside.

This show reminds us that art is fun, and so is creating it. The Sun Gallery recently won the 2015 Environmental Award from the City of Hayward for excellence in Environmental Education and Outreach, recycling being one of the things the gallery was recognized for. A popular remake of the first Transformations show in 2011, Transformations 2 is a must see for those who love art, and for anyone wanting to see the unique creations of artists that live among us in the East Bay.

A free Artists Reception will be held on Saturday, July 11 with finger foods and beverages where attendees can meet the artists.

Transformations 2: Recycled and Up-cycled Exhibit
Thursday, Jun 18 –
Saturday, Aug 1
Thursday - Sunday,
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Reception: Saturday, Jul 11
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Home & Garden

can leave everyone unsatisfied. If possible, save enough money to do the whole project at once, so you get maximum bang for your buck.

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This is definitely a question that can affect your design plan. If you are planning on selling soon, then meeting with a realtor would be helpful to get an idea of

our design goal has been named “Modern Urban Rustic.” Having a theme like that keeps us focused when selecting furnishings and materials. For example, we are using very rustic, reclaimed wood for the floors, combined with very modern, funky light fixtures.

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Taking art to the State Capitol

BY NAVYA KAUR
PHOTOS COURTESY OF
SADHNA SHARMA

Since the beginning of humankind, art has been used as a form of expression, communication, and introspection. Despite it being a very essential tool, few elementary schools provide in-class time for art lessons for their students. Young Rembrandts attempts to remedy this by provid-

honor, but the top three artists were awarded gift baskets as well. The top submissions were judged and voted on by Senator Steve Glazer, Assemblyman Ian Calderon, Assemblywoman Young Kim, and Assemblyman Scott Wilk. Most submissions came from schools in Fremont, Union City, Newark, Dublin, Pleasanton, and Livermore. Students representing these schools as well as the Young Rembrandts program were ecstatic to be given



Award winner Vennila from Fremont's Leitch Elementary School.



Award winner Vietthi from Newark's Bunker Elementary School.

ing the best of both worlds. Children from Contra Costa and Alameda Counties aged three and a half to 12 years old are taught artistic skills as well as visual academic skills that can aid them in their school environments. "The fact that Young Rembrandts is able to provide a service to kids right at the school site, where students are able to learn to draw the very basics of art, just really validates us as a company," said program director Sadhna Sharma. Young Rembrandts provides many opportunities to display student artwork and one of the most recent exhibitions took place on June 10, 2015. Assemblywoman Catharine Baker invited select participants in the program to hang sixty pieces in the hallways of the State Capitol in Sacramento. All participants were given certificates for this

such an unbelievable opportunity. "From the student's perspective, it's always an honor to be recognized," Sharma said. "And to have the opportunity to get up to the State Capitol and have their artwork displayed, that in itself is a huge honor. For us, it really validates what we've been saying all along: that art is so important to kids and afterschool enrichment is such an important part of child education." Young Rembrandts also had an exhibition in Assemblyman Bill Quirk's office in Hayward and will have an upcoming exhibition in Assemblymember Kasen Chu's office in Milpitas. For more information about Young Rembrandts or to sign up for classes, please visit www.youngrembrandts.com/home.aspx, call (847) 742-6966, or e-mail info@youngrembrandts.com.



Senator Steve Glazer and Assemblywoman Catharine Baker with Young Rembrandts artists.

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Lowest \$:		175,000	Average \$:		628,500				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
19085 Crest Avenue	94546	692,500	4	1586	1965	05-13-15			
2622 Miramar Avenue	94546	616,000	3	973	1952	05-12-15			
4111 Ravenwood Place	94546	175,000	3	1170	1970	05-12-15			
2485 Riffel Court	94546	540,000	3	1997	1964	05-13-15			
22234 East Lyndon Loop	94552	796,000	3	2328	1998	05-12-15			
22790 Lakemont Place	94552	835,000	4	2096	1998	05-13-15			
22100 West Lyndon Loop	94552	745,000	4	2379	2000	05-12-15			

FREMONT TOTAL SALES: 14									
Highest \$:		1,700,000	Median \$:		808,000				
Lowest \$:		470,000	Average \$:		975,321				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
37997 3rd Street	94536	901,000	3	1415	1910	05-12-15			
35759 Cabral Drive	94536	720,000	3	1163	1957	05-12-15			
4644 Devonshire Common	94536	470,000	2	945	1987	05-12-15			
35653 Linda Drive	94536	1,525,000	4	3510	1997	05-12-15			
36998 Montecito Drive	94536	1,300,000	3	2400	1967	05-13-15			
3678 Parish Avenue	94536	670,000	3	1271	1947	05-12-15			
40283 Cottage Rose Terrace	94538	787,500	4	1545	2009	05-13-15			
43331 Gatewood Street	94538	808,000	3	1577	1956	05-13-15			
3587 Langdon Common	94538	775,000	3	1637	1998	05-12-15			
955 Boar Circle	94539	1,700,000	4	2743	1989	05-13-15			
360 Camphor Avenue	94539	1,075,000	3	1298	1962	05-11-15			
220 East Warren Common	94539	483,000	2	878	1982	05-11-15			
43523 Mission Boulevard	94539	1,125,000	4	2562	1919	05-11-15			
45435 Potawatami Drive	94539	1,315,000	4	1585	1977	05-12-15			

HAYWARD TOTAL SALES: 14									
Highest \$:		1,205,000	Median \$:		485,000				
Lowest \$:		200,000	Average \$:		521,357				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
2302 Morrow Street	94541	550,000	4	2110	2013	05-12-15			
21092 Ocean View Drive	94541	490,000	2	1146	1946	05-12-15			
3244 Ridgeview Place	94541	1,205,000	4	3937	2009	05-12-15			
19429 Royal Avenue	94541	490,000	3	1435	1951	05-13-15			
1232 Henderson Lane	94544	448,000	3	1408	1954	05-12-15			
1296 Henderson Lane	94544	425,000	3	1519	1954	05-13-15			
260 Industrial Parkway #24	94544	200,000	1	686	1973	05-13-15			
326 Orchard Avenue	94544	485,000	2	720	1943	05-12-15			
27221 Capri Avenue	94545	440,000	3	1349	1957	05-13-15			
2441 Homer Lane	94545	715,000	4	2134	2012	05-13-15			
25930 Kay Avenue #109	94545	295,000	2	1286	1982	05-11-15			
27060 Portsmouth Avenue	94545	507,500	3	1128	1956	05-13-15			
1279 Sangamore Street	94545	429,000	3	1620	1954	05-12-15			
1651 Sylvia Street	94545	619,500	-	-	-	05-12-15			

MILPITAS TOTAL SALES: 08									
Highest \$:		1,200,000	Median \$:		696,000				
Lowest \$:		590,000	Average \$:		769,313				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
580 Bayview Park Drive	95035	925,000	5	1763	1984	05-13-15			
360 Boulder Street	95035	663,000	3	1067	1954	05-12-15			
777 Garden Street	95035	696,000	-	-	-	05-12-15			
779 Garden Street	95035	770,500	-	-	-	05-12-15			
791 Kevenaire Drive	95035	1,200,000	4	2817	1979	05-13-15			
155 Parc Place Drive	95035	590,000	2	1038	2005	05-08-15			
752 Superior Road	95035	710,000	2	1459	1984	05-12-15			
205 West Capitol Avenue	95035	600,000	3	1614	1969	05-12-15			

NEWARK TOTAL SALES: 09									
Highest \$:		738,000	Median \$:		620,000				
Lowest \$:		620,000	Average \$:		679,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
36649 Burdick Street	94560	620,000	3	1096	1957	05-12-15			
8159 Merion Drive	94560	738,000	3	1240	1975	05-12-15			

SAN LEANDRO TOTAL SALES: 12									
Highest \$:		800,000	Median \$:		326,000				
Lowest \$:		199,000	Average \$:		399,625				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
247 Castro Street	94577	199,000	1	802	1967	05-13-15			
433 Harlan Street #207	94577	260,000	2	803	1964	05-13-15			
433 Harlan Street #208	94577	242,000	2	803	1964	05-13-15			
2527 Marineview Drive	94577	800,000	3	2027	1963	05-12-15			
710 Matoza Lane	94577	308,000	3	1209	2000	05-12-15			
682 St. Marys Avenue	94577	600,000	2	1719	1949	05-12-15			
290 Stoakes Avenue	94577	310,000	2	1059	1941	05-12-15			
582 Warwick Avenue	94577	387,500	2	1124	1910	05-12-15			
385 Caliente Circle	94578	326,000	2	1060	1980	05-12-15			
14615 Midland Road	94578	440,000	2	916	1943	05-12-15			
14935 Western Avenue	94578	365,000	2	1365	1946	05-13-15			
2227 Black Sooter Court	94579	558,000	3	1321	1999	05-13-15			

SAN LORENZO TOTAL SALES: 03									
Highest \$:		593,000	Median \$:		535,000				
Lowest \$:		485,000	Average \$:		537,667				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
564 Pomona Street	94580	485,000	3	1518	1950	05-13-15			
15749 Via Corta	94580	535,000	4	2244	1944	05-13-15			
1672 Via Lobos	94580	593,000	5	2089	1955	05-13-15			

UNION CITY TOTAL SALES: 02									
Highest \$:		785,000	Median \$:		770,000				
Lowest \$:		770,000	Average \$:		777,500				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
33019 Brockway Street	94587	770,000	4	1871	1984	05-12-15			
2706 Dowe Avenue	94587	785,000	3	1880	1975	05-12-15			

Park It

EAST BAY REGIONAL PARKS

An important new addition to Las Trampas Regional Wilderness is set to open this month in Danville. The Elworthy property, 232 acres of grassy hillsides, oak woodlands and gorgeous views of Mt. Diablo and the valley, will officially open July 15.

The property provides a key link between Las Trampas and Danville, allowing hikers a new way to reach one of the East Bay Regional Park District’s largest and most rugged parks. The property also provides important habitat for native species, including golden eagles.

The property will be accessible from a small staging area on Elworthy Circle, just off San Ramon Valley Boulevard. From the staging area, hikers will pass along a mile of a trail easement through private property before reaching the Elworthy parcel, which once belonged to a longtime Contra Costa ranching family.

Parking at the trailhead is very limited and not allowed in the housing development, so please consider carpooling or taking public transit.

The property can also be reached by hiking from the park’s main entrance on Bollinger Canyon Road. If you’ve never

visited Las Trampas, plan on bringing binoculars for bird-watching, a picnic to enjoy in one of the park’s many shady picnic sites, and plenty of water.

Even in the hot summer months, Las Trampas – with more than 5,300 acres of steep canyons, sweeping vistas and challenging terrain – is a great park to explore. We hope you enjoy this newest addition.

The popular Concerts at the Cove summer music series in Alameda continues on July 10, with a free performance by Patron Latin Rhythms. Get ready to dance to Latin, rock, mambo, R&B and funk provided by Patron’s powerful percussion and horn section.

The family-friendly event, co-sponsored by the Rotary Club of Alameda starts at 4:30 p.m. with a nature program at the Crab Cove visitor center. The concert runs from 5:30 to 7:30 p.m. near the shoreline. Bring lawn chairs, a blanket, and picnic. Food and beverages will be for sale, as well, with proceeds going to the Rotary scholarship fund.

For more information, go to www.ebparks.org/about/news/CCove2015.

From Cajun concerts to monarch butterflies to baby animals, Ardenwood Historic Farm always has something going on.

Come celebrate one of the East Bay’s most beloved family gathering spots at a 30th anniversary party on July 25.

The free event will feature games, activities, historic exhibits, and, of course, birthday cake. The farm dates from the 1850s, and was turned over to the East Bay Regional Park District in 1985 as a way to teach the public about 19th-century farming and East Bay history. The City of Fremont operates the restored Victorian-era mansion known as the Patterson House, which is open for tours Thursdays through Sundays.

The Ardenwood celebration will be from 10 a.m. to 4 p.m. at the park, 34600 Ardenwood Blvd., Fremont.

As summer heats up, the drought continues to have a major impact on Park District lands. Fire danger is very high, and water-quality issues are, as expected, cropping up at some of our lakes and shorelines.

More than 500 acres burned at Contra Loma Regional Park and adjoining City of Antioch open space. Thanks to fire crews from Contra Costa Fire, Cal Fire, Park District, Alameda County Fire, and East Contra Costa Fire, the blaze was contained to grasslands and resulted in no structure damage and no injuries.

Contra Loma is open for swimming, picnicking and other activities, although Homestead Loop and Lake View trails are temporarily closed.

We urge park visitors to be extra cautious with camp fires, cigarettes, and anything else that could ignite the dry grass and shrubs in our parks. With the public’s

help, we hope to get through this dry period with minimal damage to the District’s 119,000 acres of open space.

Water-quality issues are occurring at Crown Beach, Lake Chabot, Quarry Lakes, and Shinn Pond.

At Crown Beach, staff has reported several cases of visitors contracting swimmer’s itch after swimming in the Bay. Swimmer’s itch is a skin rash caused by microscopic parasites. Although it can be uncomfortable, the condition usually clears up on its own within a few days.

Staff has posted signs along the beach warning visitors to rinse after swimming and towel themselves dry completely.

At Lake Chabot, toxic blue-green algae remains in the lake after it was first spotted last fall. The lake, which is a back-up drinking water supply for the East Bay, is not open for swimming, but we urge visitors to keep their dogs out of the water until the algae clears up. Toxic blue-green algae can be fatal to dogs.

Quarry Lakes in Fremont is also experiencing a toxic algae bloom, and is closed for swimming. Nearby, Shinn Pond recently tested positive for toxic algae. The pond is not open for public swimming, but is a favorite spot for dog walkers. Please keep your dog out of Shinn Pond until the algae dissipates.

Signs are posted at all these locations, and more information is available at www.ebparks.org. Thanks for your cooperation, and we appreciate the public’s patience during this dry period.

Irvington High students sew blankets for children in need

CAMP KID SCOOP

BUG-A-PALOOZA

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AMAZING ANTS

THE FLYSPECK FLYER

Underground Cities

By Nellie Fly
WORLD'S SMALLEST REPORTER

Most ants build their homes or nests underground. They dig tunnels and rooms. The extra dirt is carried outside and forms a hill around the entrance.

Underground ant nests contain many different rooms with different functions. There is a room where the queen lays eggs. A team of worker ants cares for the queen, her ant larva and the cocoons.

Ant nests also have special rooms to store food, a nursery for young ants and resting rooms for worker ants.

Center tunnel for a grub close. Exact response found to the disc survey inside count for the waterfa given t insects harvest season

Find the two identical ants.

Oops! Leafcutter ants removed some words from this article. Draw a line to where each word belongs.

lick nest pieces compost

rainforest cutting feed grow don't

Chow Line

When an ant finds a large piece of food, it returns to the nest and enlists other worker ants to help carry the food. On the way back to the nest, the ant leaves a trail of odors as landmarks, so that it can find its way back to the food.

Find your way to the food storage room.

Farmer Ants

Leafcutter ants live in the _____ and collect leaves by first _____ them into small pieces using their sharp, pointed jaws. They carry the _____ back to their nest, holding them high above their heads.

Surprisingly, they _____ eat the leaves. Instead, they use them to _____ food! Back at the _____, smaller worker ants _____ the leaves clean and cut them into tiny pieces. These are then chewed up and made into miniature _____ heaps to grow the fungus on which they _____.

Standards Link: Life Science: Living organisms have distinct structures and body systems that serve special functions in growth, survival and reproduction.

Extra! Extra!

Jobs We Share

Workers in ant colonies have a variety of different jobs. Many of these are similar to jobs people have. Look through the newspaper to find people that do the following ant colony jobs:

• childcare
• security
• communications
• armed forces
• earth movers
• engineers
• flood control

Standards Link: Life Skills: Students study different life choices and the skills required.

Ants can dig tunnels as deep as feet.

REST AREA

Use the code to discover facts about ants.

SECRET CODE

■ = 0 ▴ = 5
● = 1 ▾ = 6
◆ = 2 ▽ = 7
▲ = 3 ○ = 8
▼ = 4 ◇ = 9

QUEEN

Giant Australian Bull Ants can grow to be about 1 1/2 inch (4 cm) long.

NURSERY

FOOD STORAGE

An ant can lift 10 times its own body weight.

Kid Scoop Together:

Fill In The Blanks

Ask a friend to give you each type of word. Fill in the blanks and read the story aloud for some silly fun.

Ambrose Ant

Unlike most ants, Ambrose Ant had a terrible sense of direction. Instead of following the trail to picnics, he often wound up in _____.

All the ants _____ following him would have to _____ through _____ bowls of _____.

The Queen of the ants became very _____.

She declared that Ambrose could never leave the _____ anthill.

Unfortunately, on his way to the food storeroom, Ambrose took a wrong turn, went through a _____ tunnel, and ended up in _____.

He lives there today, where he enjoys going for a _____, munching on _____, and working as a tour guide.

All the _____ bugs agree that the _____ thing about one of Ambrose's tours is that they're always a surprise—you never know WHERE you'll go!

Standards Link: Grammar: Identify nouns, verbs, adjectives and interjections in reading.

Kid Scoop-doku™

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

N	A	
	T	N
A		T
T	S	

Catch the Reading Bug at Your Library This Summer!

Your mission is to combat the Evil Power Master who has reportedly allied with the Ant People. Are your missing group members playing a prank, or have the Ant People taken them prisoner?

Unscramble the title of this book. Then, check it out at your local library this summer! - Bert Bookworm

ROINPRSE
FO HET
TAN LEOPEP
by R.A. Montgomery

Standards Link: Reading Comprehension: Read age-appropriate text in a variety of genres.

Double Double Word Search

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

COCOONS
LARVA
LEAVES
WORKERS
FUNGUS
COLONY
NURSERY
STORE
TRAIL
LANDMARKS
ODORS
COMPOST
ARMED
FACTS

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: FUNGUS

The noun fungus means a type of plant life (such as molds, mushrooms, mildews) that grow on decaying matter.

Leafcutter ants grow fungus gardens underground.

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

FROM THE Kid Scoop LESSON LIBRARY

Planet of the Ants

According to the National Pest Management Association, the world harbors 12,000 species of ants. Look through the newspaper and find four or more numbers that add up to exactly 12,000.

Standards Link: Number Sense: Calculate sums to 12,000.

What do you call a 100 year-old ant?

ANSWER: Antique!

Write On!

Ant Vacation

Imagine the ants are going on vacation. Where will they go? What will they do? What will they pack?

Girls just want to have fun

BY LINDA-ROBIN CRAIG

Everyone knows that girls just want to have fun, and one particular group of girls, known as Harmony Fusion (HF), has their fun by singing. Originally two smaller groups – Harmony Bay chartered in 1973 in Oakland and Harmony

fun, yet we get the job done. I hope to continue singing for many more years to come.”

Sandi invited other women to check it out. “We’re a fun loving, award winning group of women who love to get together and sing. Come and join a fun, lively group of women and have some fun, too.”



Harmony Fusion was the first chorus to win the newly minted BRAVO award (Best Retention and Value to the Organization) awarded by Region 12.

Crossroads formed in 1993 in Pleasanton – which occasionally performed together, the collaboration was so perfect it was natural to fuse their membership and sound into one group. Harmony Fusion is an a cappella (unaccompanied singing) chorus based in Hayward, a chapter of Sweet Adeline’s International (SAI), the worldwide organization that fosters women singers in barbershop style of four part harmony.

What is it like to perform with Harmony Fusion? “It’s fun, fun, and more fun!” said member Garriene. “Fun to sing, fun to laugh, and fun to work for HF chorus!” Vi said, “It’s hard to express what singing with HF means to me. I’ve been a member for almost half my life, 37 years. It saw me through many hardships and I’ve made life-long friends. Barbara Vander Putten, our director, is one reason I’m still singing; she’s a wonderful leader. I look forward to coming to rehearsals because she makes it

With the fun part clear, director of membership services and chorus vice president Joanne Morrison added, “The HF chorus is committed to musical excellence and education. We enthusiastically come together to share the joy of singing four-part a cappella harmony. We entertain the community throughout the year and take pride in our involvement while



striving to be innovative and diverse in our membership.”

Current membership is 41 ladies with members ranging in age from 20s to 70s, but girls as young as 14 can join. HF has two performing quartets within the chorus: With a Twist, and Shir Harmony (pronounced “sheer,” Hebrew for song). There is also a small ensemble of seven women, Sisters In a Chord. HF sings a variety of music, from traditional barbershop songs to jazz and holiday arrangements of all kinds, including singing telegrams for Valentine’s Day.

Any woman wanting to give HF a try will be benefiting from the very best vocal direction available. Putten, a Bay Area native, began her vocal career in 1977 with West Valley Masterworks singing a diverse repertoire including Mozart and Verdi’s “Requiem” (with a performance at Carnegie Hall), as well as a variety of folk music, madrigals, show tunes and spirituals. She was the assistant director of the award-winning Mission Valley Chorus for twelve years, and was named director of HF in 2007. Putten is a certified director, a member of the SAI Region 12 coaching faculty, and was recently

appointed the regional director’s coordinator, covering Northern CA, Southern Oregon, and North-West Nevada.

Putten was a member of The Aquanettas comedy quartet (1999-2006) and her role as The Duchess of Dippity-Doo is the reason she is called “The Duchess” to this day. She currently sings bass in With a Twist quartet. In addition to singing and directing, Putten uses her speaking voice as one of the five enthusiastic hosts of The Human Voice Show, featuring a cappella harmony, on People’s Radio KKUP Cupertino 91.5fm.

HF rehearsals are held every Monday at 7 p.m. at Hayward’s Hill & Valley Club and are always open; women may drop in to listen or see what it’s like to step onto a riser and sing with the chorus. Anyone wishing to audition can come to three consecutive rehearsals, then audition whenever she feels ready. There is plenty of opportunity to practice with a quartet before auditioning, and candidates can retry as many times as they wish.

In addition to annual competition, HF performs all over the Bay Area for various organizations and groups with about 15

to 20 appearances a year, as well as presenting their own concerts and shows. “One of my favorite times is around the holidays when we perform a pre-ballet set and sing the vocals for the Valley Dance Theatre’s performances of the Nutcracker Ballet,” enthuses Morrison.

HF does not have strict requirements for attendance. They provide recordings and sheet music and ask that members listen and learn their music prior to coming to rehearsal. Performances are voluntary, but most members love to perform. A member must record their voice for the performance songs and have a section leader check for mistakes before they perform the music in public.

At competitions this year HF won third place in their division, and fifth place overall for Region 12, which covers Northern CA, parts of Oregon, Nevada, and Hawaii. They were also the first chorus to win a newly minted trophy awarded by Region 12, the BRAVO award (Best Retention and Value to the Organization) for membership retention.

In addition to performing, HF also assists other non-profits with fundraising, such as Alameda Midway Shelter for Women and Children, and Shepherd’s Gate, a Livermore organization serving women and children.

Monthly membership dues are \$37. New members pay a one-time fee of \$126 which represents \$21 for membership dues to Harmony Fusion, \$2.50 for Region 12 assessment, \$8.50 for Sweet Adeline’s International membership, and \$5 for costume rental. For more information, visit harmonyfusion.org, contact Joanne Morrison at (925) 373-0210, or e-mail info@harmonyfusion.org.



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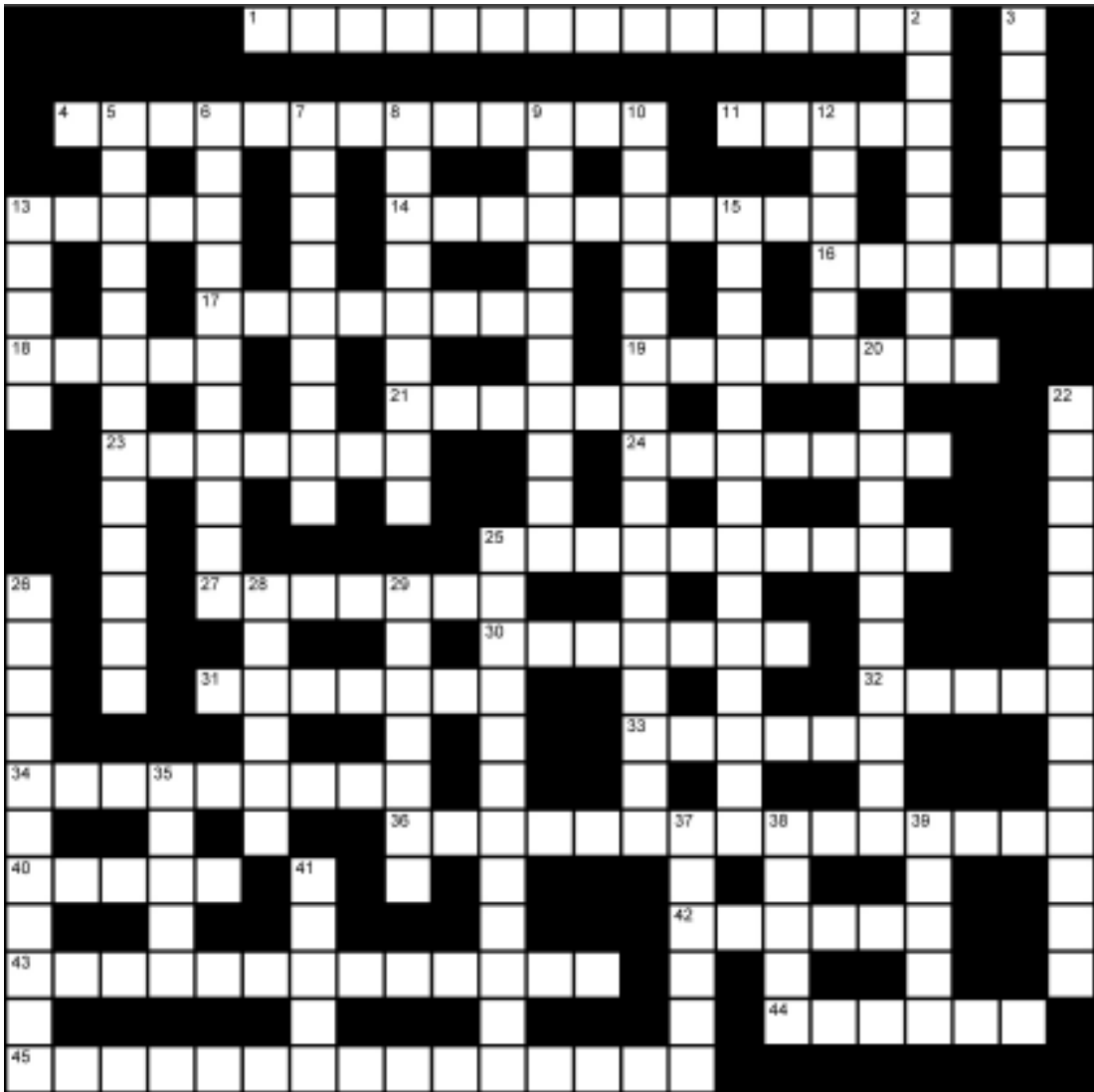
TTY 415-292-8898

www.onlok.org

Center Hours:
Mon-Fri 8:00am-4:30pm

Mind Twisters

Crossword Puzzle B 321



- Across
- 1 Achievements (15)

4 At ninety degrees from a straight line (13)

11 Fourth, ____, sixth (5)

13 Big name in computers (5)

14 Give an idea or proposal (10)

16 Regard or treat as same or equivalent (6)

17 Kind of soup (8)

18 More dry (5)

19 Decade after eighties (8)

21 Slender, open boats tapering at both ends (6)

23 Far-out (7)

24 Ape (7)

25 "Of course" (10)

27 Not to be seen anywhere (7)

30 Like (7)

31 Of the best type serving as standard (7)

32 Auctioneer's word (5)

33 Strip of ice due to freezing of dripping water (6)

34 Flight of stairs with its framework (9)

36 Chosen people to act on other's behalf (15)

40 Hangout (5)

42 Forest, woods (6)

43 Appliances to keep perishables (13)

44 Writes a word letter by letter (6)

45 Features (15)
- Down

2 Sequence of events, timetable (8)

3 Grand (6)

5 Trying out possibly in a lab (13)

6 Work towards a goal, like exam or trip (11)

7 Penny purchase, years ago (9)

8 Case of occurrences, examples (9)

9 Tower for guidance of ships (10)

10 Onus of doing chores (16)

12 Classic, the best (6)

13 "All kidding ____" (5)

15 Drivers licence, passport (14)

20 Very smart (11)

22 Eminent, noted (13)

25 Vivid explanations (12)

26 Related to air, like pressure (11)

28 "One ____ Jump" (6)

29 Oriental (7)

35 ____ tube (5)

37 Relishes (6)

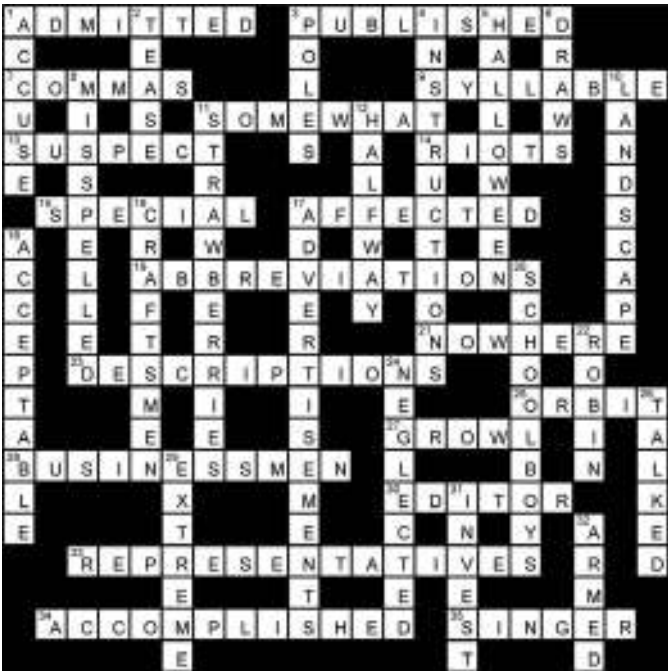
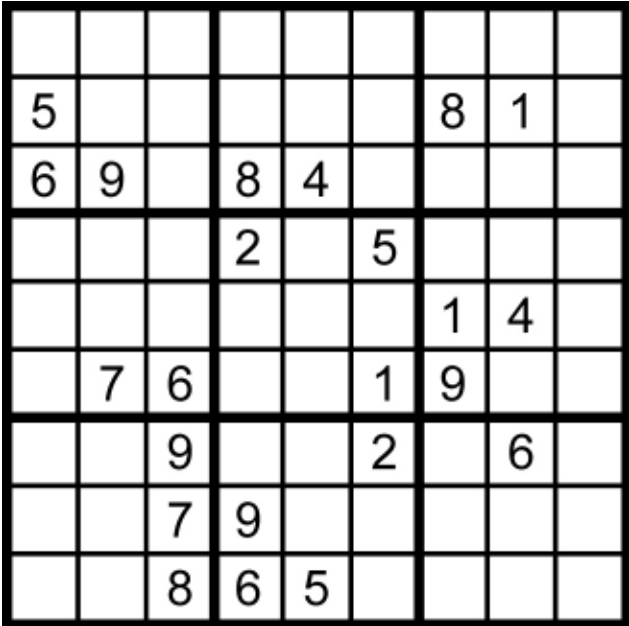
38 Airs (5)

39 Archetype (5)

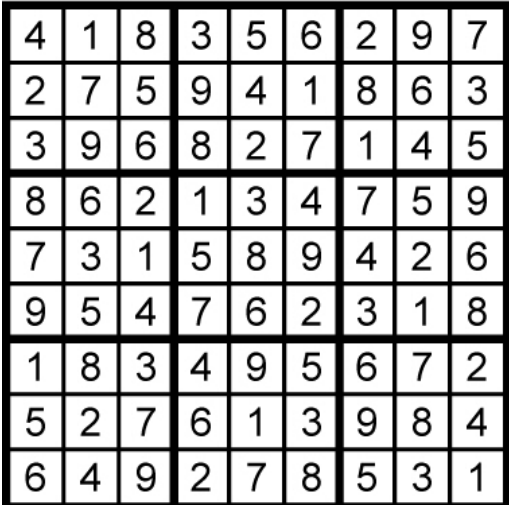
41 Depiction on the back of old pennies (5)

Sudoku:

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



B 3020



Tri-City Stargazer JULY 1 - JULY 7, 2015 BY VIVIAN CAROL

For All Signs: For many weeks this summer, Saturn will be semi-square to Pluto. Whatever is corrupt must be exorcised or transformed under this influence. This battle will be occurring both globally and individually. Two very important clean-ups have occurred during June: The House of Representatives stopped the fast track of the dark Trans-Pacific Partnership trade agreement, which favored corporations; and the Federal Communications Commission is once again in charge of broadband, which does not allow huge corporations (Pluto) to block or slow streaming to the public. There will no doubt be a huge fight over each of these because corrupt people will not give up easily. This aspect will likely bring a major pushback on the Supreme Court's 2010 Citizens United ruling. Many people in the public eye will be exposed for their deeds.

Aries the Ram (March 21-April 20): Disturbances in your partnership will be prominent this week. If the issue is not with people, then it may be equipment that breaks down and requires repair. It is better at this time to give way to your partner than to fight. Save your energy for now.

Taurus the Bull (April 21-May 20): Home, hearth, and family are of particular pleasure to you at this time. It's possible you are considering a redecorating project either at home or at work. Has someone moved in with you recently? This could happen, but only if you desire it. You are tempted in the direction of the luxurious.

Gemini the Twins (May 21-June 20): This is a fine week to search for answers to questions and research solutions to move forward with daily activities. Help is offered from most corners of your world. Think carefully about what is truly important to you at this time in your life. Don't allow old habits or rules from the past to make your decisions.

Cancer the Crab (June 21-July 21): This is not your best week unless you plan to get a lot of hard work accomplished. If you become aware that you are easily angered, use caution concerning tools or machinery. Your reflexes may not be on target. Avoid speeding because there may be police on every corner.

Leo the Lion (July 22-August 22): It is of paramount importance that you control your mouth this week. Although you have an opinion about whatever is happening, let it go and say nothing unless asked for it. Being right is not as important as maintaining human relations. Later you can take action to correct what you perceive is wrong, but now you will be challenged to a fight.

Virgo the Virgin (August 23-September 22): Your ideas are creative and will gain the support of others, even those who are behind the scene. Don't hesitate to put yourself out there. You need to express yourself in a larger framework than you have in recent months.

Libra the Scales (September 23-October 22): An opportunity to expand your social life brings smiles. You may be invited to a party or you might meet someone new. This aspect is from Venus, goddess of love and creativity. You may also be dealing with someone who is quarrelsome related to your work or life direction. Somehow you have treaded on his/her fears. Find out about this rather than fighting.

Scorpio the Scorpion (October 23-November 21): Please read the lead paragraph because the Saturn/Pluto aspect especially pertains to you. Now is the time to clean up your attitude and eliminate the trash in your life. That may be related to siblings, roommates, clutter, or bad habits of thought which create chaos around you.

Sagittarius the Archer (November 22-December 21): This is a favorable time for travel and expansion of your perspective. Aspects augur well for education, publishing, church activities and/or legal interests. The only cloud in the sky is a nuisance debt. It may be owed to you, or

you may be the one who must pay. Do something about it and you will feel better.

Capricorn the Goat (December 22-January 19): The Capricorn Goat is so focused on his or her direction that s/he sometimes becomes overbearing and pushy to others. Now is a time in which partners or other significant people are not cooperating. They may be fatigued with your constant management and delegation of projects. Ease off if you want to maintain these relationships.

Aquarius the Water Bearer (January 20-February 18): You may be under pressure to follow through and display work that you have been doing since last

fall. There is also a sense in which you have become bored with the project. Return mentally to the place you started in order to reignite your passion. This is not a time to quit.

Pisces the Fish (February 19-March 20): Early in the week an opportunity to expand your social life brings smiles. You may be invited to a party or meet someone new. This aspect is from Venus, goddess of love and creativity. The muse may be at your side as you produce a particularly creative idea or solution to a problem.

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



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Teen Programs offer more than just books

SUBMITTED BY CHARLETTE SMITH

According to a recent report, “Accelerating Achievement,” <http://bit.ly/1dMMQBk>, authored by the National Summer Learning Association (NSLA) and funded by the David and Lucile Packard Foundation, the summers before and after middle school are some of the most critical transitions in a young person’s academic career. In addition, the transition from eighth to ninth grade is one of the most pivotal phases in a student’s education, and one of the most treacherous. In fact, according to a 2011 Education Week article, a ninth grade student is three to five times more likely to fail a class than students in any other grade. Teens who continue to read and learn over the summer are better prepared for these transitions.

Santa Clara County Library District’s (SCCLD) Summer Challenge provides teens with fun, entertaining and educational ways to continue learning over the summer. Unmask! Every Hero has a Story, the theme of this year’s Summer Challenge for teens, runs through August 15. All SCCLD libraries are offering special programs for youth ages 13-18, including tech workshops, henna art, and graphic novel making workshops.

SCCLD also provides online tools and resources accessible on tablets and smartphones that can help teens continue learning over the summer. LearningExpress is an interactive online learning program that helps build skills in math, social studies, writing and reading comprehension; BrainFuse is a program that provides real-time, online homework assistance and skill building.

*Unmask!
Every Hero
has a Story,
the theme of
this year’s
Summer
Challenge for
teens, runs
through
August 15.*



Teens also have access to thousands of resources at their local libraries that can help them stay engaged this summer, including movies, books, music CDs, language courses, and eBooks. Should they have extra time to spare, teens (14-17) are welcome to volunteer at their local li-

braries; applications are accepted on a rolling basis as space becomes available. Contact your local library for schedules and volunteer opportunities.

For a full schedule of workshops and events, visit www.sccl.org or check in with the local teen librarian.



BART service disruption next two weekends

SUBMITTED BY BART DISTRICT

BART is encouraging travelers to plan ahead and to find alternate means of transportation across the Bay during two upcoming closures of transbay train service. BART will close the West Oakland Station and will not run trains between West Oakland and Embarcadero stations the first weekend in August and during Labor Day weekend while we repair a critical section of track near the Transbay Tube.

BART will offer lifeline bus service between 19th Street in Oakland and the Temporary Transbay Terminal in San Francisco, but the buses are intended only for those who have no other options. There will be no additional charge for the bus. The bus bridge will cause 1 to 2 hour delays for some customers. During the shutdowns, train service within the East Bay and within the West Bay and the Peninsula will be more frequent than during a typical weekend.

Dates and times of the track closures are as follows:

August 1-2: From end of service Friday and all day Saturday and Sunday.

September 5-7: From end of service Friday and all day Saturday, Sunday and Monday.



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Crawfish	House Special Soup
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Shrimp	Garlic Noodle
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Sat Sun &
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Chahall

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Sunday July 12 11:00am – 7:00pm

Free Admission

Munch Ammerican!

TeriBurgers, TeriDog, Corn-on-the-cob, Shave Ice ...

Enjoy Japanese!

Chicken Teriyaki, Gyoza, Udon, Sushi, Manju ...

also

Your Name In Japanese, Women's Association Boutique, Bookstore, O Nami Taiko (Japanese Drums), Kendo, Japanese Dance, Ikebana Exhibit, Bonsai Exhibit & Demonstration, Buddhism Mini-lecture ...

and play, play, play!

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(510) 471-2581

www.sacbc.org



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City of Newark Recreation and Community Services Department

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Bring a blanket or low-back chair and enjoy the sounds of summer!

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Sage

July 24...
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Tropics Mobile, Hayward Mobile Country Club, Josephine Lum Lodge, Salvation Army (Hayward), Glad Tidings, South Hayward Parish, Fargo Apartments, Ashland Community Center, United Methodist (Castro Valley)

Reservations Required

www.SpectrumCS.org

510-881-0300
ext. 222

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5646 Thornton Ave., Newark

2015 BOOK SALE

Fremont Friends of the Library

Old Library/Teen Center

39770 Paseo Padre Parkway, Fremont
Enter Park at Sailway Drive

Saturday, July 11 - 10am - 3pm

Sunday July 12 - 12 Noon - 3pm

Clearance Sunday - \$5 per bag
Bring your own grocery bags

\$1.00 per inch Stacked

For Information
510-494-1103

All proceeds from our book sales are given to the Fremont Library System

Having an affair - Have it here

Banquet Facility

Weddings - Receptions - Luncheons
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Capacity 300

Call for information **510-797-2121 ext 4**
EventsAtTheLodge@gmail.com
38991 Farwell Drive, Fremont

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

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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

Papaya salad
Green curry with eggplant
Basil fried rice
Drunken noodle
Mango sticky rice

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
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The classes are located at Cracker Barrel Deli & Thai

Kitty's Thai Kitchen

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

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

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

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

Arts & Entertainment

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 Sundays, 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

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/

Tuesdays, Wednesdays and Thursdays, Jun 23 thru Jul 23

Citizenship Class \$R

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

Discuss American Government and prepare for interview test

Fremont Adult School

4700 Calaveras Ave., Fremont

(510) 793-6465

www.face.edu

Wednesday, Jun 17 - Sunday, Aug 2

Stitching Russel City Stories \$

10 a.m. - 4 p.m.

Story quilts depict citizens of early Hayward

Hayward Area Historical Society

22380 Foothill Blvd., Hayward

(501) 581-0223

www.haywardareahistory.org

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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.cafarmersmkts.com

UNION CITY:

Kaiser Permanente Union
City Farmers’ Market
Tuesdays
10 a.m. – 2 p.m.
Year-round
Kaiser Permanente Medical
Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.com

Union City Farmers’ Market
Saturdays
9 a.m. – 1 p.m.
Year-round
Old Alvarado Park
Smith and Watkins Streets,
Union City
800-949-FARM
www.pcfma.com

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



Fremont Art Association
37697 Niles Boulevard Fremont, CA 94536 (510)792-0905

50th Annual Art Show September 22-October 17 2015

The association is celebrating its 50th Annual Art Show. Members and the general public are invited to submit two and three-dimensional art for this juried show. For the first time all applications, submissions and payments will be done on line. The general public is welcome to submit entries. Works for the show will be selected through a juried process.

<http://tinyurl.com/faaannualshow>

Thursday, Jun 19 - Sunday, Jul 18

Textile Exhibit
12 noon - 5 p.m.
Mixed media and fiber art
Opening reception Friday, Jun
19th 7 p.m. - 9 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Thursdays, Aug 20 - Oct 29

Citizen Police Academy – R
5:30 p.m. - 9:00 p.m.
Volunteers train to assist Newark Police
Application due 7/15
Newark Police Department
37101 Newark Blvd., Newark
(510) 578-4352
beverly.ryans@newark.org

Monday, Jun 22 - Friday, Jul 24

Summer Food Drive
Mon - Thurs: 9 a.m. - 5 p.m.
Fri: 9 a.m. - 2 p.m.
Drop off nonperishable, unopened, non-expired foods
Fremont Chamber of Commerce
39488 Stevenson Blvd., Fremont
(510) 789-1950
<https://www.facebook.com/FremontBusiness>

Monday, Jun 29 thru Friday, July 31

Botanical Works of Art
8 a.m. – 5 p.m.
Watercolors by the Mary L. Harder School
John O’Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Wednesdays, Jul 1 thru Jul 29

Ballroom Dance Classes \$
Beginners: 7:00 p.m. - 8:00 p.m.
Intermediate: 8:15 p.m. - 9:15 p.m.
Cha Cha, Bing Band Swing and Foxtrot
Ruggieri Senior Center
33997 Alvarado Niles Rd., Union
City

Church of Christ of Fremont

**4300 Hansen Ave.
Fremont**

510-797-3695

www.fremontchurchofchrist.org

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

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

Services

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



(510) 675-5357
www.unioncity.org

Wednesdays, Jul 1 thru Jul 29

The Art of French \$
10:30 a.m. - 1:00 p.m.
French influenced painting and sketching
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Wednesdays, Jul 1 - Aug 26

Walk This Way \$
9:30 a.m. - 11:00 a.m.
Integrates walking, flexibility, and balance
Ages 50+
Kennedy Community Center
1333 Decoto Rd., Union City
(510) 657-5329
www.UnionCity.org

Thursday, July 2 thru Friday, Jul 10

Spring Member Show
10 a.m. – 4 p.m.
Works by Hayward Arts Council Members
Foothill Gallery
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Mondays, Jul 6 thru Jul 27

Writers Group – R
6 p.m. - 8 p.m.
Oral readings and peer feedback
Dragonfly Market
4071 Bay St., Fremont
(510) 490-5022
wayscans@mybluelight.com

Monday, Jul 6 - Friday, Aug 7

Quantum Camp \$
9 a.m. - 4 p.m.
Experiments for school age kids
Chabot Space & Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
www.chabotspace.org

Mondays, Jul 6 thru Aug 17

Early Stage Memory Loss Group \$R
1:30 p.m. - 3:00 p.m.
Tools to cope with dementia
Intended for caregivers and those with memory loss
Dominican Sisters of Mission
San Jose
43326 Mission Blvd., Fremont
(510) 656-1329

Tuesdays, Jul 7 thru Jul 28

Tuesday Painters \$
11 a.m. - 3 p.m.
Instruction in various mediums
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

THIS WEEK

Tuesday, Jun 30

State of the City Address
Hayward
12 noon - 1:30 p.m.
Mayor Barbara Halliday speaks
Chabot College
25555 Hesperian Blvd., Hayward
(510) 723-6600
www.hayward.org

Tuesday, Jun 30

Long-Term Care
7:00 p.m. - 8:30 p.m.
Discuss financial planning for elder care
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Tuesday, Jun 30

Regional Trail Expansion Meeting
6:30 p.m. - 8:00 p.m.
Discuss trail options from Niles to Sunol
Fremont Veterans Hall
37154 Second St., Fremont
(510) 612-0488
District2@acgov.org

Tuesday, Jun 30

Toastmasters Officer’s Installation
7 p.m.
Celebration and meeting
Baywood Court
21966 Dolores St, Castro Valley
(510) 566-9761
<http://961.toastmastersclubs.org/>

Wednesday, Jul 1

Open House \$
1 p.m. - 3 p.m.
Docent led tours of historic home
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Wednesday, Jul 1

Family Movie Night
7 p.m.
Bring lawn chairs, blankets and a picnic
William Cann Neighborhood
Park
33001 Marsh Hawk Rd,
Union City
www.unioncity.org

Thursday, Jul 2

Children’s Film
11:30 a.m.
Alexander and the Terrible, No Good, Very Bad Day
Rated PG
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org



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Email: programassistant@driversforsurvivors.org
www.DriversForSurvivors.org



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

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We use dermalogicia skin products **dermalogicia**
Trusted by the Top Dermatologists

5174 Mowry Ave., Fremont

Friday, Jul 3**Friday Teen Festivities \$**

4:45 p.m.

Red, White and Blue BBQ

Silliman Activity Center

6800 Mowry Ave., Newark

(510) 578-4620

www.newark.org**Friday, Jul 3****Lost in Space \$**

7 p.m. - 10 p.m.

NASA simulated space mission

Ages 21+ only

Chabot Space & Science Center

10000 Skyline Blvd., Oakland

(510) 336-7300

www.chabotspace.org**Friday, Jul 3****A Tale of Many Moons \$**

6 p.m. and 7 p.m.

Live Planetarium show

Chabot Space & Science Center

10000 Skyline Blvd., Oakland

(510) 336-7300

www.chabotspace.org**Friday, Jul 3****Laser Mania: Pink Floyd \$**

9:15 p.m.

Dark Side of the Moon laser light show

Chabot Space & Science Center

10000 Skyline Blvd., Oakland

(510) 336-7300

www.chabotspace.org**Saturday, Jul 4****Fremont 4th of July Parade**

10 a.m.

Floats, drill teams, marching bands and balloons

Downtown Fremont

Capitol Ave. and State St.,

Fremont

(510) 544-3220

www.Fremont4th.org**Saturday, Jul 4****Families on Foot**

1:00 p.m. - 2:30 p.m.

Explore nature trails around the park

Ages 12+

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org**Saturday, Jul 4 - Sunday, Jul 5****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, Jul 4- Sunday, Jul 5****July 4th Weekend Fun**

3 p.m. - 4 p.m.

Old-fashioned games, activities and picnic

Garin Regional Park

1320 Garin Ave., Hayward

(510) 544-3220

www.ebparks.org**Saturday, Jul 4****4th of July Celebration**

10 a.m. - 2 p.m.

Food, entertainment and information booths

Cesar E Chavez Middle School

27845 Whitman St., Hayward

(510) 723-3110

Saturday, Jul 4**Red, White and Boom \$**

1 p.m. - 4 p.m.

Pool party, food, and games

7 p.m. - 10 p.m.

Fireworks set to music

Milpitas Sports Center

1325 E. Calaveras Blvd., Milpitas

(408) 586-3225

www.ci.milpitas.ca.gov**Saturday, Jul 4 - Sunday, Jul 5****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, Jul 4****Independence Day Celebration \$**

10 a.m. - 4 p.m.

Old-fashioned games and music

Bring a picnic

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org**Saturday, Jul 4****Fourth of July Carnival – R**

11:30 a.m. - 3:00 p.m.

Food, face painting, music and car show

Pacifica Senior Living

San Leandro

348 West Juana Ave,

FREE Dog & Cat Vaccinations

Saturday - July 18

11am - 2pm *Licensed Vet on site*

DOGS

- Puppy Series Vaccine
- 4 in 1 Vaccine
- Lyme Vaccine
- Micro-Chipping
- Advantage & Frontline
- Flea Control
- Deworming



CATS

- FVRCP Vaccine
- Rabies Vaccine
- Leukemia Testing
- Topical Flea Control
- Deworming
- Micro-Chipping



No appointment necessary

FREE K-9 Cottage Pet Grooming

1191 Manor Blvd., Suite D

San Leandro

For more Information: 415-794-3160

Nike Animal Rescue Foundation (NARF)

San Leandro

(510) 466-1910

www.pacificasanleandro.com**Saturday, Jul 4****Let Freedom Ring Fourth of July Celebration \$**

12 noon - 10 p.m.

Food, games, entertainment and fireworks display

USS Hornet

707 W. Hornet Ave, Alameda

(510) 521-8448 x282

<http://www.uss-hornet.org/calendar/4thjuly/>**Sunday, Jul 5****Ohlone Village Life**

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

Discover natural food, medicine and tools

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org**Sunday, Jul 5****Bunny Love \$**

11:30 a.m. - 12 noon

Interact with rabbits

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org**Sunday, Jul 5****Hens Lay Eggs \$**

1 p.m. - 2 p.m.

Search the coop for eggs

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org**Sunday, Jul 5****Ice Cream Making \$**

2 p.m. -3 p.m.

Create frozen treats on a hand-crank machine

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org**Monday, Jul 6****Coyote Cubs: Birds of a Feather**

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**Tuesday, Jul 7****Tuesday Twilight's**

7 p.m. - 9 p.m.

Leisurely 2.5 mile hike at sunset

Meet at the W. Winton Ave Stag-

ing Area

Hayward Shoreline Interpretive

Center

4901 Breakwater Ave., Hayward

(510) 544-3220

www.haywardrec.org**Saturday, Jul 11****United Neighborhood Outreach Meeting – R**

10 a.m. - 12 noon

Assistance for seniors in financial crises

Breakfast included, RSVP by 7/6

Besaro Mobile Home Park

4141 Deep Creek Rd., Fremont

(510) 792-6640

www.unitedneighborhood-soutreach.com**BOOKMOBILE SCHEDULE**

Alameda County
Renew books by phone
(510) 790-8096
For more information
about the Bookmobile call
(510) 745-1477 or visit
www.aclibrary.org.
Times & Stops subject to change

Tuesday, Jun 30

9:15 – 11:00 Daycare Center

Visit – FREMONT

2:45 – 3:15 Cabrillo School,

FREMONT

4:45 – 5:30 Baywood Apts.,

4275 Bay St., FREMONT

5:50 – 6:30 Jerome Ave. and

Ohlones St., FREMONT

Wednesday, Jul 1

1:00 – 1:30 Hesperian at Paseo

Grande, SAN LORENZO

1:50 – 2:20 Hillside School,

15980 Marcella St.,

SAN LEANDRO

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, Jul 2

9:45 – 10:15 Daycare Center

Visit – UNION CITY

10:40 – 11:30 Daycare Center

Visit - NEWARK

1:15 – 1:45 Daycare Center

Visit - Hayward

2:00 – 3:00 Grant School,

879 Grant Ave.,

SAN LORENZO

4:00 – 7:00 San Lorenzo Street

Eats, Hesperian at

Paseo Grande

Monday, Jul 6

9:20 – 10:00 Daycare Center

Visit - FREMONT

Tuesday, Jul 7

10:00 – 11:15 Daycare Center

Visit – FREMONT

2:30 – 3:15 Fremont Hills

Senior Living, 35490 Mission

Blvd., FREMONT

4:50 – 5:30 Mariner Park,

Regents Blvd. & Dorado Dr.,

UNION CITY

5:40 – 6:20 Sea Breeze Park,

Dyer St. & Carmel Way,

UNION CITY

Wednesday, Jul 8

2:00 – 4:00 Warm Springs

Community Center,

47300 Fernald St., FREMONT

4:15 – 4:50 Lone Tree Creek

Park, Starlite Way & Turquoise

St., FREMONT

6:00 – 6:30 Camellia Dr., &

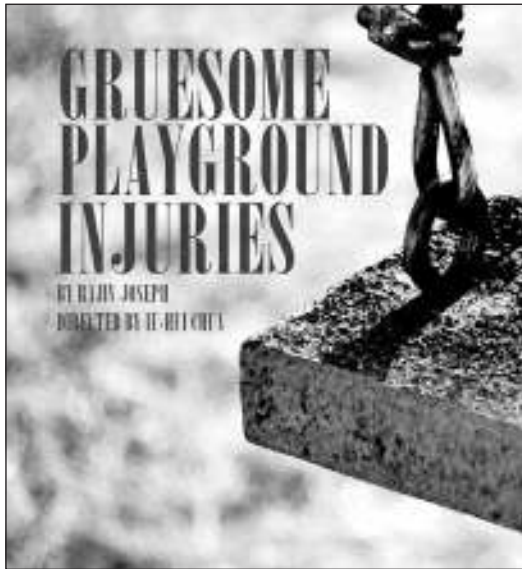
Camellia Ct., FREMONT

Milpitas Bookmobile stops**Renew books by phone****(800) 471-0991****For more information****(408) 293-2326 x3060****Wednesday, July 8**

3:15 – 3:45 Friendly Village Park,

120 Dixon Landing Rd.,

MILPITAS

**Made Up Theatre offers Summer Play Spectacular****SUBMITTED BY MADE UP THEATRE**

For the first time ever, Made Up Theatre (MUT) in Fremont will host a Summer Play Spectacular. Equity actors will be performing Rajiv Joseph's play "Gruesome Playground Injuries" for two weekends only, beginning July 9.

Kayleen and Doug meet as eight-year-olds and bond over their shared propensity for injuries both internal and external. As seen in a series of nonlinear vignettes, the duo's friendship endures through the years, as they nurse both broken hearts and broken bones, and explore friendship, love, and the great in-between.

"MUT is extremely excited to take a chance with a new artistic endeavor for this summer by presenting a professional production of a scripted dramatic play," says Made Up Theatre co-owner, cast member, and "Gruesome Playground Injuries" star Bobby August Jr. "Our audience and fanbase are great supporters of our weekly improvisational

comedy shows. This project will allow us to stretch ourselves creatively and provide the opportunity to introduce and encourage our audience and local community to see naturalistic/realistic drama at our theatre." MUT also hopes to make the Summer Play Spectacular an annual event.

August says "Gruesome Playground Injuries" was chosen as the inaugural show due to its dark, comedic, touching, and intimate nature, as well as it being a fantastic piece of theatre. "It's also great fun to see just two actors playing their characters ranging from ages eight to 38. We are really excited for audiences to see it."

August and co-star Maria Candelaria are both Bay Area actors who met in grad school at UC Davis while earning MFA degrees in acting. In this production they are joined by director Iu-Hui Chua and costume and scenic designer Maggie Chan, who were also Dramatic Arts MFA students at Davis with August and Candelaria. "It's really amazing that we all get to come together again to collaborate professionally!" says August.

"Gruesome Playground Injuries" will run Thursday through Sunday, July 9 through 12 and 16 through 19. Doors open at 7:30 p.m. and the show starts at 8 p.m. For ages 15 and up. Purchase tickets online at http://madeuptheatre.com/Summer_Play_Spectacular.html or call (510) 573 - 3633 for more information.

Gruesome Playground Injuries**Thursday, Jul 9 – Sunday, Jul 19****8:00 p.m.****Made Up Theatre****3392 Seldon Ct, Fremont****(510) 573 - 3633****[http](http://madeuptheatre.com/Summer_Play_Spectacular.html)**

The sweet sounds of summer concerts

When summer rolls back into town, so do the great series of summer concerts. From Milpitas to Castro Valley the Tri-Cities offer several opportunities to get your groove on, whether your preference is country, '80s hits, R&B, or that good 'ole rock 'n roll. Grab a blanket or lawn chair, pack a picnic, and sweeten your summer days with a little music.

CASTRO VALLEY
Chouinard Summer Concert Series
4:30 p.m. – 8:30 p.m.
Chouinard Vineyard and Winery
33853 Palomarea Rd, Castro Valley
(510) 582-9900
www.chouinard.com/winery-event-calendar/
www.brownpapertickets.com
Cost: \$45 per car (six people max.)
Sunday, Jul 5: Sugarbeat
Sunday, Jul 12: Cruise Tones
Sunday, Jul 19: Georgie and the Rough Week
Sunday, Aug 2: Dream Posse
Sunday, Aug 9: Tom Rigney
Sunday, Aug 16: Sugarbeat
Sunday, Aug 23: Von Trapps

FREMONT
Central Park Summer Concert Series
6:00 p.m. - 8:00 p.m.
Central Park Performance Pavilion
40000 Paseo Padre Pkwy, Fremont
(510) 494-4300
www.fremont.gov
Free
Thursday, Jul 9: Diablo Road (The Saddle Rack's country band)
Thursday, Jul 16: Too Smooth (R&B, hip hop, soul)
Thursday, Jul 23: Jukebox Heroes (Decades of Billboard Hits)
Thursday, Jul 30: Rebel Yell ('80s hits, classic R&B, '70s disco and more)
Thursday, Aug 6: J.C. Smith (Jumpin' Blues to old school soul)
Thursday, Aug 13: East Bay Mudd (Big horn band playin' R&B hits)

Concert on the Plaza
2 p.m. – 5 p.m.
Niles Town Plaza
37592 Niles Blvd, Fremont
(510) 742-9868
www.niles.org
Free
Sunday, Jul 12: rockabilly with Big Sandy & His Fly Rite Boys

Sunday, Aug 9: alternative country with Danny Click & The Hell Yeahs
Sunday, Sep 13: New Orleans style benefit and celebration, The Zydeco Flames, St Gabriel's Celestial Band (noon – 5 p.m.)

Niles Home Concert Series
6:00 p.m. - 9:30 p.m.
Historic Niles
37735 Second St, Fremont
(510) 825-0783
www.facebook.com/NilesHomeConcert
Tickets: \$20 suggested donation; attendance by advanced RSVP only
Saturday, Jul 25: Oceanography, The Cabin Project
Saturday, Aug 29: Rusty Springfield, Garrin Benfield

HAYWARD
Hayward Street Party
5:30 p.m. - 8:30 p.m.
B Street (between Foothill Blvd and Watkins St), Hayward
(510) 537-2424
www.hayward.org
Free
Thursday, Jul 16: Third Sol, Mitch Polzak and the Royal Duces
Thursday, Aug 21: Patron, Hayward High Marching Band

Hayward Municipal Band Concerts in the Park
2:30 p.m.
Tony Morelli Bandstand, Memorial Park
24176 Mission Blvd, Hayward
(510) 569-8497
www.haywardmunicipalband.com
Free
Every Sunday, Jun 21 - Jul 19
Musical styles include Big Band, Classical, Pop, and marches
Check website mid-week for program

MILPITAS
Summer Concert Series
7:00 p.m.
Murphy Park
1645 Yellowstone Ave, Milpitas
(408) 586-3210
www.ci.milpitas.ca.gov/
Free
Tuesday, Jul 14: Fast Lane
Tuesday, Jul 28: Big Blu Soul Revue

NEWARK
Music at the Grove
6:30 p.m. - 8:00 p.m.
Shirley Sisk Grove
Cedar Blvd at NewPark Mall, Newark
(510) 578-4405
www.ci.newark.ca.us
Free
Friday, Jul 10: Sage
Friday, Jul 24: Patron Latin Rhythms
Friday, Aug 7: Stealin' Chicago

continued from page 1



then, annual celebrations have been held on that date in honor of our freedom and in celebration of our great nation. July 4th officially became a federal holiday in 1870.

If you're planning to stay in the Bay Area during the holiday weekend, there are plenty of events to choose from around the greater Tri-City area:

Alameda:
Celebrate in a truly patriotic way onboard the historic aircraft carrier-turned museum, the USS Hornet. The day-long celebration will be filled with interactive games, food concessions and live entertainment. The highlight of the evening is when visitors gather on the flight deck to view the breathtaking fireworks display in San Francisco.
Throughout the day, guests can explore the numerous decks of the legendary aircraft carrier, including the flight deck, hangar bays, captain's bridge, ship's hospital and torpedo shop. Visitors will be able to view the many exhibits housed on the Hornet such as the West Coast's largest Apollo Moon Mission display and more than a dozen aircraft ranging from WWII vintage to modern era. Enjoy a close-up look at a TBM Avenger, an F-14 Tomcat and a helicopter from the "Apollo 13" movie.
Proceeds benefit the nonprofit Aircraft Carrier Hornet Founda-

Onboard the USS Hornet
Saturday, Jul 4
12 p.m. – 10 p.m.
USS Hornet Museum
707 W Hornet Ave, Pier 3, Alameda
(510) 521-8448 x 282
www.usshornet.org/calendar/4thjuly
Tickets: \$20 adults (\$25 door price); \$10 youth (6-17 yrs.); children 5 & under: free

Fremont:
The 17th annual "Fremont 4th of July Parade" with the theme "For the People, By the People" is set to march its way through midtown Fremont on the morning of July 4. This year, the parade will start at the corner of Paseo Padre Parkway and Stevenson Boulevard and continue north on Paseo Padre Parkway and Capitol Avenue.
The parade will feature over 60 entries, including marching bands, floats, dance groups, equestrians and giant parade balloons. "We expect a lot of music and excitement, highlighting some of Fremont's nonprofits with this year's theme," said Parade Committee President Jesse Schaa.
Longtime Fremont Parade emcee Kevin Wing of ABC News

is back to introduce the parade entries. This year's Grand Marshal is Bob McIvor of the family-owned McIvor's Hardware. Honorary Grand Marshal is William Wilson, a 96-year-old Battle of Iwo Jima veteran and Fremont resident. This year's People's Choice Award will be named after Robson Homes, the event's longtime sponsor. California Beech Boys will entice the crowd with a pre-parade flyover.

The parade is paid for by fundraising efforts of the Parade Committee, the Mayor and City Council. Top sponsors include Fremont Chevrolet, Robson Homes, Fremont Recycling and Transfer Station, Chapel of the Angels, Irvington Business Association and more. The parade is still accepting donations and sponsorships as well as seeking volunteers; visit www.fremont4th.org for more information. A volunteer meeting is scheduled for Wednesday, July 1 at 6:30 p.m. The venue has been changed to El Patio Restaurant, located at 37311 Fremont Boulevard.

Fremont 4th of July Parade
Saturday, Jul 4
10 a.m.
Paseo Padre Pkwy & Stevenson Blvd
To Capitol Ave, Fremont
www.facebook.com/Fremont4th
www.fremont4th.org
Free

Join Ardenwood for a fun-filled community festival, 1900s style! Celebrate America's 239th birthday with rousing patriotic music on the lawn, fiddle music in the farmyard, and games, contests and races for everyone all day long. Test your skill at nail driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-of-war contest. Bring a picnic and spend the day.

Old-Fashioned Independence Day
Saturday, Jul 4
10 a.m. – 4 p.m.
Ardenwood Historic Farm
34600 Ardenwood Blvd,

Fremont
(510) 544-2797
www.ebparks.org/parks/ardenwood
Admission: \$10 adults, \$8 seniors (62+ yrs.), \$5 children (4-17 yrs.) under 4 yrs. free

Hayward:
Celebrate our nation's birthday and build pride in our South Hayward and Tennyson communities at the Cesar Chavez Middle School lawn. The event will feature recreation activities for all ages; food for sale; community information booths; and live performances from local artists, including a rendition of the National Anthem by a Special Olympics athlete.
This event is co-sponsored by Hayward City Council Members Francisco Zermefio, Elisa Márquez, and Sara Lamnin; and Alameda County Supervisor Richard Valle, along with the following outstanding Hayward businesses and organizations: Liberty Tax Service of South Hayward, Hayward Unified School District, Hayward Area Recreation and Parks District, City of Hayward, South Hayward Parish, La Familia Counseling Services, Eden Youth and Family Center, Glad Tidings Church, Chabot College, Hayward Police Department, Don Polvoron, and Arteagas Food Center.

4th of July Festival
Saturday, Jul 4
10 a.m. – 2 p.m.
Cesar Chavez Middle School Lawn
27845 Whitman St, Hayward
www.facebook.com/cityofhayward
Free

Milpitas:
Milpitas Sports Center will host the annual "Waving the Red, White & Blue Pool Party" featuring music, games, and the Food Truck Mafia. Afterward, join the "Red, White & Boom Concert and Fireworks Show" featuring Pac Soul. Gates open at 5 p.m.

for pre-sale and 6 p.m. for general admission. No tents, tables, umbrellas, animals, alcohol, and glass bottles/containers are allowed. Please bring cash.

Waving the Red, White & Blue Pool Party
Saturday, Jul 4
1 p.m. - 4 p.m.
Admission: \$2 (space limited)

Red, White & Boom Concert and Fireworks Show
Saturday, Jul 4
7 p.m. - 9 p.m.
9:15 p.m.: Fireworks Display
Admission: \$3 (2 yrs. and up)

Milpitas Sports Center
1325 E. Calaveras Blvd, Milpitas
(408) 586-3210
www.milpitaschamber.com

Newark:
Please join us for our annual 4th of July Pancake Breakfast at Alameda County Fire Station #27. For \$5 per person, you can enjoy all-you-can-eat pancakes while supporting the Alameda County Firefighters-Local 55 Charity Fund, which works to support local community organizations and projects.

4th of July Pancake Breakfast
Saturday, Jul 4
8 a.m. – 11 a.m.
Alameda County Fire Station #27
39039 Cherry St, Newark
(510) 632-3473 x 1320
aisha.knowles@acgov.org
www.acgov.org
Cost: \$5

FIREWORKS:

"Safe and sane fireworks" can only be bought and used in Newark and Union City; use in all other cities in the Greater Tri-City area is illegal. For Union City no fireworks are allowed east of Mission Boulevard. City parks will also close at 7:30 p.m.

Tri-City Health Center's new vision

PHOTO COURTESY OF JOE DULAY

Tri-City Health Center (TCHC) welcomed about 70 guests at its Open House held on Thursday, June 4, 2015 at the Liberty Street site in Fremont. Guests were welcomed by TCHC executive leaders and staff, and provided with tours of the center and information about the services TCHC provides.

A ribbon-cutting ceremony also took place for the new Vision Clinic, which is located in the Liberty Street site. Housed with state-of-the-art equipment, the clinic provides eye exams and makes prescription glasses as well. The staff accepts patients with Medi-Cal health insurance, as well as referrals from other clinics. With one full-time optometrist and another one on-call, the clinic hopes to grow its staff in the long run.

The Vision Clinic, located at 39500 Liberty Street, is open Monday to Thursday from 9 a.m. to 6 p.m. For more information, visit www.tri-cityhealth.org or call (510) 770-8040 for appointments.



From left: Tri-City Health Center CEO Dr. Zettie Page, Palo Alto Medical Foundation's Alameda Division President Dr. Jimmy Hu, and Tri-City Health Center Planning and Development Specialist Joe Dulay.

Take action at Relay for Life

The greater Tri-City communities are gearing up for “Relay for Life,” an organized, overnight fundraising walk to raise awareness of cancer. Cities are represented by teams, whose members take turns walking around the track to symbolize that cancer never sleeps. To kick off the event, cancer survivors take the first lap around the track as their victory over the disease is cele-

brated and cheered on by other participants. Candles are lit and placed around the tracks at night to pay tribute to those who have succumbed to the disease and those whose fight continues. Ceremonies are also held to encourage participants to take action. Although the American Cancer Society is making great strides in their fight against cancer, there is still so much work to do on the

road to recovery. Show your support, find an event near you and register as a team or join one at www.relayforlife.org.

Relay for Life events around the greater Tri-Cities:

Relay For Life of Castro Valley
Saturday, July 18 – Sunday, July 19
9 a.m.
Canyon Middle School
19600 Cull Canyon Rd,
Castro Valley
Contact Ashley Clemens

ashley.clemens@cancer.org
www.relayforlife.org/castrovalleyca

Relay For Life of Newark
Saturday, July 18 – Sunday, July 19
10 a.m.
Newark Memorial High School
39375 Cedar Blvd, Newark
Contact Kirsten Marshall
onlinechair.newarkrfl@gmail.com
www.facebook.com/RFLNewark

Relay For Life of San Lorenzo
Saturday, August 8 – Sunday, August 9

9 a.m.
Arroyo High School
15701 Lorenzo Ave, San Lorenzo
Contact Stacy Corr
stacy.corr@cancer.org
www.relayforlife.org/sanlorenzoca

Relay For Life of Union City
Saturday, August 22 – Sunday, August 23
10 a.m.
James Logan High School
1800 H St, Union City
Contact Jen Dudley
jendudley345@gmail.com
www.facebook.com/UnionCityRelayForLife

City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

2015 Summer Concert Series

The Central Park Summer Concert Series returns with the scenic backdrop of beautiful Lake Elizabeth. Concerts take place between July 9 and August 13 on Thursdays from 6 p.m. to 8 p.m. and will feature a variety of musical genres and performers. It’s a perfect event for friends and family!



Don’t forget to bring low beach chairs, blankets, and a picnic dinner. Or, if you don’t want to pack dinner, we’ve got you covered with a tasty barbecue and all your snack favorites to purchase. This event is kid-friendly with a bounce house and other fun activities! Be sure to check out the Recreation Services booth for a chance to win a family 4-pack to the Aqua Adventure Waterpark. Concerts are held at the Central Park Performance Pavilion located at 39770 Paseo Padre Pkwy. Parking lots near the concert venue fill fast, so plan to arrive early if you want a good spot. For more information about the bands each week, visit www.Fremont.gov/Concerts.

Improving Bicycle Safety in Fremont

In an effort to improve commuting for bicyclists, the City has undertaken or will be implementing various projects to improve bicycle facilities, which include roadways and paths. The 2012 Bicycle Master Plan, Chapter 7, outlines a list of planned bikeway projects and can be viewed at www.Fremont.gov/BicycleMasterPlan. One of the projects currently under design is the installation of green bike lanes at all freeway interchanges in the City of Fremont. As a first phase, the City has scheduled four interchanges to have green bike lanes installed within the next two years. The planned locations for the first phase include:
1. Mowry Avenue/Interstate 880
2. Stevenson Boulevard/Interstate 880
3. Auto Mall Parkway/Interstate 880
4. South Fremont Boulevard/Interstate 880

This project will delineate a green bike lane pathway for bicyclists traveling over the freeway interchange and giving awareness to motorists while outlining a clear pathway for bicyclists. The City has also been installing bike lanes in all arterial streets as part of its road resurfacing project and recently just began to install buffered bike lane striping to provide greater separation between the vehicle travel way and the bicycle lane. The buffered bike lane striping ranges from 2 feet to 5 feet in width. Recently installed buffered bike lanes are along Stevenson Boulevard between Fremont Boulevard

and Civic Center Drive and on Civic Center Drive between Mowry Avenue and BART Way. The City’s plan is to install buffered bike lanes citywide where there is adequate roadway width. The City is also modifying its signalized intersections citywide to remove the raised corner islands (area between traffic lanes used for control of traffic movements) at the free right turn lane approaches of signalized intersections. The removal of the raised corner islands will allow the bicycle lanes to be striped continuously to the intersection approach limit lines and provide bicyclists an unobstructed path of travel through the intersection. Intersections that recently were modified to remove raised corner islands are Fremont Boulevard/Alder Avenue, Fremont Boulevard/Eggers Drive, Fremont Boulevard/Nicolet Avenue, and Fremont Boulevard/Grimmer Boulevard. For more information about the City’s Bicycle and Pedestrian program visit www.Fremont.gov/BicycleProgram or contact the City’s Transportation Engineering Division at 510-494-4745.

Environmental Sustainability Student Commissioner Vacancy
The Environmental Sustainability Commission has a vacancy for the Student Commissioner position. This position has a term expiration of December 31, 2018. The Environmental Sustainability Commission advises the Fremont City Council on emerging policy issues related to environmental sustainability and assists the City with marketing, public education, outreach, and promotional activities.

To be eligible for appointment, one must be a teenage resident of Fremont. For more information about the Environmental Sustainability Commission visit www.Fremont.gov/ESCommission. To download the application visit www.Fremont.gov/ESCAApplication.

Fireworks are banned in Fremont

Fremont’s public safety departments would like to remind Fremont residents, businesses and visitors that the sale, possession, and use of all fireworks are banned within the City of Fremont. This ban includes the “safe and sane” variety of fireworks that are legal in some other cities. The ban, in effect since December 1986, has helped reduce the number of injuries, wildland fires, and structure fires caused by fireworks in the city of Fremont. Fire and Police resources will be on patrol in Fremont during the peak times of concern throughout the week of July 4th



to maintain an active vigilance against fireworks use. In California, possession of illegal fireworks is considered a misdemeanor, which is punishable by a fine of not less than \$500 or more than \$1,000, or by imprisonment in a county jail for up to one year. If you are found to be in possession of a sufficient amount of illegal fireworks, you may be guilty of a felony and punished by a fine up to \$5,000 and/or imprisonment in a state prison or county jail. Parents may be held liable for any damages or injuries caused by their children’s use of illegal fireworks. Please report any illegal fireworks to Alameda County Fire Dispatch at 925-447-4257. Please be extremely careful during the Fourth of July holiday season and throughout the summer months with all outdoor activities. The abundance of dry grass and brush in the area has created an extremely dangerous fire condition.

Camps in the Spotlight

Summer has started ; it’s not too late to register your child for camp. We’ve got everything your child needs to stay active, engaged, and having fun all day long! Here are a few of our camps in the spotlight.

Sunnyside Day Camp

Centrally located at the Fremont Community Center near Lake Elizabeth,

campers participate in a full week camp packed with exciting new programs and old favorites. Each week is a different theme and includes a visit to the Aqua Adventure Waterpark, nature hikes, crafts, singing, cooking and more. This camp is for ages 4 to 9 and it runs weekly from 8 a.m. to 3 p.m. with extended care options available.

Ultimate Sports Camp

Are you looking to introduce your child to a fun and active sport? Check out our Ultimate Sports Camp, which is held at Central Park and is best suited for beginner to intermediate level campers. Our staff has the necessary experience and training to challenge campers of all ability levels. Staff will teach traditional sports and non-traditional games that improve coordination and cardio fitness. This camp is for ages 6 to 12 with full day, half day, and extended care options available. The full day includes fieldtrips to Aqua Adventure Waterpark, Lake Elizabeth, and more. Register online at www.RegeRec.com. Like us on Facebook and stay up-to-date with all things Recreation at [www.Facebook.com/FremontCommunityServices](https://www.facebook.com/FremontCommunityServices). For more information, visit www.Fremont.gov/Camps.

Sign up for a Free Personal Emergency Preparedness Class

The City of Fremont’s Fire Department is offering a free Personal Emergency Preparedness (PEP) class, which will teach you how to take care of yourself and your family before, during and after a disaster. In just a single three-hour class, you will become an expert in:
• Earthquake and Disaster Awareness
• Gas, Electric and Water Shut-off
• Hazardous Material Awareness
• Fire Extinguisher Types
• Smoke Detector Placement
• Sheltering In-place
Classes are held from 7 p.m. to 10 p.m. on the following dates:
• July 8
• September 24
• November 10

Special Saturday classes will be held from 9 a.m. to 12 p.m. on the following dates:
• July 18
• October 17
All classes will be located at the Fremont Fire Training Tower, located at 7200 Stevenson Blvd., west of Interstate 880. To register for a free PEP class, please call 510-494-4244 or send an email to Fire-PubEd@fremont.gov. If you are part of a group and would like to schedule your own personal group PEP class, please contact Chuck Guaraglia, Public Education with the Fremont Fire Department, at 510-792-3473 or guaragliac@comcast.net.

Girl Scouts donate funds to Mission Valley Elementary

SUBMITTED BY BRIAN KILLGORE

Fremont Girl Scout Troop #33722 worked hard in recent months, selling over 1,200 boxes of Girl Scout cookies, while learning about hard work, dedication, and developing important entrepreneurial skills. When it was time for them to decide where to donate part of their cookie profits, the girls unanimously voted to donate to Mission Valley Elementary. The troop presented a check for \$200 to Mission Valley Principal, Mike Pappas.



(From Left):Principal Mike Pappas, Shaina Arora,Yeji Jeung, Physical Education Specialist Karen Hughes,Avni Goyal,Varsha Gopalan, Natalie Lim, Joyce Ling, Saanvi Sahu, Selena Peng, Jazmine Khano,Aanya Patel, and Physical Education Specialist Josephine Hilton.

SPORTS

Fremont American, Warm Springs advance to Finals



SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Little League (Majors) teams from Fremont American and Warm Springs will play on June 20 to determine who will wear the 2015 crown of the District 14 Tournament of Champions. The game will be played at Newark Junior High School, home to Newark American LL. Warm Springs beat Centerville American LL 9-2 to advance, with great hitting and defensive plays while Fremont American squeaked by Centerville National, also with great hitting, 7-6 to earn their trip to the finals.

Fremont American Blue Jays win District 14 Tournament of Champions



SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Fremont American Blue Jays triumphed in a heated battle on Saturday, June 20th with Warm Springs Red Sox, 5-2 to take the Majors Tournament of Champions title. In a close contest, both teams showed strength at the plate, but the Blue Jays were able to stop a late inning effort by the Sox. Traveling a hard road to get to the finals, Warm

Springs defeated NCLL 14-2 and CALL 9-2 to earn a berth in the championship game. Fremont American slipped by Centerville National LL 7-6 before entering the championship game. Congratulations to Fremont American Little League on winning the 2015 CA District 14 Major Tournament of Champions. For more information about Little League action, visit: <http://www.eteamz.com/cadistrict14llb/news/>

Moreau Catholic names new varsity girls' basketball coach

SUBMITTED BY DAVE BAPTIST

The Moreau Catholic HS Dept. of Athletics has announced its replacement for long-time varsity girls' basketball coach Jack Kennedy. Antoinette "Toni" West, former head coach at Cal State University East Bay and Las Positas Community College, will take the reigns for the 2015-16 season.

West was most recently the Director of Operations for the Women's Volleyball and Basketball programs at UC Riverside, having additionally served as head basketball coach at Shepherd University in West Virginia.

"I'm excited to return to the high school level where I can utilize my experience in the preparation of student-athletes during the most important phase of their development," West said. "Toni will be a great role model," said Christine Krisman, Moreau Catholic Athletic Director. "Her passion and enthusiasm will create a great atmosphere for the basketball program."

Krisman noted that the task of replacing Kennedy, whose 24 seasons at Moreau included a 1992 state title, was a daunting one. But West's vast experience at the college level made her an attractive candidate. "Her insight into the college-recruiting process will be invaluable to our athletes," Krisman said.

West's coaching career began 21 years ago at Milpitas High. "I was extremely blessed that I quickly moved up in the collegiate coaching ranks due to my basketball knowledge and ability to recruit," West said. "The opportunities I had extended my professional development, network, and teaching experience. More importantly, it increased my love for player development, and my desire to be home."

An East Bay native, West earned her MA in Health, Physical Education & Recreation at St. Mary's and her BA in Communication Studies at San Jose State.

West noted that Moreau Catholic is "a high school that values strong academics, athletics, and spiritual development in its students."

In addition to her coaching duties, West will teach classes in the Dept. of Physical Education.





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Full Day Camp
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\$50 per day / \$210 week
*sign up for full weeks and 2nd child is 50%off; Family of 3 or more for full week is \$400 flat

510-796.FLIP (3547)
WWW.TOPFLIGHTFREMONT.NET
5127 Mowry Ave., Fremont
(in the corner near New India Bazar)



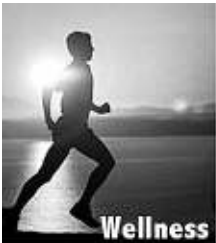
Sunshine Graphics

SCREEN PRINTED T-SHIRTS

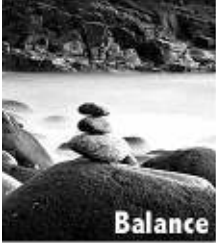
Business
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Sports Team
You Name It...

510-651-1907
43255 Mission Blvd. Fremont

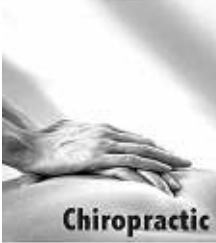
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Union City Premier Gladiators find success at over 6,000 feet



SUBMITTED BY SEAN HERNANDEZ
PHOTO BY BUDDY TOWNSEND

After second place finishes the past two years in Lake Tahoe’s CUFA (Come Up For Air) Soccer Tournament, the Union City Premier Gladiators became kings (actually queens) of the mountain.

The tournament, appropriately called “Come Up For Air,” is played at elevations over 6,000 feet. In addition to getting used to thinner air, the Gladiators also had to overcome solid teams from Nevada and California to reach the finals. The path to the title include victories overTurlock’s Milan FC Express, Nevada’s Carson Valley Chaos and Davis Legend to set up a re-

match of last year’s championship, against Nevada’s #4 ranked team, the South Tahoe Futbol Hawks. An early goal and solid defensive play were key to the Gladiators’ championship victory
Sharing in the championship for the Gladiators are: Breanna A, Maria C, Jessica F, Esther G, Ariana H, Kiran H, Naomi I, Arion L, Laticia M, Henna M, Sanna M, Jes-

sika M, Tabitha N, Jasmine P, Leslie R, Karla R, Netra R, and Bella T.
The Gladiators are currently holding open evaluations for players with solid character, potential to play at the gold level, and born between 8/1/1998 – 8/1/2000. Please contact Coach Sean Hernandez for information at (408)712-9584.

CCAA Spring All-Academic Award winners

SUBMITTED BY
REBECCA BENNETT

A combined total of 210 men’s golf, softball, baseball, men’s outdoor track and field, and women’s outdoor track and field student-athletes were recently named to their respective 2015 California Collegiate Athletic Association All-Academic (CCAA) team. All-Academic Award Criteria:
1) Student-athletes shall be of sophomore standing or higher, and may include graduate students.
2) Student-athletes must have a 3.3 cumulative GPA or better.
3) Student-athletes must have competed in a Conference-sponsored sport in that season.
The following local students were among the honorees:
Softball:
Olivia Aragon, Cal State University East Bay (CSUEB)
Tatiana Beilstein, CSUEB
Alyssa Cerminara, CSUEB
Nicolette Foster, CSUEB
Alison Kornahrens, CSUEB
Kelsey LaVaute, CSUEB
Marisa Lerma, CSUEB
Alexandra Vela, CSUEB
Cassandra Vela, CSUEB

Baseball:
Daniel Carney, CSUEB
Ryan Kochan, CSUEB
Robert Link, CSUEB
Rudy Navarro, CSUEB

Men’s Outdoor Track & Field:
Phillip Cuevas, CSUEB
Leo Theus, CSUEB

Women’s Outdoor Track & Field:
Samira Foy, CSUEB
Imani Heath, CSUEB
Sydney Johnson, CSUEB
Ravyn Miller, CSUEB

Cal State East Bay University names new Assistant Athletics Director

SUBMITTED BY SCOTT CHISHOLM
PHOTO BY ANDY SCHLICHTING

Ken Parsons will become the newest addition to the California State University East Bay (CSUEB) athletics department following 11 years at Metropolitan State University in Denver, Colo. Parsons will serve several roles with the Pioneer staff after being named Assistant Athletics Director of Compliance, Business Operations, and Soccer Operations.
Parsons becomes the second Metro State athletics staffer to join Cal State East Bay in 2015. Newly appointed Director of Athletics Joan McDermott joined the Pioneer staff in April and was named the 2013-14 Under Armour NCAA Division II Athletics Director of the Year.
“We are thrilled to have Ken join the staff at CSU East Bay. He brings a wealth of experience from a high level Division II program in the areas of soccer and administration,” McDermott complimented.
Parsons coached the Roadrunners men’s soccer team, and held the position of Interim Assistant Athletic Director - NCAA Compliance for three separate appointments. He served in his compliance position in 2007, 2009, and 2012.



Parsons finished his 11th season at Metro State in 2014 and led the Roadrunners to four NCAA tournament berths in the past nine seasons. He exits the program with an overall record of 138-69-21, highlighted by a 2007 season in which his program won the regular season conference title and he was named Rocky Mountain Athletic Conference Coach of the Year.
Parsons earned a pair of Bachelor degrees from Marycrest International University (Iowa) in 1993. He received a B.A. in Psychology and a B.S. in Secondary Education, Chemistry/Biology. He went on to earn his Master’s Degree in Secondary Education from Northern Arizona in 1999.

Cross Co-Player of Year, joins Dettloff on All-America Team

SUBMITTED BY
SCOTT CHISHOLM

Cal State East Bay junior Taylor Cross was named the Association of Collegiate Water Polo Coaches (ACWPC) Division II Co-Player of the Year. Cross and teammate Tori Dettloff were both

named ACWPC All-America First Team selections.
Cross, a two-meter specialist out of Fresno, was named to the Western Water Polo Association (WWPA) First Team and WWPA All-Tournament First Team earlier this year. She shares the ACWPC Player of the Year award

with Hannah Evans of Cal Baptist and UC San Diego goalkeeper Courtney Miller.
Cross led the Pioneers in 2015 with 54 goals and 53 earned exclusions. She was one of five players to snatch 20 steals, and one of three to dish out 20 or more assists on the year.

Dettloff, a junior transfer from Stockton, was named to the All-WWPA Second Team and finished runner-up for the WWPA Newcomer of the Year award. She is one of only seven Division II players to earn ACWPC First Team All-America honors.

Stone named to All-America Team



SUBMITTED BY SCOTT CHISHOLM

Cal State East Bay sophomore Adam Stone was named to the 2015 Division II PING All-America Team, announced by the Golf Coaches Association of America (GCAA). He was one of only 47 individuals to make the cut, and one of 22 to be named to the Honorable Mention Team.
Stone, a native of Garstang, England adds another award to his trophy case to finish off his second collegiate season. Earlier this year he was named California Collegiate Athletic Association (CCAA) Player of the Week (March 18-24), an All-CCAA First Team selection, and an All-GCAA West Region honoree.
Stone finished as the No. 36 ranked Division II player according to the 2014-15 final GolfStat rankings. He recorded an adjusted scoring average of 73.12 per 18 holes.

Sotelo, Contreras Set to Join Cross Country, Track & Field Teams

SUBMITTED BY
SCOTT CHISHOLM
PHOTO BY
CHIEKO HARA

Israel Sotelo and Alexis Contreras are the latest newcomers the Cal State East Bay cross country and track and field programs are set to welcome. The Pioneers bolstered their running depth as both competed in cross country and middle distance events during their high school careers.
Sotelo signed his national letter of intent nearing his final days as a senior attending Monache High School in the city of Porterville. He visited the campus as a high school sophomore with Marauder teammate Evelyn Rincon who is also set to join the Pioneers this fall.
Sotelo, who suffers from asthma said, “I’m a fan of the weather and clean air,” during his visit a couple of years ago. Rincon added she was attracted to the “small campus and class sizes.”



Sotelo won the CIF Central Area Championship in the 800 meters. He is a standout student-athlete and has set personal best marks of 49.30 seconds in the 400 meters, 1:55 in the 800, and 15:53 in the 5k distance as a cross country competitor.
Contreras arrives in Hayward following four years at Francis Polytechnic High School in the city of Sun Valley. The middle distance and long distance runner competed primarily in the 800 and 1,600-meter events for FPHS, posting personal bests of 2:20 and 5:22 at those respective distances.
Contreras was crowned the league champion in the 800 meters during the 2014 season as a junior. She helped the Lady Parrots win the East Valley League title that season.

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

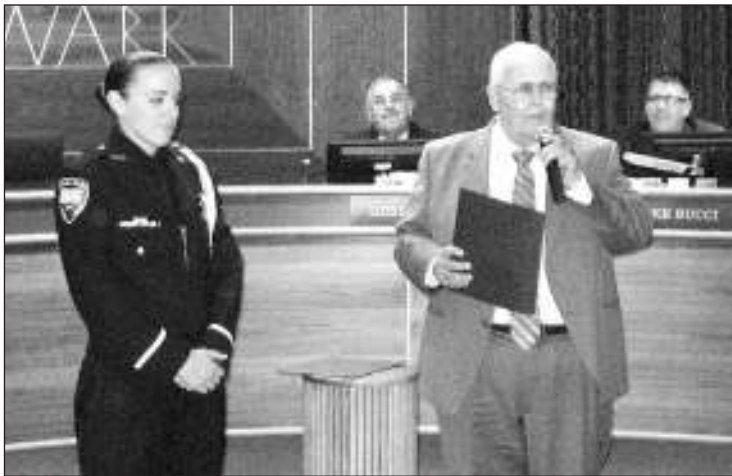
Newark City Council

June 25, 2015

Presentations and Proclamations:

Commendation presented to Officer Jennifer Bloom as Officer of the Year. This honor is the result of selection by fellow officers for outstanding service to the Newark Police Department. Officer Bloom serves on the Patrol Division and as School Liaison Officer at Newark Junior High School an MacGregor Continuation School.

Commendation presented to Dispatcher Matt Reymundo as Dispatcher of the Year. He has re-



Officer Jennifer Bloom, Officer of the Year.



Commendation presented to Dispatcher Matt Reymundo as Dispatcher of the Year.

ceived this honor previously in 1995, 1996 and 2008. Reymundo has been an integral part of the dispatch team for the past 24 years and has the ability to remain calm during critical incidents as a link between citizens in need and responding personnel.

Written Communications:

Review and approve conditional use permit for replacement of static reader board with LED marquee sign for the First Presbyterian Church (35450 Newark Blvd.).

Public Hearings:

- Approve annual levy for Landscaping and Lighting Districts 1, 2, 4, 6, 7, 13, 15, 16, 17
- Approve annual levy for Landscaping and Lighting Districts 10, 11 (Collazo – recuse)
- Adopt Master Fee Schedule for Fiscal Year 2015-2016
- Approve a conditional use permit for Halal Food & Eid Festival at NewPark Mall on August 1, 2015; waive application fee.

Consent Calendar:

- Approve amendment of 2014-2016 Biennial Budget and Capital Improvement Plan for FY 2015-2016.
- Establish FY 2015-2016 appropriations limit.

- Approve Investment Policy.
- Establish property tax necessary to support City departments for FY 2015-2016.
- Accept proposal and award contract with West Coast Arborist, Inc. for tree maintenance.
- Approve agreement with Alameda County for FY 2015-2016.
- Approve lease agreement with Viola Blythe Community Service Center of Newark, Inc.
- Approve agreement for use of Jerry Raber Street Park, Bldg #2 for Head Start Preschool.
- Approve agreement with Newark Chamber of Commerce for rental space at 37101 Newark Blvd.
- Issue encroachment permit for Holy Ghost Festival, July 25-26.
- Declare intention to abandon a portion of Hickory Blvd. right of

Supervisors approve funding to stem growth of type 2 diabetes

SUBMITTED BY
JANICE ROMBECK

Taking aim at lowering the alarming rate of type 2 diabetes among adults and children in Santa Clara County, the Board of Supervisors voted unanimously to invest in prevention awareness

and expanded screening.

Board President Dave Cortese proposed the goal of reversing the growth of type 2 diabetes at his State of the County address in January. Supervisor Ken Yeager has been leading the initiative, which was developed through the Board’s Health and Hospitals Committee.

TAKES FROM SILICON VALLEY EAST



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

Fremont’s new city engineer talks about Warm Springs, BART, Downtown Fremont, and his philosophy for a connected City

BY HANS LARSEN,
CITY ENGINEER

With long-time City Engineer Norm Hughes now serving as public works director, Fremont looks to Hans Larsen from the City of San Jose to lead engineering efforts here in Fremont. Here he discusses his new role, future projects, and what Fremont residents and businesses can expect in the coming years.

Fremont: What is the role of the city engineer? (Unlike most engineers in Silicon Valley, we know you aren’t developing apps or writing code!)

Hans Larsen: I work with a great team responsible for managing the planning, design, and construction of Fremont’s public infrastructure, primarily related to the street system and public buildings. We also manage the City’s property transactions and the day-to-day traffic operations of the local street system.

Fremont: What are Fremont’s highest transportation priorities in the next few years, and how do they link to Fremont’s economic development efforts?

HL: The biggest transportation priority is to capitalize on Fremont’s increasing access to the BART system, the core of the Bay Area’s transit network and used by about 450,000 people daily, which interestingly, is double the Fremont population. The new South Fremont/Warm Springs BART Station will open soon and will be the catalyst for a whole new urban community surrounding the station. At the same time, the existing Fremont BART station is being transformed into a gateway for the emerging Downtown Fremont area. The connectivity between BART and Downtown Fremont will be enhanced with a convenient and attractive network of walking paths and bikeways.

Fremont: What project(s) are you most looking forward to working on?

HL: The public infrastructure and private development projects in the Downtown and Warm Springs areas will certainly be highlights, but I also like taking

care of the basics. With the leadership support of Fremont’s mayor and city council, we have resources to improve citywide pavement conditions and upgrade our aging traffic signal systems. For our public buildings, like the animal shelter, community centers, and historic buildings, we are moving forward with investments to replace roofs, upgrade aging mechanical systems, and improve functionality. As much as we all enjoy the ribbon-cuttings for new facilities, it is equally rewarding to see that our existing infrastructure is well maintained and preserved.

Fremont: How do you see Fremont’s move to strategic urbanism changing the way we get around?

HL: In addition to more walking and biking, there is a new generation of other transportation systems that will likely change how we get around. This includes car sharing, bike sharing, transportation network companies (like Uber and Lyft), and sometime in the near future we will have self-driving transit shuttles and cars. It is going to be very interesting to see how the future of transportation evolves. The new urban areas of Fremont could be ideal proving grounds for transportation technology, given our stature as one of the largest cities in Silicon Valley.

Fremont: Since you’ve been hired, what has surprised you the most about the City of Fremont?

HL: There have been several pleasant surprises, including the very strong camaraderie among Fremont employees, commitment to quality public service, the number of great ethnic restaurants, and the incredibly efficient city council meetings.

Fremont: What do you enjoy doing outside of work?

HL: Spending quality time with family is what I enjoy most these days. I love bicycling, and my vision for how this can be a key element of a sustainable and healthy community has been shaped by opportunities to travel by two wheels in some of the world’s best bicycling cities like Amsterdam, Berlin, and Copenhagen.

“Diabetes is rising at a scary rate. If we are going to slow the growth in health care costs without limiting access, we need better prevention strategies,” Supervisor Yeager said. “An effective awareness and screening campaign will let us reach people before they actually become diabetic.”

In the 2016 Budget, which covers revenue and spending for the 2015-2016 fiscal year, the Board approved adding a Diabetes Prevention Coordinator to the public health staff, launching an education and advertising campaign and expanding screenings for pre-diabetes and diabetes. Funding for salary and benefits for a coordinator position is \$145,659, with a one-time funding of \$10,000 for services and supplies. Another \$100,000 was approved for education and screening, with \$75,000 allocated to the public awareness campaign and \$25,000 for screenings.

In Santa Clara County, 18 percent of adults have been told they are diabetic or pre-diabetic, and countless others could be at high-risk of developing diabetes.

Diabetes care is one of the major drivers of increased health care costs. If an effective diabetes prevention program for patients of the local health care safety net system could be implemented on a large scale, the potential for financial savings is substantial.

“We have the ability to make a significant impact in the prevention of this disease,” said Board President Cortese. “There is a lot of work to be done, but this investment will start us on our way.”

For more information, contact the Office of Supervisor Dave Cortese at (408) 299-5030. Supervisor Ken Yeager’s Office can be reached at (408) 299-5040, and Public Health Officer Dr. Sara Cody at (408) 792-5040.

OPINION



WILLIAM MARSHAK

Trouble had been brewing in the colonies for quite a while. Colonists, aggravated by injustices of remote and insensitive governance, engaged in armed warfare with the mother country. Finally, representatives to a Continental Congress gathered in Philadelphia, Pennsylvania to consider a draft of a declaration of independence from King George III, severing sovereign rights of England over them. The document is based on a long history of abuse and, while calling for independence, does not do this lightly. It explains that "Governments long established should not be changed for light and transient causes." A committee of five was formed to create a draft document but Thomas Jefferson, reportedly, did most of the work. With similarities to another declaration of inde-

Self Evident Truths

pendence by the Dutch to the King of Spain in 1581, a draft was submitted to the congress on June 28 1776, voted on July 2, 1776 and approved with amendments, notably deletion of Jefferson's condemnation of slave trade, on July 4, 1776.

The Declaration of Independence was intended to express the sentiment and principles of the time and list charges against King George III. Although a secular document, authority is ascribed to God and higher principles: Self-evident truths of "unalienable rights"; Equality based on consent by the governed; and Pursuit of happiness. An overriding aspect of the Declaration of Independence is the right to self-governance. A call to action impels citizens to actively participate and give consent to their government's actions.

Although drafted hundreds of years ago, relevance of the declaration still contains basic values and aspirations of our present United States of America. Grappling with the context of definitions in 1776, nonetheless, the intent is clearly focused on self-determination. Escaping from a class system throughout Europe, colonists restricted in thought by the values and principles of their time, sensed a greater context and application of power and politics explained by Thomas Paine in his popular text, Common Sense. He defended separation of the colonies from

England in pragmatic and understandable language. A later book, The American Crisis, speaks of the trials and tribulations of the American Revolution including the famous phrase, "These are the times that try men's souls."

In today's environment, basic tenets and principles of the declaration of 1776 remain relevant along with the holiday, barbeques and parades. Forefathers of this nation understood that when active participation of citizens wanes, tyranny and misuse of power are not far behind. Without close citizen scrutiny at all levels of government, the alluring Siren sounds of greed and malfeasance gain strength. As we enjoy the rewards of our freedom and fire up the barbeque, gather with family and friends or watch a parade, take a moment to remember this celebration is a legacy from early visionaries who put their interpretation of inalienable rights into action. Our democracy has survived centuries of turmoil and contentious debate; let's promise to continue and increase our participation as a self-evident truth.

William Marshak
PUBLISHER

Driver relished life on the road with giant spud

BY ANNA WEBB
IDAHO STATESMAN

BOISE, Idaho (AP), People still ask whether it's "real."

"I tell them it's real cool," said Paul Humbracht.

Humbracht had the honor of driving on the Famous Idaho Potato Tour during both its 2012 and 2013 cross-country treks.

The giant spud, made up of a steel rib cage, lots of plywood and a substance known as "Hollywood concrete," is so life-like that it continues to suspend disbelief for all who see it.

"You have these pumpkins that grow to be 1,800 pounds. People figure, why can't they do that with potatoes?" said Humbracht.

He has a new job now, driving a truck for an alcohol distributor back home in Fargo, N.D. But he's happy for his two years spreading goodwill from Idaho.

There were minor scuffs and challenges. The truck is 2 feet wider than a standard

load. Streets in cities such as New York and Philadelphia are narrow.

"And people gawk," said Humbracht.

But even when there was trouble – the truck's paint got chipped going through an East Coast toll booth – people were always eager to help. Often for free.

"Because they loved the truck so much," said Humbracht.

Stops on the 2013 tour, which ended in November, included NASCAR races, the Kentucky Derby, and the McCormick Place convention center in Chicago.

"It was crazy getting the truck in there," said Humbracht.

The time commitment was a little crazy, too. Each tour meant Humbracht and his fellow Tater Team members were on the road with the big spud for seven and a half months.

Kristie Wolfe was part of the 2013 Tater Team. She recalls scores of people all along the 30,000-plus mile route, hanging out of their car windows and snapping photos with their cellphones and iPads.

Once, in Pennsylvania, the big potato happened to pull up beside a car whose driver was a reporter. The reporter asked for an interview. The Tater Team said yes and put on the truck's blinkers. The reporter interviewed the crew right in the middle of the road.

"We created quite the distraction," said Wolfe.

The Idaho Potato Commission, working with Foerstel Design, created the Great Big Idaho Potato Truck to celebrate the commission's 75th anniversary in 2012.

Schofield Design, a local firm, built the rig. The firm Evans Hardy + Young handled the public relations.

The truck has a mission beyond celebrating – raising money and awareness for the nonprofit Meals-on-Wheels program. There's already talk of sending it out again in 2014.

Information from: Idaho Statesman, <http://www.idahostatesman.com>



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(L to R): Supervisor Wilma Chan, Supervisor Richard Valle, Supervisor Nate Miley, President of the Board Supervisor Scott Haggerty, Supervisor Keith Carson, and Gail Hunter, Vice President of Public Affairs for the Golden State Warriors.

Golden State Warriors honored by Alameda County Board of Supervisors

SUBMITTED BY LEAH DOYLE-STEVENS

During their June 23 Board meeting, the Board of Supervisors congratulated and presented a commendation on behalf of Alameda County to the Golden State Warriors for their championship win.

District Teachers of the Year

SUBMITTED BY PATRICK GANNON

The Alameda County Office of Education (ACOE) is proud to announce the district winners for this year's Teacher of the Year award. Teachers were selected for excellence in classroom instruction and commitment to their students. Of the district winners, two teachers will be named Alameda County Teachers of the Year and will advance to the state competition.

"Congratulations to this year's district Teacher of the Year award recipients," said L. Karen Monroe, Alameda County Superintendent of Schools. "I applaud these teachers for their innovative classroom strategies and for preparing our students with the skills they need to be college, career and community ready."

The Alameda County district winners will be honored and recognized for their achievements at the 26th Annual Teacher of the Year Awards Ceremony on October 8 at the Castro Valley Center for the Arts. The event is open to the public; registration details will become available in the fall at acoe.org.

Local "District Teachers of the Year" are:

ACOE - Alicia Garcia, ACOE Student Programs and Services
Castro Valley USD - Elizabeth Ingram, Creekside Middle School
Fremont USD - Prince Padania, Oliveira Elementary School
Hayward USD - Daniel A. Guerrero, Tennyson High School
Mission Valley ROP - Herve Le Biavant, James Logan High School
Newark USD - Rachel Kahoalii, Newark Memorial High School
New Haven USD - Dave Forrest, James Logan Middle School
San Leandro USD - Melissa Abadia, Madison and San Leandro High School
San Lorenzo USD - Brydie Kiuchi, Grant Elementary School

Alameda County Water district breaks ground on water storage tank upgrade

SUBMITTED BY SHARENE GONZALES

On Friday, May 30, the Alameda County Water District (ACWD) took another step to ensure water supply reliability in the event of an earthquake with the groundbreaking of the Apian Tank Seismic Upgrade Project in Union City.

Located just north of Mission Boulevard off Apian Way, the 770,000 gallon capacity water storage tank helps to maintain uniform water pressure and provides water for firefighting and other emergencies in the Union City area.

In addition to replacing the tank, the project includes the replacement of several thousand feet of transmission lines, as well as improved monitoring and control systems.

The tank improvements are part of the District's overall Main Replacement and Seismic Upgrade Program – a larger program to seismically upgrade or retrofit water storage facilities and main lines that

have been identified to be most seismically vulnerable. Improvements will reduce water service interruptions during an earthquake.

"This project exhibits the crucial investments the District and our customers are making in our infrastructure," said Board President Martin Koller. He added, "We know a large earthquake will occur and are being proactive to make upgrades in advance of a catastrophic event."

The groundbreaking ceremony included special guest Mr. Frank Borghi, Jr. who served on ACWD's Board of Directors for more than 30 years.

"Mr. Borghi was a leader and supporter of countless ACWD accomplishments many of which helped shape the District and secure water supply agreements still in place today," added Koller.

The tank upgrade is scheduled for completion in October 2015. For additional information, visit www.acwd.org

Union City City Council Meeting

June 23, 2015

Consent:

- Adopt a resolution authorizing the filing of applications with the Metropolitan Transportation Commission for allocation of funds in the amount of \$2,786,224 for the operation of Union City Transit and paratransit for fiscal year 2015-16.
- Adopt a resolution to award contract for the Dyer Street/San Carlos intersection improvements to Wattis Construction Co., Inc. in the amount of \$79,799.
- Adopt a resolution for the award of contract for the 2015-16 citywide overlay project to DeSilva Gates Construction, LP in the amount of \$1,594,481.90.
- Adopt a resolution transferring funds received for housing related for housing related activities from the general fund undersigned reserve to the Housing In-Lieu Fee Fund in the amount of \$185,052.08.
- Adopt a resolution accepting and appropriating a grant award in the amount of \$4,008 from

the CUPA Forum Environmental Protection trust fund for purchase of equipment and supplies to support the Environmental Programs Division's inspection and investigation activities.

Item Removed from Consent:

Adopt a resolution declaring the mayors of Silicon Valley expedition to China as an official city of Union City trade mission, authorizing Mayor to attend as delegate and authorizing reimbursement of incidental expenses.

City Manager Reports:

- Adopt a resolution authorizing the city to enter into a program development agreement with OpTerra Energy Services for a phase II integrated energy assessment in the amount of \$50,000.
 - Adopt a resolution approving the fiscal year 2015-16 and 2016-17 operating budget and the five-year capital improvement plan for fiscal year 2015-16 through 2019-20 and adopt a resolution establishing an appropriation limit for fiscal year 2015-16.
- Mayor Carol Dutra Vernaci: Aye
Vice Mayor Jim Navarro: Aye
Emily Duncan: Aye
Lorrin Ellis: Aye, absent on consent
Pat Gacoscos: Aye

Obituary

Susan Lorraine Sholaas

Oct. 19, 1951 - June 18, 2015



A longtime resident of Union City, Susan is survived by her daughter Isadora Dawn Michelle Sholaas, her sisters, Carole Anne Sholaas, Mary Michelle Sholaas, Jane Burke, Kathleen Defillo and her brother-in-law Robert Defillo. Susan was a homemaker with many talents, she had a beautiful singing voice and sang in many high school musicals. She loved to sing and especially loved all the music from Walt Disney characters. A memorial service will be held on Friday July 3, 2015, 11am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA, with a reception following the memorial service.

Hayward City Council

June 23, 2015

Hayward Youth Commission:

City Council adopted the resolution confirming the appointment of six new members and four alternates to the Hayward Youth Commission, as well as five reappointments. The following youth were sworn in:

New Appointments:
Karen Andrade
Raveena Atwal
Carolyn Eusebio
Kiarra Evans
Elexix Mendoza-Pimentel
Claudine Narayan

Reappointments:
Gerardo Barcenas
Isyanelly Gonzalez
Omkar Salpekar
Vicky Tran
Danielle West

Alternate List:
Luis Diaz
Cristian Hernandez
Carla Lanuza
Samara Sanders

Consent:

- Council approved resolution authorizing city manager to negotiate and execute an agreement with Granicus, Inc. for automated legislative and meeting management services in an amount not to exceed \$129,540. Granicus will provide software to ease the creation, distribution, and broadcast of City Council, Committee and Board meetings.
- Council approved resolution authorizing city manager to negotiate and execute a contract with Kiet Thai for issues with implementation of MUNIS financial software solutions in an amount not to exceed \$96,000 through June 30, 2016.

Public Hearing:

Updates to sign regulations were discussed by Linda Ajello, Senior Planner of the Development Services Department. According to staff report, proposed revisions include easier-to-read format; sign corridor overlay district; increase time and types for temporary signs; amortization section; incorporate form-based code districts provisions; eliminate repetition/internal conflicts; and expanded area

for A-Frame signs into downtown entertainment area.

Legislative Business:

- Council discussed Green Hayward PAYS (Pay-As-You-Save) on-bill financing pilot program for eligible multi-family property owners to install water and energy-saving measures. Staff discussed an option for Council to fund the program internally due to challenges faced from outside funding.
- After holding several meetings involving Council, staff and the public, Council has approved the FY 2016 Operating Budget; FY 2016 Community Agency Budget (Lamnin – Abstention); FY 2016 Redevelopment Successor Agency Budget; FY 2016 Housing Authority Budget; and FY 2016 Capital Improvement Program Budget.

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

Birth

Marriage

LIFE CORNERSTONES

Obituaries

For more information
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Elsa K. Horn
RESIDENT OF FREMONT
March 25, 1907 – June 13, 2015

Susan L. Sholaas
RESIDENT OF UNION CITY
October 19, 1951 – June 18, 2015

Frances L. O'mara
RESIDENT OF FREMONT
November 5, 1916 – June 21, 2015

David L. Hendricks
RESIDENT OF FREMONT
December 3, 1923 – June 22, 2015

Robert C. McCombie
RESIDENT OF FREMONT
May 19, 1927 - June 24, 2015

Yamini R. Patel
RESIDENT OF SAN JOSE
December 5, 1972 – June 24, 2015

Charles J. Pedersen
RESIDENT OF FREMONT
April 11, 1965 – June 24, 2015

Bansilal Shah
RESIDENT OF FREMONT
August 9, 1928 – June 28, 2015



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Marvin G. Haun
RESIDENT OF DANVILLE
December 11, 1928 - June 14, 201

Aiko Moriguchi
RESIDENT OF FREMONT
January 18, 1928 - June 16, 2015

Elizabeth A. Lemke
RESIDENT OF UNION CITY
February 15, 1931 - June 17, 2015

Benjamin F. Gallagher
RESIDENT OF FREMONT
July 4, 1935 - June 18, 2015

Eleanor R. Rink
RESIDENT OF FREMONT
February 26, 1927 - June 20, 2015

Karen R. McClung
RESIDENT OF MT. VIEW
August 29, 1942 - June 23, 2015

Swarm D. Sharma
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Obituary

Elsa (Thohoff) Horn

March 25, 1907 - June 13, 2015



Elsa Katherina Thohoff Horn was born on March 25th, 1907 in LaHarpe, Kansas. She was the 5th child of Claus and Emma Thohoff. She grew up on farms in the Iola, Kansas area, graduating from a country school and, after working several years, graduated from Iola High School. She taught country school for two years. Later she moved to St. Joseph, Missouri where she worked as a seamstress in an overall factory. In 1935 she moved to Los Angeles, California to find better work. There she met and, on January

25th, 1941, married John Marshall Horn. In October 1942 they had a daughter, Barbara Ann. They returned to the Iola area in 1944, but came back to LA in 1946. Elsa was an accomplished needlewoman and seamstress, making everything from wedding gowns to lingerie while maintaining a warm home life. She actively participated in PTA and other school activities. In 1966 Elsa and John returned to Kansas where they lived for the next 13 years. When in Kansas, she sewed at the Miller Dress Factory, participated in farm community craft and Bible study groups and the Carlyle Presbyterian Church. In 1977, John suffered a stroke. Elsa and John moved out to their daughter's home in Fremont, California. Elsa took care of John for 7½ years until he passed in 1985. She became an active member in White Cross at church, Bible Study Fellowship and Precept Bible Studies while attending Newark Community Church. In 2007, after her 100th birthday, Elsa moved to Aegis of Fremont. With their considerate care, she lived until June 13th, 2015 after celebrating her 108th birthday. She is survived by her brother, George Thohoff of Iola, Kansas, her sister Dorothea Gard of Burbank, California, her daughter, Barbara Ann Horn of Fremont, California and many nieces and nephews who currently live throughout the US. She is now in her final everlasting home in the presence of her Lord and Savior. A Memorial Service will be held for Elsa on Saturday, July 18th, 2015 at 11am at Newark Community Church, 37590 Sycamore St., Newark, CA 94560.

Obituary

Claire May Paniagua

May 23, 1928 - June 21, 2015



Daughter of Frank and Clara Nunes and sister of George and Albert Nunes. The Nunes family moved from Tulare to San Jose and Claire graduated from San Jose High School in 1946. She went to work for Pacific Telephone as a telephone operator at age 18. She worked at Pacific Telephone for 35 years. She met Alvin Paniagua at the Palomar Gardens Ballroom in 1950. They married on Easter Sunday, April 5, 1953 at Five Wounds Church. They were married for 52 years. They had two children, Claire Lynn and Alvin Brian. They moved to Fremont in 1963 and attended Santa Paula Church since 1965. They had two grandchildren, Amy Mendonca and Marie Claire Mendonca.

Claire was active in Santa Paula, now named Our Lady of Guadalupe Catholic church. She was on the altar guild and arranged flowers for church every week. She was on the liturgy committee and council. She was a CCD teacher, altar server coordinator and member of the Guadalupe Society. She was a choir member in the Hawaiian choir, Spanish choir and regular choir. She loved music. Above all, she loved her God and was happy to meet him face to face on June 21, 2015.

Viewing will be at Lima Mortuary, 48800 Warm Springs Blvd. in Fremont on Thursday, July 2 from 10 a.m.- 7 p.m. with a vigil/rosary at 7 p.m. The funeral mass will be held at Our Lady of Guadalupe Church, 41933 Blacow Road, Fremont at 11 a.m. with burial following at Cedar Lawn Cemetery, 48800 Warm Springs Blvd. in Fremont.

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

Durba Sen - East Meets West

SUBMITTED BY SUSAN HELMER

The vibrant colors of India, spontaneity of the people, textures found in fabrics and spices, architecture and sense of vibrancy in every corner of the country – have all stirred artistic passion in Durba Sen and helped to create a dynamic vibrancy on canvas!

Color and texture weave through her imagination and feelings to render beautiful landscapes, still lives and vivid abstract art. Oil and acrylic are the mediums this artist prefers to use with a varied mix of textures to create her masterpieces. For Sen, canvas is a blank slate where she expresses her thoughts, feelings, emotions and views, and her journey through life!

The public is invited to share in the spontaneous mix of colors and textures that define the work of this artist.

Durba Sen - East Meets West
Artist Reception: Sunday, Jul 12
1:30 p.m. – 4 p.m.
Exhibit: Saturday, Jul 11 – Sunday, Jul 26
Tuesday - 11 a.m. to 3 p.m.
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Dixieland Band to tour Europe

SUBMITTED BY FREMONT CHRISTIAN SCHOOL

On July 10, Fremont Christian School's 11-piece Dixie Dominus Traditional Jazz Band will go on tour performing for 10 days in Switzerland and Germany. In addition to performing at local music venues and festivals, the band will be performing twice at the world famous Montreux Jazz Festival. This year's headliners at the Montreux event include Lady Gaga, Tony Bennett, Sam Smith, John Legend and many more.

Dixie Dominus Traditional Jazz Band was formed in 2007 under the direction of Thomas Banuelos. Banuelos draws upon his personal experience performing traditional jazz to help inspire a new generation of musicians. The band performs an eclectic repertoire ranging from traditional jazz standards to pop and show tunes. Along with releasing their fourth highly successful CD in 2014, this group has also participated in Sacramento Traditional Jazz Youth Band Jazz Festival, Alameda County Fair, Monterey Jazz Bash by the Bay, Fresno Mardi Gras, San Jose Jazz Festival and the Sacramento Music Festival.



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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
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Notice of road closure for July 4th

SUBMITTED BY
FREMONT PARADE COMMITTEE

The City of Fremont issued a special event permit for the “Fremont 4th of July Parade” on Saturday, July 4 along Paseo Padre Parkway and Stevenson Boulevard to Capitol Avenue. Please be advised that the following road closures will be in effect from 7 a.m. to 1 p.m.:

Paseo Padre Pkwy between Mowry Ave and Stevenson Blvd
Capitol Ave between Paseo Padre Pkwy and State St
Liberty St between Beacon Ave and Capitol Ave
Walnut Ave between Liberty St and
Paseo Padre Pkwy
Hastings St between Mowry Ave and Capitol Ave
Stevenson Blvd between Civic Center Dr and Paseo Padre Pkwy

Fremont Police Log

SUBMITTED BY GENEVA
BOSQUES, FREMONT PD

Friday, June 19

Between 5:00 p.m. on Thursday, June 18, 2015 and 7:45 a.m. on Friday, June 19, 2015, unknown suspect(s) entered a business in the 46000 block of Fremont Boulevard by prying the front door. The loss was over \$4,000 in equipment.

At 2:48 p.m., Ofc. Lawrence was dispatched to a report of suspicious circumstances at Motel 6 North. Ofc. Lawrence arrived in the parking lot and contacted a 37-year-old male who was sitting in a vehicle. Ofc. Lawrence ultimately arrested the male for illegal possession of four handguns and possession of concentrated cannabis.

At about 12:04 a.m., Ofc. Hernandez was dispatched to the area of Central Avenue/Blacow Road regarding a collision that had just occurred. The reporting party had a complaint of pain, which did not require immediate medical attention. The three males who were in the other vehicle fled on foot, leaving their vehicle at the scene. Officers checked the area but were unable to locate the subjects.

Saturday, June 20

Between 11:00 p.m. on Friday, June 19, 2015 and 7:30 a.m. on Saturday, June 20, 2015, unknown suspect(s) entered a business in the 39000 block of Paseo Padre Parkway by smashing a glass window. The loss was cash.

Between 7:00 p.m. on Friday, June 19, 2015 and 8:40 a.m. on Saturday, June 20, 2015, unknown suspect(s) entered a residence in the 39000 block of Civic Center Drive by smashing a glass window. The loss was cash.

Between 6:00 p.m. and 8:15 p.m., unknown suspect(s) entered a residence in the 150 block of Pagosa Way by climbing through a window on the roof. The losses were electronics, cash and clothing.

Monday, June 22

Sometime during the afternoon on Sunday, June 21, 2015,

unknown suspect(s) entered a residence in the 48000 block of Green Valley Road through an open second-story window. The loss was unknown at the time of this report.

At 1:00 a.m., several groups of street racers entered Fremont from Milpitas and began to stage in the areas of Page Avenue/Milmont Drive and Fremont Boulevard/Lakeview Boulevard. Several officers were sent to each area to prevent racing from occurring. Each location had about 50 vehicles setting up for racing. Ofc. Taylor stopped a vehicle that was fleeing the area recklessly and arrested/cited the 18-year-old male driver from Oakland.

At 1:55 a.m., a victim reported that he was at 7-Eleven along Mission Boulevard/Niles Boulevard when he was approached by five persons. Two suspects had pistols and two suspects had shotguns. The suspects demanded the victim's wallet and then fled on foot toward Alameda Creek Trail. The suspects were described as four black male adults between 18-23 years old, and one black female adult between 18-23 years old. Officers searched the area with negative results.

Between 6:00 a.m. and 6:45 a.m., unknown suspect(s) entered Glankler Early Learning Center by prying open a door. The losses were several electronics.

Tuesday, June 23

Between 5:00 p.m. on Monday, June 22, 2015 and 6:30 a.m. on Tuesday, June 23, 2015, unknown suspect(s) entered a business in the 48000 block of Milmont Drive through a roll up door. Losses include a large amount of copper wire and power tools.

At 4:13 p.m., unknown suspect(s) attempted to enter a residence in the 33000 block of Shylock Drive by prying open a bedroom window. The residence had an audible alarm which likely scared the suspect(s) away.

Between 7:50 a.m. and 7:00 p.m., unknown suspect(s) entered a residence in the 4500 block of Mowry Avenue by prying open a sliding glass door. The losses were jewelry and credit cards.

Wednesday, June 24

Between 4:00 p.m. on Tues-

day, June 23, 2015 and 5:30 a.m. on Wednesday, June 24, 2015, unknown suspect(s) entered a business in the 3800 block of Mowry Avenue by prying the main door lock. The loss was electronics.

Between 5:29 p.m. on Tuesday, June 23, 2015 and 6:40 a.m. on Wednesday, June 24, 2015, unknown suspects entered a business in the 4000 block of Clipper Court by cutting a hole through sheet rock. The loss was unknown at the time of this report.

Between midnight on Tuesday, June 23, 2015 and 8:00 a.m. on Wednesday, June 24, 2015, unknown suspect(s) entered a residence in the 1400 block of Mowry Avenue by breaking the glass on a double pane sliding door. The loss was unknown at the time of this report.

At 7:26 p.m., officers were dispatched to a residence on Montrose Avenue in regards to a family disturbance. Relatives called 911 to report that a family member had a gun and threatened to kill officers if they responded. Officers arrived in the area as the suspect walked outside of the residence. Officers detained the 52-year-old male from Fremont without incident. Officers located a BB gun inside the residence. The male was arrested for terroristic threats.

Thursday, June 25

At 10:20 a.m., a victim was robbed in front of his residence in the 4000 block of Deep Creek Road. The victim was unloading groceries from his trunk when a male came up behind him and punched him. The suspect grabbed a gold chain from around the victim's neck and fled the area on foot. Officers arrived and checked the area with negative results. The suspect was described as a Hispanic or Middle Eastern male in his early 20s, approximately 5'07", thin build, short dark hair, wearing a white t-shirt and dark grey pants.

Between 7:00 a.m. and 6:00 p.m., unknown suspect(s) entered a residence in the 48000 block of Ursa Drive through an unlocked back door. The loss was jewelry.

Milpitas National Night Out

SUBMITTED BY OFFICER JOHN MUOK, MILPITAS PD

The Milpitas Police Department is encouraging residents to host or attend neighborhood parties on Thursday, August 6, to celebrate National Night Out, “America's Night Out Against Crime.”

The 32nd Annual National Night Out is sponsored by the National Association of Town Watch and locally co-sponsored by the Milpitas Police Department. The Milpitas Citizen Advisory Commission will be collaborating with the Milpitas Police Department once again to make this year's National Night Out another success.

National Night Out is an excellent way to build neighborhood relationships and to strengthen police and community partnerships. Over the past years, Milpitas residents have used National Night Out as a tool to initiate local Neighborhood Watch groups and to get reacquainted with the people in their neighborhood. Most National Night Out parties become neighborhood potluck dinners and ice cream socials that last well into the evening.

Officers from the Milpitas Police Department will pay a visit to each individual gathering, meet with the residents, distribute crime prevention material and answer questions that concerned residents may have. The children will enjoy police stickers and a peek inside of the police vehicles that the officers use on a daily basis as they patrol the city.

Milpitas residents interested in hosting a National Night Out neighborhood party or to obtain information should contact Officer John Muok at (408) 586-2527 or via email at jmuok@ci.milpitas.ca.gov.

Newark Police Log

SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD

Saturday, June 20

At 3:10 p.m., Ofc. Horst responded to a report of a battery near McDonald's. A 68-year-old male (transient) was arrested for domestic battery and violating a court order.

At 3:37 p.m., Ofc. Norvell responded to Macy's for two shoplifters in custody. A 19-year-old female from San Francisco and a 19-year-old male from Turlock were both arrested for shoplifting.

At 4:12 p.m., Ofc. Horst responded to JCPenney for a shoplifter in custody. A 25-year-old female from Fremont was arrested for shoplifting.

Sunday, June 21

At 2:56 a.m., Ofc. Khairy responded to Ash Street for a disturbance. A 25-year-old female from Newark was arrested for battery.

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Payment is for one posting only. Any change will be considered a new posting and incur a new fee.

The “NO” List:

- No commercial announcements, services or sales
- No personal services (escort services, dating services, etc.)
- No sale items over \$100 value
- No automobile or real estate sales
- No animal sales (non-profit humane organization adoptions accepted)
- No P.O. boxes unless physical address is verified by TCV

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Established 1971
Meets 2nd & 4th Tues 7pm
At the Fremont Elks Lodge
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All are welcome, come join us
www.fremontcoinclub.org
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Rotaract Club of Greater Fremont
Community service & business club for young professionals and students ranging from ages 18 to 30. Meetings on 1st & 3rd Wednesdays at 7 pm.
Find our events on
meetup.com/rotaractfremont

TRI-CITY DEMOCRATIC FORUM MEETING
Every Third Wednesday 7:00 pm
Chandni Restaurant
5748 Mowry School Rd
Newark, CA 94560
http://www.tricitydems.com/

AMERICAN LEGION POST 837
Meets third Tuesday each month - 6:30-8:30pm
Social, Program, General Meeting
Historic Niles Veterans Hall
2nd & E. Street, Fremont
www.POST837.org
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Your local environmental leader!
Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects.
www.tricityecology.org
Office open Thursdays, 11am-2pm
3375 Country Dr., Fremont
510-793-6222

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

The League of Women Voters invites you to visit our website at www.lwvfncuc.org
You'll find valuable information about your community and voter issues. Keep up to date & learn about our Tri-City area monthly programs. Our programs are non-partisan and free to the public.

Soroptimist International Tri-Cities
Improving the lives of women and girls in our community and throughout the world.
Meetings: Third Monday every month at 6:00pm
Papillon Restaurant
37296 Mission Blvd Fremont
Call 510-621-7482
www.sitricities.org

Fremont Cribbage Club
teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues.
6:15pm at Round Table Pizza
37480 Fremont Blvd., Centerville
Email:Accgr43@gmail.com
American Cribbage Congress
www.cribbage.org

Come Join Us Tri Cities Women’s Club
Meets on the third Tuesday
Elk’s Club on Farwell Dr.
9:30 – Cards, 12:00 – Lunch
1:00 – Program and Meeting
We also have bridge, walking, Gourmet dining groups,
And a book club.
For info. Call 510-656-7048

Afro-American Cultural & Historical Society, Inc.
Sharing ur culture and history in the Tri-Cities and surrounding area
Meetings: Third Saturday 5:30pm in member homes
Contact: 510-793-8181
www.aachis.com
We welcome all new members

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City of Fremont
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To reserve a seat: 574-2020
Fremont.gov/SparkPointFRC

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No cost program of support for people suffering from effects of alcoholism
Call 276-2270 for meeting information
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www.cwc-fremontareawriters.org

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
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510-656-8161

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510-794-6844
www.peointernational.org

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Worship Service - 11am
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www.haywardarts.org
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Promotes all the arts & encourages local artists in all art mediums.
Foothill Gallery, John O’Lague
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510-581-4050
www.SunGallery.org

SAVE’s Domestic Violence Support Groups
FREE, compassionate support
Domestic violence survivors
Drop-in, no reservations needed
Every Tues & Thurs 6:45-8:45 pm
Every Friday 9:15 to 11 am
1900 Mowry Avenue, Fremont
(510) 574-2250 or 24-hour
Hotline (510) 794-6055
www.save-dv.org

Ohlone Humane Society
Love animals & want to help?
OHS is a nonprofit, volunteer supported animal welfare organization. Includes wildlife rehabilitation, companion animal rescue, animal assisted therapy, spay/neuter assistance and more.
For info call 510-792-4587
www.Ohlohnehumanesociety.org

SAVE’s Restraining Order Clinics
Free for domestic violence survivors
Seeking protective orders
Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday
Call SAVE’s 24-hr Hotline (510) 794-6055 for details
www.save-dv.org

D17 Day In Al-Anon Saturday, July 11 9AM-7PM
Calvary Chapel
42986 Osgood Rd. Fremont
Fellowship, recovery, yoga workshops, food, fun, prizes!
\$20 suggested donation
includes lunch and snacks.
Info: Easyduz@gmail.com

The Larry O Car Show 3rd Annual Sat. Aug 8 9am-3pm
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Union City 510-675-5495

SAVE’s Empowerment Ctr. Services
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24-hour Hotline (510) 794-6055
Empowerment Ctr (510) 574-2250
1900 Mowry Ave, #201
Fremont. www.save-dv.org

Coyote Hills Trail Runners and Walkers
(A division of the Running Fellowship - A Christian Ministry)
Meets at Coyote Hills Regional Park every third Saturday
1-4pm. Coaching - Training and Spiritual Help.
Contact Jim 510-935-3034
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Hayward First Church of the Nazarene is looking for volunteer vocalists & musicians for Sunday service worship team!
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HayNaz@pacbell.net
Facebook com/Hayward Nazarene

Tri-City Society of Model Engineers
The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas.
We meet Fridays 7:30-9:30pm.
Please visit our web site:
www.nilesdepot.org

American Legion Hayward Post 68 Trip to Graton Casion Sat., July 18 \$30 per person
Departs Hayward Veterans Bldg.
22737 Main - 8am
Call for information
Eddie Castilo
510-581-1074

Vacation Bible School EVEREST July 27-July31 12:45-4pm Kids 4-12 510-739-0430
Register early \$20, B4 July 19
New Hope Community Church
2190 Peralta Blvd. Fremont
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For more information about becoming a patient care volunteer, please contact

Dawn Torre, Volunteer Coordinator
1-888-493-0734 or 510-933-2181
volunteer@lifespringshospice.com

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Union City
Police Log

SUBMITTED BY
UNION CITY PD

From Monday, June 15 through Sunday, June 21, there were three reported residential burglaries:

Crest Lane - entry point was side garage door, which was kicked in.

Dowe Avenue - entry point was from a window

Alvarado Boulevard - entry point was a window

From Monday, June 15 through Sunday, June 21, there were two reported commercial thefts at Eigenbrodt Way and Central Avenue.

From Monday, June 15 through Sunday, June 21, there were three reported vehicle thefts:

Two at In & Out Burger – both entries were via window smash

One at Buffalo Wild Wings - entry was a window smash

Monday, June 15

At around 5:00 p.m. an incident of vandalism occurred at two homes located on Regents Boulevard. Three unknown suspects approached the two homes and threw eggs, defacing the property. The suspects fled in a dark, 4-door unknown make vehicle westbound on Regents Boulevard. Police are looking into additional evidence that may help identify the suspects.

Thursday, June 18

At approximately 4:30 p.m., officers were dispatched to the 2400 block of Oregon Street to assist Alameda County Fire Department with a structure fire.

Once on scene, officers assisted with evacuating occupants away from the complex and with traffic control. The 4-unit complex sustained major damage and Alameda County Fire personnel located the body of a deceased female inside one of the units.

As a result of this devastating fire, three families have been displaced and have lost most of their belongings. Each family has been staying in temporary arrangements, and they are in need of assistance to start over. The Red Cross and many groups in Union City have banded together to assist them through this difficult time.

Centro De Servicios in Union City has established a fund to help the families get through these tough times. A bank account has been set up to collect donations that will be distributed to all three families.

Donations can be made to:

Bank of the West
33301 Alvarado-Niles Rd
Account number: 603034109

You can also donate through Paypal by using Centro de Servicios' account at <http://centrodeservicios.org/getinvolved.html>.

Sunday, June 20

At 8:45 p.m., Union City Police Department dispatch received a call of an assault with a deadly weapon at a residence located on 7th Street. It was reported that two male victims were standing at the end of their driveway when they got into an argument with a group of their neighbors. The argument turned into a physical altercation when the suspects began punching and kicking the victims. When officers arrived, two suspects were arrested and multiple people went to the hospital with lacerations, bumps and bruises. It was later determined no weapon was used and the suspects were arrested for battery.

Two new member
join Homelessness Task Force

SUBMITTED BY JANICE ROMBECK

Santa Clara County's Housing Task Force, which was created to find short - and long-term solutions to homelessness, has two new members who know about the problem firsthand.

Johnny Walker is a San Jose resident with a background in trucking and transportation and a master's degree in instructional technology from San Jose State University. Walker was homeless for four years, sleeping in his car and at the homes of friends. During that time he continued to work, but couldn't earn enough to afford housing. He moved into permanent housing four months ago. His focus on the Task Force is finding immediate solutions for the thousands who sleep outside every night in Santa Clara County.

Hector Guerra, also of San Jose, is a U.S. Army Veteran and a case manager at the Veterans Emergency Housing Facility

in San Jose, helping homeless veterans with finding housing, medical care and employment. He was homeless for two years after he was discharged from the Army in 1966, and again during his first 18 months of college. Guerra graduated from the University of California in 1971 under the G.I. Bill with a degree in political science. He also has worked for the San Francisco League of Urban Gardeners, which trains homeless veterans in the field of landscaping.

The Task Force, proposed by Board President Dave Cortese and approved by the Board of Supervisors, has been meeting monthly since April 24, at the County Government Center in San Jose. The Task Force will complete its work in December with a report to the Board.

For more information, contact the Office of Supervisor Dave Cortese at (408) 299-5030.

WalletHub names Fremont
7th best city for families

SUBMITTED BY CITY OF FREMONT

Are you considering a move to Fremont or just want reassurance that you settled your family down in the right place? The City of Fremont was recently ranked the 7th best city for families in America. WalletHub conducted a study based on data from 150 of the most populated U.S. cities and ranked them according to 30 different key metrics that consider family dynamics such as the cost of housing, the quality of local school systems, and opportunities for recreation and fun.

For more information, visit <http://wallethub.com/edu/best-cities-for-families/4435/>

PUBLIC NOTICES

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506380
Fictitious Business Name(s):
Body1st Therapeutic Massage, 4865 Sally Court, Union City, CA 94587, County of Alameda
Registrant(s):
Arnold Apolinar, 4865 Sally Court, Union City, CA 94587
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/ Arnold A. Apolinar
This statement was filed with the County Clerk of Alameda County on June 23, 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2768297#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506454
Fictitious Business Name(s):
T J Truck & Trailer Tire Repair, 29596 Dixon St. Suite 20, Hayward, CA 94544, County of Alameda
Registrant(s):
Gurtes Singh, 29596 Dixon St. Suite 20, Hayward, CA 94544
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 06/25/2015
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/ Gurtes Singh
This statement was filed with the County Clerk of Alameda County on June 25, 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2768198#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506400
Fictitious Business Name(s):
Ruiz Hauling Service, 5026 Morris Way, Fremont, CA 94536, County of Alameda
Registrant(s):
Pedro P. Ruiz-Alvarado, 5026 Morris Way, 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/ Pedro P. Ruiz-Alvarado
This statement was filed with the County Clerk of Alameda County on June 24, 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2767645#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506358
Fictitious Business Name(s):
Malaikottai, 5988 Newpark Mall Rd., Newark, CA 94560, County of Alameda
Mailing address: 5988 Newpark Mall Rd., Newark, CA 94560
Registrant(s):
Jak, Inc. 5988 Newpark Mall Rd., Newark, CA 94560, CA
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/ Arun Parthasarathy, CEO
This statement was filed with the County Clerk of Alameda County on June 23, 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2767156#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506288
Fictitious Business Name(s):
InnovCatalyst, 39149 Guardino Dr. #253, Fremont, CA 94538, County of Alameda
Mailing address: 39120 Argonaut Way, Suite 213, Fremont, CA 94538
Registrant(s):
Eri Oki, 39149 Guardino Dr. #253, 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/ Eri Oki
This statement was filed with the County Clerk of Alameda County on June 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2766734#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505712
Fictitious Business Name(s):
Los Cabos Restaurant, 3283 Walnut Ave., Fremont, CA 94538, County of Alameda
Registrant(s):
Los Cabos Restaurant, LLC, 3283 Walnut Ave., Fremont, CA 94538, CA
Business conducted by: a Limited liability company
The registrant began to transact business using the fictitious business name(s) listed above on 6/01/2015
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/ Elias Loza, President and Manager
This statement was filed with the County Clerk of Alameda County on June 3, 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). 6/30, 7/7, 7/14, 7/21/15

CNS-2766718#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506186
Fictitious Business Name(s):
In Step Footwear, 40559 Encyclopedia, Circle, Fremont, CA 94538, County of Alameda
Registrant(s): ENCYCLOPEDIA CIR
Ying Zhou, 4735 Ridpath St., Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 3/31/2013
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/ Ying Zhou
This statement was filed with the County Clerk of Alameda County on June 17, 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). 6/23, 6/30, 7/7, 7/14/15

CNS-2765510#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 506187
Fictitious Business Name(s):
MG Trading Service, 40555 Encyclopedia Cir, Fremont, CA 94538, County of Alameda
Registrant(s):
Ying Zhou, 4735 Ridpath 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/ Ying Zhou
This statement was filed with the County Clerk of Alameda County on June 17, 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). 6/23, 6/30, 7/7, 7/14/15

CNS-2765499#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505628
Fictitious Business Name(s):
Everex Communications, Inc., 1045 Mission Court, Fremont, CA 94539, County of Alameda
Registrant(s):
Ecomunications, Inc., 1045 Mission Court, Fremont, CA 94539, CA
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 7/21/2000
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/ Alex Sy, CEO
This statement was filed with the County Clerk of Alameda County on June 2, 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). 6/30, 7/7, 7/14, 7/21/15

under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 6/23, 6/30, 7/7, 7/14/15

CNS-2764278#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505018
Fictitious Business Name(s):
Coast 2 Coast - Shop, 34215 Chamberlain Terrace, Fremont, CA 94555, County of Alameda
Registrant(s):
Jia Hao Lin, 34215 Chamberlain Terrace, Fremont, CA 94555
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 10/1/2013
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/ Jia Hao Lin
This statement was filed with the County Clerk of Alameda County on June 12, 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). 6/23, 6/30, 7/7, 7/14/15

CNS-2764275#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505516
Fictitious Business Name(s):
Pacificrock Trucking, 32467 Woodland Drive, Union City, CA 94587, County of Alameda
Registrant(s):
32467 Woodland Drive, Union City, CA 94587
Swarmjeet Singh, 32467 Woodland Drive, Union City, CA 94587
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 05-29-15
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/ Swarmjeet Singh
This statement was filed with the County Clerk of Alameda County on May 29, 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). 6/23, 6/30, 7/7, 7/14/15

CNS-2763692#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505527
Fictitious Business Name(s):
Morey Chiropractic, 37053 Cherry Street #112 Newark CA 94560, County of Alameda
Registrant(s):
Ray Albert Morey, 620 Lotus Street, San Jose, CA 95116
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 06/01/2015
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/ Ray A. Morey
This statement was filed with the County Clerk of Alameda County on May 29, 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). 6/16, 6/23, 6/30, 7/7/15

CNS-2762865#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505496
Fictitious Business Name(s):
Next Generation Tile and Stone, 5057 Curtis St Fremont Calif 94539, County of Alameda
Registrant(s):
Pedro Hulltron, 5057 Curtis St Fremont Calif 94539
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Pedro Hulltron
This statement was filed with the County Clerk of Alameda County on May 29, 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). 6/16, 6/23, 6/30, 7/7/15

CNS-2762800#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 505829
Fictitious Business Name(s):
Marcos Transport, 825 Hancock St Apt 209, Hayward, CA 94544, County of Alameda
Registrant(s):
Martha Singh, 825 Hancock St Apt. 209, Hayward, CA 94544
Shinder Singh, 825 Hancock St Apt. 209, Hayward, CA 94544
Sukhjitt Singh, 825 Hancock St Apt. 209, Hayward, CA 94544
Business conducted by: A Joint Venture
The registrant began to transact business using the fictitious business name(s) listed above on 03-2000
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/ Martha Singh
This statement was filed with the County Clerk of Alameda County on Jun 08, 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). 6/16, 6/23, 6/30, 7/7/15

CNS-2762097#

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 467357
The following person(s) has (have) abandoned the use of the fictitious business name: **Shwoodgeman Photography & Imaging, 34882 Sea Cliff Terrace, Fremont, CA 94555**
The Fictitious Business Name Statement for the Partnership was filed on 7/16/2012 in the County of Alameda.
Seth W Hodgeman, 34882 Sea Cliff Terrace, Fremont, CA 94555
S/ Seth Hodgeman
This statement was filed with the County Clerk of Alameda County on May 20, 2015
6/16, 6/23, 6/30, 7/7/15

CNS-2761372#

FICTITIOUS 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-2758500#

GOVERNMENT

CITY OF UNION CITY
NOTICE OF
PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE UNION CITY CITY COUNCIL will hold a public hearing in the Council Chambers at 34009 Alvarado Niles Road, Union City, CA on Tuesday, July 14, 2015 at 7:00 PM or as soon as thereafter, to receive and consider all evidence and reports relative to the following: A resolution initiating proceedings pursuant to the Landscape and Lighting Act of 1972 for the maintenance, operation, and servicing of public lands in the Landscape and Lighting District No. 3. ALL INTERESTED PARTIES are invited to attend said hearing and express opinions or submit evidence for or against the proposal as outlined above. FURTHER INFORMATION on the above matter may be obtained or viewed at the Public Works Department, located at 34009 Alvarado Niles Road, Union City. If a citizen wishes to challenge the nature of the above actions in court, they may be limited to raising only those issues they or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City a or prior to the public hearing. The facility is accessible to the disabled and hearing impaired. If special assistance is required, please call (510) 675-5348 so accommodations can be arranged. While not required, 48 hours notice is appreciated.
DATED: June 30, 2015
City Clerk
6/30/15

CNS-2767147#

CITY OF UNION CITY DEPARTMENT OF PUBLIC WORKS SOUTH DECATO GREEN STREETS PROJECT CITY PROJECT NO. 11-29

NOTICE TO CONTRACTOR

Sealed proposals for the work shown on the plans entitled: South Decoto Green Streets Project, City Project No. 11-29 will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until Thursday, July 16, 2015 2:00 PM at which time they will be publicly opened and read in the Council Chambers of said building. The Contractor shall possess a

Class A – General Engineering – license at the time this contract is awarded. Bids are required for the entire work described herein. This contract is subject to the State contract nondiscrimination and compliance requirements pursuant to Government Code Section 12990. Plans, specifications and proposal forms to be used for bidding on this project can only be obtained at the Department of Public Works, 34009 Alvarado-Niles Road, Union City, California, or by calling (510) 675-5308 . In addition, you may call (510) 675-5308 for a copy of the Plan Holder's List. Plans and specifications may be obtained on a CD in PDF format as follows: NON-REFUNDABLE FEE OF \$10.00 PER SET WHEN PICKED UP AT THE PUBLIC WORKS COUNTER OR \$20.00 IF REQUESTED TO BE MAILED General Work Description : This project aims to create green infrastructure along eight (8) contiguous blocks of streets between F and I Streets and 12 th and 15 th Streets. The work to be done, in general, consist of storm water bio-filtration planters, permeable paving areas, sidewalk bulb-outs, landscaping, intersection improvements and other such items indicated and required by the plans, Standards Specifications, and these technical specifications. Call Public Works at (510) 675-5308 to request bid packages to be mailed. All questions should be faxed to Farooq Azim City of Union City, at (510) 489-9468 . The successful bidder shall furnish a Payment Bond, a Performance Bond, and a Maintenance Bond. Minimum wage rates for this project as predetermined by the Secretary of Labor are set forth in the special provisions. If there is a difference between the minimum wage rates predetermined by the Secretary of Labor and prevailing wage rates determined by the Department of Industrial Relations for similar classifications of labor, the contractor and his subcontractors shall pay not less than the higher wage rates. Pursuant to Section 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the wage rates appear in the Department of Transportation publication entitled General Prevailing Wage Rates, (current semi-annual which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. CITY OF UNION CITY DATED: June 23, 2015 6/23, 6/30/15

CNS-2765320#

TRUSTEE SALES

T.S. No.: 2011-11685 A.P.N.: 501-0957-058-00 Property Address: 4457 SACRAMENTO AVENUE, FREMONT, CALIFORNIA 94538 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2823.5 YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: MATTHEW A. AJAKEE AND TAMMY L. AJAKEE, HUSBAND AND WIFE, AS JOINT DEBTS DULY Appointed Trustee: Western Progressive, Inc. Dated 9/12/2005 as Instrument No. 2005376617 in book ---, page --- and recorded on --- as --- of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 7/30/2015 at 12:00 PM Place of Sale: AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON STREET, OAKLAND, CA Estimated amount of unpaid balance and other charges: \$535,230.40 Will sell at public auction to the highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, a savings association or savings bank specified in section 5102 of the financial code and authorized to do business in this state: All right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and subject to a Deed of Trust described as: Mattheu A. Ajakee and Tammy L. Trust Street Address or other common designation of real property: 4457 SACRAMENTO AVENUE, FREMONT, CALIFORNIA 94538 A.P.N.: 501-0957-058-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made with or without covenant or warrant, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid principal balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is : \$535,230.40 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no other recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices/Sales.aspx using the file number assigned to this case 2011-11685. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale Date: 6/18/2015 Western Progressive, LLC, as Trustee for beneficiary c/o 30 Corporate Park, Suite 450 Irvine , CA 92606 Automated Sale Information Line: (866) 960-8299 http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices/Sales.aspx For Non-Automated Sale Information, call: (866) 240-3530 Trustee Sale Assistant WESTERN PROGRESSIVE TRUSTEE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. 6/30, 7/7, 7/14/15

CNS-2766138#

AC Transit wins award for financial reporting

SUBMITTED BY CLARENCE L. JOHNSON

AC Transit has been honored for “excellence” by the Government Finance Officers Association (GFOA), an organization nationally renowned for promoting the best practices, competence and effectiveness in government finance.

Every year since 1993—22 years in a row— AC Transit has been awarded the Certificate of Achievement for Excellence in Financial Reporting for producing a “comprehensive annual financial report (CAFR).” The award is the highest form of recognition in

the area of government accounting and financial reporting, and is considered a significant accomplishment by a government agency.

“Achieving this award is no simple task,” said Jim Pachan, AC Transit’s Interim Chief Financial Officer. “Our finance team must ensure that they meet all the requirements contained in the Government Accounting, Auditing, and Financial Reporting which contains a 72-page checklist to verify that the reports meet the highest standards in financial reporting.”

Milpitas City Council Meeting

Tuesday, June 16, 2015

Presentations:

- Commend agape Mobile Dental Bus at Senior Center.
- Present Youth Advisory Commission's scholarship award to Charles "David" Olivar.
- Proclaim July 2015 as Parks and Recreation Month.
- Give commendations to Milpitas Police Officers and Santa Clara Valley Transportation Authority driver Tim Watson for their role in rescuing an abducted child.

Consent:

- Approve the 2016 work plan of the community advisory commission.
- Authorize and approve changes to the by-laws of the emergency preparedness commission.
- Consider request from Alliance Renewal Kingdom Ministries for a \$500 donation toward ARK SAM Camp held August 3-7, 2015.
- Consider request from South Bay Kids Music Group to waive fees of \$1,480 for "We've Got the Music" fundraising event on July 11, 2015.
- Waive the second reading and adopt ordinance regarding solar permit streamlining per state law.
- Waive the second reading and adopt ordinance to amend the Milpitas Sanitary Code.
- Adopt a resolution granting initial acceptance of, and reducing the performance bond for, McCarthy Blvd. Lighting & Landscape improvements.
- Adopt a resolution approving plans and specifications, awarding a contract to Preston Pipelines for Automated Drinking Water Meter Replacement and authorize director of engineering to execute contract change orders.
- Adopt a resolution to release unclaimed checks and credits in the amount of \$3,487.34.
- Adopt a resolution approving condition of approval language requiring new residential development projects be subject to a future affordable housing ordinance.
- Approve amendment to the master agreement with county of

- Santa Clara for senior nutrition program with an outlay of \$85,153 from the city of Milpitas.
- Authorize renewal of agreement for Excess Workers' Compensation Insurance Contracted via Brown & Brown of California and authorize payment in the not-to-exceed amount of \$200,000.
 - Reject the apparent low bid from OnPoint Construction, authorize staff to repack and re-advertise 2014 soundwall renovation. The engineer's estimate stands at \$375,000.
 - Approve two consultant agreements and an amendment to an agreement with RMC Water and environment for engineering services related to recycled water pipeline extensions totaling \$551,351.
 - Approve a consultant agreement with Water Solutions, Inc. for engineering services in the amount of \$427,000 and approve a new capital improvement project supervisory control and data acquisition and approve a budget appropriation of \$50,000.
 - Approve consultant agreement with HydroScience Engineers, Inc. for engineering services in the amount of \$51,000.
 - Approve amendment to the agreement with Briggs Cardosa Associates, Inc. for the midtown parking garage fire door conversion for a total amount not to exceed \$6,900.

Public Hearing:

- Conduct a public hearing, adopt a resolution approving a water conservation plan, approve a new capital improvement project entitled Water Conservation Program, approve a budget appropriation of \$800,000.
- Approve agreements with nine vendors for fiscal year 2015-16 recreation services programs in the total amount of \$344,000.

Reports of Mayor and Commissions:

- Hear report from the city council's City Attorney Subcommittee and adopt independent council. (3 ayes, 2 nays: Giordano and Grilli)
- | | |
|---------------------------|------------|
| Mayor José Esteves | Aye |
| Vice Mayor Carmen Montano | Aye, 1 nay |
| Debbie Indihar Giordano | Aye |
| Garry Barbadillo | Aye, 1 nay |
| Marsha Grilli | Aye |

Supervisor Haggerty elected to state association board



SUBMITTED BY DAWN ARGULA

Supervisor Scott Haggerty, president of the 5-member Alameda County Board of Supervisors, has been elected to serve as second vice-president on the California Association of Councils of Governments by its board of directors at its meeting this month.

Known as CALCOG, its members are comprised of representatives from councils of government (COG) jurisdictions such as the Association of Bay Area Governments (ABAG) with responsibility for regional land use planning; metropolitan planning organizations such as the Bay Area's Metropolitan Transportation Commission (MTC) responsible for regional transportation planning, funding and implementation, and county level traffic congestion management agencies and transportation sales tax authorities. Haggerty represents the Alameda County Transportation Commission (ACTC) on CALCOG.

UNION SANITARY DISTRICT

NOTICE OF FILING REPORT AND PUBLIC HEARING IN CONNECTION WITH THE COLLECTION OF FISCAL YEAR 2016 SEWER SERVICE CHARGES ON THE PROPERTY TAX ROLL

NOTICE IS HEREBY GIVEN that pursuant to Sections 5471 and 5473, et seq. of the Health and Safety Code of the State of California and Union Sanitary District Ordinance No. 31, the Board of Directors of Union Sanitary District will consider adoption of Ordinance No. 31.38 which establishes Sewer Service Charges for the Fiscal Year ending June 30, 2016. The District has elected to collect its charges for sewer services on the tax roll, in the same manner as general taxes.

The District has filed a written report with the Secretary of the Board of Directors describing each parcel of real property subject to the charges and amount of the charges against that parcel for fiscal year 2016. The report is on file and available for inspection at the District's offices at 5072 Benson Road, Union City, California.

NOTICE IS FURTHER GIVEN that on Monday, the 13th day of July 2015, at the hour of 7:00 p.m., or as soon thereafter as the matter may be heard, at the Union Sanitary District Boardroom, 5072 Benson Road, Union City, California, in said District, the Board will hold a hearing on the collection of sewer service charges on the property tax roll. At the hearing, the Board of Directors will hear and consider all objections or protests, if any, to the District's report. Any questions regarding the charges may be directed to the Business Services Manager at (510) 477-7500.

Publish dates: June 30, 2015
July 7, 2015

By order of the Board of Directors of Union Sanitary District.

UNION SANITARY DISTRICT


Secretary
Board of Directors

Milpitas Road Closers for July 4th

SUBMITTED BY
SGT. SEAN HENEGHAN, MILPITAS PD

The City of Milpitas will be hosting Fourth of July festivities at Milpitas Sport Center, located at 1325 E. Calaveras Blvd. The events include a concert and fireworks show for residents with controlled admission. Gates will open at 6 p.m., and the event should conclude at approximately 10 p.m.

Additional police officers will be on duty to assist with traffic increase on surrounding streets, but the public should be prepared to expect significant traffic delays that might extend to 11 p.m. in the neighborhoods surrounding the venue.

Intersections that will have road closures include:

1. Fanyon Street and Kennedy Drive
2. Lynn Avenue and Kennedy Drive

3. N. Temple Drive and Kennedy Drive

Intersections and streets that will have modified traffic control measures include:

1. N. Park Victoria Drive between E. Calaveras Boulevard and Jacklin Road / Evans Road
2. N. Park Victoria Drive and E. Calaveras Boulevard
3. N. Park Victoria Drive and Kennedy Drive
4. N. Park Victoria Drive and Jacklin Road / Evans Road
5. E. Calaveras Boulevard and Calaveras Court

Residents who live near the festivities are urged to plan accordingly and develop alternate routes if necessary. Residents are also encouraged to keep pets indoors after sunset and until the fireworks show is over.

Senator Wieckowski and local artist highlight drought

SUBMITTED BY DEREK CHERNOW



Local artist Maureen A. Langenbach (Fremont) will add one more accolade to her illustrious and colorful career – a piece hanging in the State Capitol. "Don't Let This Be The Last Drop" is an assemblage going on display on the third floor of the Capitol and will run through September 2016. The art work was selected by State Senator Wieckowski (D-Fremont) to represent Senate District 10. The piece is part of a larger State Senate program to celebrate contemporary California and reflect the state's rich diversity, culture, and its spectacular natural beauty.

"Given the reality that the drought is not just a seasonal variance but part of a broader global climate change, Californians will have to come to the realization that there are long term ramifications from failing to modify their personal water use. At the end of the day what remains is the question of our capability to adopt lifestyle changes in an ever changing environment," said Langenbach.

Earlier this month, Wieckowski – Chair of the Senate Committee on Environmental Quality – introduced SB 789 to allow local water authorities to levy an excise tax on excessive water users to fund critical water conservation measures. SB 789 would allow local water agencies to impose the tax at a rate not to exceed 300 percent of the purchase price of the water. All revenue will go directly to local water conservation efforts.

Senator Wieckowski represents the 10th Senate District, which stretches from southern Alameda County to parts of Santa Clara County.

Display at State Capitol celebrates Alameda County

SUBMITTED BY GUY ASHLEY

Alameda County has produced an exciting display featuring videos and photographs about favorite places in the County – as well as uplifting projects that enhance community life – that is now being showcased at the California State Capitol in Sacramento. This exhibit is free and open to the public.

The multimedia display on the first floor of the State Capitol features a large flat-screen monitor showing short videos about innovative Alameda County programs and services. It also includes a tablet displaying photos of places that reflect Alameda County’s scenic beauty and vibrant culture.

In addition, Alameda County youth have a special opportunity to have their ideas featured in the display through a new social media project, “My Alameda County.”

The project encourages youth participation in two ways. First, youth are invited to tag their photos of their favorite places in the County on Twitter and Instagram, using #acsnap. Second, youth are invited to create fun, one-to-two-minute videos about what they love about Alameda County and post them on YouTube with a title including “My Alameda County.” Chosen photos and videos will be featured in the State Capitol display and on the Alameda County website.

The display is part of an exhibit featuring shadow-box-style displays created by each of California’s 58 counties. The displays line the walls of the Capitol’s first-

floor exhibition area, through which approximately 480,000 visitors pass each year. Organizers of the Capitol exhibition say Alameda County is the first and only County to have remotely monitored and controlled instantly updatable technology in its display.

In addition to its electronic features, the display offers an uplifting array of printed photographs celebrating Alameda County’s diversity. The printed photos feature residents who participated in the 100 Families Program, a series of family art-making workshops sponsored by the Alameda County Arts Commission. These free public workshops – held in collaboration with the County’s New Beginnings Program for at-risk youth and the Alameda County Library - brought together diverse and multi-generational families to create artwork with the goal of enhancing the well-being of the family unit and overall community. Images for the State Capitol display were photographed at County Library locations in Albany, Castro Valley, Fremont, Newark, San Lorenzo, plus the Bookmobile site-visit at Warm Spring Community Center in Fremont.

**State Capitol Celebrates
Alameda County**
Exhibit: June 2015 – June 2016
8 a.m. – 5 p.m. (Mon – Fri)
9 a.m. – 5 p.m. (Weekends)
State Capitol Building
1315 Tenth St, Sacramento
(510) 272-6984 / (510) 272-6691
Free



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.

“The Glass Cage: Automation and Us

by Nicholas Carr

Your email is down. Again.

It’s been that way on and off for a month now, and it’s driving you to distraction – literally. You check it every five minutes, ever-hopeful, and you’ve called IT so many times, they’re probably avoiding you. It’s up. It’s down.

Sometimes, email is almost addicting - but is that good? Read the new book “The Glass Cage” by Nicholas Carr, and think hard before you answer...

But first, ponder this: you are automated. There are hundreds of activities you do without thinking: driving, riding a bike, buttering your toast, reading this review. Psychologists call that tacit knowledge; they’re things you had to learn but can now do automatically. If you can make step-by-step directions, that’s called explicit knowledge.

Computers, increasingly, are starting to step into this knowledge sphere because a “lot of the very smart things that people do don’t actually require a brain.” Computers help architects, doctors, attorneys, teachers and others by performing minor tasks, thus changing the way those workers work.

That can be a beneficial, or not. Researchers know that work is a conundrum for humans: we profess to prefer being leisurely, but the truth is that we’re happiest when deeply involved in our work. The best thing a computer can do in the workplace, therefore, is to allow blissful flow.

But again, that’s good and bad. Studies show that when a computer takes over tasks that we formerly used our brains to do, we tend to lose ability to efficiently do the tasks manually when needed. Pilots and doctors have learned the hard way that humans experience “automation complacency... when a computer lulls us into a false sense of security.” We also lose the ability to remember minutiae because we reason that the computer will do it.

Yes, “information underload can be equally debilitating.”

And yet, says Carr, “computers still display a frightening lack of common sense” and they’re only as good as “their makers.” We just need to remember not to allow them to make decisions for us – professionally or ethically – and that “Unless we start having second thoughts about where we’re heading, [the] trend will only accelerate.”

I wrote this review on a computer and you’re reading it because of one or two somewhere down the line. We rely on those machines more than we think we do, which makes “The Glass Cage” even more alarming.

But author Nicholas Carr doesn’t take an alarmist tone here. He lays out the facts from science, psychology, and business, allowing us, in many cases, to draw our own conclusions. What I appreciated, in fact, is that Carr doesn’t shout about negativity; instead, he ultimately urges readers to use automation to enhance work and life, and to reclaim computers “as instruments of experience...”

If you always wanted your own Rosie the Robot, or if you’ve unsuccessfully tried to give up your smart phone for a day, this book will give you plenty to ponder – or to fear. Start “The Glass Cage,” and you won’t be able to put it down.

c.2014, W.W.Norton
\$26.95 / \$31.00 Canada
276 pages



Housing the homeless

SUBMITTED BY
JANICE ROMBECK

The state’s first Pay for Success project, aimed at housing 150 to 200 chronically homeless individuals, went from a concept on paper to launch with a unanimous vote of the Santa Clara County Supervisors.

The Supervisors voted on June 23 to invest \$2 million a year for six years to fund Project Welcome Home, which will be developed and operated by Abode Services, to provide permanent housing and services for homeless in Santa Clara County, which numbers 6,556, according to the just released 2015 Homeless Census and Survey.

“We targeted our first Pay for Success initiative to help the neediest of our population, the chronically homeless,” said Board President Dave Cortese, who has championed the idea for two years. “And this model targets our resources to programs that prove they are effective.”

Under the innovative Pay for Success performance-based contracting method, the funding approved by the Supervisors will be set aside to repay upfront funders of the project if it is successful. Success for this project would be based on the number of months that tenants were in stable and permanent supportive housing, improvement in their well-being and a decrease of costly County services. If the

project does not meet its goals, the funding would not be repaid.

To measure whether Abode Services has achieved the successful outcomes triggering payment, the County has engaged two nationally recognized experts from the University of California, San Francisco School of Medicine: Dr. Margot Kushel, M.D., and Dr. Maria Raven, M.D., M.P.H., M.Sc.

Over six years, Abode plans to deliver permanent housing and an array of supportive services to about 150 to 200 individuals experiencing chronic homelessness who are frequent users of County services, including Valley Medical Center emergency room, Santa Clara County Jail and mental health programs.

A recently released Cost of Homelessness study showed that the County is spending \$520 million a year on services to homeless, far more than it would cost to house them. In a given year, 61 percent of the funding for services is spent on about 2,800 chronically homeless individuals.

Also, the Board voted to award Abode Services about \$872,000 to provide case management and other services to chronically homeless individuals and families.

A second Pay for Success project focusing on the acute mental health system is still under development. For more information, contact the Office of Supervisor Dave Cortese at (408) 299-5030.

Protecting immigrants from fraud

SUBMITTED BY JANICE ROMBECK

The Santa Clara County Board of Supervisors unanimously voted to fund and establish a program aimed at ending so-called notary or “notario” fraud against the immigrant community.

Under Board President Dave Cortese’s leadership, the Board voted unanimously on the third day of Budget Hearings, to allocate \$204,260 for a full-time Sergeant in the Sheriff’s Office to coordinate sting operations targeting “notarios” and others who misrepresent themselves as being qualified to offer immigration legal advice and/or services. The Sergeant will also deploy existing deputies to respond to whistleblower complaints as well as complaints submitted to the County’s Office of Immigrant Relations and Integration Services.

Cases related to “notario” fraud have increased as a result of misinformation related to President Obama’s Administrative Relief efforts expanding Deferred Action for Childhood Arrivals (DACA) and implementation of Deferred Action for Parents of Americans and Lawful Permanent Residents (DAPA).

For more information, please contact the Office of Supervisor Dave Cortese at (408) 299-5030.

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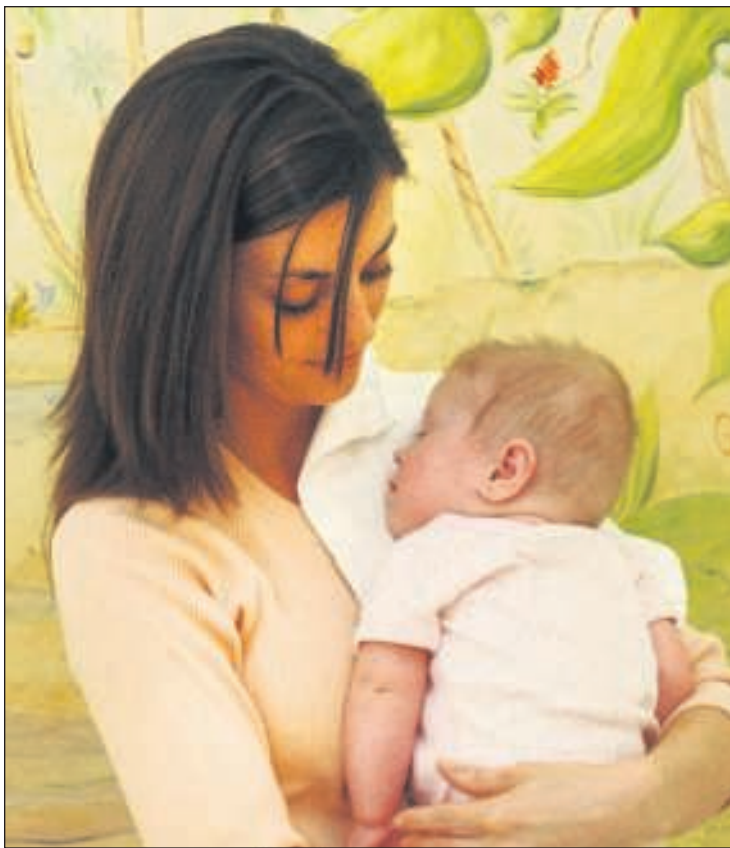
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continued from page 1

Making lives better at George Mark Children's House



nesses. The experience inspired Brandt, who had established the San Leandro Police SWAT Fitness Challenge six years before, growing it from three competing teams to 40.

Brandt gathered support and layered the event with new purpose—a fundraiser for George Mark Children's House. In May 2015, the eighth annual SWAT Fitness event attracted 39 four-member teams from throughout the Bay Area and California; one team came from as far away as Central Canada. After six grueling events including rowing across the lake at Chabot Park, running, and cross-fit exercising to test endurance and acumen, plus tourniquet training, police officers raised \$32,000 for George Mark Children's House.

A pioneering program, George Mark Children's House opened its doors in 2004 on five acres on Fairmont Hospital's grounds in San Leandro. The first freestanding residential pediatric palliative care center in the United States, George Mark offers 24-hour sub-acute skilled nursing to children from birth to age 21 with chronic and life-limiting illnesses plus support for parents and siblings. Parents often describe the facility as a place where they can return to being parents, not just be caregivers and their children can be kids, not just patients. "Families just want to be families. They want to be together. That's what this house was built on," says assistant nursing manager Isabelle White.

The facility seems more home-like than hospital. Seven children's rooms, each with a theme in the nine-bed facility, open onto the garden. Daybeds allow a sibling or parent to sleep in the room; two suites equipped with kitchens and

bathroom serve as apartments for families, with priority given to families whose children are near the end of life. The house features art and play activity rooms, a "Great Vibes" multi-sensory room, therapeutic warm pool for palliative aquatics, and a non-denominational sanctuary for prayer, meditation, and ceremonies. Meals are served family-style.

Rather than focus on dying, George Mark focuses on living—each day fully. "Our philosophy is to make the best day, every day with their family, no matter how limited the time," explains Chief Executive Officer Lucy Weiger, MPH. "Every day is important, and it is important to live your best day."

George Mark has attracted experienced nurses from children's hospitals and two staff physicians along with an interdisciplinary team that includes a licensed social worker, psychologist, child life specialist, and chaplain. The team of professionals works to give children pain and anxiety-free days by focusing on medical, emotional, social, and spiritual needs, plus relief for the family. Families often need help with medical communications, access to resources, and emotional support. Additionally, about 150 people volunteer, from one-time office assistance to trained, ongoing volunteers who work in the kitchen and interact with patients and families.

The Child Life Specialist gleans particular interests of the child and creates moments to remember, like inviting a motorcycle officer to the house. Routinely, there are visits from therapy dogs. Pixar animator Adam Burke visits, and saxophonist Kenny G has made an

appearance. George Mark has gained San Francisco Giants' catcher Buster Posey's attention and endorsement, and the voice of the Giants and KISS-FM morning radio host, Dr. Renel Brooks-Moon, will serve as emcee for a George Mark's September 26 gala.

In addition to palliative care, George Mark provides transitional care. This allows time to



train parents in administering procedures and build their confidence to manage care at home. Ultimately, this can shorten hospital stays and reduce emergency department visits. For parents of developmentally disabled children, they offer respite care, which one family says saved the couple's marriage and helped their child know other people exist beyond them to care for and love him.

About 40 percent of pediatric inpatient resources nationwide are spent on patients with chronic, complex conditions; George Mark markets itself as a high-quality, lower cost option for children with life-limiting conditions in need of medical transitional, palliative, respite, or end-of-life care. When does palliative care begin? "At the moment of diagnosis. It extends throughout the child's illness," explains Kathy Hull, Psy.D, MA who co-founded the house with Barbara Beach, MD. "Palliative care also includes ongoing care for bereaved family members." Several families make a point to return on the anniversary of their child's death.

"Our goal is to enhance the quality of life, for however long that may be, for the entire family," says Hull. "We offer a unique alternative to hospice, hospital or home care."

Before forming George Mark, Hull and Beach worked together at Children's Hospital and Research Center in Oakland. There, they experienced the joy of lives saved and the devastation when



bursement for respite care for families of children with developmental disabilities, leaving George Mark to continue to rely primarily on philanthropy.

About 40 fundraisers are held annually. Sometimes donations come in nickels, dimes, and quarters as with James Monroe Elementary School's "Spare Change" campaign or in larger amounts like \$27,575 raised by the Mr. Amador Pageant for Amador Valley High School in Pleasanton. A host of organizations donate money, from Bethel Community Presbyterian Church to Buono Tempo Bocce Ball and the Castro Valley Women's Club. Children's Health Guild in Oakland raised \$100,000 over the last two years. Currently, George Mark has received a family foundation dollar-for-dollar matching grant where first time donors will be matched up to \$50,000. Weiger says fundraisers do more than help fund George Mark. They also spread awareness.

About 125 children receive services from George Mark Children's House each year, with about 1,300 served since it opened its doors.

Although the next SWAT Fitness Challenge won't happen until July 2016, Brandt and other officers continue to spread the word about George Mark through their experiences and Facebook pages.

For more information, visit www.georgemark.org or call (510) 346-4624.



- ☒ Schedule vaccinations
- ☒ Make appointment with allergist
- ☒ Contact nutritionist



Our team handles your health care, because you have enough on your plate. Or is it off the plate?

At Washington Township Medical Foundation, we know all about the joys of parenting. That's why our pediatric practice is designed to make managing your child's health care as easy as possible. Our staff of pediatric specialists works hard to ensure your child's clinic visit is pleasant and efficient. Just as important, they help coordinate all of your child's health care needs. The pediatrician you choose will be responsible for the care of your child as he or she grows and develops. When your child finally becomes an adult, we can help you select a WTMF board certified family practice physician

or internist. Because we're a group practice, there will always be a doctor available for same-day appointments when your child is sick. We also have pediatric consultants available by phone 24 hours a day, 7 days a week. Should your child ever require hospital services, you can receive care at Washington Hospital, our award-winning institution, right in the community. Call us to schedule a complimentary appointment to meet our physicians. We're certain choosing a WTMF pediatrician will be one of the easiest choices you'll make as a parent.



To find out more, visit our website at www.mywtmf.com or call (866) 710-9864.