



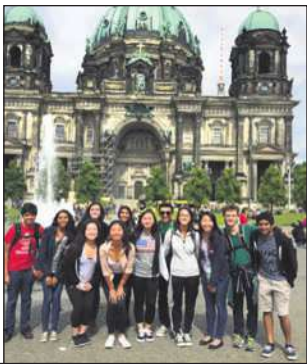
'Chess on ice' catches a spark across the Bay Area

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Music in the Vineyard helps women in need

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Local students enjoy German experience

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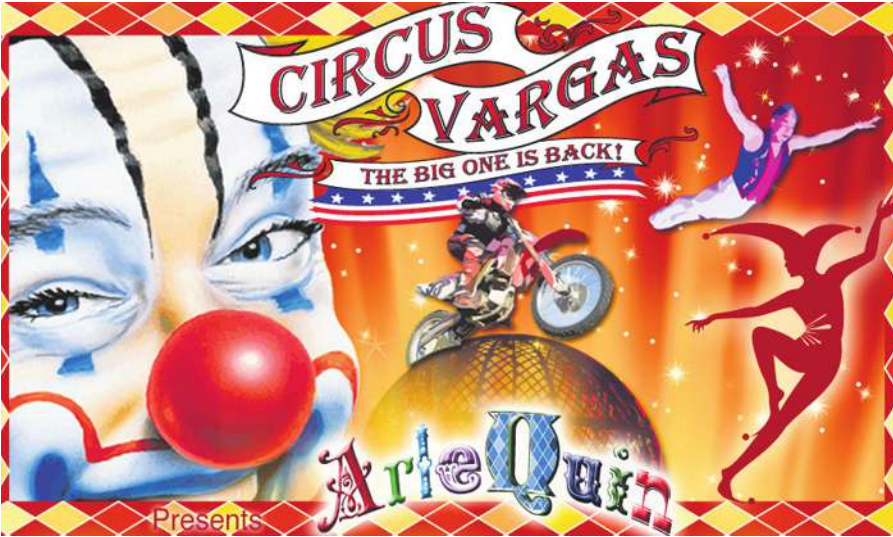
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August 18, 2015

Vol. 14 No. 33



CIRCUS VARGAS

SUBMITTED BY SHIRLEY SISK

Acrobats, trampoline, Wheel of Death, clowns, magic, trapeze, Aerial Lyra – Circus Vargas brings audiences all this and more with their new show “ArleQuin.” Star-studded performers from all over the world will deliver thrills and excitement to the Tri-City area when the circus tent opens in Hayward on August 20.



Performers tell the story of a boy who dreams of joining the circus. When night falls, a myriad of colorful characters fill his sleep, among them the magical ArleQuin, a harlequin who serves as both guide and friend and shows him the beauty, wonder, and awe that await under the Big Top.

The League of Volunteers (LOV) is sponsoring this fantastic and spectacular show for 11 performances in Newark. Advance sale tickets for Bleacher and Arena seating are available at The Mexico Tortilla Factory, 7015 Thornton Avenue in Newark, or at LOV, 8440 Central Avenue, Suite A/B in Newark. Bleacher seats are \$25 for adults ages 11

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Growing up can be a lot of FFUN!

BY DAVID R. NEWMAN

Most of us remember our junior high and high school days as a little scary and awkward at times. And while we cannot change our own past, we can offer more support to current and future teens, tweens, and their parents, which is exactly what the Fremont Families United Network (FFUN) is all about. On Saturday, August 22, they will host their first ever event at the Mission Valley Regional Occupation Program (ROP) with a series of workshops covering such topics as Effective Communication, Healthy Relationships, and Healthy Students.

FFUN is a brand new entity, established in March 2015, whose goal is to help support the emotional, physical, social, academic, and mental health needs of the Fremont community. Spearheading the effort is Ivy Wu, a member of the Fremont Unified Student Store (FUSS). In fact, she likes to be considered a FUSS-ilitator for FFUN.

FUSS is a non-profit that formed in 2012 to help the Fremont Unified School District (FUSD) cope with growing economic challenges. Their mission has been to engage the community and promote events, contests, and workshops that generate funds for schools. This past spring they called a

continued on page 8



World Lion Day calls for compassion & conservation

BY DENNY STEIN

PHOTOS BY COLLEEN RENSHAW

It was a hot and dry July in Crockett, Texas. Responding to a warrant for “suspicious activity” police entered a suspect’s property and found 14 exotic cats and a wolf. The owner had treated the animals cruelly, depriving them of food, care, and shelter. Two of the cats were four-month-old cubs; they were dehydrated, flea ridden, and their coats were patchy and dry. Houston Society for the Prevention of Cruelty to Animals (SPCA) was alerted, seized all the animals and took custody of them. The Houston SPCA provided the animals with housing and veterinary care while contacting zoos to find them a home.

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Cholesterol: Managing the Good, the Bad – and the Triglycerides

Part 2 of a 2-Part Series on
Cholesterol Risks and Management

Managing your cholesterol and triglyceride levels is important because of the major role those lipids (fats) can play in developing cardiovascular disease.

There are two types of cholesterol, which you can remember by associating the “bad” low-density lipoproteins (LDL) with “least desirable” and the “good” high-density lipoproteins (HDL) with “highly desirable.” LDL cholesterol can be oxidized by the body and damage the lining of your arteries. HDL cholesterol carries blood cholesterol back to the liver where it can be eliminated. High total cholesterol and LDL cholesterol levels along with low HDL cholesterol can increase the risk of cardiovascular disease.

Another form of fat, triglycerides, are stored in fat cells throughout the body. High levels of triglycerides may be genetic or caused by excess consumption of calories, fatty foods, alcohol, non-complex carbohydrates or sugar.

People with high levels of triglycerides often have a high LDL level and a low HDL level.

“There are some risk factors for cardiovascular disease that you cannot change, including your age, gender and family history,” says Dr. Lincy Mathew, an internal medicine specialist with Washington Township Medical Foundation. “For most people, however, making lifestyle changes is an effective way to manage your cholesterol levels and help prevent cardiovascular disease. Lifestyle modifications for lowering LDL and raising HDL are the cornerstone of managing cholesterol levels, even if you are on medications.”

Dr. Mathew notes, for example, that smoking can increase the level of LDL and lower the level of HDL.

“The good news is that if you stop smoking, your risk of cardiovascular disease drops substantially within two to three years,” she says. “There are many re-



Problems related to high cholesterol can be prevented or controlled through lifestyle changes such as, not smoking, maintaining an optimal body weight, eating healthy and exercise. Medication is also an option that should be considered when lifestyle changes alone are not enough.

sources today for helping people to quit smoking, including nicotine gum and patches as well as various oral medications.”

Diabetes can be a risk factor, as well.

“In people with diabetes, the LDL and triglyceride levels are usually high, and the HDL level is usually low,” says Dr. Mathew. “Managing your blood sugar levels can also help you manage your cholesterol levels.”

Another factor is obesity.

“People who are obese also have greater risks for high cholesterol levels and cardiovascular disease,” Dr. Mathew cautions. “For these people, maintaining an optimal body weight is very important. To lose weight and maintain that weight loss, you need to burn more calories than you take in. For most people that means getting regular, moderate exercise every day. It also means eating a healthy diet.”

A registered dietitian and certified diabetes educator at Washington Hospital, Lorie Roffelsen, RD, CDE, explains that proper nutrition can make a major difference in addressing several risk factors for heart disease, including high cholesterol levels. “A healthy diet is one that features eating more plant-based foods

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



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InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	08/18/15	08/19/15	08/20/15	08/21/15	08/22/15	08/23/15	08/24/15
12:00 PM 12:00 AM	Raising Awareness About Stroke	Lunch and Learn:Yard to Table	Arthritis: Do I Have One of 100 Types?	Voices InHealth: Washington's Community Cancer Program	Strengthen Your Back	Diabetes Matters:When You Care Too Much	Diabetes Matters: Diabetes & Stroke:What's the Connection?
12:30 PM 12:30 AM		Learn More About Kidney Disease		Learn About Nutrition for a Healthy Life	Knee Pain & Replacement	Do You Suffer From Anxiety or Depression?	Shingles
1:00 PM 1:00 AM			Low Back Pain				
1:30 PM 1:30 AM	Diabetes Matters: New Year, New You	Minimally Invasive Options in Gynecology	Washington Women's Center: Cancer Genetic Counseling	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Diabetes Matters: Insulin: Everything You Want to Know	Your Concerns InHealth: Sun Protection	New Treatment Options for Chronic Sinusitis
2:00 PM 2:00 AM		Sports-Related Concussions		Washington Township Health Care District Board Meeting July 8, 2015	Washington Township Health Care District Board Meeting July 8, 2015		Kidney Transplants
2:30 PM 2:30 AM	Prostate Health and Prostate Cancer		Diabetes Matters: Diabetes & Stroke:What's the Connection?			Snack Attack	
3:00 PM 3:00 AM		Hip Pain and Arthritis: Evaluation & Treatment	Diabetes Matters: Diabetes Meal Planning	Skin Cancer	Acetaminophen Overuse Danger		Get Your Child's Plate in Shape
3:30 PM 3:30 AM	Voices InHealth: Surgical Options for Breast Cancer Treatment		Your Concerns InHealth: Senior Scam Prevention			GERD & Your Risk of Esophageal Cancer	
4:00 PM 4:00 AM		Learn How to Eat Better!		What You Should Know About Carbs and Food Labels	The Weigh to Success		New Treatment Options for Chronic Sinusitis
4:30 PM 4:30 AM	Meatless Mondays		Diabetes Matters: New Year, New You			Inside Washington Hospital: Patient Safety	
5:00 PM 5:00 AM		What Are Your Vital Signs Telling You?		Diabetes Matters: Healthy or Hoax	Diabetes Matters: The Diabetes Domino Effect: ABCs		Washington Township Health Care District Board Meeting August 12, 2015 (New)
5:30 PM 5:30 AM	Diabetes Matters:The Diabetes Domino Effect: ABCs		Partnersing with your Doctor to Improve Control			Voices InHealth:The Legacy Strength Training System	
6:00 PM 6:00 AM		Deep Venous Thrombosis		Vitamins and Supplements - How Useful Are They?	Crohn's & Colitis		Cough and Pneumonia: When to See a Doctor
6:30 PM 6:30 AM	Get Back On Your Feet: New Treatment Options for Ankle Conditions		Latest Treatments for Cerebral Aneurysms			Severe Sepsis: Don't Let an Infection Take Over Your Body	
7:00 PM 7:00 AM		Washington Township Health Care District Board Meeting July 8, 2015		Heart Healthy Eating After Surgery and Beyond	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment		Living with Arthritis
7:30 PM 7:30 AM	Don't Let Back Pain Sideline You		Living with Heart Failure			Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	
8:00 PM 8:00 AM		Diabetes in Pregnancy		Turning 65? Get To Know Medicare	Minimally Invasive Options in Gynecology		Minimally Invasive Options in Gynecology
8:30 PM 8:30 AM	Diabetes in Pregnancy		Turning 65? Get To Know Medicare			Minimally Invasive Options in Gynecology	
9:00 PM 9:00 AM		Diabetes in Pregnancy		Turning 65? Get To Know Medicare	Minimally Invasive Options in Gynecology		Minimally Invasive Options in Gynecology
9:30 PM 9:30 AM	Diabetes in Pregnancy		Turning 65? Get To Know Medicare			Minimally Invasive Options in Gynecology	
10:00 PM 10:00 AM		Diabetes in Pregnancy		Turning 65? Get To Know Medicare	Minimally Invasive Options in Gynecology		Minimally Invasive Options in Gynecology
10:30 PM 10:30 AM	Diabetes in Pregnancy		Turning 65? Get To Know Medicare			Minimally Invasive Options in Gynecology	
11:00 PM 11:00 AM		Diabetes in Pregnancy		Turning 65? Get To Know Medicare	Minimally Invasive Options in Gynecology		Minimally Invasive Options in Gynecology
11:30 PM 11:30 AM	Diabetes in Pregnancy		Turning 65? Get To Know Medicare			Minimally Invasive Options in Gynecology	

Fremont Woman Learning New Strategies to Care for Her Aging Parents

Washington Hospital Offers Free Family Caregiver Education Series

Kathleen Enriquez is grateful for the day she learned about Washington Hospital's Family Caregiver Education Series. The Fremont woman is caring for her aging parents as well as her cousin with lung cancer and she is feeling a bit overwhelmed. But the Caregiver Series is giving her hope. She is looking forward to learning new tools to help her cope with some of the challenges and provide the care she believes her family deserves.

"The first session about caring for the caregiver was great," she said. "We learned ways to meditate and relax because taking care of a loved one can be difficult."

The free series is for anyone caring for a friend or family member. The next session, titled "Advocacy for Caregivers," is scheduled for Tuesday, August 18. It will focus on navigating the medical system and working with health care professionals.

Classes are held from 6 to 8 p.m. at the Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue (Washing-

ton West), in Fremont. The final three sessions are scheduled for August 25, September 1, and September 10. You can register online at www.whhs.com/events or call (800) 963-7070.

Enriquez worked in home health care many years ago and enjoyed caring for others. She said while it can be physically demanding, she likes taking care of people. But she said caring for family members is different. The parent-child relationship can sometimes make interactions difficult, she added.

"It's been hard at times dealing with my parents," she explained. "My dad has dementia and my mom is not physically able to care for him. She needs help now, too. It's hard handling someone who used to be strong and always cared about his appearance, and now you can't even get him to comb his hair. And I'm not sure how much longer my mom should be driving. I'm struggling with a lot of these day-to-day issues."

Getting Through Each Day

That's why Enriquez is looking forward to the third session,

titled "Day to Day Aspects of Caregiving." It will cover some of the issues that arise on a daily basis like managing medications and eating schedules, accomplishing the tasks of daily living like bathing and dressing, and when to stop some daily activities like driving.

Family members don't always agree on the care their loved one should be receiving, and Enriquez's family is no different. Negotiating some of these differences can be tough for all families. The fourth session titled "Managing Family Dynamics" will tackle some of these hard family issues.

"I have some different views than my brother and sister, so it will be interesting to hear about that," she said. "Family dynamics can be tough no matter how much you love each other."

Enriquez also has questions about some of the legal issues. The fifth session, titled "Legal and Financial Affairs," is about handling legal and financial matters. This could include medical coverage, wills and trusts, and ad-



Kathleen Enriquez (left) is a caregiver to her parents and her cousin, Barbara (right). Kathleen is personally benefiting from the information provided at the Family Caregiver sessions she has attended, as they cover a range of issues that are commonly faced by those caring for others. The free series take place on Tuesday evenings from 6 to 8 p.m. in the Conrad E. Anderson, MD Auditorium (2500 Mowry Avenue, Fremont). The remaining sessions are scheduled for August 18 and 25, and September 1 and 10. To register for any, or all sessions, go to www.whhs.com/events or call (800) 963-7070.

vance directives, which state a person's wishes for medical care, including any life-sustaining treatments, and who will make care decisions for them if they aren't able.

The final session will be a panel discussion that includes many of the expert presenters. Attendees like Enriquez will have the opportunity to get their questions answered and make sure they have all the tools they need to provide quality care for their loved ones.

"It's important for me to be there for my family," Enriquez concluded. "But I was feeling suffocated because I'm having a hard time dealing with my dad's memory loss issues. I never did that

type of care when I was in home health care. I want to learn as much about caring for a loved one as I can so I can be a better caregiver and still keep my sanity."

InHealth

The Family Caregiver Education Series will also air on InHealth, Washington Hospital's cable access channel on Comcast 78. It airs a variety of health and wellness programs produced by Washington Hospital. InHealth can also be viewed online at www.whhs.com/inhealth.

For information about other programs and services at Washington Hospital that can help improve your health and well-being, visit www.whhs.com.

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

Summertime Ear Concerns

Dear Doctor,

In the summer I like to swim laps at my club's outdoor pool. I have noticed that with age my ears get plugged and can even start to ache so much so that I have to stop swimming. I have tried earplugs but it doesn't seem to help. Do I need to be concerned?

Dear Reader,

Most earaches from water submersion are just an irritation and not concerning. Silicone earplugs are best at sealing off the ear canal and usually do the trick. If ear pain persists despite the use of plugs, then eardrops after your swim can help. If your earache persists more than 24 hours, you may have an infection and should seek medical attention.

Dear Doctor,

I punctured my eardrum in a bike accident this winter. Do I need to be concerned about sand and salt water if swimming in the ocean?

Dear Reader,

Most eardrum punctures heal within 6-8 weeks but you should have a check-up with your doctor before plunging into the ocean. The eardrum protects the inner ear from bacteria and injury and if it not well healed, your hearing could be affected.

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.

Need Relief from Chronic Back Pain?

Conservative treatment usually works best

It's a plain fact. Most people will suffer from back pain at some time during their life. Chronic back pain—moderate to severe discomfort that continues over a long period of time or recurs more and more frequently—is one of the main reasons people go to see their doctor.

"There is a natural course for back pain," said Michael Goldin, M.D., a board certified physical medicine and rehabilitation specialist with Washington Township Medical Foundation. "Most people are going to get it, most of the time it gets better, and most of the time it returns."

According to Dr. Goldin, the key to managing chronic back pain is to figure out how to reduce the frequency and severity of repeat bouts of debilitating discomfort. Usually, it can be managed with conservative treatment. Most of the time, surgery is not the answer

A challenge

If you suffer from chronic back pain, you should be evaluated by a medical professional trained in diagnosing and treating back pain problems. The main goal of the evaluation is to rule out serious conditions that need more urgent treatment. It is not crucial to identify a specific pain generator during the early stages of back pain.

"There are a number of different causes of chronic back pain," Dr.



People suffering from back pain should be evaluated by a medical professional trained in diagnosing and treating back pain problems. There are many treatment options that include everything from physical therapy to medication to non-surgical or surgical procedures.

Goldin continued. "It could be related to joints, vertebral discs, bones, muscles, tendons, or nerves, to name a few possibilities."

Here in Silicon Valley and surrounding areas, another factor contributing to the increased frequency of back pain is workplace ergonomics.

"One common presentation that I see is overuse injuries related to prolonged computer work and desk work," reported Dr. Goldin. "Our bodies were not designed to sit at a computer or study at a desk for many hours a day. Lifestyle and postural modifications may be needed to ensure people use optimal biomechanics when working."

Evaluation by a trained physician will help rule out some of the more serious causes of chronic back pain. Then, treatment options can be discussed.

Treating the problem

Back pain treatment usually involves doing a course of physical therapy to help the individual learn specific exercises to alleviate symptoms. If necessary, pain medication may be used to help reduce the pain while learning these exercises.

"I commonly tell patients that exercises will have to be done forever—this means the rest of their life," emphasized Dr. Goldin. "Muscles are designed to be used. If they are not used, they weaken. Without physical activity, as we age, muscles weaken more quickly."

At times, a back brace may help, but there is a risk that using a brace may cause muscles to get weaker. The benefits of a brace must be weighed against the risks.

If conservative treatment with medication, therapeutic exercise, bracing, and/or workplace modifications does not control the pain adequately, the doctor may perform an injection. This can focus treatment at a specific pain generator.

"One or a combination of these treatment options can usually control chronic back pain effectively without the need for surgery," stated Dr. Goldin.

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CIRCUS VARGAS

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Sunday, Aug 23: 1:30 p.m., 4:30 p.m. & 7:30 p.m.

Monday, Aug 24: 7:30 p.m.

Wednesday, Aug 26: 7:30 p.m.

Thursday, Aug 27: 7:30 p.m.

Friday, Aug 28: 5:00 p.m. & 8:00 p.m.

Saturday, Aug 29: 1:00 p.m., 5:00 p.m. & 8:00 p.m.

Sunday, Aug 30: 1:30 p.m., 4:30 p.m. & 7:30 p.m.

Monday, Aug 31: 7:00 p.m.

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Thursday: 7:30 p.m.

Friday: 5:00 p.m. & 8:00 p.m.

Saturday: 2:00 p.m., 5:00 p.m. & 8:00 p.m.

Sunday: 1:30 p.m., 4:30 p.m. & 7:30 p.m.

Monday: 3:00 p.m. & 6:30 p.m.

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Cholesterol: Managing the Good, the Bad – and the Triglycerides

Part 2 of a 2-Part Series on Cholesterol Risks and Management

and limiting your consumption of foods that are high in saturated fats and trans fats,” she notes.

“Plant-based foods offer more nutrients and fiber, generally are lower in calories and do not contain cholesterol,” she explains. “The main concern with eating foods of animal origin is saturated fat content. Significant research points to saturated fat, rather than dietary cholesterol, as the main culprit in raising LDL, the ‘bad’ cholesterol, but they often go hand in hand in foods. Fish and skinless chicken breast are lower in saturated fat than red meat. If you still want to eat red meat, a good start is to limit your consumption of it to small portions once or twice a week, and to choose leaner varieties of red meat – such as sirloin instead of ground beef with a high fat content. Smaller portions of meat are good for your budget, as well as for your cholesterol.”

Ms. Roffelsen recommends following dietary guidelines established by the National Institutes of Health’s (NIH) National Cholesterol Education Program and additional guidelines from the American Heart Association.

“The NIH has created a comprehensive program that outlines therapeutic lifestyle changes (TLC), including diet and exercise recommendations,” she says. “Good foods to eat include soluble fiber that binds up dietary cholesterol. Some foods with soluble fiber would include oatmeal, barley, citrus fruits, apples and berries. The soluble fiber acts like a sponge to soak up dietary cholesterol.

“Only a portion of your blood cholesterol level comes from the foods you eat, however,” she adds. “The rest of it is produced in the body by the liver. If you have a history of high cholesterol in your family, your genes may partly determine how much cholesterol your body makes. Modern medications have come a long way in helping to control blood cholesterol levels, including the cholesterol your body makes on its own.”

While Dr. Mathew also prefers to emphasize lifestyle changes as a means of preventing and controlling problems related to high cholesterol, she does urge patients to consult their physician about medications if they still have elevated levels of cholesterol despite changes in their diet, physical activity, blood sugar and weight.

“There are a number of people who would benefit from taking statin medications, which are the only medications proven to decrease cardiovascular events and mortality,” says Dr. Mathew. She notes that the current recommendations from the American College of Cardiology and the American Heart Association as to people who would benefit from statins include:

- People who already have existing cardiovascular disease, including heart attack, stroke, transient ischemic attack and peripheral vascular disease.
- People who have an LDL cholesterol level over 190 mg/dL.
- People with diabetes between age 40 and 75 without proven cardiovascular disease, but with an LDL cholesterol level between 70 and 189 mg/dL.
- People without cardiovascular disease or diabetes, but with an LDL cholesterol between 70 and 189 and additional risk factors such as smoking, high blood pressure or family history of cardiovas-

cular disease that places them at a lifetime risk for cardiovascular disease over 7.5 percent. (See below for information regarding the American Heart Association’s CV Risk Calculator.)

“The LDL cholesterol value is not the only consideration in determining if a patient needs statin medications,” Dr. Mathew stresses. “That decision needs to be individualized for each patient. For example, we would not generally recommend putting women of childbearing age on statins because of the risk of birth defects or miscarriage.”

Statins can produce other undesirable side effects such as muscle aches, elevation of liver enzymes and a slightly higher risk of developing increased levels of blood sugar.

“For patients who have existing cardiovascular disease but do not tolerate statins well, there is another group of medications called bile acid sequestrants, including Welchol, which prevent cholesterol absorption from the gut and prevent bile acid reabsorption,” says Dr. Mathew. “As for lowering triglyceride levels, there are a few medications (such as fenofibrate), but they are very seldom used. Another approach for lowering triglycerides is to use Lovaza, which is a concentrated source of omega-3 fatty acids. The best way to lower triglycerides under most circumstances, however, is to exercise and lower your intake of fatty foods, sugars and alcohol.

“Whenever you consider taking medications, including statins, you need to consult with your physician and balance the potential risks and benefits of the medications,” Dr. Mathew adds. “And you should always, always let your doctor know about all the medications you are taking – including over-the-counter drugs and nutritional supplements – so the doctor can evaluate any possible negative drug interactions.”

Learn More

Part 1 of this series on cholesterol discussed the reasons why people should pay attention to their cholesterol levels to lower their risks for cardiovascular disease. The article explained LDL cholesterol, HDL cholesterol and triglycerides. The article also provided general guidelines for evaluating cholesterol and triglyceride levels, based on guidelines from the National Institutes of Health. That article can be found online in the Tuesday, August 11, edition of the Tri-City Voice newspaper at www.tricityvoice.com or on the Washington Hospital website at www.whhs.com/news.

If you need help finding a personal physician, visit www.whhs.com and click on the link for “Find Your Physician.”

To download a PDF copy of the NIH’s booklet, “Your Guide to Lowering Your Cholesterol with TLC,” visit www.nih.gov and type Cholesterol Therapeutic Lifestyle Changes in the search box.

For information about cholesterol from the American Heart Association, visit www.heart.org. To calculate your risk for cardiovascular disease using the American Heart Association’s CV Risk Calculator, visit www.cvriskcalculator.com.

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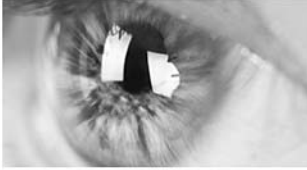
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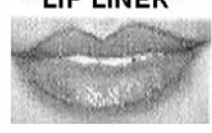

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SUBMITTED BY
DIRK LORENZ

For the past 12 years in Fremont, the day before school starts has been designated as “Welcome Teacher Day.” This year, the annual event hosted by Fremont Flowers in Centerville will be held Tuesday,

Welcome Teacher Day

Back-to-school treat for teachers

August 25. Each elementary school student who visits Fremont Flowers will receive a flower bud vase to bring to school on the first day. The smiles from the excited students going back to school are a wonderful reward for the gesture.

Last year, Fremont Flowers distributed over 1,500 vases of flowers. In addition to the free bud vase, students will be entered to win a gift certificate to be presented to their school. The teachers who receive the most bud vases will win the grand prize of a flower bouquet for their classroom, as well as other prizes offered by Centerville merchants.

Dale Hardware, located at 3700 Thornton Ave., will be distributing back-to-school bags for each student who visits their store. The Depot Café will be providing a free cookie to each

student who visits as well. The Depot Café is located in the historic Centerville train station at 37260 Fremont Blvd.

The Bernardin family's McDonald's restaurants will be handing out certificates for free ice cream cones at Fremont Flowers the day of the event. The certificates can be redeemed only at the McDonald's locations on Fremont Boulevard near Mowry Avenue; Grimmer Boulevard; or Mission Boulevard near I-680. For additional information, call Fremont Flowers at (510) 797-1136.

Welcome Teacher Day
Tuesday, Aug 25
10 a.m. – 5 p.m.
Fremont Flowers
4050 Alder Ave, Fremont
(510) 797-1136
https://fremontflowers.com

Union Sanitary District workers recover flushed wedding ring



(Left to right) Bob and Kathy Darling with USD's Rob Shenk and Rich Czapkay

SUBMITTED BY MICHELLE POWELL

Union Sanitary District (USD) Collection Services workers have had a banner year in the jewelry rescue department. For the second time in nine months, they have recovered a treasured ring thought to be lost forever in a sewer line.

Recently, Kathy Darling of Fremont watched helplessly as her wedding ring swirled down her toilet and out of sight. Taking a break from house-cleaning, she had removed her ring and set it on top of a tissue box for safekeeping, but forgot about it long enough to use tissues, flush them, and realize that the ring was traveling with them.

After a plumber televised Kathy's lateral with no luck, Kathy called USD Collection Services Supervisor Rich Czapkay, who dispatched Collection System Workers Rob Shenk and Steve Bullis to inspect USD's sewer main in her street. Neighbors gathered to watch as Rob and Steve flushed the line and examined the debris that washed back. “They were

both very determined to find that ring. It was a miracle when they came to my front door and Rob took the ring from his pocket,” wrote Kathy in a thank-you letter to the District. “I couldn't stop hugging them.”

“I thought she was going to faint when I showed her the ring,” said Rob. “I wondered if I was going to have to open her screen door and catch her.” Kathy and her husband Bob offered the workers a reward, which they declined. “Just seeing the looks on their faces was reward enough,” said Rob.

Kathy and Bob arrived at a Collection Services 7 a.m. crew meeting with home-baked cookies and cakes for the entire work group. Kathy topped a cake with a fake diamond ring, and read her thank you letter aloud to everyone's applause. “I never, ever thought they would find the ring,” said Kathy. “They brought a perfect conclusion to a traumatic situation.”

Visit the District's website at www.unionsanitary.ca.gov.

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Auto Review

Hyundai Elantra GT

Loaded for Fun

BY STEVE SCHAEFER

The car market is packed with compact sedans that deliver more than basic transportation. The Elantra, which, rated on interior capacity,



actually sneaks into the midsize category, is one of the best. However, for more action and function, try the Elantra GT.

Based on a different Hyundai model than the other Elantras, this five-door gives you a handy hatch and rear seats that fold flat. This is a blessing not only for us bass players but for Costco shoppers and active travelers too.

You might not think of a five-door hatchback as the kind of sporty ride that the name "GT" implies, but this 2,904-pound car steps up with a 2.0-liter inline four-cylinder engine that pushes out 173 horsepower and 154 lb.-ft. of torque versus the more modest engines in the sedan. Match it up with a six-speed transmission—manual or automatic—your choice.

The GT gets a tauter suspension than ordinary Elantras, and the Style Package (\$1,975) tightens it up a bit more. You also get meatier tires on 17-



inch rims (not the standard 16's). My 2016 Elantra GT tester, in Black Noir Pearl, came with the automatic transmission, and had the Style package, which enhanced the car a lot. Without testing the car with and without the package, it's hard to compare directly, but my Elantra GT provided entertaining handling on two-lane back roads but smooth, quiet performance in the commute lane, too.

Hyundai's fuel economy meter resets with each fill up, so it's hard to get an ongoing fuel economy number, but I did average 27 mpg, spot on with the EPA's combined figure (33 Highway, 24 City). That made it one of the most efficient cars I've driven

over the last several months, without being a tiny fuel-sipper. In one run, nearly all freeway driving, I achieved 31.7 mpg, so the EPA's numbers are pretty darned accurate. EPA Green Vehicle scores are a midrange 5 for

Smog and 6 for Greenhouse Gas.

Part of Hyundai's recent success is their Liquid Sculpture design, which is not only on all their vehicles, but is already in version 2 on a few of them, for example, the 2015 Sonata sedan. The 2016 Elantra GT wears a version 2 nose on its version 1 body, so the lines are curvier until you hit the more linear, intense face. They pulled it off now, but the next-generation Elantra is a year or two away.

The inside of the Elantra GT has a carved, energetic feeling



the best safety features of the last decade. The rearview camera, amusingly, peeks out from behind the rear logo, which rises only when needed.

Pricing begins at a mere \$18,880 for a manual transmission car without packages. My tester, with the Style and Tech packages, totaled out at \$26,675. It competes directly with cars like the Mazda3 and Volkswagen Golf, and, even with a few years on the design, does it with flair.

The base car is intriguing for its price, efficiency and practicality, but the Style and Tech packages really transform the GT into a vehicle that deserves its name. It makes a big difference when you apply some leather to the steering wheel, shifter and seats and add automatic climate control, Sirius XM Satellite Radio, automatic headlamps, and much more. It turns a good car into a great one. With the buying public once again embracing five-door hatchbacks (even BMW sells them), the Elantra GT may be the ideal car for today!



Over the past 23 years, Steve Schaefer has tested more than 1,000 cars and published a weekly story on every one. As a teenager, he visited car dealers' back lots to catch a glimpse of the new models as they first rolled off the transporter. He is a founding member of the Western Automotive Journalists. Contact Steve at sdsauto@sbcglobal.net.

thanks to the Tech Package (\$3,950). Those seats are also ventilated—a rare item in a car that's priced way under \$40,000. The package also provides an all-new navigation system, praised in the Sonata and Genesis further up the family tree. The seven-inch display is intuitive and easy to grasp without consulting the owner's manual, and offers a split screen, so you can monitor a map and your audio selection at a glance.

Hyundais are designed to be very easy to interact with, and offer lots of electronic extras. This car came with standard blind spot monitoring, for example, one of

Jumpstart Pre-X classes

SUBMITTED BY REBECCA ROSE

Did your child miss the cut-off date for kindergarten this school year? Union City Leisure Services has just the class for you! In Jumpstart Pre-K children will learn how to problem solve, collaborate, and cooperate with their classmates, as well as following directions and paying attention at group time. These are critical skills that will help ensure your child's successful transition from preschool to kindergarten.

Jumpstart Pre-K classes are for children who have already attended academic preschool classes and are at least four years and nine months of age. Children must be five years old before December 31, 2015. Registration is open now; don't wait, classes fill quickly!

Sign up at www.unioncity.org, course code #60991. Classes start Wednesday, September 9 and will be held at the Holly Community Center, 31600 Alvarado Boulevard in Union City. For more information, please contact Tot Time Program Coordinator Rebecca Rose at (510) 675-5642.



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LETTER TO THE EDITOR

Thank you for your donations

In response to a donation appeal letter from Viola Blythe Community Center recently published in the Tri-City Voice, we would like to express our sincere thanks and appreciation to the following companies and individuals who assisted the Center with our emergency food pantry needs:

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Debbie Rodriguez,
Executive Director
Viola Blythe Community Center

continued from page 1

Growing up can be a lot of FFUN!

meeting, inviting several local community members to attend. Says Wu, "At that special meeting in the Fremont Unified School District Office, more than 40 people including Dr. Morris, District Directors, School Board members Ann Crosbie and Yang Shao, City Council members (former and current - Steve Cho and Lily Mei), FUSS Board members, Fremont Council Parent Teacher Association (FCPTA) President and members, Fremont Education Foundation President, Safe Alternatives to Violent Environments (SAVE) Director, representatives from other church and nonprofit organizations, students, teachers all showed up. Most supported the idea of forming a coalition - Fremont Families United Network."

And, FFUN was born, representing over thirty organizations and individuals. Letha Saldanha, a long-time community activist and parent of an FUSD alumnus, describes FFUN as a team "with diverse levels of expertise and exposures, both culturally and professionally. What draws me to the group is the desire to see the Fremont community strike a balance between sustaining its academic achievements while maintaining a healthy all-around persona, and leverage resources already available in the community, like our three presenters for this workshop."

Dr. Helen Hsu, a licensed psychologist and Director at Fremont Youth and Family Services (YFS), is also part of this network who will be presenting at the event. "Our presentation about adjusting to secondary schools provides also an overview of adolescent brain development and how to differentiate between relatively mild stressors and problems

versus serious disorders that may need professional support."

Other presenters include Anya Marquez Richard, Licensed Marriage and Family Therapist (MFT) and Program Coordinator for Parent Project at Fremont YFS; Dr. Yasi Safinya-Davies with SAVE; and Holly LaBarbera, Licensed MFT.

There will be three tracks at the event - one for parents, one for junior high students, and another for high school students. Each track will have three workshops, a total of nine workshops all together. Wu encourages parents and students to sign up for all three workshops within their track. Topics to be discussed include managing stress, expressing love and support, showing empathy, and identifying warning signs, all important skills that every parent and student should be aware of during these times of transition.

A special gift is offered for the FUSD junior high or high school with the most student and parent representation and participation; students may also be eligible for Service Learning hours.

Workshops are free, but a donation of \$5 per participant is encouraged to cover facilities, insurance and other costs. To register, go to:

<https://fremontfun.wordpress.com/kick-off-2015-2016-school-year-with-ffun-registration/>.

FFUN Workshop Day
Saturday, Aug 22
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Mission Valley ROP
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<https://fremontfun.wordpress.com/>
Free; \$5 per person suggested donation

IHOP partners with No Kid Hungry

SUBMITTED BY MEGAN HOFILENA

Continuing their "Summer of Smiles" celebration, IHOP restaurants have joined forces with No Kid Hungry to bring an end to childhood hunger. IHOP and No Kid Hungry share the philosophy that starting the day with breakfast - and a smile - is extremely important, and have targeted a goal of providing 2.5 million meals this year.

No Kid Hungry's mission is to ensure that every child in the U.S. has access to healthy food. IHOP is joining that effort by offering guests the opportunity to donate directly to No Kid Hungry from August 24 through September 20. On August 25, participating IHOP restaurants will offer short stacks of their famous buttermilk pancakes for only \$1 from 7 a.m. to 7 p.m. Dubbed "Share a Smile Day," 50 cents from each \$1 short-stack sale will benefit No Kid Hungry.

The IHOP-No Kid Hungry promotion will continue into September, helping kick off No Kid Hungry Month and the Dine Out for No Kid Hungry program where brands nationwide help raise funds to end childhood hunger.

To learn more about the fight against childhood hunger or to donate, please visit www.ihop.com or nokidhungry.org.

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

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

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In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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continued from page 3

Need Relief from Chronic Back Pain?

Occasionally, if these techniques do not sufficiently control the symptoms, he will recommend that the patient see a surgeon.

More options

In recent years, more non-surgical options for diagnosing and treating chronic back pain have emerged with the growth of a medical specialty called Interventional Radiology (IR). With IR, trained physicians perform a range of minimally invasive procedures using imaging techniques to visualize and understand back pain and other maladies. IR techniques can also be applied to treat the problem.

The interventional radiologist is adept at using a wide variety of imaging tools not directly available to many other physicians. Having these options can be particularly helpful in the case of complex, hard-to-diagnose back pain.

“Advanced technology and extensive imaging skills help us determine the cause of back pain less invasively and often with greater accuracy,” said Bruce Lin, M.D., a physician in the Interventional

Radiology (IR) program at Washington Hospital.

In the future, Washington Hospital’s IR program will offer neuromodulation treatment for chronic back pain. The minimally invasive procedure uses electrical stimulation to help calm hypersensitive nerves. For back pain patients who have tried other conservative treatments without success, neuromodulation may be the answer.

“Neuromodulation will be only one of many image-guided tools in our toolbox and algorithm to combat chronic back pain,” stated Dr. Lin. “We will be able to try this approach if a patient does not adequately respond to medical management, including spinal injections, ablation using radio waves or electric current to interrupt the transmission of pain, and even surgery. The science and innovation in neurostimulation, which is often underutilized, can improve the quality of life for patients who are debilitated by chronic pain.”

Washington Hospital’s IR program is also looking into adding musculoskeletal ultrasound imaging to its list of diagnostic services. This technique uses sound waves to produce pictures of muscles, tendons, ligaments and joints throughout the body, helping to diagnose sprains, strains, tears and other soft tissue conditions. Ultrasound is safe and noninvasive.

Learn more.

To find out more about Washington Hospital’s Interventional Radiology program, visit www.whhs.com and click on Services. For information about physical therapy services, contact the Washington Outpatient Rehabilitation Center at (510) 794-9672. For more information about Washington Township Medical Foundation, go online to www.mywtmf.com.

To learn more the medical practice of Interventional Radiology, go to the website of the Society of Interventional Radiology at www.sirweb.org.



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Steve Preminger to join County of Santa Clara

SUBMITTED BY
GWENDOLYN MITCHELL
LAUREL ANDERSON

County of Santa Clara County Executive Jeffrey V. Smith, M.D., J.D., announced the appointment of Steve Preminger to a newly created position of Special Assistant to the County Executive. Preminger is a third generation resident of Santa Clara County with an extensive history representing various organizations in the public and non-profit sectors.

“We are pleased to have Preminger join the County’s executive team,” said Smith. “He is intimately knowledgeable about the Valley and has a track record of bringing people together to address the issues of those in need and working families. Both his skill set and his relationships align with the County’s vision and goals.”

Most recently, Preminger served as Director of Working Partnerships USA’s Union Community Resources, where he worked since 2000 to achieve outcomes that benefit working families, immigrants and English language learners. He also served on the Executive Committee of Work2Future, the local Workforce Investment Board and the Steering Committee of 2-1-1 Santa Clara County.

Preminger’s prior work experience includes 10 years as Labor



Program Director at United Way Silicon Valley and nearly six years as Political Director for the Service Employees International Union.

A long-time community activist and organizer best known for his work to prevent domestic violence and homelessness, Preminger was honored in 2009 by His Holiness the Dalai Lama as one of 49 individuals from around the world as an “Unsung Hero of Compassion,” and in 2012 by the National Association of Social Workers as recipient of its “Stand Up for Others Award.”

“I believe that consensus building is my strongest asset,” said Pre-

minger, who also has served as Chair of the Santa Clara County Democratic Party since 1991.

“Working as Special Assistant to County Executive Jeff Smith will allow me to continue serving many of the same constituencies, as well as be able to work with talented and committed leaders in county government.”

Preminger earned a bachelor’s degree in fine arts from Southern Oregon University in 1972. Preminger’s appointment is effective on August 10. His salary will be \$130,906.

Autism: Yesterday and Today

SUBMITTED BY JESSICA PINCILOTTI

Autism: Yesterday and Today and Spin-A-Yarn Steakhouse have joined together for a fundraising event to benefit the special needs classes in our public schools. With your help we will bring badly needed technology to these wonderful kids. Please join us on Sunday, August 23 for a delicious buffet-style meal for your contribution of only \$25. For more information, go to www.autismyesterdayandtoday.org or call (510) 796-1278.

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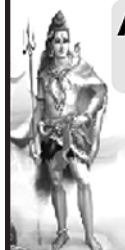
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BUSINESS

2 jumbo phones from Samsung ahead of expected new iPhone

BY ANICK JESDANUN
AP TECHNOLOGY WRITER

NEW YORK (AP), Samsung has unveiled two new Android smartphones with jumbo screens as it seeks to recapture some of the sales lost to Apple after larger iPhones came out last year.

Samsung said Thursday that the new Galaxy Note 5 and S6 Edge Plus will start shipping Aug. 21 in the U.S. and Canada. Usually, Note phones don't come out until well after Apple's new iPhone models in September.

The timing reflects a shift in fortunes for a company that pioneered jumbo phones with the original Note in 2011. Now, Samsung needs to beat Apple to the punch, or risk seeing its products drowned out by all the attention on the iPhone, IDC analyst Ramon Llamas said.

The new phones from Samsung have screens measuring 5.7 inches diagonally, the same as last year's Note 4, yet both are lighter and thinner. They are comparable to Apple's 5.5-inch iPhone 6 Plus, the larger of the two new iPhones. Samsung's Galaxy S6 and S6 Edge phones, which are closer in size to the regular iPhone 6, came out in April.

The Note 5 will cost \$696 to \$740 without a contract, depending on the carrier. The Edge Plus will cost about \$75 more. The iPhone 6 Plus sells for about \$750. T-Mobile is throwing in a year of Netflix with both phones, while Sprint is giving away a low-end Samsung tablet with a two-year contract. Advance orders begin in the U.S. on Thursday.

Samsung Electronics Co. also said its Samsung Pay mobile payment service will debut in its home country of South Korea on Aug. 20. Testing in the U.S. will begin Aug. 25, with a formal launch on Sept. 28.

Although there's competition from Apple Pay and Google's upcoming Android Pay, Samsung is hoping its payments system will catch on with the inclusion of a technology that mimics the old-school, magnetic signals from credit-card swipes. That allows it to work with a wider range of merchants, though it still won't work everywhere cards are accepted.

Samsung also teased an upcoming smartwatch, the Gear S2. It will have a round face, rather than the rectangular design in Apple Watch and previous Samsung watches. A video from Samsung suggests snazzy graphics to rival Apple Watch. More details will come at the IFA tech show in Berlin next month.

As for the phones, Samsung is looking to play to its strengths.

GALAXY NOTE 5

Though it appeals to a niche audience, the Note is popular for including a stylus to take notes and annotate images on the screen. The update provides quicker access to apps and features that use the stylus. A clicking mechanism makes the stylus easier to pull out.

One new feature ends the need to print out and rescan electronic forms to sign or fill out. Just write on the PDF document directly before saving and sending.

Screenshots can get annoying when you're just snapping what's visible on the screen. An article or list of directions you're trying to save might take four or five shots. A new feature called scroll capture combines all those shots into one image, though you still need to snap them one section at a time.

GALAXY S6 EDGE PLUS

The screens on Samsung's Edge phones are curved on both sides. The feature proved popular in this spring's S6 Edge, which used one of those sides for quick access to friends and other frequent contacts. Now, you can use it for quick ac-

cess to favorite apps, too.

There won't be a stylus, though, as last year's Note Edge phone had.

COMMON TO BOTH PHONES

The new phones incorporate the improved camera technology found in this spring's S6 phones. Added is live streaming of video you're capturing, a practice made popular by Meerkat and Twitter's Periscope apps. Samsung's video will appear on YouTube. The front cameras take sharper selfies, at 5 megapixels rather than 3.7.

The new phones also borrow design elements from the S6. They sport aluminum frames and glass backs rather than plastic. The back of the Note 5 is slightly curved for a better grip, while the Edge gets its curve on the front. Either way, it doesn't feel as boxy as the regular S6.

Borrowing another page from Apple's playbook, the phones are coming out just a week after they are announced. It used to take Samsung a month or longer.

THE LANDSCAPE

After the larger iPhones came out, Samsung could no longer proclaim to have "The Next Big Thing."

The S6 phones this spring emphasized design instead, but sales fell below expectations, as Apple dominated the high-end market. Meanwhile, rival Android phone makers have been able to offer decent cameras, displays and speeds for less money than Samsung phones. Although it's still the leading smartphone maker, Samsung has reported five consecutive quarters of profit decline.

"There's an urgency to show that Samsung can still stand up to the challenge that is Apple and everybody else out there," Llamas said. "For a while, Samsung was the 'be all and end all' of Android devices. Now, it's a different market."

Tesla to raise around \$500 million in public offering

BY DEE-ANN DURBIN
AP AUTO WRITER

DETROIT (AP), Aug 13 – Electric car maker Tesla Motors said Thursday it hopes to raise around \$500 million in a stock offering that comes as it prepares to roll out its highly anticipated new SUV.

Tesla will offer 2.1 million shares and expects net proceeds of \$492.6 million. Tesla could make up to \$566.5 million if the underwriters exercise their option to buy additional shares.

Tesla CEO Elon Musk intends to purchase \$20 million worth of stock.

The company's shares rose 1 percent to \$240.94 in late afternoon trading.

Wall Street had been expecting the move. Asked last week during the company's second-quarter earnings call if Tesla planned to raise capital, Musk said there might be value in doing so "as a risk reduction measure."

"I don't think that there's not a need to raise equity capital," Musk said. He said the company should have at least \$1 billion in cash on hand; it ended the quarter with \$1.2 billion in cash and cash equivalents.

In a note to investors, Stifel analyst James Albertine said the offering should have a minimal impact of on per-share earnings. He views Musk's intention to purchase shares and Tesla's plan to use the money

for future growth as positives. Albertine has a "buy" rating and a \$400 price target on Tesla's stock.

The Palo Alto, California, automaker will begin shipping its third vehicle, the Model X SUV, in a few weeks. It's also investing heavily in a \$5 billion battery factory in Nevada, which will make batteries for both its cars and its Tesla Energy home battery business. The factory is set to start production in the first quarter of next year.

Tesla said it needs the cash to further development of the Model 3, a lower-cost electric car due out in 2017. The auto industry typically spends about \$1 billion developing new cars and putting them on the market.

Tesla is also rapidly expanding its network of Superchargers, which can add 170 miles to a Model S battery in 30 minutes. Tesla told shareholders this month that it now has 487 Supercharger stations globally and is opening one nearly every 24 hours.

All that doesn't come cheap. Tesla obtained a credit line of up to \$750 million in June, but it spent \$359 million during the second quarter. Its cash total of \$1.2 billion was down from \$2.7 billion a year ago.

Tesla, which was founded in 2003, has never made an annual profit under U.S. accounting standards. Musk said earlier this year that he expects Tesla to start making money in 2020, when the Model 3 is in full production.

Apple said to show interest in automotive testing facility

BY BRANDON BAILEY
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP), Adding fuel to rumors that Apple is working on designs for a car, local officials say engineers for the giant tech company recently made inquiries about a former navy base that's been converted

into a testing ground for self-driving cars and other cutting-edge vehicles.

An official with the Contra Costa Transportation Authority says the giant tech company hasn't said what kind of testing it hopes to conduct at the decommissioned base in Concord, east of San Francisco. The agency is

promoting the base and its 20 miles of closed roads as an ideal test facility for new automotive technology.

Apple declined comment Friday. Despite recurring reports that Apple is interested in building its own car, the tech giant has never confirmed any plans.

Rotary Club of Milpitas announces new president

SUBMITTED BY FRANK DE SMIDT

The Milpitas Rotary Club announced the installment of Jennifer Cullenbine as their new president. Having co-founded a Bay Area nonprofit organization in 1990, The Family Giving Tree, Jennifer "Queen Elf" Cullenbine brings her knowledge of charitable organizations, along with her personal passion for philanthropy and volunteerism to the Rotary Club of Milpitas. "It is an honor to serve alongside so many professional and community leaders who share my dedication to service within our local community. As both a resident and nonprofit business leader right here in Milpitas, I cannot imagine a community or organization I could be more proud to lead in service."

According to the Nonprofit Almanac (2012), nonprofits represent 10 percent of the U.S. economy, demonstrating the growing importance and scale of U.S.-based philanthropic organizations. The Rotary Club, like the Family Giving Tree where Jennifer is Executive Director, shares a commitment making an impact within the local community and evangelizing the value of service.

Jennifer's goals for this year include providing more help to under served teens in Milpitas and making the weekly Monday noon meetings at Dave & Busters even more fun.

The Rotary Club of Milpitas is an organization of business and professional persons, united with Rotari-



ans worldwide, who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

For information on the Rotary Club of Milpitas, visit:

<http://portal.clubrunner.ca/6028/SitePage/about-our-club#sthash.8DNXkmDX.dpuf>

AC Transit fuel cell bus exceeds 20,000 hours of service

SUBMITTED BY CLARENCE L. JOHNSON

A fuel cell installed in an Alameda-Contra Costa Transit District's (AC Transit) bus set a record-breaking milestone—20,000 hours of continuous operation. The fuel cell, manufactured by UTC Power, was not expected to operate beyond 5,000 hours, or about one

year of service for an AC Transit bus.

With 20,000 hours of zero emission service, AC Transit's quiet-running fuel cell bus has helped to improve the overall air quality, dramatically reducing the amount of noise and pollution in the communities it serves. By itself, the fuel cell bus has removed 1,134,000 pounds of CO2 from the atmosphere— equivalent to planting 13,189 trees or taking 108 passenger vehicles off the road for one year.

AC Transit currently operates 12 of these zero emission buses that together have logged more than 150,000 hours of service.

AC Transit initiated its fuel cell bus program in 2005, including the procurement of its 20,000-hour fuel cell, with funding from the California Air Resources Board and the California Traffic Congestion Relief Program that was administered by the California Transportation Commission.



Jose Vega, Fuel Cell Technician & Trainer, and Roland Fecteau, Assistant Director of Maintenance pictured with Fuel Cell Bus 7, whose fuel cell has clocked 20,000 hours of service.



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JOIN THE MASONIC HOMES FOR THE WALK TO END ALZHEIMER'S

The Masonic Homes Is a Gold Sponsor of This Fun, Community Event

The Masonic Homes invites members of the Bay Area community to join us in San Francisco on Sept. 19 for the Walk to End Alzheimer's. All tax-deductible donations raised through this annual three-mile walk will go towards the care, support, and research efforts of the Alzheimer's Association. The Masonic Homes is a Gold Sponsor of the event.

Additionally, Masonic Homes residents and staff will participate in the event, walking as a team, along with some of the wives of Masonic Grand Lodge of California officers. The Masonic Homes will also host an on-site booth at the event.

What: San Francisco Walk to End Alzheimer's

When: Saturday, Sept. 19, 2015

8:00 a.m. – Registration

9:30 a.m. – Ceremony

10:00 a.m. – Walk

Where: Fort Mason Green Meadow

San Francisco, CA 94158

To participate or make a donation: Visit act.alz.org/goto/masonichomes

According to the Alzheimer's Association, the Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's disease care, support, and research. It is held annually in more than 600 communities throughout the United States.

The Masonic Homes sponsorship of the event is part of the community's ongoing efforts to raise awareness of Alzheimer's disease in the Tri-City community. This debilitating condition, which causes loss of cognitive ability, affects more than 44 million people around the world, including one in every nine Americans over age 65 and a third of those over age 85.

"It is our hope that by partnering with organizations like the Alzheimer's Association, we can help to raise awareness of Alzheimer's disease locally, both to help raise money for further research and to generate support for those people in our community who have been affected by it," says Gary Charland, executive vice president of the Masonic Homes. "We hope that members of the Tri-City community and greater Bay Area will join us for this important event – either as sponsors or to walk beside us."

"The Alzheimer's Association is thrilled to have the Masonic Homes of California as a Gold Sponsor for the 24th annual San Francisco Walk to End Alzheimer's," says Erin Lane, senior manager of walk for the Alzheimer's Association, Northern California and Northern Nevada Chapter. "We're excited to walk together on September 19th to hopefully achieve our vision of a world without Alzheimer's."

For more information, or to join the Masonic Homes of California team, contact Team Captain Joseph Pritchard at jpritchard@mhcuc.org or (510) 429-6449. ♦



A DELICIOUSLY SUCCESSFUL YEAR

Masonic Homes Executive Chef Manuel Gallardo was recently named "Chef of the Year" by the Chef's Association of the Pacific Coast. This award recognizes Gallardo's year-long contributions to the Chef's Association, including participating in volunteer initiatives and hosting several meetings. Gallardo was selected for this distinction by more than 800 members in the Pacific Coast region. As part of the award, he was also recognized with a "Culinary Excellence" award at the 2014 American Culinary Federation's Western Regional Conference.

Gallardo has enjoyed a long and diverse career in the culinary arts, including serving as a food safety inspector at Levi's Stadium during the inaugural season; working for two of the "Top 10" restaurants in the U.S.; catering to top athletes in the Super Bowl, U.S. Open, and Major League Baseball; and many well known hotels and resorts. He is serving his fifth term on the Board of Directors of the American Culinary Federation, San Francisco Chapter.

Today, Gallardo finds enjoyment working with Masonic Homes residents and staff. "I'm in an environment where people really appreciate what we do for them," Gallardo says. "And, I like that on days when I feel tired, I recognize that aging is all about perspective. People here help me understand how to live in a positive way."

"We congratulate Manny on this outstanding achievement," says Gary Charland. "This award recognizes the truly exceptional level of talent and service that he provides to our residents and staff each day." ♦



Gallardo with Chef of the Year trophy from the Chef's Association of the Pacific Coast.

A LONGSTANDING TRADITION

On Aug. 15, the Masonic Home will celebrate its annual Jam and Jelly Day – a special celebration hosted by the East Bay Past Matrons Association of the Order of Eastern Star, a local Masonic organization. This traditional picnic, held each third Sunday of August, has been a tradition since 1912. The event's name comes from its original function: Early attendees preserved fruit grown at the Home for year-long consumption. In modern times, the event raises money to purchase needed supplies or decorations for residents of the Masonic Home. ♦

Correction Notice: The name of the Masonic Homes resident who was honored during the Union City Asian American Heritage Festival was Betty Ehly. Her name was incorrectly reported in the last edition of Living Well.

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Home & Garden

Greenhouse Gardening

BY JOHNNA M. LAIRD
PHOTOS COURTESY OF
STURDI-BUILT

Susan Tong of Fremont joined the Peninsula Orchid Society (POS) and soon found herself with hundreds of orchids. Her 200 cymbidium orchids flourished outdoors. Her indoor orchids, however, were taking over. With POS members often bringing orchids to share at the monthly meetings, Tong was rapidly expanding her indoor varieties. With 50 indoor orchids, Tong realized she needed her space and the indoor varieties needed theirs. She decided to buy a greenhouse.

Tong located a 10 by 12 foot all aluminum greenhouse kit with

“We had to figure ways to make the greenhouses cooler,” explains Owyang. “We installed solar fans. We whitewashed glass and we added black screens. We even moved plants away from the sides, and we kept the doors open for air flow.”

Greenhouses are popping up in unexpected places, too. In 2021, NASA plans to land the next rover on MARS and send a greenhouse with it. A first in human space efforts, a greenhouse could host the first multicellular organism to grow on another planet and offer a necessary step in establishing human colonization of the Red Planet.

Dr. Gene Giacomelli, Agricultural and Biosystems Engineering Director of University of Ari-

zona's Controlled Environmental Agriculture Program, is involved in developing hydroponic greenhouses for outer space, but he also offers an online guide, “Your First Greenhouse: What You Need to Know” for do-it-yourselfers who want unheated structures without power, good for short season plant growth.

Greenhouse kits can be purchased from a variety of hardware, home improvement, large box and general merchandise stores. Prices range from a collapsible fabric-over-pipe six by eight foot structure for under \$400 to permanent structures that sell for thousands of dollars. Some kits, depending upon size, require cement or brick foundations prior to construction. All greenhouses require a flat, level ground space. Some jurisdictions may require a permit. Manufacturers often advise buying a size larger to allow for expanded uses.

One family-owned greenhouse manufacturer in Portland, Oregon, ships kits throughout the Bay Area and Western Hemisphere. Sturdi-built began building greenhouses more than 50 years ago for orchid customers. Now the company produces 10 different home greenhouse kits ranging from lean-to styles that attach to existing walls to stand-alone styles ample enough for customers to garden, enclose a hot tub, and create outdoor dining.

Sturdi-built's smallest and newest greenhouse, the Trillium, peaks at eight feet four inches for



polyurethane siding at Costco. Proudly, she assembled and installed the kit herself. “Now my orchids are happy,” says Tong. “During freezing weather, all of them survived.”

The greenhouse controls humidity and the orchids bloom at least yearly; some bloom twice, explains Tong, a chemist, who describes orchid tending as therapeutic. “When I come home, I take care of the orchids and this lessens my stress.”

Once found only on estates of the wealthy, greenhouses are gaining popularity, not only for orchids and flower varieties from succulents to lavenders, but also for home-grown vegetables and herbs.

Elaine Owyang, nursery manager and executive board member for Local Ecology and Agriculture Fremont (LEAF), discovered greenhouses can come with a learning curve. LEAF built two greenhouses to start fall and spring vegetables for planting on two half-acre community gardens they operate in Niles. The greenhouses, which do not have electricity, overheated and threatened plant survival.

zona's Controlled Environmental Agriculture Program, is involved in developing hydroponic greenhouses for outer space, but he also offers an online guide, “Your First Greenhouse: What You Need to Know” for do-it-yourselfers who want unheated structures without power, good for short season plant growth.

Greenhouse kits can be purchased from a variety of hardware, home improvement, large box and general merchandise stores. Prices range from a col-



a roomier space within the seven by seven foot base or the seven by nine foot base. Sturdi-built's only standard kit, advertised at \$5,875, Trillium features window-glass walls, ground and roof ventilation, and a twin-wall polycarbonate roof. Other Sturdi-built kits are individualized to customer needs. Customizing includes furnishings and door styles to glazing, automatic vent openers and circulation fans, among other features.

Eartheasy, a family-operated sustainable products company in the Pacific Northwest since 2000, offers a plethora of greenhouse

information on its website, including an overview of frames and coverings.

Frames come in aluminum, steel, plastic resin, and wood. Widely used, aluminum offers a lightweight frame in a range of colors with strength that won't rust, but it yields some heat loss. Galvanized steel frames—strong and long lasting and often chosen by commercial operations—are covered with polyethylene film. Steel's weight makes greenhouses stable in windy conditions. Plastic resin frames, found in smaller greenhouses, look attractive at

continued on page 14

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Greenhouse Gardening

less cost than aluminum and use polycarbonate panel coverings. Unlike aluminum, plastic resin will not conduct heat from the greenhouse. Wood greenhouse frames—often chosen for their appearance—blend into backyard aesthetics. Since it can rot, wood should not contact ground or surfaces that hold moisture.

Greenhouse coverings or panels range from clear to opaque. Clear panels provide direct light and warmer greenhouses. Direct light heats soil, making clear coverings good for seed germination and plant starters headed outdoors. Plants grown to maturity in a

Large commercial greenhouses use semi-translucent UV polyethylene film that is inexpensive and easy to maintain. While this film exceeds at retaining heat well, it also damages more easily and has a potential to stretch in windy conditions. Double-wall polyethylene with UV inhibitors offers a diffused light with “excellent insulation value,” according to Eartheasy. Fiberglass coverings, often corrugated, provide translucent, diffused light, retaining heat more efficiently than glass. Fiberglass has the downside of discoloring in the sun over six to 10 years. Polycarbonate panels pro-



vide a strong, impact-resistant covering. Tempered glass, more durable than polycarbonate panels, usually comes in a 3mm thickness for greenhouses. Clear glass, however, does not provide diffused light.

Greenhouse buyers may want to consider solar-powered automatic louvers that open and close

at preset-levels to avoid overheating plants, among other features. For more information on Sturdi-built products, call 1-800-334-4115 or visit <http://www.sturdi-built.com/>. For information on Eartheasy, call 1-888-451-6752 or visit <http://eartheasy.com/yard-garden/greenhouses>.

at preset-levels to avoid overheating plants, among other features. For more information on Sturdi-built products, call 1-800-334-4115 or visit <http://www.sturdi-built.com/>. For information on Eartheasy, call 1-888-451-6752 or visit <http://eartheasy.com/yard-garden/greenhouses>.

Music in the Vineyard helps women in need

PHOTOS COURTESY OF SOROPTIMIST INTERNATIONAL OF FREMONT/TRI-CITIES

If you're looking for a way to spend a quiet weekend, then look no further. Escape the hustle and bustle of the city and enjoy a glass of wine and live entertainment at “Music in the Vineyard” on Saturday, August 22 at Westover Vineyards in Castro Valley. Westover Vineyards, handcrafting wines, ports, champagnes, and sparkling wines for over 20 years, provides a Mediterranean-style villa with open patios, fountains and rustic charm, which is a perfect setting for a relaxing weekend. These vineyards produce the largest variety of ports in the U.S., including varietal ports (e.g. Petite Sirah, Cabernet Sauvignon), Tawny Ports (aged 5 to 12 years), and ports infused with natural extracts.

The event is hosted by Soroptimist International of Fremont/Tri-Cities, a global women's organization that strives to improve the lives of women and girls in our community and throughout the world. “Soroptimist” means “best for women,” a phrase that reflects what its members are trying to achieve – one example of which is to provide women and girls access to education. The local group is joined by approximately 80,000 Soroptimists in 130 countries and territories in supporting community-based and global projects benefiting women and girls.

In addition to music from The Resistance, there will be a live and silent auction, as well as a cork-

pull raffle. Funds raised allow Soroptimist International of Fremont/Tri-Cities to accomplish its mission of educating and empowering women and girls. “In particular, we give awards to women who are in need of financial assistance to improve life for themselves and their families, and to teenage girls who have made a particular contribution to the community,” says Elise Balgley, the local Soroptimists’ president. As part of the organization’s Pretty Bag Project, Soroptimists provide bags full of toiletries to women leaving a trafficking, domestic violence or homelessness situation.

Guests are advised to bring a picnic; no food will be sold at this year’s event. Only Westover wines will be allowed at the event. Reservations cost \$15 per person or \$45 per vehicle. Bring as many people as possible that will fit in your car for one low price. To make your reservations, visit www.sitricities.org or call (510) 621-7482.

Music in the Vineyard
Saturday, Aug 22
2:30 p.m.: Gates open
3:30 p.m.: Show begins
Westover Vineyards
34329 Palomares Rd, Castro Valley
(510) 621-7482
www.sitricities.org
www.westovervineyards.com
Tickets: \$45 per car; \$15 per person



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CASTRO VALLEY TOTAL SALES: 12						
Highest \$:		1,000,000		Median \$:		630,000
Lowest \$:		445,000		Average \$:		634,375
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2519 Craig Court	94546	650,000	3	1708	1949	07-07-15
5016 Foxboro Drive	94546	640,000	3	1104	1961	07-02-15
5037 Ray Avenue	94546	653,000	2	1388	1949	07-09-15
17356 Rolando Avenue	94546	502,000	3	1232	1946	07-07-15
21885 Tanglewood Drive	94546	630,000	3	2079	1948	07-07-15
4156 Wilson Avenue	94546	645,000	4	1424	1941	07-08-15
22013 Young Avenue	94546	500,000	3	1386	1948	07-09-15
22043 Young Avenue	94546	445,000	2	905	1948	07-06-15
5412 Briar Ridge Drive	94552	562,500	3	1593	1978	07-09-15
5310 Crestfield Court	94552	935,000	4	2334	2000	07-08-15
7937 Dublin Canyon Rd	94552	450,000	-	1274	-	07-01-15
35552 Palomares Road	94552	1,000,000	-	1802	-	07-02-15

FREMONT TOTAL SALES: 51						
Highest \$:		3,144,000		Median \$:		848,000
Lowest \$:		395,000		Average \$:		961,216
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1155 Adler Court	94536	913,000	-	1785	1977	07-02-15
36758 Bonito Drive	94536	745,000	3	1359	1955	07-08-15
4163 Central Avenue	94536	610,000	3	1540	1920	07-06-15
35596 Conovan Lane	94536	1,352,000	5	2932	1985	07-06-15
3579 Dalton Common	94536	500,000	3	1168	1971	07-08-15
36195 Easterday Way	94536	870,000	5	1817	1985	07-08-15
4361 Eggers Drive	94536	902,000	4	1534	1957	07-02-15
4544 El Cajon Avenue	94536	665,000	3	1064	1960	07-06-15
35213 Gawain Court	94536	978,000	3	1579	1972	07-02-15
4615 Joanna Court	94536	760,000	3	1242	1960	07-09-15
35210 Lancero Street	94536	825,000	3	1108	1965	07-08-15
37168 Meadowbrook #105	94536	547,500	2	1123	1984	07-07-15
37168 Meadowbrook #302	94536	395,000	2	988	1984	07-07-15
4595 Mildred Drive	94536	765,000	3	1180	1960	07-01-15
36527 Montecito Drive	94536	1,300,000	3	2172	1967	07-02-15
38470 Nebo Drive	94536	955,000	3	1120	1955	07-01-15
37180 Oak Street	94536	635,000	2	1131	1925	07-08-15
3674 Oakwood Terr #203	94536	481,000	2	990	1984	07-08-15
3395 Pinewood Terr #203	94536	442,000	2	990	1987	07-02-15
36112 Potel Common	94536	655,000	3	1663	1984	07-09-15
4023 San Juan Court	94536	662,500	5	2326	1964	07-07-15
3554 Shadowbrook Terr	94536	848,000	3	1864	2005	07-02-15
3410 Surry Place	94536	941,000	4	1708	1972	07-07-15
38483 Timpanogas Circle	94536	650,000	3	1120	1955	07-02-15
4080 Bay Street	94538	665,000	3	1408	1955	07-01-15
40183 Blanchard Street	94538	660,000	3	1148	1959	07-08-15
5600 Caprice Common	94538	720,000	3	1309	1994	07-08-15
4143 Coriander Terrace	94538	945,000	3	1672	2009	07-01-15
40285 Cottage Rose Terr	94538	715,000	3	1310	2009	07-02-15
40767 Creston Street	94538	700,000	3	1434	1961	07-08-15
4247 Crestwood Street	94538	1,132,500	3	1080	1958	07-01-15
4018 Dill Terrace	94538	960,000	4	1843	2010	07-09-15
3692 Langdon Cmn	94538	790,000	3	1637	1998	07-07-15
5571 Magnolia Terrace	94538	425,000	2	1006	1971	07-02-15
4101 Murray Common	94538	423,000	3	1189	1980	07-07-15
48943 Air Fern Cmn	94539	1,020,000	3	1785	2010	07-02-15
42060 Benbow Drive	94539	1,880,000	4	3752	2006	07-08-15
41539 Casabella Cmn	94539	1,503,000	-	-	-	07-09-15
757 Chavel Court	94539	2,218,500	5	3499	1998	07-08-15
41770 Higgins Way	94539	1,329,000	4	1672	1960	07-02-15
41633 Marigold Drive	94539	1,580,000	4	2032	1975	07-01-15
1888 Nakoma Court	94539	1,230,000	5	2331	1978	07-07-15
44943 Naragansett Ct	94539	3,144,000	5	5664	2005	07-09-15
48007 Purpleleaf Street	94539	1,100,000	3	1544	1965	07-06-15
43528 Southerland Way	94539	1,628,000	3	2308	1989	07-07-15
100 Totem Court	94539	1,361,000	2	2096	1979	07-02-15
32936 Bluebird Loop	94555	950,000	3	1375	1978	07-07-15
34267 Quartz Terrace	94555	1,110,000	3	1812	1989	07-02-15
33847 Raven Terrace	94555	850,000	4	1855	1989	07-01-15
34767 Shalimar Terr #45	94555	761,000	2	1346	1989	07-08-15
3725 Sun West Terrace	94555	825,000	3	1754	1999	07-07-15

HAYWARD TOTAL SALES: 41						
Highest \$:		874,000		Median \$:		485,000
Lowest \$:		265,000		Average \$:		486,488
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
22735 3rd Street	94541	390,000	2	918	1917	07-07-15
20630 Blossom Court	94541	460,000	3	1125	1952	07-09-15
22535 Center Street #208	94541	362,000	2	914	1994	07-01-15
1833 Dahill Lane	94541	660,000	3	2262	1959	07-09-15
19353 Hathaway Avenue	94541	450,000	4	1296	1955	07-02-15
2742 Hidden Lane	94541	530,000	3	1458	1930	07-01-15
2868 Kelly Street	94541	550,000	3	1652	1958	07-09-15
22814 Kings Ct #94541	94541	668,500	6	2845	1926	07-02-15
22093 Lucia Street	94541	440,000	3	1040	1950	07-01-15
19631 Medford Circle #4	94541	350,000	2	1125	1992	07-09-15
1114 Red Wing Drive	94541	540,000	3	1530	2011	07-02-15
18015 Sahara Road	94541	389,000	2	1270	1973	07-01-15
22012 Sevilla Road #111	94541	408,000	3	1487	1986	07-08-15
22103 Vista Del Plaza #22	94541	395,000	3	1453	1982	07-02-15
22628 Zaballos Court	94541	555,000	3	1647	1950	07-02-15
25841 Bryn Mawr Ave	94542	528,000	3	1264	1950	07-08-15
15 Astrida Drive #4	94544	410,000	3	1425	1984	07-01-15
537 Beechmont Lane	94544	560,000	3	1710	1955	07-02-15
25595 Compton Ct #102	94544	265,000	2	1040	1990	07-07-15
25627 Franklin Avenue	94544	495,000	2	868	1959	07-08-15
1326 Henderson Lane	94544	485,000	3	1153	1954	07-01-15
25409 Huntwood Ave	94544	530,000	4	1565	2007	07-08-15
415 Lexington Avenue	94544	455,000	3	927	1951	07-07-15
30856 Meadowbrook Ave	94544	555,000	3	1134	1955	07-01-15
25448 Muir Street	94544	430,000	3	952	1950	07-02-15
766 Muirfield Court	94544	705,000	3	2686	1959	07-07-15
35 Raintree Court #8	94544	316,000	2	1000	1985	07-09-15
28228 Rochelle Avenue	94544	450,000	3	1115	1954	07-02-15
24808 Townsend Avenue	94544	582,500	3	1481	1957	07-02-15

26238 Ventura Avenue	94544	500,000	3	1130	1953	07-01-15
671 Woodland Avenue	94544	590,000	3	1501	1960	07-07-15
1944 Catalpa Way	94545	468,000	3	1217	1963	07-08-15
2038 Florida Street	94545	350,000	3	1000	1955	07-07-15
1603 Glenn Street	94545	576,000	-	-	-	07-02-15
27669 La Porte Avenue	94545	525,000	3	1335	1955	07-07-15
2419 Oliver Drive	94545	310,000	2	884	1970	07-07-15
23210 Saklan Road	94545	588,000	-	-	-	07-02-15
2680 Shellgate Circle	94545	874,000	4	2198	2004	07-01-15
1234 Stanhope Lane #267	94545	325,000	2	1007	1989	07-02-15
1579 Sylvia Street	94545	518,000	-	-	-	07-02-15
21117 Gary Drive #118	94546	408,000	2	1041	1981	07-06-15

MILPITAS TOTAL SALES: 5						
Highest \$:		938,000		Median \$:		825,000
Lowest \$:		475,000		Average \$:		779,000
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
253 Autrey Street	95035	910,000	4	1865	1958	07-14-15
1566 Canal Street	95035	747,000	3	1413	2014	07-15-15
698 Grayson Way	95035	938,000	3	1325	1988	07-16-15
1101 South Main St #418	95035	475,000	1	926	2007	07-15-15
399 West Capitol Avenue	95035	825,000	3	1247	1970	07-15-15

NEWARK TOTAL SALES: 14						
Highest \$:		806,000		Median \$:		612,500
Lowest \$:		300,000		Average \$:		600,179
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
7315 Carter Avenue	94560	720,000	3	2009	1999	07-07-15
39821 Cedar Blvd #311	94560	472,000	3	1283	1986	07-09-15
36456 Christine Street	94560	670,000	3	1232	1962	07-02-15
36634 Deborah Street	94560	460,000	2	752	1953	07-02-15
6335 Honeysuckle Court	94560	750,000	3	1379	1965	07-07-15
6300 Joaquin Murieta #A	94560	525,000	3	1346	1982	07-08-15
6151 Joaquin Murieta #F	94560	525,000	3	1456	1981	07-07-15
7132 Marne Place	94560	680,000	3	1308	1961	07-02-15
37124 Oak Street	94560	685,000	6	2268	1962	07-09-15
6485 Potrero Drive	94560	717,000	3	1766	1990	07-02-15
38763 Quince Place	94560	806,000	4	1583	1976	07-08-15
36483 Reina Place	94560	612,500	4	1812	1961	07-01-15
8216 Thornton Avenue	94560	300,000	2	792	1952	07-01-15
6119 Thornton Avenue #D	94560	480,000	3	1330	1987	07-07-15

SAN LEANDRO TOTAL SALES: 25						
Highest \$:		715,000		Median \$:		495,000
Lowest \$:		217,000		Average \$:		494,640
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1400 Carpentier St #123	94577	290,000	1	708	1983	07-02-15
2443 Driftwood Way	94577	495,000	3	1196	1963	07-06-15
150 Georgia Way	94577	640,000	3	1451	1941	07-02-15
2070 Hillside Circle	94577	625,000	2	1733	1975	07-09-15
949 Hutchings Drive	94577	400,000	2	895	1943	07-09-15
903 Lee Avenue	94577	715,000	3	2259	1929	07-09-15
12960 Neptune Drive	94577	416,000	2	1444	1946	07-09-15
1675 Orchard Avenue	94577	495,000	5	1972	1937	07-02-15
2011 Sundberg Avenue	94577	375,000	3	1080	1954	07-02-15
994 Victoria Avenue	94577	520,000	3	1051	1919	07-



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DMT opens season with *“By the Way, Meet Vera Stark”*

**SUBMITTED BY SUSAN E. EVANS AND
 BOB MILLER
 PHOTO BY TERRY SULLIVAN**

The Douglas Morrisson Theatre (DMT) 2015-2016 Revelations Season kicks off with the regional premiere of Lynn Nottage’s biting satire about racial stereotyping in Hollywood: *By the Way, Meet Vera Stark*. There will be 15 performances, including one preview, August 27 through September 20, at the Douglas Morrisson Theatre in Hayward.

DMT’s production is directed by Dawn Monique Williams and features an outstanding ensemble of Bay Area actors: Kelly Strickland as Vera Stark, Alicia von Kugelgen as Gloria, Shani Harris-Bagwell as Lottie, Jia Taylor as Anna Mae, Khary Moye as Leroy, Evan Sokol as Slasvick, and Gene Mocsy as Maxmillian.

Riffing off 1930s screwball comedy films, Pulitzer Prize-winning (*Ruined*) playwright

Lynn Nottage tackles and skewers the all-too-topical theme of racial stereotyping in Hollywood. *By the Way, Meet Vera Stark* takes the audience on a seventy-year journey through the life of Vera Stark. It’s 1933 and Vera, a budding African-American actress is working as a lady’s maid for a white Hollywood self-dramatizing starlet known as “America’s little sweetie pie.” When they’re both cast in the same Southern epic, (*The Belle of New Orleans*), Vera’s career is launched and we become witness to her controversial legacy in front of and behind the cameras.

Playwright Nottage has said that *By the Way, Meet Vera Stark* is inspired by the life and career of Theresa Harris, a pioneering African-American film star. “I was interested in seeing the full journey of Vera Stark across time, and I was interested in seeing how she was treated in various media,” says Nottage, who has also created a website for Vera (www.meetverastark.com) that treats the fictional actress as real.

A preview performance takes place on Thursday, August 27 (\$10); Opening Night and Reception on Friday, August 28 is \$32. A pre-show talk will be held on Friday, September 4, at 7:10 p.m. A post-play discussion takes place after the Saturday, September 12 matinee. Regular tickets are \$29.

By the Way, Meet Vera Stark
Thursday, Aug 27 – Sunday, Sept 20
8 p.m. - Evenings
2 p.m. - Saturday/Sunday Matinees

Douglas Morrisson Theatre
22311 N. Third St, Hayward
(510) 881-6777
www.dmtonline.org

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seniors, students, TBA, KQED
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Free and reduced-price meal policy

**SUBMITTED BY
 BRIAN KILLGORE**

Fremont Unified School District recently announced its policy for providing free and reduced-price meals for children served under the National School Lunch Program and/or School Breakfast Program. Each school and/or the district office has a copy of the policy, which may be reviewed by any interested party.

Household size and income criteria will be used to determine eligibility for free, reduced-price, or full-price meal benefits. All children in the household who receive CalFresh/SNAP, CalWORKs/TANE, Kin-GAP, or FDIPIR benefits are automatically eligible for free meals regardless of the income of the household in which they reside. Eligible students will be notified by mail and do not need to apply. If any children in household are not listed, contact Child Nutrition Services at (510)659-2587.

Eligibility for a foster child is based on the application and solely on the amount of the child’s “personal use” income. Homeless, migrant, and runaway students will be notified of eligibility if known by the District Office. Application forms are being distributed and are also available at each FUSD school. Applications may be submitted at any time during the school year and are available in English, Spanish, and Chinese.

For more information, visit www.fremont.k12.ca.us and go to Departments/Child Nutrition Services. You can also visit our office at 4210 Technology Drive, Fremont.

Installation of drip irrigation completes Eagle Scout quest



Jason Wu (back row, white T-shirt) completed his Eagle Scout project by running a drip irrigation system at San Andreas Park.

SUBMITTED BY NELSON KIRK

Jason Wu from Boy Scouts of America Troop #20 completed his Eagle Scout project on July 18, 2015 at San Andreas Park. Jason and his band of volunteers planted, staked, and ran drip irrigation to 40 native trees as part of an Alameda County Water District (ACWD) rebate for removing 17,000 square feet of lawn, planting drought tolerant plant material, and installing a drip system with two gallon per hour drip emitters. A 3" layer of mulch will be added to complete the project.

In the first phase of this project Akhil Dua from Boy Scout Troop #132 received the Water Champion Award for the 2015 Silicon Valley Water Con-

servation Awards for the 16,000 square feet of turf removal and tree planting project that he led at San Andreas Park.

ACWD allows for watering twice a week in the summer between June and September, and any new plantings require a drip system. By removing the lawn and adding trees we are mitigating our loss and using less water. Union City Public Works is working with ACWD in planting this grove and will place ID tags on each native tree as an example of drought tolerant native trees homeowner can choose when they remove their lawns and replant. Jason Wu was assisted by Public Works staff William Bontadelli, Jesus Banuelos, and Frank Morales.





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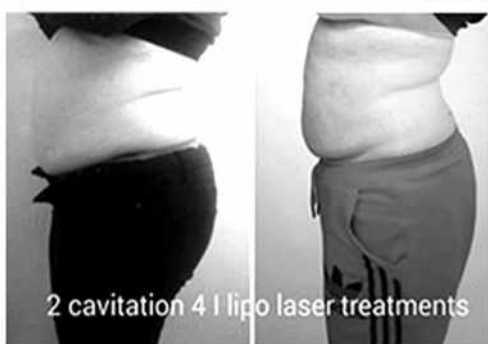
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www.fremontlasermedspa.com
210 Fremont Hub Courtyard (Behind Bed Bath & Beyond)

Movie under the stars

SUBMITTED BY CITY OF FREMONT

Join the City of Fremont Recreation Services Division for a fun movie night this summer. On Friday, August 21, grab your picnic dinner, blanket and beach chairs and head to Central Park Performance Pavilion with family and friends to watch the film, "Home," on the big screen. "Home" is a 2015 animated film based on Adam Rex's 2007 children's book, "The True Meaning of Smekday." The movie features the voice talents of Jim Parsons, Rihanna, Jennifer Lopez and Steve Martin.

The movie is free for all ages and is scheduled to start after the sun sets. Your favorite movie treats will be available for sale, including pizza, hot dogs, popcorn, ice cream and more. For more information, visit www.fremont.gov/movienight.

Movie in the Park
Friday, Aug 21
After sunset
Central Park Performance Pavilion
(510) 494-4300
www.fremont.gov/movienight
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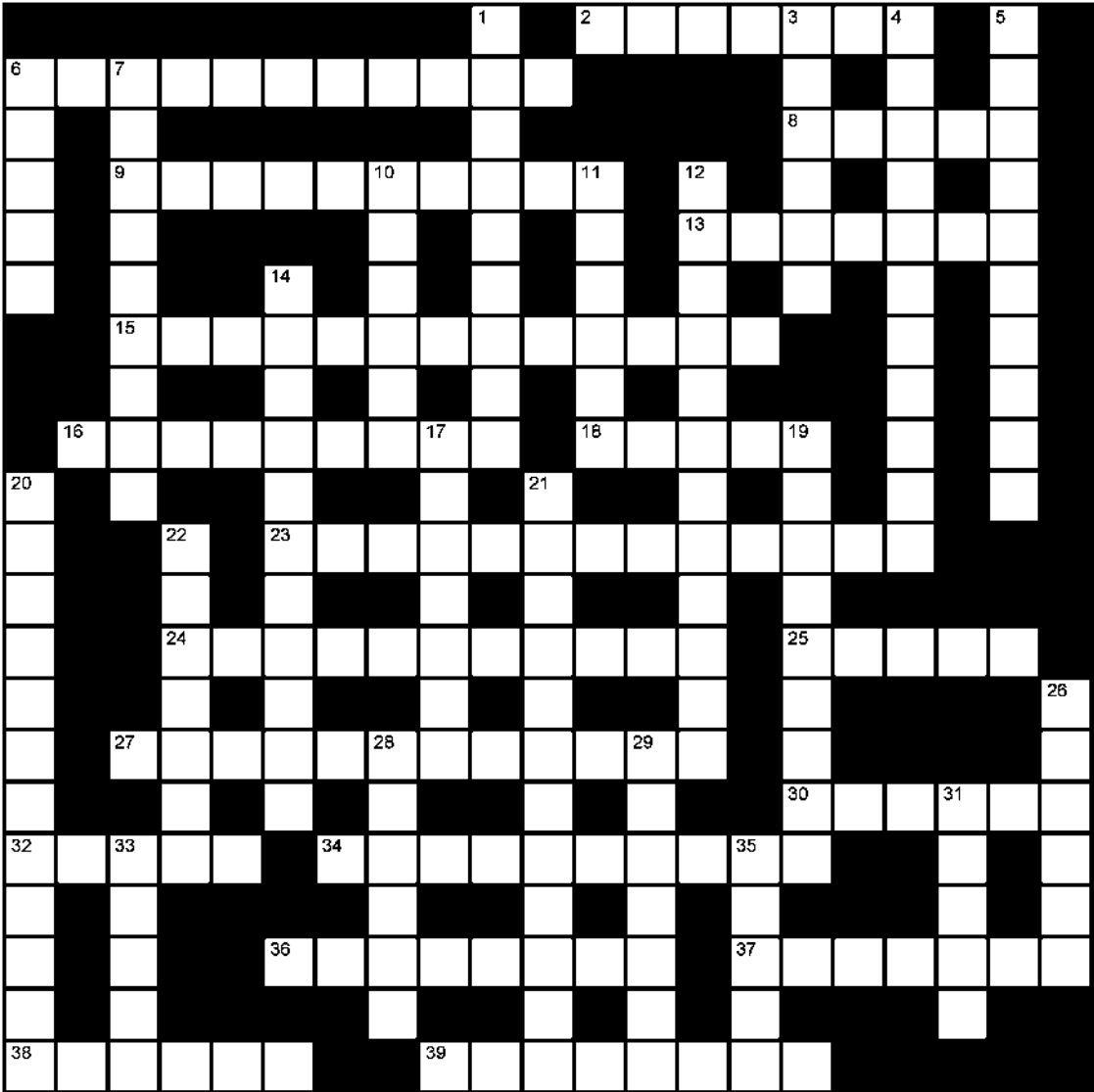
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Mind Twisters

Crossword Puzzle B 328



- Across
- 2 "West Side Story" song (7)

6 without awareness (11)

8 creepers (5)

9 _____ shortcake (10)

13 original inhabitants (7)

15 producers (13)

16 affirm (9)

18 A long time (5)

23 beyond usual (13)

24 holding back (11)

25 Category (5)

27 now and then (12)

30 European country (6)

32 motion (5)

34 systematize (10)
- 26 bon _____ (6)

28 David: "the sweet psalmist of ____" (6)

29 reptile (7)

31 Amazon, e.g. (5)

33 Something in the air (5)

35 Hose material (5)
- Down
- 1 assurance (9)

3 request your presence (6)

4 celebration (11)

5 opposition (10)

6 insisted (5)

7 patrons (9)

10 source of potassium (6)

11 annual (6)

12 growing (12)

14 entrepreneur (11)
- 17 Transport to Oz (7)

19 looking (9)

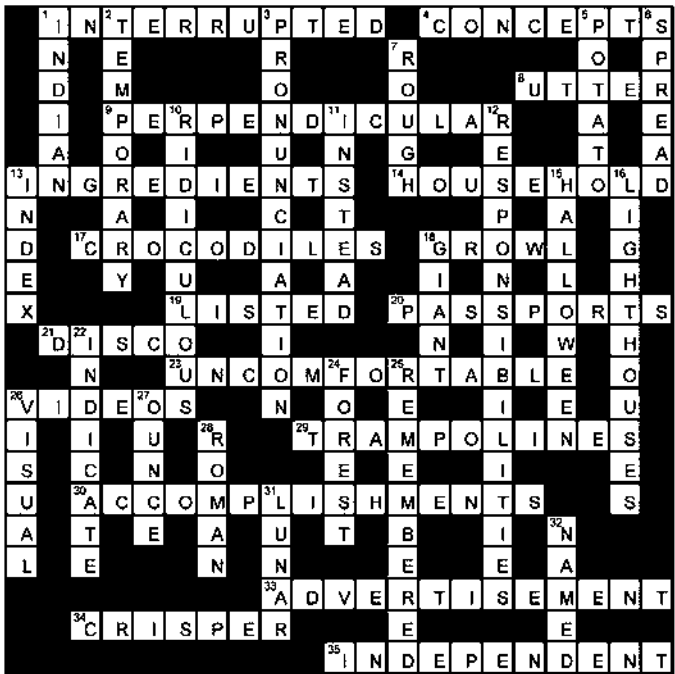
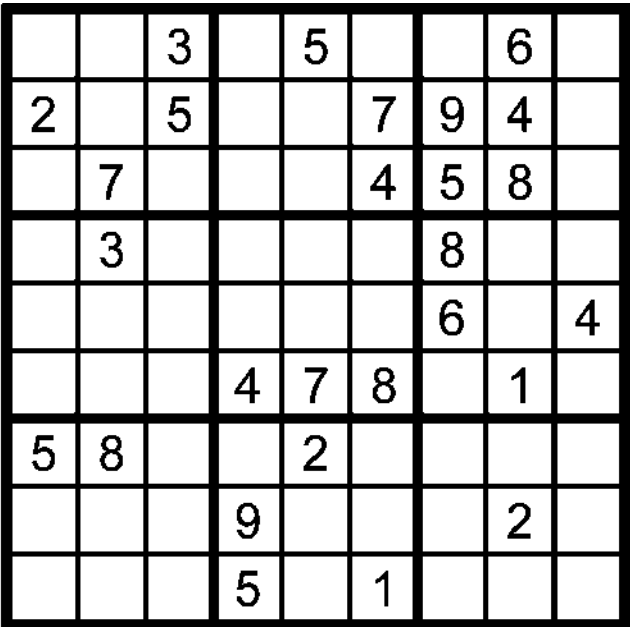
20 Home _____ (12)

21 nature (12)

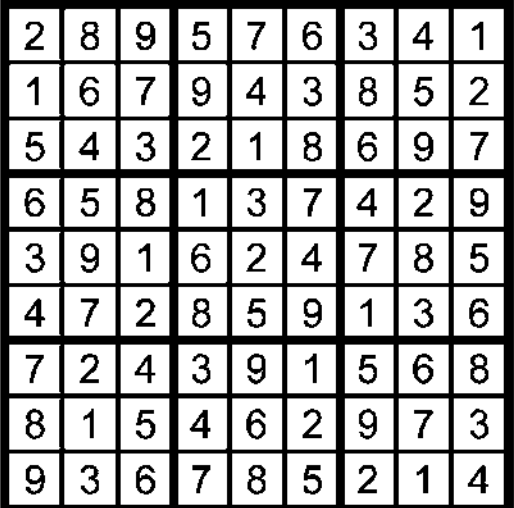
22 extraordinary event (7)

Sudoku:

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



B 327



Tri-City Stargazer AUGUST 19 - AUGUST 25, 2015 BY VIVIAN CAROL

For All Signs: Our largest planet, Jupiter, moved into the sign of Virgo on August 11 and will remain in that sign for a full year. Jupiter is the planet of expansion, optimism, philosophy, travel, and education. It generally represents improvements and growth in whatever department of life it touches. Its last sojourn through Virgo occurred during 2003-2004, so review that era for comparison. Jupiter's change of signs affects everyone but is perceived in a different way, depending upon the sun and ascendant signs at birth. They both apply, so if you know your ascendant (aka rising sign), you can read two zodiac signs below.

Aries the Ram (March 21-April 20): Jupiter will increase the physical vitality, heal anomalies, and offer improvements in work conditions. Relationships to coworkers will be enhanced and equipment may be updated. This is the time to look for a better job or it may find you. Any type of self-improvement program, especially those relating to the physical body, will have highly beneficial results. Many will adopt pets.

Taurus the Bull (April 21-May 20): The time has come to relax and remember how to play. All types of creative work will be enhanced and those with children will find greater satisfaction and a more rewarding relationship in the next year. Those who want children or a new love affair will likely be granted their wish. Give yourself permission to explore new possibilities in creative self-expression.

Gemini the Twins (May 21-June 20): Jupiter will bring improvements to your domestic life. This may manifest in a new home or other property such as a car. It especially favors home decorating or expansion projects. Domestic problems of the past may be improved or resolved during this period. Opportunities to improve and augment relationships to the family of origin will be presented.

Cancer the Crab (June 21-July 21): During the next year opportunities for travel will probably increase. Relationships with siblings, roommates and/or neighbors will be more rewarding, and your overall daily attitude becomes more optimistic. Focus of attention on communication (written or oral) will be highlighted. Educational opportunities are attractive and expanded. You may become a teacher in your field.

Leo the Lion (July 22-August 22): You will likely have improvements in financial income or other personal resources. This may develop either as the result of general good luck or increased effort. Optimistic attitudes concerning money could lead you to overextend resources. Your sense of self-esteem is increased by several notches as you demonstrate what you have learned in recent years.

Virgo the Virgin (August 23-September 22): Jupiter in your sign will lighten any load, renew your sense of optimism, and reinforce your self-esteem. Help and cooperation of others will be more available to you, especially if you make your requests in person. The spiritual dimension of your life will improve, and travel or education becomes more

prominent. The only difficulty with this transit is the tendency for weight gain.

Libra the Scales (September 23-October 22): Any effort toward becoming more acquainted with the deeper parts of yourself will be well rewarded. Positive results can be achieved through psychotherapy, dream work, meditation, hypnosis and/or prayer. Assistance will come to you through unexpected (and possibly mysterious) sources. Your contributions to the greater social good will increase and yield good karma.

Scorpio the Scorpion (October 23-November 21): Effort invested in organizational or group social causes will be returned in bounty. Networking with friends and acquaintances may play an active role toward helping you attain personal goals in life. Relationships with stepchildren (and more generally to other people's children) will improve and become a source of pleasure. Corporate financial resources may increase.

Sagittarius the Archer (November 22-December 21): Any reasonable effort in the area of profession, career or social status should meet with favorable results during the next few months. There may be additional travel,

or educational/teaching opportunities associated with career endeavors. Relationships to superiors will be more supportive. Opportunities develop to improve relationships with the family of origin.

Capricorn the Goat (December 22-January 19): Jupiter augurs improvements and good fortune through any or all of the following: legal or ethical issues; contacts with foreign lands or people who live at a distance; the Internet; higher education; teaching; publishing; and long distance travel. Events of the next year will broaden your perspective on all of life and expand your sense of connection to a larger circle of others.

Aquarius the Water Bearer (January 20-February 18): Gain comes to you through areas of shared financial resources. These

may include: compensation from insurance or other group holdings; increases in partner's income; sale of property; gains through inheritance or gifts; increase in the value of stocks, bonds or other mutually held property; or tax benefits. Debts owed to you will be paid, whether financial or favors. Intimate life is on the upswing.

Pisces the Fish (February 19-March 20): The year brings improvements in all your most intimate relationships. This may be the year to get married or develop a beneficial business partnership. Those with client bases will note considerable expansion. The period is favorable for attracting positive assistance through professional consultants (e.g. doctors, counselors, etc.). Travel and/or education are on the increase.

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



www.horoscopesbyvivian.com

BART Police Explorers

SUBMITTED BY
MADELEINE VALDEZ

Young adults of the BART Police Explorers are a team; they learn and train together. They are Police Explorer Post #413, a youth organization sponsored by BART Police. This summer they are attending training twice a week in order to learn the skills necessary to compete at a regional competition in July.

For example, the lecture on this night is about Domestic Violence, taught by Officer Joshua Perez and Officer Cliff Valdehueza. Explorers learn about the significance and effects of domestic violence and are coached on how officers handle those situations. After the discussion the advisors set the scene for a domestic violence simulation. They want to see the Explorers applying what they've learned in the classroom to a typical situation. Officer Perez is joined by another advisor to act as a belligerent couple in a contentious home. To make things a little more realistic, they throw down a couple of chairs and apply makeup to create spots that look like bruises.

The first team of two Explorers hear shouting behind a closed door. They arrive on scene with the code "10-97," after which the action begins. The pair of Explorers is expected to separate the couple, find out what really happened, and, if the right conditions are met, arrest the abuser and offer help to the victim. For each team the scenario changes; simulations and expectations become more intense.

"It requires consistent dedication," says Officer Jonathan



Guerra, one of the founding advisors of the BART PD Explorer group. "There has to be commitment in order to experience success." The success of the program testifies to that belief.

"It was the summer 2010 when we began working on the project," Officer Guerra explains. Establishing a police youth outreach program was one of dozens of recommendations made in an audit done by the National Organization of Black Law Enforcement Executives (NOBLE) after the Oscar Grant tragedy in January 2009.

The relationship law enforcement officers have with youth often goes neglected, sometimes leading to misconceptions and mistrust. If interactions between young adults and officers are limited to negative experiences, a nar-

row opinion can easily be formed; youth outreach at a young age creates better relationships.

The BART Police Explorer Post program is different from most other police explorer programs because this department works on transit and across multiple counties; its jurisdiction is like a moving city of nearly half a million people every day.

While the group was initially limited to only 10 people, BART Police Chief Kenton Rainey has encouraged a larger group. There are now over 20 students involved, but the post is still growing. It confirms the department's hard work. "It's a good impact for kids at a young age. We are doing something good," Chief Rainey said. "These are young kids who aspire to be in law enforcement. I

was once where they are."

Since its establishment in 2012 the Explorer Post #413 has become a part of the BART Police family. Madeleine Valdez, writer of this article, says, "In the past I had the privilege of being a part of the exceptional program. When I first heard about the venture in 2012, I was 14 years old. Around this time I was looking for some sort of extracurricular activity to take part in. I heard about the program by word of mouth. No one in my family had been in law enforcement; however, all of us were raised to respect the police. Even so I had absolutely no idea what to expect when I showed up at the very first meeting."

"I hadn't thought much about paperwork before I applied to the

program; afterwards my mind was opened to the real world. The content ranged from classic police codes like 10-9 for "Repeat the message" or 10-20 when asking for a location, to BART safety information in the stations. Every bit of it was in preparation for action."

If you are interested in becoming a BART Police Explorer, please visit <http://www.bart.gov/about/police/explorer>

Madeleine Valdez is a summer intern in BART's Communications Department and was a member of the BART Police Explorer Post from November 2012 to February 2015. She will be a high school senior in the fall.



City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

Back to School Safety Tips for Drivers, Parents and Children

Public schools in Fremont are back in session on Wednesday, August 26. We want to encourage drivers to be more aware and vigilant as thousands of children begin their new school year by walking to and from school next week. The Fremont Police Department will conduct enforcement patrols throughout the school year, with added patrols during the first week of school in anticipation of higher than normal traffic volume. Parents should take a proactive stance on traffic safety by taking the time to talk about safety with their children before they head back to school.

If your children are walking to school, it's a good idea for parents to plan the route ahead of time with your child. Once it has been planned out, walk the route to school with your children before the start of the year to assess hazards and select a course with the least number of traffic crossings. It's important to tell your children that they should find a walking buddy and stay on the same course each day.

Apply to be a City of Fremont Commissioner or Advisory Board Member

Looking for a way to make a difference in the community? Consider serving as a commissioner or an advisory board member! The City of Fremont currently has vacancies on its Environmental Sustainability Commission, George W. Patterson House Advisory Board, and Senior Citizens Commission. Current boards and commission vacancies include the following terms:

Environmental Sustainability Commission (Student member)
Term to expire December 31, 2018

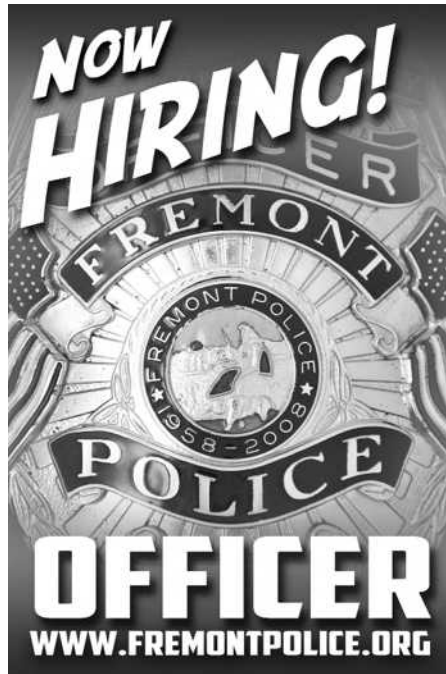
George W. Patterson House Advisory Board (Citizen At Large)
Term to expire December 31, 2017
One vacancy

Senior Citizens Commission
Term to expire December 31, 2015
One vacancy

To download an Advisory Body application visit www.Fremont.gov/BoardsandCommissions and review the Resources section at the bottom of the page. You may also obtain an application from the City Clerk's Office at 3300 Capitol Ave, Building A. For more information call 510-284-4060.

Fremont Police Department Seeking Dedicated Dispatchers

The most rewarding careers can often be found in public safety work. If you're a team player, thrive in high-stress environments,



can quickly process information, and are passionate about helping people through the worst or scariest moments of their lives, then this may be the perfect position for you. The City of Fremont is looking for individuals interested in joining the Police Communications Dispatcher team.

Effective team players who are able to learn the principles and techniques of radio communication and record-keeping are highly encouraged to apply! Any combination of education and/or experience that provides the knowledge, skills, and abilities necessary for a satisfactory job performance will qualify.

To be considered for this position, head to www.Fremont.gov/CityJobs and submit a

completed City application, resume, and typing certificate. For additional information, please visit www.Fremont.gov/Dispatcher.

Rejuvenate Your Mind, Body, and Spirit

You've probably heard that yoga is good for you. Maybe you have even tried it and discovered that it makes you feel better. A



regular practice can offer all kinds of mental and physical health benefits. Some, like improved flexibility, are clearly evident. Others, including mental clarity and stress reduction, may be more subtle but are just as powerful.

So what are you waiting for? Join our yoga classes and introduce yourself to the mind and body benefits. Guided by detailed instructions, you will learn foundational poses with proper forms for developing strength and flexibility. No experience required; just a desire to learn and participate. For more information about the yoga program, contact Sheri at 510-791-4318 or ssmith@fremont.gov.

Movie under the Stars

Join the City of Fremont Recreation Services Division for a Friday night movie this summer. On Friday, August 21, grab your picnic dinner, blanket, and beach chairs and head to the Central Park Performance Pavilion with family and friends for a fun night viewing the film Home on the big screen. There will also be all your favorite movie treats for sale including pizza, hot dogs, popcorn, ice cream, and more. The movie is free for all ages and is scheduled to start after the sun sets. For more information and updates, visit www.Fremont.gov/MovieNight.

Solar Discount Program

The City of Fremont has recently launched a new program called East Bay SunShares, designed to help local residents obtain rooftop solar electric systems. In partnership with the nonprofit Vote Solar

Initiative and other East Bay cities, East Bay SunShares pools the buying power of local homeowners to get more competitive pricing from solar companies, making going solar easier and more affordable than ever for residents.

Through this program, residents can take advantage of discounted pricing from two local solar firms to purchase rooftop solar systems as low as \$3.50 per watt, which is 15 percent lower than the average cost of installation in the Bay Area. American-made panel and inverter options are also available at a slight cost premium. East Bay Sun Shares is a limited-time opportunity that launched August 3 and runs until mid-October. Both residents and people who work in Fremont are eligible for the program, as well as family and friends.

Two informational workshops are planned at the Fremont Main Library:

- Saturday, September 12, 10 a.m. to 12 p.m.
Fremont Main Library - Fukaya Room A, 2400 Stevenson Blvd.
<http://sunsharesfremontworkshop1.eventbrite.com>

- Tuesday, September 29, 7 p.m. to 8:30 p.m.
Fremont Main Library - Fukaya Room B, 2400 Stevenson Blvd.
<http://sunsharesfremontworkshop2.eventbrite.com>

This exciting and innovative program is being offered by the City of Fremont as part of the Fremont Green Challenge— a community-wide initiative to cut local greenhouse gas emissions. The Fremont Green Challenge is designed to help Fremont meet its sustainability goals as well as win the Georgetown University Energy Prize, a two-year-long national energy reduction competition, with a \$5 Million prize for the community that achieves the deepest energy savings.

Homeowners are invited to take the Fremont Green Challenge and sign up with East Bay SunShares to receive a no cost, no obligation site evaluation and learn how to plug into the sun now to save on utility bills for years to come. Visit www.Fremont.gov/Sunshares for more information and to register. For more details about the Fremont Green Challenge, please visit www.Fremont.gov/GreenChallenge.

Union City launches phase two of beautification project

SUBMITTED BY LAUREN SUGAYAN

As phase one of the South Decoto Green Streets Project wraps up on C Street, phase two is scheduled to start construction by the end of summer. City Council recently awarded a contract to Granite Rock Company to begin work on the second of three phases for the South Decoto Green Street Project. The Project overall addresses storm drainage concerns in the area, while transforming the streetscape into a tree-lined, pedestrian-friendly space for community members. Phase two construction will take place between F Street and I Street and 12th Street and 15th Street, an area that is eight contiguous blocks wide. Similar to phase one, phase two will consist of the installation of landscaping, an advanced irrigation system, rain gardens, pervious pavers and improved intersections for pedestrian safety.

Union City is one of four Northern California cities that was awarded funds from the State Water Resources Control Board (State Water Board) to fund this project. The City was awarded \$3,000,000. Proposition 84, a 2006 bond act funding water quality and supply initiatives throughout the State, allows for the State Water Board to distribute these grant funds through the Stormwater Contamination Reduction and Prevention Program. Union City was successfully awarded this grant after showcasing that the South Decoto Green Streets Project will create a green space and a natural system in an urban area, such as the Decoto District. Union City chose the South Decoto region due to its aging street infrastructure, poor flood control and need for beautification.

The City did public outreach last year prior to the project to address concerns and take in feedback from community members in the area. The City will provide an additional \$1,000,000 to fund this project. This phase of the project will tentatively be completed by summer 2016.

BEFORE



AFTER



Hayward Promise Neighborhood encourages community engagement

SUBMITTED BY ALAMEDA COUNTY SUPERVISOR RICHARD VALLE

Hayward Promise Neighborhood, a five-year federally funded initiative led by California State University, East Bay, is designed to wrap children in integrated, coordinated, high-quality academic, social, and health programs and support them on their path from cradle to college to career.

Hayward Promise Neighborhood specifically serves residents in Hayward's Jackson Triangle, an area bounded by Harder Road, Whitman Street and Jackson Street, and students that attend six schools within the Hayward Unified School District. The six schools within the Hayward Promise Neighborhood are Harder Elementary School, Park Elementary School, Cesar Chavez Middle School, Winton Middle School, Hayward High School, and Tennyson High School. The initiative brings together 11 local agencies to provide approximately 35 programs to ensure both student and community success.

Hayward Promise Neighborhood funds new programs and contributes funding to expand existing resources such as the City of Hayward's 21st Century Learning Centers. The 21st Century Learning Centers provide students with homework support services from trained volunteers. The additional funding for this program has allowed for the Centers to expand to now be available at all six of the Hayward Promise Neighborhood schools.

In an effort to partner with the community, Hayward Promise Neighborhood hosts Advisory Board meetings at California State University, East Bay to bring together Hayward residents to provide community perspective to the initiative's leadership, as well as updating the public on the progress. The next meeting will be held on Saturday, August 29 in the Art & Education Building (Room 142). Free child care, refreshments and Spanish translation are provided.

Advisory Board Meeting
Saturday, Aug 29
10 a.m. – 12 p.m.
California State University, East Bay
Art & Education Building Room 142
www.haywardpromise.org



St. Edward Catholic School OFFERS Transitional Kindergarten!



St. Edward School is excited to announce Transitional Kindergarten beginning in August 2015. Students will discover a love for learning through monthly themes, letter of the week learning and math concepts presented in a play-based and hands-on environment. We welcome children who are potty trained and 4 years of age as of September 1, 2015.

The TK school day is from 8 a.m. to 3 p.m. If you feel your child isn't ready to begin in August, applications will be accepted throughout the school year. St. Edward School, a TK-8th grade Catholic school, is accepting applications for all grades.

Please call 510-793-7242 or visit www.stednewark.org
St. Edward School - 5788 Thornton Ave., Newark

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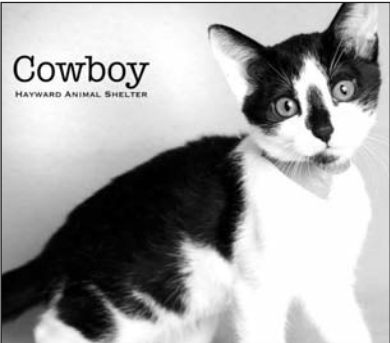
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510-490-3022

I need a Forever Home



Russell is a mellow pup who prefers to sit on laps and show his love for his human companion rather than play with toys. He'll do well in a quiet adult home or kids 15yrs+. Meet Russell at the Hayward Animal Shelter. Info: (510) 293-7200.



Cowboy
HAYWARD ANIMAL SHELTER

Little Cowboy is a lively, playful and inquisitive kitten. He's a friendly boy who is happy being held and loved or playing with his brother. Meet Cowboy and his brother Pinto at the Hayward Animal Shelter. Info: (510) 293-7200.

Enrich Your Life - Become a Volunteer!

Hayward Animal Shelter

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

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



CONTINUING EVENTS

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, 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

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

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

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

Tuesday, Jul 28 - Thursday, Aug 27
Canned Food Drive
Mon & Wed: 12 noon - 4 p.m.
Tus & Thurs: 9 p.m. - 1 p.m.
Donate canned and nonperishable items
Viola Blythe Community Service Center
37365 Ash St., Newark
(510) 794-3437
violablythe@sbcglocal.net
www.violablythe.org

Tuesday, Jul 28 - Friday, Sep 18
Landscapes, Portraits and Other Things Beautiful
8 a.m. - 5 p.m.
Art based on biology
Phantom Art Gallery
457 E. Calveras Blvd., Milpitas
(408) 586-3409
http://www.ci.milpitas.ca.gov/government/recreation/phantom_art.asp

Arts & Entertainment

Saturday, Aug 1 - Sunday, Oct 10
Beyond Bollywood: Indian American Shape the Nation
12 noon - 5 p.m.
Smithsonian traveling exhibit
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Tuesdays, Aug 4 thru Sep 1
Family Caregiver Education Series - R
8 p.m.
Strategies in providing care to loved ones
Washington Hospital
2500 Mowry Ave., Fremont
(800) 963-7070
www.whhs.com/events

Friday, Jul 31 - Sunday, Aug 30
Smokey Joe's Café \$
8 p.m.; Sundays at 6 p.m.
A night of Leiber and Stroller songs
Chanticleers Theatre
3683 Quail Ave, Castro Valley
(510) 733-5483
www.chanticleers.org

Tuesdays, Aug 4 thru Aug 25
Hot August Nights
5 p.m. - 9 p.m.
Classic cars, food trucks, and beer tasting
Dale Hardware
3700 Thornton Ave, Fremont
(510) 797-3700
www.dale-hardware.com

Monday, Aug 17 - Friday, Aug 21
Summer Tech Splash - \$R
3:30 p.m. - 5:30 p.m.
Robotics and website building for girls
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 794-2538
www.techgirlsrev.com/splash

Tuesdays and Wednesdays, Aug 18 thru Sep 30
Cribbage Club
6:20 p.m.
Tues: Beginner Night
Wed: Intermediate Night
Round Table Pizza Centerville
37480 Fremont Blvd, Fremont
(510) 793-9393
http://www.accgrassroots.org/

Tuesdays, Aug 18 - Sep 29
Bridge 1
9:30 a.m. - 10:30 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, Aug 18 - Sep 29
Bridge 2
10:30 a.m. - 11:30 a.m.
Mastering game strategy
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Wednesday, Aug 19 - Sunday, Oct 4
Pollinators: Keeping Company with Flowers \$
10 a.m. - 4 p.m.
View California ecology thru pollinating insects
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Thursdays, Aug 20 - Oct 1
Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org



SMOKING PIG BBQ COMPANY

BY NIGHT

2015 SUMMER BEST OF FREMONT

Best BBQ in Fremont
Best Live Music Venue
Best Blues Music Venue

LIVE MUSIC

Friday & Saturday at 9:00 pm

Fri 8/21 Rockin' Johnny with Aki

Sat 8/22 Frank Bey and Anthony Paule

Fri 8/28 Nancy Wright and the Rhythm and Roots Band

Sat 8/29 Big Cat and The Hipnotics

3340 MOWRY AVENUE. FREMONT, CA. 94538 (510) 713-1854



CASA ROBLES

Mexican Cuisine & Cantina

50%off

Buy one Entree at the regular price
Get the second entree of equal or less value for 50% off - Seafood Excluded
Holidays Excluded
Must present coupon with order
Exp. 8/30/15

510-770-9572

www.casaroblesrestaurant.com
3839 Washington Blvd., Fremont



Menudo every Sunday open at 10:00 am
CATERING AVAILABLE
Mariachi- 8pm Friday Night
Karaoke - Fri & Sat

Farmers' Markets

FREMONT:

Centerville
Saturdays

9 a.m. - 1 p.m.

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

Downtown Fremont
Farmers' Market

Wednesdays

3 p.m. - 7 p.m.

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

Kaiser Permanente Fremont
Farmers' Market

Thursdays

10 a.m. - 2 p.m.

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

Irvington Farmers' Market

Sundays

9 a.m. - 2 p.m.

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

Niles Farmer's Market

Saturdays

9 a.m. - 2 p.m.

Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
www.westcoastfarmersmarket.org

HAYWARD:

Hayward Farmers' Market

Saturdays

9 a.m. - 1 p.m.

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

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

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

SAN LEANDRO:

Kaiser Permanente
San Leandro

Wednesday

10 a.m. - 2 p.m.

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

MILPITAS:

Milpitas Farmers' Market at
ICC

Sundays

8 a.m. - 1 p.m.

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

NEWARK:

Newark Farmers' Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

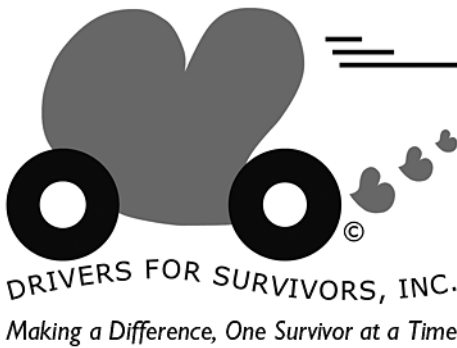
9 a.m. - 1 p.m.

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

FREE Adult Reading and Writing Classes are

offered at the Alameda County Library

Tell A Friend Call Rachel Parra 510 745-1480



FREE
Transportation
service and
supportive
companionship
for ambulatory
cancer patients
Fremont, Newark
and Union City Area

Have you received the devastating
diagnosis you have cancer
and need to get to medical
appointments?
We are here for you!
We will transport you for FREE.

Do you have
occasional extra hours?
We always need
more drivers to
transport our clients.

Companionship - Alleviating Stress - Free Transportatoin Assistance

Help us raise funds: come to an event
or give a cash donation

Please call 510-896-8056

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

Thornton Ave Summer Music Festival
FREE Admission

Featuring: MIKE OSBORNE [Gtr]/
TONY BOLIVAR [Sax]/ JON ROJO [Drums]
Special Participation: BRUCE STRYD [PCC Pastor]
& AANTONE LOURENCO [Aantone's Music]

BLUES
COUNTRY/ROCK/GOSPEL

AUG 30TH 2015 SUN 5 PM

4500 Thornton Ave Fremont CA 94536

51st Annual

PRESENTED BY: NILES MAIN STREET



Niles Antique Faire
and Flea Market

Sunday - August 30th

www.niles.org 510-299-3610

Few Vendor spaces still available

37573 Niles Blvd, Fremont Ca 94536

Mondays, Aug 24 - Sep 28

Bunco

10 a.m.
Dice game

No experience necessary

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

THIS WEEK

Tuesday, Aug 18

Toddler Time \$

11:00 a.m. - 11:30 a.m.
Stories, chores and fun for tiny tots
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Wednesday, Aug 19

Cancer Support Group

6 p.m. - 8 p.m.
Assistance for patients, caregivers, family
and friends

Eden Medical Center
20103 Lake Chabot Road,
Castro Valley
(510) 537-1234
www.edenmedcenter.org

Wednesday, Aug 19

Free Dental Event

6 a.m. - 5 p.m.
X-rays, examination and cleaning
First 75 patients
Lewelling Dental Care
10 Lewelling Blvd., San Lorenzo
(510) 402-5984
www.lewellingdental.com

Wednesday, Aug 19

Rent Review Ordinance
Meeting

6:30 p.m. - 8:00 p.m.
Community meeting for tenants and
landlords
San Leandro Senior Center
13909 East 14th Street,
San Leandro
(510) 577-6005
shernandez@sanleandro.org

Thursday, Aug 20

East Bay Stompers Band

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

Thursday, Aug 20

Kid's Club

11 a.m.
Entertainment and prizes for children 5
& under
NewPark Mall
2086 Newpark Mall, Newark
(510) 793-5683
www.newparkmall.com

Thursday, Aug 20

Community Financial Resource
Assistance - R

6 p.m. - 7 p.m.
Income, savings and debt man-
agement help
Fremont Family Resource Center
39155 Liberty St. (at Capitol),
Fremont
(510) 574-2020
www.sparkpointcenters.org

Thursday, Aug 20

Summer Street Party

5:30 p.m. - 8:30 p.m.
Food, beverages, live entertainment and
car show
Downtown Hayward
B St. and Foothill, Hayward
(510) 537-2424
www.hayward.org

Thursday, Aug 20

Music in the Round \$

7 p.m.
Hans Yourk, Juliet Gobert and Michael
McNevin
Mudpuddle
34733 Niles Blvd., Fremont
(510) 794-9935
info@michaelsmcnevin.com
https://www.facebook.com/event
s/470750836417824/

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

UNION CITY APOSTOLIC CHURCH

Annual
Family Fun Festival

Free Admission Aug. 22 10am - 6pm

Live Entertainment Food & Clothing Give Away Fun Games & More

33700 Alvarado-Niles Rd. Union City
corner of Western & Alvarado-Niles Rd.

Italian Family Festa

AUGUST 29 & 30

Saturday
11am-8pm

Sunday
11am-6pm



Guadalupe River Park
downtown San Jose

FREE ADMISSION

Live Entertainment, Cultural Village, Wine Tasting
Garden, Artisan & Craft Booths, and Much More

 ItalianFamilyFestaSJ.org

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	St., FREMONT 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT Thursday, Aug 20 9:30 – 10:15 Daycare Center Visit, UNION CITY 10:30 – 11:00 Mission Gateway, 33155 Mission Blvd., UNION CITY 1:30 – 2:00 Parkmont School, 2601 Parkside Dr., FREMONT 2:30 – 3:00 Avelina/Oroysom, 43280 Bryant Ter., FREMONT 4:00 – 7:00 San Lorenzo Street Eats, Hesperian at Paseo Grande
Tuesday, Aug 18 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, Re- gents Blvd. & Dorado Dr., UNION CITY 5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY	Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060 Wednesday, Aug 19 3:15 – 3:45 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS
Wednesday, Aug 19 2:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT 4:15 – 4:50 Lone Tree Creek Park, Starlit Way & Turquoise	

San Leandro prepares
to amend Rent Review
Ordinance

SUBMITTED BY YOLANDA CARRASCO

The City of San Leandro announced that it is moving forward with amendments and updates to its Rent Review Ordinance. In order to help inform that process, the City will host a community meeting to receive public comments, particularly from interested tenants and landlords. The meeting will take place on Wednesday, August 19.

The San Leandro City Council first approved its rent review ordinance in 2001 in order to establish a Rent Review Board, which is charged with reviewing rent increases and making non-binding recommendations for resolution of rent disputes between tenants and landlords. The ordinance has remained generally unchanged since that time.

In spring 2015, the City Council directed staff to begin a public process to update the ordinance. Some of the changes that are currently proposed include modifications to the eligibility threshold and various other modifications designed to more effectively and efficiently administer the program.

All San Leandro community members, tenants, and landlords are invited to attend the meeting on August 19. For more information, please contact Steve Hernandez, Housing Specialist II, at (510) 577-6005 or shernandez@sanleandro.org.

San Leandro Rent Review Ordinance Meeting
Wednesday, Aug 19
6:30 p.m. - 8:00 p.m.
Senior Community Center, Main Hall
13909 East 14th St, San Leandro
(510) 577-6005
shernandez@sanleandro.org


HAYWARD
AREA
HISTORICAL
SOCIETY



The How-To Guide
to a Pollinator
Friendly Garden

Thursday, August 27,
6pm-7:30pm

Plantsman, photographer,
and author John Whittlesey will
introduce you to the elements
you need to create a pollinator,
water, and human friendly
garden.



VISIT US ONLINE AT HAYWARDAREAHISTORY.ORG • 510-581-0223

WANTED!

Old or historical photographs of Newark. Help preserve Newark's history by bringing your photographs to be scanned. The images will be archived becoming a permanent part of Newark history.

The Museum of Local History Guild will be at the Newark Days Celebration - Community Center room on Sunday, September 20, 2015 from 10am—4pm to scan your old pictures.

Pictures will be returned to you along with your own digital images.

Participate in a Video interview— 3-5 minutes....

You can be recorded for posterity. Short, videotaped interview on any of the following subjects:

- my favorite memory of Newark
- my favorite thing in Newark that is now gone
- my earliest memories of Newark
- Newark's most unforgettable character or event

Nightingale Girl's Choir
Sumer Concert

SUBMITTED BY CANDY ALCOSIBA

The Nightingale Girls' Voice Summer concert will be performing their first summer concert on Saturday, August 22, 2015 beginning at 3:00PM at Harbor Light Church, 4760 Thornton Avenue in Fremont. This exclusive choir is comprised of 16 girls between the ages of 10 and 18 and is unique, as the choir was founded with a mission. Although these young ladies and their angelic voices are guaranteed to deliver an extraordinary performance,

they are also proactive in their leadership through musicianship, compassion, and community service.

The choir, led by the professional expertise of JoJo McCoy, a 30-year veteran musician, will also be featuring CBNC Angel Children's Choir, Vallejo Mill PTA choir and Turn it Up Choir for an amazing afternoon of song, music and celebration.

Come on out and enjoy a time of music while supporting the local community choirs. You won't be disappointed!

Flight to Freedom

SUBMITTED BY SULPHUR CREEK NATURE CENTER

Relax under the oaks, and enjoy excellent wine, beer, coffee, and a delicious meal, along with live music. This fundraising event on Saturday, August 22, benefits the wildlife education and rehabilitation programs of Sulphur Creek Nature Center.

As a highlight to the evening, witness the release of some young owls raised through Sulphur Creek's Wildlife Rehabilitation program. Take part in the behind-the-scenes tours, live animal appearances, and much more.

The evening will also offer the public a chance to participate in a fabulous silent auction. Tickets at \$75 and are available by calling (510) 881-6747 daily after 10 a.m. This is an adults-only event; you must be at least 21 to attend.

Flight to Freedom Special Event
Saturday, Aug 22
6:30 p.m. – 9:00 p.m.
Sulphur Creek Nature Center
1801 D St, Hayward
(510) 881-6747
nature@haywardrec.org
\$75/ per person. Ages 21 and up only

Thursday, Aug 20**PBS Documentary: Being Mortal – R**

3 p.m. - 5 p.m.

Plan the care you want

Washington Hospital
2500 Mowry Ave., Fremont
(800) 963-7070

Friday, Aug 21**Taize Prayer Around the Cross**

8 p.m. - 9 p.m.

Peaceful song and prayer

Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 502-5797

Friday, Aug 21**Senior Scam Stopper Seminar – R**

1 p.m. - 3 p.m.

Assistance to avoid becoming a victim of fraud

Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 83-8818
Lyanne.mendez@asm.ca.gov

Friday, Aug 21 - Saturday, Aug 22**Super Heroes \$**

Fri: 7 p.m.

Sat: 11 a.m.

Children's Repertory Theater production

Fremont Veterans Hall
37154 Second St., Fremont
(510) 494-4300
www.RegeRec.com

Friday, Aug 21**Friday Teen Festivities \$**

4:45 p.m.

End of summer party

Silliman Activity Center
6800 Mowry Ave., Newark
(510) 578-4620
www.newark.org

Friday, Aug 21**Family Movie Night: Home**

8 p.m.

Bring a blanket, chair and picnic

Fremont Central Park
4000 Paseo Padre Parkway,
Fremont
(510) 494-4300
www.Fremont.gov/MovieNight

Friday, Aug 21**Tea Party**

12 noon

Enjoy refreshments in historic home

Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Saturday, Aug 22**Garden Chores for Kids \$**

11 a.m. - 12 noon

Weed, water and plant vegetables

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

Saturday, Aug 22**Free Outdoor Movie Night:****Stuart Little**

8 p.m. - 10 p.m.

Bring blanket, chair and warm clothes

Rated G
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2554

Saturday, Aug 22 - Sunday, Aug 23**Outdoor Discoveries Batty Campout \$R**

4:30 p.m. - 11:00 a.m.

Night hike, pot luck dinner and camping

Bring own equipment
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(888) 327-2757
www.ebparks.org/register

Saturday, Aug 22**Family Fun**

3 p.m. - 4 p.m.

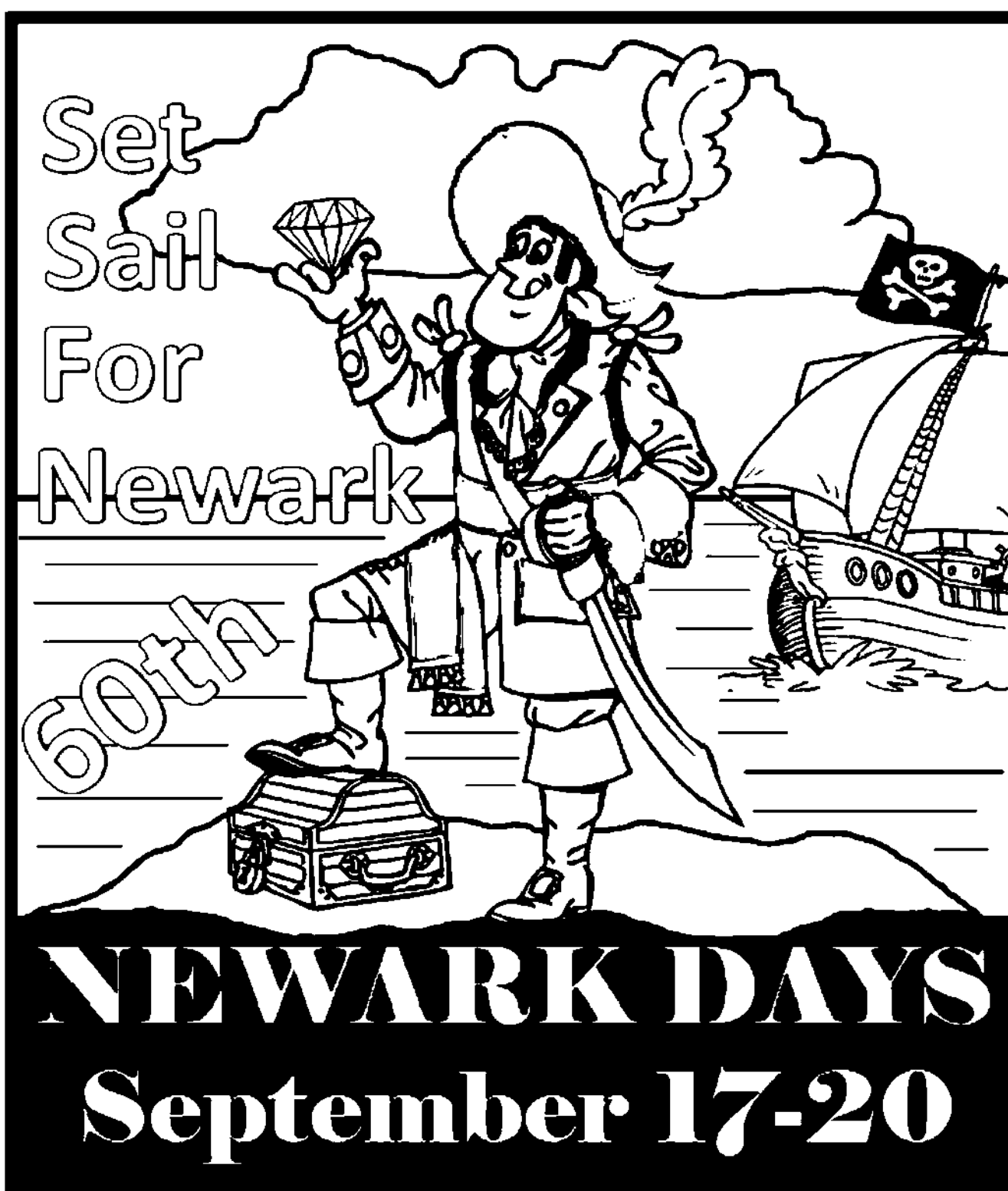
Games, crafts and scavenger hunts

Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

JOIN THE NEWARK DAYS COLORING CONTEST!

Newark Days coming September 17-20

SPONSORED BY

HEY KIDS! COLOR ME & YOU COULD WIN!

1st Place

Ride in the Newark Days Parade on Saturday, Sept. 19, 2015. Participate in the Newark Days Dignitaries Breakfast. Receive a one day FREE PASS for Newark Days carniva. rides!

2nd Place

Receive a one day FREE PASS for Newark Days carnival rides!

3rd Place

Receive a one day FREE PASS for Newark Days carniva. rides!

Cut here and return above portion

Rules & Regulations

Winners will be awarded in each age category!

- Contest is open to children ages 4-12.
- Entries will be judged according to the following age categories: 4-5; 6-7; 8-9; 10-12.
- One entry per child.
- All entries must be the sole work of the child.
- Winners will be selected on the basis of originality and art aptitude.

- Winners will be notified by phone and awarded prizes at a special ceremony Saturday, Sept 19, with first, second and third place winners for each category.

- Judging will be conducted by the Newark Arts Council. Decisions of the judges are final.

- Entry deadline is Wednesday Sept. 2, at 5:00 p.m. for all categories. Pictures will not be returned

- All entries must include entrant's name, age, address and phone number on the back of the artwork.

MAIL TO:
ATTN: Coloring Contest
Newark Days Celebration, Inc.
P.O. Box 608
Newark, CA 94560

Women's Equality Day celebration

SUBMITTED BY
CHRISTINA FERNANDEZ

SAVE (Safe Alternatives to Violent Environments) will host a free Women's Equality Day Celebration on Wednesday, August 26 in Fremont.

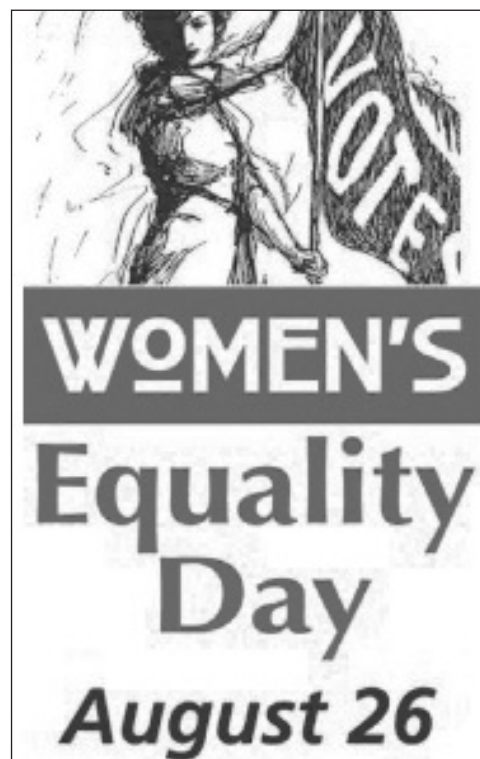
Women's Equality Day was established in 1971 at the behest of Bella Abzug, an American lawyer, U.S. Representative, social activist and a leader of the Women's Movement. National Women's Day is a celebration of the passage of the 19th Amendment which gave women the right to vote and it's also a day when we call attention to the continuing efforts being made to bring full equality to women. This year's celebration is especially important as 2015 marks the 95th anniversary of the passage of the 19th Amendment.

SAVE's Women's Equality Celebration Day will include a book reading/signing by Kate

Schatz, author of the acclaimed children's book, "Rad Women A -Z," excerpts from "The Vagina Monologues" performed by Candace Archuleta-Romero, live music by Fremont's Dixie Dominus Youth Jazz Band, activities, free food and beverage, and opportunities throughout the event to socialize, network, and empower one another.

Please RSVP via SAVE's Eventbrite page at <http://goo.gl/I18Ys2> or call Tina Fernandez at (510) 574-2250 ext. 106.

Women's Equality Day Celebration
Wednesday, Aug 26
5 p.m. - 7:30 p.m.
SAVE Empowerment Center
1900 Mowry Ave, Suite 201, Fremont
(510) 574-2250 ext. 106
Eventbrite: <http://goo.gl/I18Ys2>
www.save-dv.org



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, Aug 23: Von Trapps

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, 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, Aug 29: Rusty Stringfield, 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, 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
Sunday, Aug 23: Sezu with Kari & the SweetspOts (benefitting South Hayward Parish)
Sunday, Aug 30: Jazz concert: What’s Up Big Band (benefitting Hayward-La Honda Music Camp)

Saturday, Aug 22
Successfully Navigating Middle and High School \$R
9 a.m. - 12 noon
Parent and student workshops
Mission Valley ROP
5019 Stevenson Blvd., Fremont
(510) 795-2244
https://fremontfun.wordpress.com/kick-off-2015-2016-school-year-with-ffun-registration/

Saturday, Aug 22
Cemetery Clean-Up
9 a.m. - 1 p.m.
Help maintain historic landmark
Water and snacks provided
San Lorenzo Pioneer Cemetery
Usher Street & College Street, San Lorenzo
(510) 581-2516
www.haywardareahistory.org

Saturday, Aug 22
Nightingale Girl’s Choir Sumer Concert
3 p.m.
Choirs: Nightingale, Angel Children’s, Vallejo Mill, Turn it Up
Harbor Light Church
4760 Thornton Ave, Fremont
(510) 744-2233

Saturday, Aug 22
Summer History Walk
10:00 a.m. - 11:30 a.m.
View historic hotels in Hayward
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Saturday, Aug 22
FFUN Workshop Day
9 a.m. – 12 p.m.
Free workshops for students and parents
Mission Valley ROP
5019 Stevenson Blvd, Fremont
fuss4schools@gmail.com
https://fremontfun.wordpress.com/

Saturday, Aug 22
Family Fun Festival
10 a.m. - 6 p.m.
Entertainment, food and games
Union City Apostolic Church
33700 Alvarado-Niles Road, Union City
(510) 468-3402

Saturday, Aug 22
Casablanca Meets Texas Hold ‘em \$
6 p.m.
Poker, dinner and dancing
USS Hornet Museum
707 W. Hornet Ave, Alameda
(510) 521-8448
http://tinyurl.com/HornetCasinoNight

Saturday, Aug 22
Family Bird Walk – R
2 p.m. - 4 p.m.
Create a field guide and use binoculars
Ages 5 – 10
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x362
https://donedwardsfamilybird.eventbrite.com

Saturday, Aug 22
Music in the Vineyard \$
2:30 p.m.: Gates open
3:30 p.m.: Show begins
Live music, auctions and raffle
Westover Vineyards
34329 Palomares Rd, Castro Valley
(510) 621-7482
www.sitricities.org
www.westovervineyards.com

Saturday, Aug 22
Hike the Mallard Slough Trial – R
10:00 a.m. - 12:30 p.m.
Search for animals on a 3.7 mile walk
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513 x104
http://hikeec.eventbrite.com

Saturday, Aug 22
Wildlife Fundraiser: Flight to Freedom \$R
6:30 p.m. - 9:00 p.m.
Dinner, spirits and live music
RSVP required
Sulphur Creek Nature Center
1801 D. St., Hayward
(510) 881-6747
www.haywardrec.org

Saturday, Aug 22
Mary Pickford Night \$
7:30 p.m.
Sparrows, Slippery Slickers and Mum’s the Word
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Aug 23
Gorgeous Goats \$
12 noon - 1 p.m.
Children groom and exercise goats
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 23
Wake Up the Farm \$
10:30 a.m. - 11:00 a.m.
Prepare morning snack for sheep and goats
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 23
Corn Mosaics \$
1:30 p.m. - 2:30 p.m.
Create a craft with rainbow corn
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 23
Crafting Nature
3 p.m. - 4 p.m.

Create a snake mobile, insect magnet or butterfly
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

Sunday, Aug 23
Autism: Yesterday and Today Fundraiser Dinner \$
5 p.m. – 8 p.m.
Help provide technology to special needs classes
Spin-A-Yarn Steakhouse
45915 Warm Springs Blvd, Fremont
(510) 796-1278
www.autismyesterdayandtoday.org

Sunday, Aug 23
Animal Feeding
11:00 a.m. - 11:45 a.m.
Feed snakes, turtles and a tarantula
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Aug 23
Teddy Bear Tea Party \$R
9:30 a.m. - 12 noon
Snacks, activities, zoo tour and goodie bags
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 623-9525
educationreservations@oakland-zoo.org

Sunday, Aug 23
Tiny Drifters – R
1:30 p.m. - 2:30 p.m.
Study plankton under a microscope
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513
https://ectinydrifters.eventbrite.com

Sunday, Aug 23
Hayward Oddfellows Summer Concert
1 p.m. - 5 p.m.
Kari McAllister and the Sweet Spot
Hayward Memorial Park
24176 Mission Blvd., Hayward
www.haywardlodge.org
www.haywardrec.org

Homework Center volunteer orientation

SUBMITTED BY NATHAN SILVA

The Castro Valley Library is looking for dedicated and enthusiastic high school student volunteers, just a few hours a week, for its after-school Homework Assistance Center.

Two separate orientations are scheduled for Wednesday, September 2:

Returning Homework Center volunteers, please arrive between 4:00 p.m. to 4:30 p.m. to schedule your hours.

New volunteers, please arrive at 4:30 p.m. for orientation and scheduling of hours. Please be sure to bring a completed and signed Homework Center Volunteer application to the orientation.

So, if you are looking for community service hours or need some job experience for your resume, sign up for your hours on Mondays-Thursday, from 3:30 p.m. to 5:00 p.m., and help students tackle their homework, gain valuable experience, and have fun.

Homework Center Volunteer Orientation
Wednesday, Sept 2
4 p.m. – Returning volunteers
4:30 p.m. – New volunteers
Castro Valley Library
3600 Norbridge Avenue, Castro Valley
(510) 667-7900
www.aclibrary.org

Fremont launches residential solar discount program

SUBMITTED BY
CITY OF FREMONT

The City of Fremont has recently launched a new program called East Bay SunShares, designed to help local residents obtain rooftop solar electric systems.

In partnership with the nonprofit Vote Solar Initiative and other East Bay cities, East Bay SunShares pools the buying power of local homeowners to get more competitive pricing from solar companies, making going solar easier and more affordable than ever for residents.

Through this program, residents can take advantage of discounted pricing from two local solar firms to purchase rooftop solar systems as low as \$3.50 per watt, which is 15 percent lower than the average cost of installation in the Bay Area. American-made panel and inverter options are also available at a slight cost premium.

East Bay SunShares is a limited-time opportunity that launched August 3 and runs until mid- October. Both residents and people who work in Fremont are eligible for the program, as well as family and friends.

Two informational workshops are planned at the Fremont Main Library: Saturday, September 12 and Tuesday, September 29.

This exciting and innovative program is being offered by the City of Fremont as part of the Fremont Green Challenge– a community-wide initiative to cut local greenhouse gas emissions. The Fremont Green Challenge is designed to help Fremont meet its sustainability goals as well as win the Georgetown University Energy Prize, a two-year-long national energy reduction competition, with a \$5 Million prize for the community that achieves the deepest energy savings.

Homeowners are invited to take the Fremont Green Challenge and

sign up with East Bay SunShares to receive a no cost, no obligation site evaluation and learn how to plug into the sun now to save on utility bills for years to come. Visit www.Fremont.gov/Sunshares for more information and to register. For more details about the Fremont Green Challenge, please visit www.Fremont.gov/GreenChallenge.

Discount Solar Program Workshops
Saturday, Sept 12
10 a.m. to 12 pm.
Tuesday, Sept 29
7:00 p.m. – 8:30 p.m.
Fremont Main Library, Fukaya Room A
2400 Stevenson Blvd, Fremont
<http://sunsharesfremontworkshop1.eventbrite.com>
www.Fremont.gov/Sunshares
Free



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\$25 per day / \$105 week
*sign up for full weeks and 2nd
child is 50% off; Family of 3 or
more for full week is \$200 flat

Full Day Camp
9am - 3pm (Must Bring lunch)
\$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)

SPORTS

Ohlone College names head women’s basketball coach

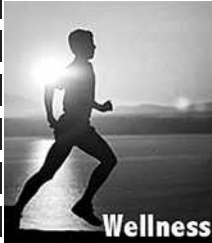
SUBMITTED BY OHLONE COLLEGE

Ohlone College’s Athletics Department has announced that Steve Picchi will join the College as head coach of the women’s basketball program. Faculty members in Ohlone’s Athletics Department are thrilled to add another permanent coach to the Renegades staff. “We are very excited to have Steve as a part of our Ohlone family. He brings with him a long history of success with student athletes in the Bay Area, and we hope to continue that trend here with our women’s basketball program,” says Chris Warden, Dean of Kinesiology and Athletics Division.

The California native has amassed a wealth of coaching experience at both the collegiate and high school levels. He most recently served as the coach of women’s basketball team at the highly successful Sequoia High School in Redwood City. He has held numerous coaching positions in a 25-year career in coaching women’s basketball all over the Bay Area, including at Santa Clara University, Notre Dame de Namur University, Chabot College, and Burlingame High School.

Picchi holds a bachelor’s degree in Recreation Administration with a concentration in Physical Education from San Francisco State University and previously earned an Associate of Arts degree from Skyline College.





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6943 Thornton Ave., Newark



Junior Angler Champion Thomas Orozco of Union City caught a 37-inch guitarfish at the International Game Fish Association’s Marin Rod and Gun Club Pier Tournament held on Saturday, August 1, 2015 in San Rafael, CA.

15-time junior angler champion

SUBMITTED BY GILBERT D OROZCO

Thomas Orozco, 15, of Union City placed first in his age division at the International Game Fish Association (IGFA) Young Anglers Tournament held at Shelter Island Pier in San Diego, CA on Saturday, August 8, 2015. Thomas caught and released Calico bass, sand bass and mackerel during the 3-hour tournament in which 125 kids ages 6-15 participated. Thomas ended his IGFA Young Anglers Tournament career with 15 first-place wins in 10 years.

Thomas also won the IGFA Marin Rod and Gun Club Pier Tournament on Saturday, August 1, 2015 in San Rafael, CA where he caught a rare, 37-inch guitarfish.

Cypress Mandela Golf Tournament

The Cypress Mandela Training Center in Oakland, a community based organization that provides pre-apprentice construction and life skills training, is hosting its annual fundraising golf tournament on Friday, August 28 at Sunol Valley Golf Club. All funds raised from the event will go toward meeting the training and career needs of the students they serve, at both the Oakland site and new Union City satellite branch.

According to Brittny Crain, administrative coordinator at the training center, “The annual golf fundraiser began with the vision of Executive Director Art Shanks, who was taught how to play golf at a very young age by his uncle. Shanks took a trip to Grass Valley Golf Course where he had a vision to get all Cypress students involved in something that was more environmentally safe and different from what they were accustomed to.” The idea evolved into a fundraiser, which is now on its third year.

Registration for the event costs \$200 and includes golf for one player, tee prizes, box lunch and dinner. Raffle tickets will be available for purchase for a chance to win numerous prizes. There will be an awards dinner and live entertainment immediately following the tournament.

ately following the tournament.

You can also sponsor the event by sending a check with the amount you’d like to donate payable to Cypress Mandela Training Center, Inc., located at 2229 Poplar St., Oakland, CA 94607. The sponsorship options include major sponsor (\$10,000 – golf for eight), eagle sponsor (\$7,500 – golf for six), birdie sponsor (\$5,000 – golf for four), hole sponsor (\$2,500 – golf for two), and classic supporter (\$500 – golf for one), which includes dinner for two. All sponsorship levels include tee sponsorship, lunch, awards dinner, and program recognition. For more information, call (510) 208-7350.

Cypress Mandela Golf Tournament
Friday, Aug 28
8 a.m.: Registration
10 a.m.: Shotgun start
Sunol Valley Golf Club
6900 Mission Rd, Sunol
(510) 208-7350
www.cypressmandela.org
Cost: \$200 per person

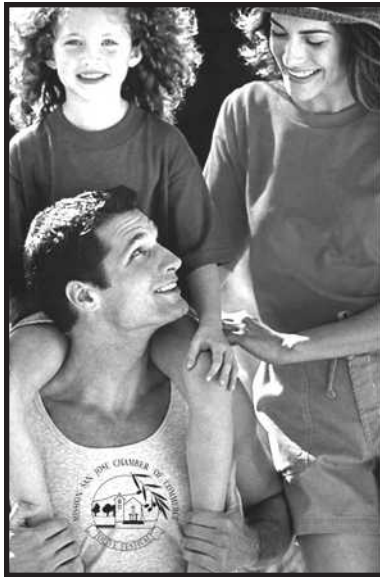


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Man injured in an accident show

AP WIRE SERVICE

ATLANTIC CITY, N.J. (AP)—An accident has taken place at an accident reconstruction convention - but not intentionally.

The Press of Atlantic City reports (<http://bit.ly/16S5UtW>) that a man participating in the annual convention of accident reconstructionists was hurt during

a car crash re-enactment when a cable came loose and struck him in the abdomen.

Russell Strickland of Cincinnati was acting as a radio operator for an experiment to crash two cars at medium speeds in a controlled environment when the accident occurred. Strickland was badly bruised but did not break any bones. He is expected to be released

from the hospital Thursday.

Accident reconstructionists were meeting from across the United States and Canada at their annual convention, which this year is being held in Atlantic City.

The accident happened at Bader Field Wednesday afternoon.

Information from: *The Press of Atlantic City (N.J.)*, <http://www.pressofatlanticcity.com>

Year of Opportunity

SUBMITTED BY
DAVE CORTESE,
SANTA CLARA COUNTY
SUPERVISOR

In January, I declared 2015 to be the Year of Opportunity, and challenged myself, the Board, County staff, community partners and you, the residents, to come together to help solve our most urgent problems.

I proposed an ambitious set of initiatives on January 27, when I delivered the State of the County speech. (To refresh your memory, visit www.sccgov.org and click on State of the County 2015 under Hot Items.) I'm happy to say we have made great progress on many of these initiatives, and I'd like to give you an update on a few of them.

Homelessness

The Housing Task Force, which I created to develop solutions to homelessness, has been meeting since April, learning about the challenges and needs of the County's diverse homeless population, resources available and alternatives to forcing people to sleep along creeks and under freeway overpasses. The Task Force members, including two who have been homeless, have also listened to the ideas of dozens of community members.

Some of those ideas will be presented at the next meeting, including villages with small housing units, temporary tent camps, motel leases, and expanding emergency shelters. The Task Force will present a full report to the board in December.

Curb the Growth of type 2 Diabetes

I set a goal to reverse the growth of type 2 Diabetes, which affects 18 percent of adults in Santa Clara County who are diabetic or pre-diabetic. A proposal from Supervisor Ken Yeager and me was approved by the Board in February and funded with \$145,659 a year to hire a diabetes prevention coordinator and \$100,000 to support diabetes



awareness and screening.

We want to make screening available to every one of our 1.8 million residents so those who have type 2 Diabetes can receive treatment to control it, and those who are pre-diabetic take measures to never get beyond that stage. You'll be hearing more about opportunities for screening and the launch of our awareness campaign in the coming weeks.

Children's Health Assessment

We've launched a Children's Health Assessment to provide information and recommendations to health workers, policymakers and community leaders so they can better care for residents under age 18. This assessment was approved by the Board on April 7, and a report on a timeline and cost estimate of \$285,000 was given to the Children, Seniors and Families Committee on June 5.

Data is being collected now, with a community survey and outreach plan in the works. A preliminary report is expected to be released in December, and the entire assessment will be completed in May. Just like health assessments on other segments of our population, including Latino, Vietnamese and LGBTQ, the results will generate a Call for Action early next year.

Summer Jobs

More than 500 youth from age 16 to 21 are working thanks to our Youth Works program. The Board voted to invest \$1 million for this program, which focuses on low-income youth

and youth in foster care. Besides working and earning money, participants are receiving training, care advice and opportunities to develop job skills. The work2future Foundation is managing this program, along with the City of San Jose's Youth Works program, and can be reached at <https://work2futurefoundation1.org/>.

Neighborhood Safety Unit (NSU)

The County is investing \$800,000 to pilot a Neighborhood Safety Unit aimed at lowering the rates of juvenile crime by reaching out to the youth who are likely to be victims or violators, connecting them with resources and services and giving them opportunities to change their lives, socially and financially. It will initially focus on two neighborhoods and then expand to other communities. The NSU is operating under the County's Probation Department.

Alviso Marina Park Boat Tour Program

We're well on our way to establishing a tourism program at the Alviso Marina Park, one of the jewels of the County park system. We launched the program on May 29, with students from George Mayne Elementary School in Alviso. While two boats piloted by Sheriff's deputies navigated students through the salt marshes to the open waters of the Bay, another group took a land tour guided by U.S. Fish and Wildlife Service staff.

Since then, more than 100 people have taken the boat tours, which offer guests a chance to learn about and see harbor seals, coastal birds and other wildlife in the beautiful Don Edwards San Francisco Bay National Wildlife Refuge connected to the park.

For more information on this venture, visit www.sccgov.org/alvisoboattour, call my office at (408) 299-5030 or email me at dave.cortese@bos.sccgov.org.

CSU East Bay names interim provost, VP of Academic Affairs

SUBMITTED BY
STEPHANIE HAMMON



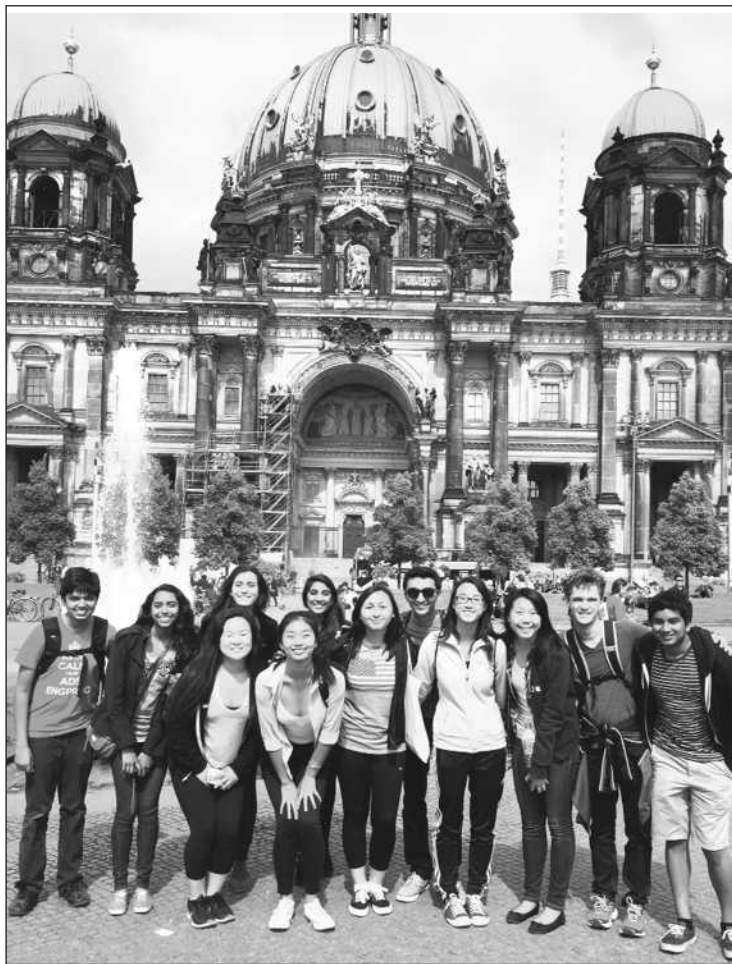
Carolyn Nelson, dean of California State University (CSU), East Bay's College of Education and Allied Studies (CEAS), has been named interim provost and vice president of Academic Affairs for the university effective Saturday, August 22. Nelson has led CEAS since 2009, overseeing a college that is home to more than 70 faculty members in fields of study that include Educational Leadership; Educational Psychology; Hospitality, Recreation and Tourism; Kinesiology; and Teacher Education.

Previously, Nelson served in a wide variety of academic, administrative, and leadership roles during her 19 years at San Jose State University. Since her appointment as dean at CSU East Bay, she has led CEAS into full state and national accreditation. Working with faculty, she doubled the number of students in the doctoral program and created a strategic plan for the college.

"From her role as dean of CEAS to principal investigator on the highly successful Hayward Promise Neighborhood effort, and as an advocate for high-quality science education in public

schools, Dr. Nelson has made a remarkable impact during her career here," said CSU East Bay President Leroy M. Morishita. "The hallmarks of her leadership include a keen ability to forge lasting partnerships; the building of collaborative and productive teams; and the capacity to work effectively within the shared governance model."

Nelson received her Bachelor of Science degree from University of Nebraska Omaha with an emphasis in science education. She received her master's degree in curriculum and instruction and a doctorate in organization and leadership from University of San Francisco.



Local students enjoy German experience

SUBMITTED BY
SARAH DENG

I have always heard about the intriguing study abroad programs offered in college but never for a high school student. I was one of the 12 Mission San Jose High students selected for a two-week cultural exchange to Göttingen, Germany, June 11 through 25 organized under the auspices of the Fulbright commission. The trip provided me with an unforgettable and eye-opening experience both inside and outside of school.

"For two weeks, I casted social media aside in exchange for experiencing the lovely backdrop of Germany's countryside. Connecting with nature was one thing, but the dinner side conversations and humorous everyday stories that my host family and I shared with one another really opened

up my perspective and outlook on life," said fellow student Chloe Velasquez.

Our generous host families provided us with practically unlimited amounts of delicious German foods and took us on adventures around their beautiful town, which more often than not featured historic castles, farms, and hiking trails. Staying with a family enabled us to experience cultural submersion on a completely different level from tourism, especially due to the fact that we were able to shadow them at school, which was admittedly and surprisingly one of the highlights of our trip.

Hot breakfast and coffee was available to students in the morning as well as baked goods, such as pretzels, donuts, and cheese breads, sold throughout the day. Their school system differs so much from

ours in the respect that they study over 10 different subjects every year and have widely varied schedules. "One major difference was that the students stayed in the same class with the same students for their core classes, and the teacher changed rooms," said Shivam Parikh.

The public transit system is also far more widely implemented as the majority of students rode the bus home. I was able to successfully introduce both the selfie stick and "the whip" and "nae nae" dances to their school and start a trend. Both were big hits!

We spent a day participating in a science experiment involving global warming and the greenhouse effect at the prestigious X-Lab at the University of Göttingen, home of over 40 Nobel laureates. "The procedures were

all extremely varied, and ranged from finding temperatures of different conductors, to seeing how different gas concentrations affect the absorption rates of water, to measuring the difference in carbon-dioxide output between people and cars. It was all a very truly enlightening peek on what life in a research laboratory is like," said Dominic Melville.

We also went on various excursions to Heidelberg, Frankfurt, Berlin, and Dresden. "While on the day trips, we all saw landmarks and monuments, but when I look back on this journey, what I will remember most are the relationships I was able to build with everyone – American and

German," said Neha Shah.

Visiting these cities and meeting all these new people has made us not only recognize the differences between people from opposite ends of the world, but also work to bridge the gap between different countries, striving to create a world unified. We are incredibly thankful to have been given the unique, once-in-a-lifetime opportunity to participate in such an exchange program, all thanks to our hardworking teachers Mrs. Krishna and Dr. Brucker and our supportive parents. I definitely want to do more travel now and study abroad, keeping in mind the new opportunities and different lifestyles.



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

Ohlone College Board of Trustees Meeting

August 12, 2015

Consent:

- Approval of July 2015 payroll warrants in the amount of \$1,731,779.60
- Approve the Education Protection Account Expenditure Plan for FY 2015-16 with total expenditures—all on adjunct faculty salaries and benefits—at \$6,663,572.
- Review of Purchase Orders in the amount of \$709,484.04
- Ratification of contracts in the amount of \$2,934,208
- Measure G Project: Academic Core Buildings, consolidated laboratories agreement in the amount of \$648,706.
- Measure G Project: Academic Core Buildings, construction testing services agreement in the amount of \$186,721.
- Measure G Project: South

Parking Structure, construction testing services revision #1 in the amount of \$85,275.

- Measure G Project: South Parking Structure, C. Overaa & Company change order #8 \$70,375.

To the Board for Discussion and/or Action:

Board Policy Review: 1st reading covering policies on such issues as accreditation, nondiscrimination and campus security.

Mr. Greg Bonaccorsi, Chair: Aye
Mr. Rich Watters, Vice Chair: Aye
Ms. Teresa Cox: Aye
Ms. Jan Giovannini-Hill: Aye
Ms. Vivien Larsen: Aye
Mr. Ishan Shah: Aye
Mr. Garrett Yee: Absent
Mr. Rahul Patel: Absent
(student member, advisory only)

Union City City Council Meeting

August 11, 2015

Proclamations and Presentations:

Resolution celebrating the 50th anniversary of the Voting Rights Act of 1965

Consent:

- Adopt ordinance amending the Union City Municipal Code to establish an expedited streamlined permitting process for small residential rooftop solar systems.
- Adopt a resolution authorizing city manager to execute a contract amendment to extend the Union City Transit and Paratransit operations and maintenance agreement with MV Transportation for fiscal year 2017-18.
- Adopt a resolution approving amendments to medical, vision and dental benefits to elected officials.
- Adopt a resolution for the award of contract for the South Decoto Green Streets project.
- Adopt a resolution creating the Human Resources Manager,

Web Manager and Digital Marketing Specialist job classifications.

Item Removed From Consent:

Adopt a resolution authorizing city manager to execute a supplemental agreement to the Clipper Memorandum of Understanding

Public Hearings:

Hold a public hearing to introduce an ordinance approving zoning text amendment to allow for live music at restaurants and modify definitions and standards related to food service, commercial entertainment and recreation uses.

City Manager Reports:

- Hold a study session on Historic Alvarado District improvements, the fiscal impact of which is estimated at \$479,550.
- Adopt a resolution in opposition to Assembly Bill 113.

Mayor Carol Dutra Vernaci: Aye (recused during Historic Alvarado report)
Vice Mayor Jim Navarro: Aye
Emily Duncan: Aye
Lorin Ellis: Aye (absent during consent and item removed from consent)
Pat Gacoscos: Aye

Alameda County selected for Achievement Awards

SUBMITTED BY GUY ASHLEY

Alameda County has been selected to receive 14 Achievement Awards from the National Association of Counties (NACo) for a wide range of programs that include initiatives to protect the environment, enhance public safety and leverage innovative technologies to make County operations more efficient and enhance customer service.

The awards will be presented at NACo’s Annual Meeting later this month. Six of the awards are going to the County’s Information Technology Department (ITD) for projects – often performed in tandem with other County departments – that leverage technology to improve customer services and save public resources by making County operations more efficient.

ITD was selected for NACo Achievement Awards for the following projects:

The Auditor Property Tax Information System, or APTIS, a new web-based solution developed in cooperation with the County Auditor-Controller Agency that helps the County more efficiently manage the more

than \$2 billion in property tax revenue it manages each year.

READY.ACGOV.ORG, a new mobile-friendly emergency preparedness website that provides an easy-to-follow, step-by-step process to help the public prepare for the major earthquakes, fires and other major disasters.

“E-warrants,” a new electronic process developed to help local law officers in submitting warrants for arrests, searches and other legal procedures for judicial approval.

A new “Polling Place Lease-Card System” developed by ITD in cooperation with the Alameda County Registrar of Voters.

A “Position Request System” that provides a vital interface between the County Budget and the Human Resource Management System.

The creation of electronic “Probable Cause Declarations” that have streamlined the process of obtaining court approval of all arrests made by law enforcement in Alameda County.

Other initiatives chosen for NACo Achievement Awards include projects designed to reduce the environmental impacts of County programs, more effec-

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Celebrating International Coworking Day

BY KIM MARSHALL,
ECONOMIC DEVELOPMENT
SPECIALIST

Did you know that “coworking” — a flexible, drop-in space where entrepreneurs can collaborate, create, and connect — was started in the San Francisco Bay Area 10 years ago by Brad Neuberg, an independent worker?

In the past decade, coworking has grown to an international phenomenon with an estimated 1,500 coworking spaces thriving worldwide. In our blog last year, we highlighted several coworking spaces in Fremont. Now, a year later, coworking spaces are flourishing, adding networking events and programs for startups at their facilities to help connect entrepreneurs to specialized resources.

In addition to work spaces, coworking facilities generally provide rent-by-the-hour conference rooms, and in some cases, “maker” equipment such as 3D printers, wood cutting machines, and welding machines. This environment fosters entrepreneurship by allowing casual interaction in eating or lounging areas whether

at a foosball table or coffee bar.

The City of Fremont plans to provide additional support to entrepreneurs through the Alameda County Small Business Development Center (Alameda County SBDC) that will offer free workshops addressing new business topics ranging from business plans to advanced social media marketing. To learn more about these workshops go to the Alameda County SBDC website at www.acsbdc.org.

As the demand for entrepreneurship services grow, the City of Fremont will continue to help meet the needs of the local startup community, including its support of a new Startup Grind chapter in Fremont. (More on that in next week’s blog post!)

So hat’s off to a decade of coworking! We look forward to seeing this work style grow and evolve. For more information on events celebrating the anniversary of coworking in the Bay Area, visit <http://www.eventbrite.com/e/sf-coworking-week-2015-celebrating-10-years-of-collaboration-tickets-17632162272>.

tively bring County programs to under-served populations and protect public safety. These award winners were:

A “Green Child Care Program,” led by the County General Services Agency’s Early Care and Education (ECE) Program. The program works with local pre-schools on reducing waste and teaches children about recycling, reusing and composting. “Castro Valley Meet in the Street,” a day-long celebration each November that was created by the County’s Community Development Agency in collaboration with residents and local businesses.

The Human Exploitation & Trafficking (H.E.A.T.) Watch Community Initiatives Program led by the Alameda County District Attorney’s Office.

A unique educational program called “Learn Your Rights in California,” or LYRIC, sponsored by the Alameda County Public Defender’s Office. The program goes into local classrooms to teach youth about their constitutional rights regarding detentions, searches and arrests.

A “Rape Kit Backlog Elimina-

tion Project” led by the District Attorney’s Office that has identified and catalogued nearly 2,000 kits containing evidence from sexual assault cases that had not undergone forensic testing.

The “Local Government Electric Vehicle Fleet Demonstration Project” in which Alameda County, led by its General Services Agency, spearheaded a regional partnership that received federal funding for procuring 90 electric vehicles (EVs) for government agencies throughout the Bay Area.

The “Regional Renewable Energy Procurement Project,” or R-REP, also led by the General Services agency, in which Alameda County joined with 18 other government agencies to jointly procure solar energy systems for 186 publicly owned sites in four Bay Area counties.

The Alameda County Library’s P.U.L.S.E. (Pop-Up Library Services for Everyone) Project, which brings extended library branches – including an automated library kiosk, computer terminals, and library programming and promotional activities – to agencies within the County serving marginalized populations.

Alameda County’s high credit rating

SUBMITTED BY GUY ASHLEY

On Friday, August 7, Moody’s Investors Service again affirmed Alameda County’s high credit rating and upgraded the County’s rating outlook. Citing factors including Alameda County’s “exceptionally healthy financial position,” Moody’s decision will allow the County to continue to maximize taxpayer resources as it invests in vital community services and infrastructure upgrades.

Moody’s, one of the three major national credit rating agencies, reconfirmed Alameda County’s high credit rating of Aa1 and revised the County’s rating outlook from “stable” to “positive.” The rating outlook is Moody’s opinion regarding the likely rating direction for the County over the medium term. Currently, the County is rated just one level below Moody’s top rating of Aaa.

OPINION



WILLIAM MARSHAK

Small business is often referred to as the backbone of Ameriacan commerce. Upon close examination however, it is probably more accurate to say that a combination of business types - large, small and micro - form the backbone of our society. Large businesses almost always begin as small businesses and as they grow, small businesses prosper within their sphere of influence as part of their supply chains. Truly innovative businesses may grow to become large businesses, but in some cases, micro and small businesses, have limited growth potential, especially in the retail sector. These businesses however, provide a meaningful and vital connection to their communities. While the Small Business Administration considers companies as large as 500 employees and \$7.5 million in annual receipts as “small,” many local, yet important components of the metropolitan landscape are much smaller in size and scope.

Taking care of business

It is important that municipalities and other governmental organizations recognize that a healthy mix of businesses is essential for prosperity. A voice or network may exist within industry councils, chambers of commerce and other associations, but their effectiveness depends on the focus and strength of each organization. Although some business entities have considerable economic influence due to large numbers of employees and income, attention to the multitude of small and micro businesses is also vital to the community’s health. A unified voice of business is almost impossible since, for it to be genuine, it would include the entire spectrum, from mom and pop stores to franchise operations to regional power-houses, international conglomerates and, yes, nonprofits too. Each sector has its own requirements and environment necessary for survival and support. It is therefore incumbent on planners and elected officials to recognize the complex and varied measures necessary for all to exist and add to the quality of life in their realm.

As our cities grow and incorporate and become, as the City of Fremont often says, “strategically urban,” one of the great challenges for staff and our elected officials is to incorporate tactics that serve all stake holders. Concentration on one business sector without understanding how each is necessary to thrive is counterproductive. In Fremont, let’s make sure that while developing large tracts of land such as a downtown and the innovation district with

neighboring transit-oriented development in Warm Springs, other important, less visible segments of the business community are not ignored. Small and micro businesses are part of the landscape in each of our cities. They deserve equal attention in planning circles.

“Takin’ care of business,” a popular song in the 70s was a satirical look at the working world by the rock group Bachman-Turner Overdrive. The refrain of “takin’ care of business” spoke about the extraordinary breadth of business and perceptions of employees, employers and organizations that attempt to communicate with both.

*And if your train's on time
You can get to work by nine
And start your slaving job to get your pay
If you ever get annoyed
Look at me I'm self-employed
I love to work at nothing all day*



William Marshak
PUBLISHER

Officer Dan Niemi Way Street is dedicated

SUBMITTED BY LT. MIKE SOBEK,
SAN LEANDRO PD

On July 25, the City of San Leandro and the San Leandro Police Department honored the 10-year anniversary of the slaying of San Leandro Police Officer Nels “Dan” Niemi by hosting a “Celebration of Life” event at Root Park.

As a tribute to his legacy the City Council authorized the renaming of a portion of Hays Street between East 14th Street and Davis Street as “Dan Niemi Way.” The event included words from the Honorable Pauline Russo Cutter, Mayor of San Leandro, as well as Dan’s brother, Jim Niemi, and San Leandro Police Chief Sandra Spagnoli. The ceremony concluded with the unveiling of new street signs erected at both ends of the block. “I am so proud that our City will be able to publicly pay tribute to the life and legacy of Officer Niemi by renaming a street in his honor,” noted Mayor Cutter.

“This is not something we do regularly here in San Leandro, but our City Council felt very strongly that this action would provide an enduring testament to the sacrifice that Officer Niemi made for our community.”

The murder of Officer Dan Niemi marked the first death of a San Leandro police officer while in the line of duty in over 40 years. This senseless killing shocked the members of the Police Department, the San Leandro community, and those who serve in law enforcement agencies.

Officer Niemi was responding to what most officers would consider a routine call. On July 25, 2005 at 10:50 p.m., Officer Niemi responded to the 14600 block of Doolittle Drive on a neighborhood disturbance and was fatally wounded after contacting the suspect who fled the scene. The suspect was subsequently arrested, convicted for the murder, and today remains on death row.

In response to this tragic event, the San Leandro community immediately gathered together and brought flowers, donations, and food to the San Leandro Police Department as a means of showing public support for the Department. A week later, the community honored Officer Niemi and his service to the community, as they lined the streets of San Leandro, while a police motorcade escorted Officer Niemi through the city to the Neighborhood Church in Castro Valley. Thousands of officers from police agencies throughout the state and hundreds of community members attended his funeral.

“Although I was not the Chief when this tragedy occurred, as the Chief of Police for this city, we will never forget those officers killed in the line of duty. Dan honorably served this community for 3-1/2 years, and wore the San Leandro police badge with pride. He will be forever in our hearts,” stated Police Chief Sandra Spagnoli.



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ADJUDICATION:

What’s Happening’s Tri-City Voice is a “newspaper of general circulation” as set forth in sections 6000, et. seq., of the Government Code, for the City of Fremont, County of Alameda, and the State of California.

What's Happening's TRI-CITY VOICE™

What's Happening's The Tri-City Voice is published weekly, issued, sold and circulated in and from Fremont, Newark, Union City, Hayward, Milpitas and Sunol and printed in Fremont, California. The principal office of Tri-City Voice is at 39737 Paseo Padre Pkwy., Ste. B Fremont, CA 94538. William Marshak is the Publisher

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Back to school - things to know

SUBMITTED BY BRIAN KILLGORE

Ready to open its doors for the 2015-16 school year on Wednesday, August 26th, the Fremont Unified School District (FUSD) offers students and their families some basic ‘Things to Know’ before the first day of school:

Calendar:

The 2015-16 school year will open on Wednesday, August 26, 2015 and is scheduled to close on Wednesday, June 8, 2016. All FUSD schools will be closed on the following dates:

- Labor Day - September 7, 2015
- Veterans Day: November 11, 2015
- Thanksgiving: November 25-27, 2015
- Winter Break: December 21, 2015 through January 1, 2016
- MLK Jr. Day: January 18, 2016
- Presidents Day - February 15, 2016
- Spring Break - March 25 – April 1, 2016
- Memorial Day - May 30, 2016

First Day Attendance Policy:

FUSD students must be in class the first day of school or risk losing their space at their assigned school. Students with unexcused absences the first day of school may be transferred to another site on the second day if classrooms at the original school are full. This change will not apply to students who are ill if the child’s parent/guardian informs the school.

Administration:

The FUSD District Office is located at 4210 Technology Drive, Fremont. Hours are Monday-Friday from 7:30 a.m. – 4:30 p.m. To reach the District Office by phone, call (510) 657-2350.

Enrollment:

Families enrolling students in Transitional Kindergarten through 6th-grade may do so online by visiting www.fremont.k12.ca.us and clicking ‘Enrollment.’ Parents/Guardians will also be required to make an appointment with the Student Services Department to provide proof of residency, proof of birth, and immunization records for all children they wish to enroll. Students enrolling at a junior high or high school are asked to do so at the school site. New students registering at any FUSD high school or junior high school will also be asked for transcripts from previous schools to ensure enrollment in appropriate courses.

Kindergarten:

All FUSD elementary schools, with the exception of Warm Springs, offer half-day kindergarten classes. Transitional Kindergarten classes are available at Ardenwood, Blacow, Brier, Durham, Gomes, Green, Maloney, Mission San Jose, Parkmont, Vallejo Mill and Weibel Elementary Schools. Special Education Traditional Kindergarten is offered at Azevada, Brookvale, Maloney and Millard Elementary Schools.

Dual-Immersion:

FUSD offers Spanish-Immersion Programs at Blacow, Grimmer and Vallejo Mill Elementary Schools, and a Mandarin-

Immersion Program at Azevada Elementary School. Call (510) 659-2531 for more information.

Early Education:

FUSD offers a Preschool Program in partnership with the California Department of Education at no cost for qualifying families. Morning and afternoon sessions are offered at Blacow, Cabrillo, Durham and Grimmer Elementary Schools, Glankler Early Learning Center and Hyman Learning Center. A fee-based Preschool Enrichment Program is also available at Hyman Learning Center. Call 510-659-2579 for more information.

Emergency Information:

Information regarding Lockdowns and other Emergency situations at FUSD schools will be posted on the District website (from the homepage, click ‘Emergency Information’ under Quick Links) and social media outlets. Families will also be contacted via their school’s respective notification systems as soon as possible. Families are reminded not to contact or approach their school during a Lockdown situation to keep phone lines and facilities available for first responders if necessary.

Alternative/Distance Learning:

FUSD offers a continuation high school to provide students with alternative programs to complete their graduation requirements. Contact Robertson High School at (510) 657-9155 for more information. An Independent Study program for students in grades 7-12 is available through the District’s Vista Alternative School. Call (510) 657-7028 to learn more.

Meals:

FUSD provides lunches for purchase at all schools. Breakfast is also available at some Elementary schools and at all Secondary schools with the exception of Hopkins Junior High. Breakfast/Lunch at Elementary schools is available daily for \$1.75/3.00, and for \$2.25/3.50 at Secondary schools. Families may apply for Free & Reduced Price meal programs at their school, or by visiting www.fremont.k12.ca.us and clicking on ‘Child Nutrition Services.’

Transportation:

Bus Passes for the 2015-16 school year may be purchased through the FUSD Transportation Department. Call (510) 657-1450 for more information.

Athletics:

FUSD high schools offer a variety of sports from Freshman to Varsity level. Junior high schools offer Boys’ and Girls’ Volleyball and Basketball and most Elementary schools offer Basketball. Secondary school students must pass a physical examination before being allowed to tryout for any team. Contact your school for more information. Team schedules can be found on the District website under the ‘Parents & Students’ tab by clicking ‘MVAL Schedules.’

Learn more about FUSD and its schools via the District’s official website at www.fremont.k12.ca.us

Shared housing comes to Fremont

SUBMITTED BY RAYMOND GRIMM

Human Investment Project (HIP) Housing, a nonprofit organization, has been connecting homeowners or renters who have a residence with one or more bedrooms with persons seeking housing to pay rent or exchange services for reduced rent. HIP Housing’s home sharing program has been operating in San Mateo County since 1979 and is now in the City of Fremont as of Saturday, August 1, 2015. The program will serve those who are seeking housing who live or work in the City of Fremont and persons with a room to rent who live in Fremont, Newark and Union City.

Those hoping to find an affordable or low-income housing unit may encounter long or closed waiting lists. The reality of getting low-income housing within a short period of time isn’t likely. That’s why home sharing can be a unique housing option. Some clients home share until they are able to find subsidized or low-income housing while others choose home sharing as a way to keep their housing costs affordable on a long-term basis.

HIP Housing interviews clients of all walks of life including those who are working, seniors, single parents, persons with disabilities, persons exiting from a shelter, students and others who receive benefits such as unemployment, TANF, retirement or disability income.

Two types of arrangements can be facilitated: rent and service exchanges. In a rent exchange, a home seeker moves in with a home provider and pays rent and possibly utilities. In a service exchange, non-medical care such as helping with meals, shopping, cleaning, companionship and doing errands are exchanged for reduced rent. Each person has their own space and share common areas. Sometimes clients share a one-bedroom unit with one person taking the living room space and the other taking the bedroom. After clients are interviewed by a HIP Housing coordinator, clients are given referrals and contact potential housemates on their own using a guide provided by the agency.

Applicants are asked to provide proof of identification, names and phone numbers of three references (preferably employment, residence and personal) and information about their income which is kept confidential and only used for statistical purposes. A criminal background check will be run on all clients who apply to the program. There is no fee to use the service.

Clients are asked to complete a questionnaire, giving them the opportunity to share with us their ideal home share arrangement, personal characteristics and other factors regarding living with another person. Clients have the opportunity to interview and select their own housemate and to check the references of clients.

Persons can call our staff to discuss home sharing as a possibility for them. Contact HIP Housing at (510) 574-2173 for information and to schedule an interview. The interview will last approximately 45 minutes and will involve meeting with a HIP Housing Home Sharing Coordinator to complete an application and interview. Staff is bilingual in Spanish. For more information about HIP Housing, visit www.hiphousing.org.

Extended absences policy revision at Fremont schools

SUBMITTED BY BRIAN KILLGORE

Families with students attending Fremont Unified School District (FUSD) are reminded of a revision to the District’s policy regarding reassignment of students following an unexcused absence on the first day of school.

The revised policy states students must be in class the first day of school (August 26, 2015) or risk losing their space at their assigned school. If the student is not in class the first day of school, the student may be transferred to another site on the second day of school if classrooms at the original school are full. This change

will not apply to students who are ill if the child’s parent/guardian informs the school. Previous Board Policy allowed for three days of absences before students risked losing space at their assigned school.

The revision in policy will allow FUSD to respond to issues of overcrowding more efficiently and minimize cases of students being forced to switch schools during the first week of the school year. The change will also assist school staff in avoiding unnecessary time and phone calls tracking down students and families who may no longer be living in the District.

Contact FUSD Student Support Services at (510) 657-2350 for more information.

Swalwell in your shoes as a senior fitness instructor

SUBMITTED BY LARA CALVERT

On Friday, August 7, Congressman Eric Swalwell, 15th District changed his shoes to supportive athletic gear as he led the very active Spectrum Community Services Fall Prevention exercise class for adults 60+ years old at the Ashland Community Center. Representative Swalwell regularly works a day in the shoes of an East Bay resident to better understand the needs of his constituents. Swalwell’s humor and fresh honesty impressed the class participants including Carol Dieter who invited him to the class. Carol has been attending the Fall Prevention class for over two years, keeping her healthy, active and injury free.

The risk of falling increases exponentially with age as does the risk that a fall will have serious health consequences. According to the Center for Disease Control, one in three people age 65 and older falls each year, 20-30 percent of them suffering moderate to severe injuries that reduce mobility and independence. In Alameda County in 2009, falls led to over 60 percent of the injury-based emergency room visits and almost 70 percent of the injury-based hospitalizations by people aged 65 and older. That

same year, falls caused 40 percent of the injury-related deaths in people aged 65 and older. (California Department of Public Health, Injury Data Summaries 2009)

The goals of the Spectrum Community

Services Fall Prevention Program are to:

- Prevent or reduce the number of falls experienced by participants.
- Change the risky behavior patterns of sedentary seniors.
- Build and maintain strength, balance and flexibility of at-risk seniors.
- Improve quality of life by increasing the control that participants have over their independence.

Spectrum Community Services has 14 class sessions each week at seven locations in the south and central Alameda County. Classes are available free of charge for older adults who are at risk of falling or who have already experienced a fall, especially low-income older adults who cannot access other preventative health care. Classes are funded by Alameda County Measure A Essential Health Care Services Initiative, the cities of Union City, San Leandro, Gillig, and individual donors. Details can be found at: www.SpectrumCS.org



Swalwell holding a Townhall after class

Swalwell working on his abs with weights

LIFE CORNERSTONES

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Obituaries



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Fred “Freddie” G. Sanchez Jr.
RESIDENT OF FREMONT
May 21, 1934 – July 25, 2015

Francine “Lovey” Day
RESIDENT OF FREMONT
October 12, 1947 – August 4, 2015

Ignacio D. Salazar
RESIDENT OF NEWARK
July 31, 1927 - August 10, 12015

Sandra Jones
RESIDENT OF FREMONT
September 7, 1947 – August 15, 2015

Ignacio “Polly” Alcain, Jr.
RESIDENT OF FREMONT
November 2, 1955 – August 14, 2015



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Samuel R. Hufstedler
RESIDENT OF FREMONT
March 25, 1934 – July 16, 2015

Lal K. Vaswani
RESIDENT OF FREMONT
March 13, 1933 – July 19, 2015

Parameswaran Hariharan
RESIDENT OF PENNSYLVANIA
December 26, 1926 – July 26, 2015

Jukan Ru
RESIDENT OF FREMONT
June 30, 1940 – July 30, 2015

Robert M. Legnon
RESIDENT OF NEWARK
March 21, 1955 – July 30, 2015

Martin Kyung Min Hinsberg
RESIDENT OF VACAVILLE,
FORMERLY OF FREMONT
February 10, 1949 – August 7, 2015

Michael J. Moller
RESIDENT OF VACAVILLE,
FORMERLY OF FREMONT
February 10, 1949 – August 7, 2015

Kirtikumar R. Shah
RESIDENT OF FREMONT
August 10, 1940 – August 10, 2015

James H. King
RESIDENT OF NEWARK
March 24, 1944 – August 13, 2015

Sharon W. Tong
RESIDENT OF FREMONT
March 16, 1929 – August 14, 2015

Casimir Szlendak
RESIDENT OF SUNOL
February 20, 1945 – August 13, 2015

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New solar data

SUBMITTED BY TAMAR SARKISSIAN,
PG&E

Californians are leading the charge on going solar: Northern and Central California are home to 25 percent of the nation's rooftop solar panels, and a new survey (Methodology: Conducted by Google Consumer Surveys May 22 – 27 and based on 1,000 on-line responses), found that 25 percent of Californians are considering solar panels for their home. In fact, Fremont has 1,644 solar customers, and Milpitas has 603. Solar energy is a great choice, but an often mystifying process. Below are the top three myths associated with solar energy, along with solar 101 tips from PG&E to set Californians up for success on the path to installation.

Top 3 Solar Myths, uncovered:

Myth: Solar is the silver bullet for going green—once you go solar, you can sit back, turn all your lights on, and watch the savings roll in.

Fact: Not true, says PG&E; smart energy usage doesn't begin and end at solar installation. There's more you can do to be energy efficient. It's important to ensure you are as energy efficient as possible to get the most out of your rooftop solar. And don't leave on lights or keep appliances plugged in unnecessarily just because you've installed a solar system.

Myth: All contractors are the same; it's easiest just to go with the first person who calls you.

Fact: Be an informed shopper when it comes to solar by getting bids from at least three vendors. Each contractor should suggest a similar-sized system for your home's need. If the size differs greatly, ask why.

Myth: Going solar takes a long time.

Fact: As long as your paper work is in order (and it will be, since you researched the best vendor), the interconnection process can take just about a few days. California blazed a trail for renewable energy, and utilities like PG&E are among the fastest in the nation when it comes to getting solar customers on the grid.

PG&E's three S's for getting
started with solar:

1. Study – Solar panels capture sunlight and convert it into electricity that can be used to power everything traditional electricity powers—from lights and appliances to electric cars. Here's a complete guide to all things solar at: http://www.pge.com/includes/docs/pdfs/my-home/saveenergymoney/solarenergy/CSI_Guide_To_Going_Solar.pdf

2. Select – The right contractor is the key to getting the system that best fits the needs of your home and lifestyle. To ensure you're asking the right questions and gathering all the relevant information, PG&E put together helpful tips for finding a contractor at: <http://www.pge.com/en/myhome/saveenergy-money/solar/contractor.page>

3. Save – Solar panels can save you thousands over a lifetime (all while helping the environment) but it's hard to know what size system is right for your home. To estimate costs of installing solar and the bill savings a solar system would generate, use PG&E's solar calculator at: <http://www.pge.com/en/myhome/saveenergy-money/solar/solarcalc.page>

Homeless Census shows slight drop in
Santa Clara County

SUBMITTED BY JANICE ROMBECK

The 2015 Homeless Census and Survey shows a 14 percent drop in the number of homeless men, women and children in Santa Clara County from the 2013 count, with 71 percent of them staying in unsheltered locations.

The 2015 count, conducted in January, found that 6,556 people were homeless compared with 7,631 in 2013. The County showed a 12 percent drop in the number of chronically homeless (those who have been without shelter for a year or more), a 2 percent drop in the number of homeless veterans, a 14.9 percent decline in the number of people in families and a 30 percent decline in the number of children and youth who are not accompanied by adults.

The count found that 29 percent of the homeless were found in shelters (12 percent in emergency shelters and 17 percent in transitional housing programs), and 71 percent of individuals were staying in unsheltered locations, including 30 percent on the street, 23 percent in vehicles, 14 percent in encampments, and four percent in abandoned buildings.

The full report of the Homeless Census and Survey can be found at www.sccgov.org/homelesscount2015. For more information, please call Supervisor Cortese's Office at (408) 299-5030.

Obituary

Ignacio Dioquino Salazar

July 31, 1927 – August 10, 2015

Resident of Newark



Ignacio Dioquino Salazar was born on July 31st, 1927 to Maxima Dioquino and Simeon Salazar in Cabilocaan, Calasiao, Pangasinan, Philippines. He was the ninth of twelve children. Ignacio married Marcelina Sanchez on December 22nd, 1953. He is blessed with four children (Roberto, Jaime, John, and Marissa), eight grandchildren (Rebecca, Janice Jill, Alexandria, Stephanie, Joshua, James, Matthew, and Sarah), and two great-grandchildren (Lucia and Annelise). Ignacio is a United States Navy Veteran having served active duty for twenty-four years, defending his country in the Vietnam War, Korean War and World War II. His favorite pastimes are playing tennis, watching SF Giants baseball, vis-



iting casinos and tending to his farm in Calasiao. Ignacio will always be remembered as a loving husband, father, grandfather and great-grandfather.

Visitation will be held on Wednesday, August 19th, from 5-8pm and on Thursday, August 20th, from 5-8pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Vigil will be held on Thursday at 6:30pm at the funeral home. A Funeral Mass will be celebrated on Friday, August 21st, 10:30am at St. Edward's Catholic Church, 5788 Thornton Ave., Newark, CA 94560. Burial will follow at Holy Sepulchre Cemetery in Hayward, CA.

Fremont Memorial Chapel
510-793-8900

LETTERS POLICY

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

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continued from page 1

World Lion Day calls for compassion & conservation



C. Renshaw Photography

In August 2000, the cubs arrived in Oakland via Continental Airlines, who generously donated their transportation. If you take the Sky Ride at Oakland Zoo and fly over the Lion Exhibit you'll see Sandy and Leonard lounging below in the woody plain that is their home. Safe from the guns of hunters and the snares of poachers, Sandy and Leonard have been at the zoo for 15 years. While their beginnings in the exotic animal trade would have meant a life of tragic cruelty, they are now enjoying life in a safe and forever home.

Cecil, a rare black-mane lion, killed in Zimbabwe on July 1, 2015, lived in Hwange National Park. He had been protected, tracked, and studied for many years by the University of Oxford. The outcry over his death by a game hunter has been loud and viral, cascading through the por-

tals of the web, arousing anger and indignation. The news has propagated not only outrage, but stories and conversations have widened to cover conservation, foreign governments and corruption, American import laws, airline transportation, and the fate of lions as their numbers diminish.

"The wave of sadness and anger over the death of Cecil the lion from Zimbabwe demonstrates the compassion that the world can feel when they learn about the plight of a single animal," said Amy Gotliffe, Conservation Director at Oakland Zoo. "The incident also demonstrates the actions people are willing to take to make change. Our Lion Appreciation Day will focus on learning about lions and their conservation challenges while offering opportunities to turn that compassion into action. We can make a difference for lions

all over the world and look forward to sharing that mission with our guests."

"Lion Appreciation Day" is your chance to learn more about the world's biggest cats both globally and right here in your own neighborhoods. You may be sharing your habitat with a mountain lion or a puma. In which case, the more you know about your "earthmates" the safer you, and they, will be.

On Saturday, August 22 you can get to know lions better by enjoying face painting, making paw print crafts, taking a lion "selfie," zookeeper chats, watching lions feast on treats, and talking to hosts from three conservation partners – Bay Area Puma Project (www.bapp.org), Uganda Carnivore Program (www.uganda-carnivores.org), and Mountain Lion Foundation (www.mountainlion.org). The zoo also supports Ewaso Lions in Kenya (<http://ewasolions.org/>).

While a popular and iconic animal, the lion is becoming a threatened species. World Lion Day events happen every August around the world to draw attention to their plight and promote conservation.

"Oakland Zoo is an amazing partner for all lions – throughout Africa and lo-

cally in California," said Monica Tyler, Director, Uganda Carnivore Program. "We could not continue our African lion conservation work in Uganda without Oakland Zoo's support of our scientific research and community-based conservation activities. We truly appreciate their partnership, which has had a significant positive impact on both the lion and the human communities in Uganda."

This program is free with regular admission. For more information about Lion Appreciation Day and World Lion Day, visit http://www.oaklandzoo.org/Calendar_Item.php?i=1166.

Lion Appreciation Day
Saturday, Aug 22
10 a.m. – 3 p.m.
Oakland Zoo
(Flamingo Plaza & Lion Decks)
9777 Golf Links Rd, Oakland
(510) 632-9525 x227
http://www.oaklandzoo.org/Calendar_Item.php?i=1166
General admission: \$17.75 adults,
\$13.75 seniors (65-75) & children (2-14), 76+ & under 2 are free
Parking: \$9





Making strides in Warm Springs/South Fremont Innovation District

SUBMITTED BY
CITY OF FREMONT

The vision for the Innovation District was set forth in the July 2014 Warm Springs/South Fremont Community Plan and is set to serve as a model for 21st century sustainable, vibrant mixed-

use employment centers. Following the anticipated opening of the Warm Springs/South Fremont BART Station this December, the City expects to see remarkable shifts occurring in the Innovation District with a convergence of diversified land uses resulting in more jobs and sup-

porting work force components such as housing and commercial uses, that will aid in reaching a goal of 20,000 new jobs by 2035.

To lead the way, Lennar Homes of California received approval of its master plan in April 2015 and finalized its agreement with Union Pacific in May 2015 to develop a

111-acre parcel of land, centrally located within the heart of the Innovation District. The master plan includes research and development and Class A office space, an urban elementary school and public park as well as a mix of residential units. Lennar plans to break ground on its first phase of construction in early 2016.

Completion of this first phase of work by Lennar will in turn enable BART patrons to easily connect to and from existing employment centers, such as Tesla and the BART station.

Toll Brothers also received approval of its master plan to develop 1,000 urban residential units and retail space east of the BART station. Additionally, Valley Oak Partners will soon submit its master plan to develop 800 urban residential units and 300,000 square feet of research and development and office space just north of Lennar's development.

Fremont is also making economic strides in the development of its Innovation District on other fronts. In December 2014,

the City hosted an Ecosystem Laboratory (EcoLab), which brought together forward thinking leaders from the community who have a common interest in designing Fremont's emerging Innovation District. EcoLab proved to be an incubator of new ideas, opportunities, and partnerships to pave the way for Fremont to become the next up-and-coming Silicon Valley city.

In addition, the City is experiencing growth within its industry clusters due to significant business expansions that have totaled nearly \$500 million. Companies such as Delta, Seagate, Lam Research, Western Digital, and Thermo Fisher lead the way. The cleantech sectors also remain strong with SolarCity leasing part of the former Solyndra facility.

The Warm Springs Innovation District is taking shape, and the City of Fremont is looking forward to sharing news of improvements within the Innovation District in the months to come.

Information found in 'Protective Services' is provided to public "as available" by public service agencies - police, fire, etc. Accuracy and authenticity of press releases are the responsibility of the agency

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Juris Doctor, University of Illinois (7th in class)
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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
California Supreme Court Cases

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Promotions and award ceremony



Chief Leal presented the Department's Medal of Valor to Officers Andrew Musantry, Steven Losier, Ethan Katz and Daniel Khairy.

**SUBMITTED BY
CMDR MIKE CARROLL,
NEWARK PD**

On Thursday August 13th, the Newark Police Department held a promotional and award ceremony at City Hall. One officer was promoted to the rank of Sergeant, Chief James Leal presented two officers with the Life Saving Award and four officers with the Medal of Valor.

Promotion:

Chief Leal promoted Officer Sean Eriksen to the rank of Police Sergeant. Sergeant Eriksen began his law enforcement career in 2005 with the Contra Costa Sheriff's Office where he worked in detention, and as a patrol officer for the contract City of Blackhawk and the City of Oakley. Sergeant Eriksen also worked as a Police Detective while in Oakley and was selected as Officer of the Year in 2009. Sergeant Eriksen joined the Newark Police Department in 2012, where he worked patrol and as a Police Detective until his promotion. Sergeant Eriksen will be assigned to the Field Operations Division where he will serve as a patrol watch commander.

Life Saving Award:

Chief Leal presented the Department's Life Saving Award to Lieutenant Chomnan Loth and Officer Roderick Hogan for their actions on July 2, 2015 during a child drowning call. Both Lt. Loth and Ofc. Hogan responded to the call and found a three-year-old victim unconscious with no pulse. The child had been underwater between two to ten minutes. Lt. Loth immediately began performing chest compressions while Officer Hogan began providing mouth-to-mouth resuscitation until paramedics arrived. They both escorted the ambu-



Chief Leal promoted Officer Sean Eriksen to the rank of Police Sergeant.

lance to Washington Hospital where the child was initially treated. The child was then transferred to UCSF Children's Hospital and, remarkably, just 11 days later, was released with no foreseeable long term injuries. Lt. Loth and Ofc. Hogan's actions saved a young life.

Medal of Valor:

The Medal of Valor is the department's highest award. Chief Leal presented the Department's Medal of Valor to Officers Andrew Musantry, Steven Losier, Ethan Katz and Daniel Khairy. On December 19, 2014 all four officers responded to a structure fire. They were told that an elderly female resident was still in-

side so they immediately ran into the burning building up to the second story. After navigating through the dark and smoke filled residence, the officers were able to rescue the victim and carried her down the stairs and outside to safety. All four officers suffered smoked inhalation and were transported to a local hospital. Officers Musantry, Losier, Katz and Khairy's actions prevented a tragic ending in this potentially deadly situation.

The Newark Police Department is extremely proud of all officers honored during this ceremony and appreciates their dedication to public service.



Chief Leal presented the Department's Life Saving Award to Lieutenant Chomnan Loth and Officer Roderick Hogan

DUI/Driver's License Checkpoint

SUBMITTED BY FREMONT PD

The Fremont Police Department Traffic Unit will be conducting a DUI/Driver's License Checkpoint on Friday, August 21 between the hours of 7 p.m. to 3 a.m.

Officers will be contacting drivers passing through the checkpoint for signs of alcohol and/or drug impairment. Officers will also check drivers for proper licensing and will strive to delay motorists only momentarily. When possible, specially trained officers will be available to evaluate those suspected of drug-impaired driving. Drivers caught driving impaired can expect jail, license suspension, and insurance increases, as well as fines, fees, DUI classes, other expenses that can exceed \$10,000.

Funding for this checkpoint is provided to the Fremont Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, reminding everyone to continue to work together to bring an end to these tragedies.

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Required: Master's degree in IT, CS, HR Management or related plus 12 months of experience in job offered as Systems Analyst/Programmer Analyst/ IT or related. Knowledge of programming tools and languages listed in the job description.

Mail Resume to: Dynasoft Synergy Inc. Attn: Mr. Jay Murugan, C.E.O., 38930 Blacow Rd, Suite B1, Fremont, CA 94536

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Alameda County Assessor delivers 2015-16 fiscal year assessments

SUBMITTED BY GUY ASHLEY

Alameda County Assessor Ron Thomsen has timely completed the 2015-2016 local assessment roll of \$245.5 billion, reflecting a \$16.2 billion or 7.08 percent increase above last year's assessment roll. The net local roll, after all legal exemptions have been applied, totals \$235.8 billion. The primary reason for this year's assessed value growth is attributed to the recovery in real estate market values.

Properties that were afforded temporary reduced assessments in prior years due to market value declines are now receiving increases in their assessed value due to market values increases. These properties are not limited to the annual inflation factor increase which is 1.01998 percent this year that is imposed on Proposition 13 base year assessments. Many of these property owners therefore will notice their assessed values have increased by more than 1.01998 percent, but are still either assessed at the lesser of their indexed base year value or the current market value as of January 1, 2015.

Thirty-three thousand properties are still assessed at their January 1, 2015 market value because they were less than their indexed base year value. The increase in their assessed value from last year however totals \$2.1 billion.

Seventeen thousand properties that had received temporary re-

ductions in assessed values last year due to market value declines were totally restored to their Proposition 13 indexed base year value adding \$1.3 billion to this year's roll.

Other factors leading to this year's total assessed value growth included the 1.01998 percent mandatory inflation index being applied to all properties' assessed values that were not affected by assessment declines in prior years. This factor added \$3.8 billion. Sales/transfers of real estate also added \$6.7 billion, new construction activity added \$1.2 billion, and business personal property assessments increased by \$1.1 billion.

The 2015-16 assessment roll accurately reflects assessments of more than 498,000 taxable properties.

Notifications of this year's individual assessments are being mailed to all secured roll Alameda County property owners beginning on July 14. If property owners have questions regarding their property assessment, they are encouraged to call the Assessor's Office at (510) 272-3787 (real estate assessments) or (510) 272-3836 (business personal property assessments). As indicated on these notifications, formal appeals of the 2015-2016 assessed values must be made between July 2 and September 15, with the Clerk, Board of Supervisors, Assessment Appeals Unit, on their Assessment Appeal Application. For your convenience, the application and instruction booklet can be

viewed and printed from their webpage at <http://www.acgov.org/clerk/assessment.htm>.

Of the 14 cities and unincorporated areas within Alameda County, the City of Oakland remained the highest assessment jurisdiction in Alameda County with a total assessed value of

\$51.3 billion before exemptions. The City of Fremont continues to have the second highest assessed value of \$41.6 billion.

Property tax bills for fiscal year 2015-16 will be mailed by the Alameda County Tax Collector in October and will be based upon the Assessor's 2015-16 assessed values.

The property taxes derived from the assessment roll generate revenue to support the services provided by Alameda County, its public schools, cities, and special districts, with the largest percentage supporting public education.

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PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15780569
Superior Court of California, County of Alameda
Petition of: Maria Teresa Barajas for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Maria Teresa Barajas filed a petition with this court for a decree changing names as follows:
Maria Teresa Barajas to Teresa Barajas

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 11/19/2015, Time: 1:30 p.m., Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happenings Tri City Voice
Date: Aug. 4, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
8/11, 8/18, 8/25, 9/1/15

CNS-2776573#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15775673
Superior Court of California, County of Alameda
Petition of: Pradeep Dasarathan, Sudha Raghavan on behalf of Shravan Pradeep for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Pradeep Dasarathan, Sudha Raghavan filed a petition with this court for a decree changing names as follows:
Shravan Pradeep to Ilan Pradeep

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 10/08/2015, Time: 1:30 p.m., Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice Newspaper
Date: June 26, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
8/11, 8/18, 8/25, 9/1/15

CNS-2781795#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15779673
Superior Court of California, County of Alameda
Petition of: Yu Chun Cheng for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Yu Chun Cheng to Chris Aiden Cheng

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 11/22/2015, Time: 1:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happenings Tri City Voice - Fremont
Date: Jul 28, 2015
Winifred Y. Smith
Judge of the Superior Court
8/11, 8/18, 8/25, 9/1/15

CNS-2781413#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15779625
Superior Court of California, County of Alameda
Petition of: Winnie Cheng for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Winnie Cheng filed a petition with this court for a decree changing names as follows:
Winnie Cheng, AKA: Winnie Cheng Wong to Winnie Shuying Cheng

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: Thurs 11/05/2015, Time: 1:30 pm, Dept.: 503
The address of the court is 24405 Amador St., Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri City Voice
Date: Jul 28, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
8/4, 8/11, 8/18, 8/25/15

CNS-2779864#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15778191
Superior Court of California, County of Alameda
Petition of: Jennifer Tollar and Michael Pritchett for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Jennifer Tollar and Michael Pritchett filed a petition with this court for a decree changing names as follows:
Lucas Michael Tollar Pritchett to Lucas Alexander Tollar

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 10/22/2015, Time: 1:30 p.m., Dept.: 503
The address of the court is Hayward Hall of Justice, 24405 Amador Street, Civil Division, Rm. 108, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: July 17, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
8/4, 8/11, 8/18, 8/25/15

CNS-2779302#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15776219
Superior Court of California, County of Alameda
Petition of: 1) Sowmyia Hariharen 2) Srinivaas Rajan for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner 1) Sowmyia Hariharen 2) Srinivaas Rajan filed a petition with this court for a decree changing names as follows:
Sowmyia Hariharen to Sowmyia Srinivaas
Vihasee S Srinivasan to Vihasee Srinivasan

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes

described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: October 15, 2015, Time: 1:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice News Paper

Date: July 1, 2015

Winifred Y. Smith

Judge of the Superior Court

7/28, 8/4, 8/11, 8/18/15

CNS-2776573#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 507915
Fictitious Business Name(s):
East Bay Home School, 31367 Santa Fe Way, Union City, CA 94587, County of Alameda
Registrant(s):
Valerie Jaeger, 31367 Santa Fe Way, 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/ Valerie Jaeger

This statement was filed with the County Clerk of Alameda County on August 4, 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).
8/18, 8/25, 9/1, 9/8/15

CNS-2784654#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 456905
The following person(s) has (have) abandoned the use of the fictitious business name: **ABHA Enterprises, 41277 Roberts Ave., Apt. #18, Fremont, CA 94538**

The Fictitious Business Name Statement for the Partnership was filed on 10/05/2011 in the County of Alameda.
Shekhar Srivastava, 41277 Roberts Ave., Apt. #18, Fremont, CA 94538
S/ Shekhar Srivastava
This statement was filed with the County Clerk of Alameda County on August 5, 2015.
8/18, 8/25, 9/1, 9/8/15

CNS-2784112#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507761
Fictitious Business Name(s):
Sans Clutter, 38858 Hygelund Dr., Fremont, CA 94536, County of Alameda
Registrant(s):
Patricia Julien Rodriguez, 38858 Hygelund Dr., 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/ Patricia J. Rodriguez

This statement was filed with the County Clerk of Alameda County on July 30, 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).
8/11, 8/18, 8/25, 9/1/15

CNS-2782731#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507854
Fictitious Business Name(s):
Air Solutions, LLC, 45272 Industrial Drive, Fremont, CA 94538, County of Alameda
Registrant(s):
Air Solutions, LLC, 6608 Montcalm Ave., Newark, CA 94560; California
Business conducted by: a Limited Liability Company
The registrant began to transact business using the fictitious business name(s) listed above on 7/15/15

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/ Jose Mota, Managing Member

This statement was filed with the County Clerk of Alameda County on August 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).
8/11, 8/18, 8/25, 9/1/15

CNS-2782726#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507736
Fictitious Business Name(s):
Haioa Chinese Academy, 4075 Papazian Way #206, Fremont, CA 94538, County of Alameda
Mailing address: P.O. Box 1596, Fremont, CA 94538, County of Alameda
Registrant(s):
Hayward Chinese Academy, 4075 Papazian Way #206, Fremont, CA 94538, CA
Seagull Culture And Education Ass. Inc. 4075 Papazian Way #206, Fremont, CA 94538, CA
Business conducted by: a general partnership

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/ Saizhu Zhang, President of Hayward Chinese Academy & Seagull Culture And Education Ass. Inc.
This statement was filed with the County Clerk of Alameda County on July 30, 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).
8/11, 8/18, 8/25, 9/1/15

CNS-2779276#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507662
Fictitious Business Name(s):
Affordable Lawn Painting, 3108 Middlefield Ave., Fremont, CA 94539, County of Alameda
Registrant(s):
Kevin Anthony Almeida, 3108 Middlefield Ave., Fremont, CA 94539
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kevin Almeida

This statement was filed with the County Clerk of Alameda County on July 28, 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

under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/11, 8/18, 8/25, 9/1/15

CNS-2781459#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507615
Fictitious Business Name(s):
Pandan Boba, 49103 Milmont Dr., Fremont, CA 94538, County of Alameda; 252 Belmar Ave., Daly City, CA 94015
Registrant(s):
YJang LLC, 252 Belmar Ave., Daly City, CA 94015; California
Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kristen Yang, President

This statement was filed with the County Clerk of Alameda County on July 27, 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).
8/11, 8/18, 8/25, 9/1/15

CNS-2781372#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507842
Fictitious Business Name(s):
The New Heart Cafe, 6038 Stevenson Blvd., Fremont, CA 94538, County of Alameda; 6038 Stevenson Blvd., Fremont, CA 94538
Registrant(s):
HTTH, Inc., 6038 Stevenson Blvd., Fremont, CA 94538; California
Business conducted by: a corporation

The registrant began to transact business using the fictitious business name(s) listed above on 07/08/2015

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/ Sophie Raines, Director

This statement was filed with the County Clerk of Alameda County on August 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).
8/11, 8/18, 8/25, 9/1/15

CNS-2781365#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507467
Fictitious Business Name(s):
Executive Phone Service, 32727 Mission Blvd, Hayward, CA 94544, County of Alameda
32727 Mission Blvd, Hayward, Alameda, CA 94544
Registrant(s):
David Keen Garges, 450 Monaco Ave, Union City, CA 94587

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 1984

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/ David Keen Garges

This statement was filed with the County Clerk of Alameda County on July 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).
8/4, 8/11, 8/18, 8/25/15

CNS-2779876#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507476
Fictitious Business Name(s):
Sunny's Skin Care, 40796 Blacow Road, Fremont, CA 94538, County of Alameda
Registrant(s):
Sun Yung Cho, 40796 Blacow Road, 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/ Sun Yung Cho

This statement was filed with the County Clerk of Alameda County on July 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).
8/4, 8/11, 8/18, 8/25/15

CNS-2779276#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507662
Fictitious Business Name(s):
Affordable Lawn Painting, 3108 Middlefield Ave., Fremont, CA 94539, County of Alameda
Registrant(s):
Kevin Anthony Almeida, 3108 Middlefield Ave., Fremont, CA 94539
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kevin Almeida

This statement was filed with the County Clerk of Alameda County on July 28, 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).
8/4, 8/11, 8/18, 8/25/15

CNS-2779276#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507662
Fictitious Business Name(s):
Affordable Lawn Painting, 3108 Middlefield Ave., Fremont, CA 94539, County of Alameda
Registrant(s):
Kevin Anthony Almeida, 3108 Middlefield Ave., Fremont, CA 94539
Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kevin Almeida

This statement was filed with the County Clerk of Alameda County on July 28, 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).
8/4, 8/11, 8/18, 8/25/15

CNS-2779272#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 507171
Fictitious Business Name(s):
Old Taro Cafe, 4370 Thornton Ave., Fremont, CA 94536, County of Alameda; 34171 Cartwright Pl., Fremont, CA 94555
Registrant(s):
Rich Gao, 34171 Cartwright Pl., Fremont, CA 94555

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on n/a I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Rich Gao

This statement was filed with the County Clerk of Alameda County on July 15, 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).
7/28, 8/4, 8/11, 8/18/15

CNS-2776683#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 506860
Fictitious Business Name(s):
SG Transport, 34819 Starling Dr., Uniot 1, Union City, CA 94587, County of Alameda
Registrant(s):
Sukhwant Singh, 34819 Starling Dr., Unit 1, 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/ Sukhwant Singh

This statement was filed with the County Clerk of Alameda County on July 6, 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).
7/28, 8/4, 8/11, 8/18/15

CNS-2776113#

FICTITIOUS BUSINESS

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Thursday, August 6

Officers took a commercial burglary report at City Sports (39153 Farwell Dr.) where a victim's backpack containing a wallet and car keys were stolen from a secure locker. The incident occurred between 12:24 p.m. and 2:00 p.m.

At 6:12 p.m., Ofc. T. Roberts responded to the 4700 block of Le Beau Court and took a residential burglary report. The burglary occurred sometime during the day. The suspect(s) entered the residence through the front door by removing the doorknob lock. Several electronics and jewelry were reported missing.

At 9:10 p.m. Ofc. Stinson was dispatched to the old Wyotech building on the 100 block of Whitney Place to investigate a commercial burglary. The reporting party advised dispatch that several holes had been cut in a chain link fence surrounding the campus. It is unknown how long the holes had been there and if there was any loss. Ofc. Stinson documented the damage.

Ofc. Collins was dispatched to the 5800 block of Commerce Drive to investigate a burglary. The unknown suspect(s) entered the residence by shattering the rear sliding glass door. The home was ransacked, and the residents were still trying to determine the loss at the time of the report.

Friday, August 7

At approximately 7:30 p.m. several officers responded to the 5000 block of Blacksand Road to investigate an armed robbery that had just occurred. The reporting party stated that a male suspect brandished a firearm at the victims while a female suspect stole gold jewelry from the victims. The three female victims were seated in their vehicle that was parked in a driveway when the robbery occurred. The victims feared for their safety and complied with the demands of the suspects. The victims were not injured. Male suspect: black male adult in his 30s, 5'6", 150 lbs., short black hair, clean shaven, last seen holding a small firearm. Female suspect: black female adult in her 30s, 5'4", 180 lbs. with a heavy build.

Saturday, August 8

At approximately 9:50 p.m., a resident on the 37800 block of Victory Lane reported someone was in their backyard knocking on the back door. The unknown subject was gone prior to police arrival. The male prowler was described as a white male adult, mid-30s, 5'10" - 6'0" tall, thin build, sandy blonde hair, wearing a red shirt and brown knee-length shorts with no shoes. Case was investigated by Ofc. Goepf.

At midnight, officers responded to a felony hit-and-run collision involving a vehicle and pedestrian. A male pedestrian was struck by an unknown vehicle that fled the scene in the area of Mission Boulevard and Mayhews Road. The victim sustained major non-life threatening injuries and was transported to a trauma hospital. The investigation was ongoing at the time of this report.

At 5:25 a.m., a victim called to report that a subject was trying to enter her second story apartment window on the 3700 block of Mowry Avenue. The victim screamed and the suspect fled prior to police arrival. Ofc. Hartman investigated.

Sunday, August 9

Community Service Officer (CSO) Baca responded to take a residential burglary report on the 45100 block of Cougar Circle. The burglary may have occurred sometime in the late evening hours of Saturday, August 8, 2015. Unknown suspect(s) gained entry by shattering the

rear sliding door with an unknown object. Loss was unknown at the time of the report.

At 12:17 a.m., Ofc. Bordy investigated a residential burglary on the 37200 block of Paseo Padre Parkway that occurred sometime between 11:00 a.m. and midnight. The unknown suspect(s) entered by removing the screen to the front window. Losses were a laptop and jewelry.

Monday, August 10

CSO Baca was dispatched to take a residential burglary report on the 41500 block of Apricot Lane. The burglary occurred sometime between 12:20 p.m. and 1:15 p.m. The point of entry and loss were under investigation at the time of this report.

Officers responded to take a residential burglary report on Cayuga Place that had occurred sometime over the last week. Unknown suspect(s) entered the residence by shattering a rear sliding glass door while the homeowner was away. Losses included laptops and small electronics. Ofc. Meredith investigated.

Tuesday, August 11

At approximately 5:10 p.m., a reporting party called regarding two suspicious men sitting inside a vehicle at Pacific Commons. After the vehicle left and prior to police arrival, the reporting party noticed that an auto burglary had occurred. A total of two auto burglaries were located, one at Nordstrom Rack and the other at Claim Jumpers. The suspects were described as a black male adult, approximately 35 years old, 5'10" with a goatee, and a black male adult, approximately 30 years old, 6'1" with braided hair.

At approximately 8:50 p.m., Ofc. Lobue was detailed to the area of Shinn Park, where a subject was seen lighting trees on fire. Fremont Fire and Fremont Police both responded and located a couple of trees with fresh burnt areas. Officers spoke to several subjects in the area but no arrests were made. The investigation is ongoing at the time of this report.

Wednesday, August 12

Ofc. Latimer and Field Training Officer (FTO) Zargham responded to an assault with a deadly weapon (vehicle) that occurred at approximately 11:55 a.m. The victim was driving to work when a vehicle passed her, then got in front of her and slammed on the brakes. The victim pulled over onto Barlow Court and the suspect vehicle passed her and then completed another U-turn heading toward her. As the victim opened her door and began to get out of her vehicle, the suspect vehicle swerved into the door, colliding with the door and causing injury to the victim's leg. The suspect vehicle was described as a newer model, dark grey Toyota Highlander with dark tinted windows. The suspect driver was described as a Hispanic or white male with short brown hair. The front passenger in the suspect vehicle was described as a Hispanic male.

At 10:22 p.m., officers were dispatched to a report of an armed street robbery on the 39600 block of Leslie Street. An unknown male suspect approached three adult family members (two females and one male) in the parking lot of an apartment complex, presented a firearm and forcibly grabbed gold chain necklaces from each of them. One of the female victims was physically assaulted by the suspect and injured. The losses were gold necklaces. The suspect was described as a black male adult, approximately 25 years old, thin build, black hat, black jacket, black pants, and armed with a handgun. The injured victim was treated by paramedics at the scene.

Newark Police Log

SUBMITTED BY CMDR. MIKE CARROLL, NEWARK PD

Thursday, August 6

At 3:57 a.m., Ofc. Kovach responded to a residence in the 36300 block of La Salle Drive for a vehicle theft report. The vehicle, a blue 1992 Honda Accord station wagon, was taken sometime during the night.

Friday, August 7

At 11:14 a.m., Ofc. Knutson investigated a theft from Public Storage, located at 38290 Cedar Blvd. Sometime between Wednesday, July 29, 2015 and Thursday, July 30, 2015, the lock to a unit was cut. Losses were purses, perfume and other miscellaneous items.

At 1:00 p.m., Ofc. Bloom investigated a theft of a vehicle from the parking lot of Pic-N-Pull on Mowry Avenue that occurred around 12:00 p.m. The victim had left the keys in the vehicle, a grey 2002 Hyundai Sonata.

At 6:51 p.m., Ofc. Simon wrote a search warrant for 37444 Cherry St. to look for various pieces of stolen property based upon a stolen trailer that was found at the residence on Friday, July 24, 2015. A 31-year-old Newark resident was contacted working on a vehicle in the backyard. He was found to be in possession of several stolen items from the search warrant including two transmissions. He was arrested for the stolen property and possession of a methamphetamine pipe. He was booked at Fremont Jail.

Sunday, August 9

At 12:23 p.m., officers responded to Safeway for a reported robbery. The victim called to report that a Hispanic male adult attempted to steal her purse

after she had gotten into her vehicle. The suspect followed the victim to her vehicle and then opened her passenger door as she sat down in the driver's seat. The victim had noticed the suspect prior and had kept her purse on her left shoulder as she entered the vehicle. The suspect attempted to pull the purse away from the victim but was unsuccessful. The suspect fled to a waiting older model, grey 2-door Honda Civic. The suspects fled toward CA-84. Anyone with information regarding this robbery is asked to contact Newark Police Department (NPD). This incident is being actively investigated at the time of this report.

At 10:34 p.m., Ofc. Slater observed a large plume of dust at the far west end of Central Avenue and Willow Street, where a Mercedes was "spinning donuts." The vehicle stopped before entering back onto Central Avenue, allowing Ofc. Slater an opportunity to pull behind the Mercedes to conduct a traffic stop. As Ofc. Slater was maneuvering behind the Mercedes, the vehicle fled eastbound on Central Avenue at a high rate of speed. Ofc. Slater quickly lost sight of it and did not pursue. The vehicle was located abandoned on Filbert Street just north of Central Avenue, and it appeared to have just been involved in a collision. At approximately 10:44 p.m., Ofc. Jackman and his partner, Eliot, with the assistance of Ofc. Smith and Ofc. Rodgers, began to track the driver. The K-9 search team acquired the suspect's scent and tracked northbound on Filbert Street toward bushes approximately 100 yards away from the vehicle. K-9 Eliot located and apprehended the 21-year-old Newark resident and registered owner of the vehicle hiding in the bushes. He was placed under arrest for DUI, hit and run, resisting arrest, possession of drugs and driving without a license. He was booked at Santa Rita Jail

after being medically cleared at a local hospital.

Monday, August 10

At 12:34 p.m., Ofc. Katz investigated a window smash vehicle burglary in the Safeway parking lot, located at 5877 Jarvis Ave. The loss was a laptop computer.

At 3:40 p.m., Ofc. Nobbe investigated a residential burglary in the 36300 block of Cherry Street.

At 7:22 p.m., Ofc. Norvell investigated a domestic violence incident on St Luke Court. A 34-year-old male from Newark was arrested for felony domestic violence and booked at Fremont Jail. The victim was granted an emergency protective order, and the suspect was served with the order.

Tuesday, August 11

At 7:14 a.m., a victim responded to NPD to report his red 1994 Dodge Ram was stolen sometime during the night from Worthing Drive.

At 2:10 p.m., Ofc. Johnson located and recovered an unoccupied stolen vehicle. A 2002 Chevy Blazer was found in the Homewood Suites parking lot with false license plates.

At 5:45 p.m., a victim responded to NPD to report her gray 1999 GMC van was stolen sometime during the day from Port Sailwood Drive.

At 5:53 p.m., Ofc. Mapes investigated an auto burglary that occurred in front of a residence on Ruschin Drive.

Thursday, August 13

At 10:23 p.m., Ofc. Mavrakis investigated a residential burglary on Cedar Boulevard. Unknown suspect(s) forced entry into the home through a rear window. Property was staged near the garage suggesting the burglary was interrupted. The extent of the loss was unknown at the time of this report.

Union City Police Log

SUBMITTED BY UNION CITY PD

From Monday, August 3 2015 through Sunday, August 9, 2015, there were two reported auto burglaries. Both of them occurred in Union Landing Shopping Center during morning hours, and they both involved property that was left in plain view in the back seat.

Tuesday, August 4

At around 4:00 p.m., Ofc. Willson was on patrol when a male told him that he had been working at Our Lady of the Rosary at C St., and an adult male took two spools of wire from his truck and left the area. Ofc. Willson located a vehicle matching the suspect vehicle description in the area of 4th Street and Whipple Road. The two spools of wire were found in the trunk, and the victim identified both male occupants. A 55-year-old Union City resident and 51-year-old Hayward resident were arrested.

Wednesday, August 5

At around 9:15 p.m., Ofc. Martin was dispatched to a business in the 1800 block of Whipple Road on a report of grand theft. Three suspects entered the store and worked to distract the clerk and steal her purse from behind the counter. The first suspect was described as a Pacific Islander female, 25-30 years old, 5'5" and 300 lbs. The second suspect was described as a Pacific Islander female, 25-30 years old, 5'7" and 250-300 lbs. The third suspect was described as a Pacific Islander female, 30-35 years old, 5'7" and 250-300 lbs. All suspects had black hair.

A residential burglary occurred on the 700 block of Tamarack Drive between 9:15 a.m. and 8:30 p.m. Entry was unknown. The loss included electronics.

A residential burglary occurred on the 4500 block of Novato Street between Wednesday, August 5, 2015 at 3:30 p.m. and Thursday, August 6, 2015 at 3:30 a.m. The rear slider was smashed and the residence was ransacked. The loss was unknown at the time of this report.

Thursday, August 6

At around 11:45 p.m., Ofc. Bedford located a vehicle that had been reported stolen out of Newark. The driver, a 13-year-old Hayward resi-



dent, and passenger, a 16-year-old Union City resident, were both arrested and released to legal guardians.

Friday, August 7

At around 7:00 p.m., Ofc. Gannam noticed a male subject quickly exit a vehicle in Kennedy Park. The vehicle was reported stolen out of Hayward. After a foot pursuit, Mark Castro of Union City was arrested. He was also in possession of multiple shaved keys, which are commonly used to steal older model vehicles.

At around 7:10 p.m., officers were dispatched to Contempo Park, located at 32300 Meteor Dr., on reports of an attempted robbery. A victim was sitting in the park and using her cell phone when a suspect approached her and attempted to pull a gold chain off her neck. When bystanders approached to help, he pointed a black handgun at them and told them to stay back. He then fled toward Meteor Drive. The suspect was described as a black male adult, 25-30 years old, 5'10" to 6'2" and a skinny or medium build. He held the handgun with his left hand.

Sunday, August 9

At around 9:00 p.m., officers were dispatched to reports of an assault with deadly weapon and shots fired in the area of 13th Street and I Street. Officers located a gunshot victim and began lifesaving measures, but the victim was pronounced dead at the scene. Union City Police Department detectives are actively investigating this case.

Proof It!

Are you an eagle-eyed reader? Circle the errors in the article below. Then, rewrite it correctly.

By the Numbers

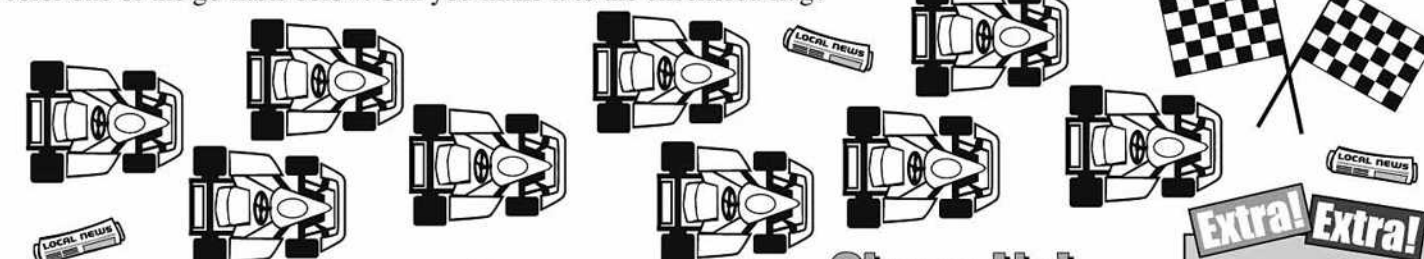
Which go-kart is going the fastest? Find and cut out nine numbers from today's newspaper. Glue three numbers on each flag, then add them up. The car with the largest total wins this race!

Standards Link: Math/Number Sense: Calculate sums



Brain Fuel

Reading the newspaper every day is a great way to increase your brain power. For every paragraph that you read in today's newspaper, color one of the go-karts below. Can you make it to the checkered flag?



Speedy Spelling

Make a list of four words that are difficult to spell.

1. _____
2. _____
3. _____
4. _____

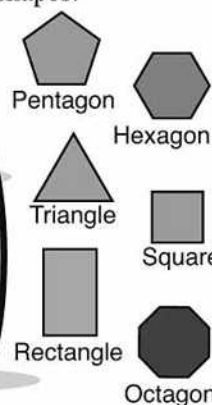
Dash through the newspaper and find the letters that spell each of your words. Cut out the letters and glue them onto each tire.

Can you win the race by spelling all four words?

Standards Link: Language Arts/Spelling: Spell regular and irregular words.

Shape Up!

Look through the newspaper for an example of each of these shapes:



Extra! Extra!
Newspaper
Know-It-All

Look through the newspaper and see if you can find:

- A five-word headline
 - A classified ad
 - A game score
 - Today's date
 - The letters in your name
- Race against a friend. Who found these items fastest?

Standards Link: Language Arts/Research: Use the newspaper to locate information.

A Prize for Journalists

Movie stars get Oscars. Athletes get trophies. Joseph
 ▲ ✕ ◡ / ▽ ▽ ▽ ◆ wanted to provide a way to
 honor great writers. In 1917, he left money to start a
 school of journalism at ○ ■ ◡ ✕ ✓ \ / □ University
 in New York. He also left money to start an annual award
 for outstanding journalists, ✓ ✕ ◡ / ○ / □ (◡
 and writers. These important awards are called
 ▲ ✕ ◡ / ▽ ▽ ▽ ◆ ▲ ◆ ▽ ▽ ▽ ▽ (LOCAL NEWS

**Secret
Code**

A	B	C	E	G	I	L	M
							
N	O	P	R	S	T	U	Z

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

RALLY
READING
BRAIN
DREAM
BOOSTER
NEWSPAPER
CHECKERED
WRITERS
RACE
MEDIAN
SPELL
TIRE
POWER
WINS

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

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

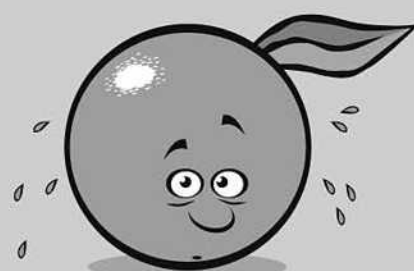
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE LESSON LIBRARY

About Average

About Average
Find the ages of three people in the newspaper. List the ages from oldest to youngest. Circle the median (the middle) age on your list. Add up the ages and divide the total by three to find the average age of your newsmakers.

Standards Link: Language Arts/Reading Comprehension: Follow multiple-step directions; Math/Statistics: find median and mean



Why did the orange stop in the middle of the race?

ANSWER: It ran out of juice.

Write On!

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‘Chess on ice’ catches a spark across the Bay Area

ARTICLE AND PHOTOS BY
CASSANDRA BROADWIN

“It is a game of strategy,” said Brian Davidson, president of the San Francisco Bay Area Curling Club (SFBACC). Between two teams, sixteen stones, and an arena of ice, competition flares as players must formulate every move based on what their opponent may do seven turns from the start. “Really, it’s like chess on ice,” Davidson explained.

The sport of curling is played with two teams of four players each, who alternate sliding heavy granite stones across the curling sheet towards a circular target



called the house. The throw is modified by two sweepers with brooms, who alter the state of the ice as the stone moves toward the house. The objective is to accumulate points by landing more stones in the house than the opponent does, which can be done by knocking the other team’s out of the way. To control the path and placement of the stone requires a great deal of accuracy and forward-thinking strategy, thus earning the sport its nickname.

Believed to be one of the world’s oldest sports, curling is thought to have originated on the frozen ponds of Scotland. The first official rules were drafted in Edinburgh in 1838 and after a demonstration for Queen Victoria, the game’s first club became

known as the Royal Caledonian Curling Club (RCCC).

Over time, players and their families relocated, and the sport gained an international following. Curling appeared in the first Olympic Winter Games in Chamonix in 1924 as a “demonstration” sport between two men’s teams, and in 2006, it became officially recognized as an Olympic sport.

With its Olympic debut, curling began to sweep the nation, a catalyst that has brought the SFBACC to its prime today. With over 240 members, the club hosts five curling sessions per week at rinks across the Bay Area – three in Oakland, one in San Jose, and one in Fremont. “Everyone has a place,” Davidson began. “We start people out with our ‘Learn

to Curl’ two hour lessons, which provide an introduction to the sport inclusive of its history, fundamentals, and techniques. If they’re really intrigued by it, we offer three-week lessons by the end of which a player is ready to join a league.”

The SFBACC prides itself on its pillars of inclusivity and diversity. Since its founding in 1958, the club has been known to participate in the SF Gay Pride Parade, lead demonstrations at schools around the Bay Area, and has even sent one player, Pat McDonald, to compete in the Paralympic Games. “Pat comes back to work with us on hosting clinics for the kids,” Davidson noted, which has since inspired a total of seventeen SFBACC members to become wheelchair-certified curling instructors. “It’s a very community-oriented sport to begin with, and I think it’s because of that community and the environment we create that our members are attracted to our club and keep coming back.”

Aside from its usual weekly sessions, the club participates in several special events throughout the year. “If curling was a religion, we’d

probably be considered evangelical – we love to share it,” said Davidson. These events include a trip to the outdoor rink in Yosemite Valley, which requires the club to haul each curling stone (42 granite pounds) up to the Sierras, along with brooms and other various pieces of equipment. “It’s quite an event,” Davidson recalled. Events

have also taken place in Stockton and San Francisco’s Union Square.

The club operates by renting time on the ice from various facilities, but over the past two years it has been on a crowdfunding campaign to raise enough money to open a permanent facility of its own. “We’ve been at it in earnest, and we’re about a quarter of the



way there,” said Davidson. “It’s been a real challenge; we’ve had three negotiations fall through partially because the market is so tight and partially because we’re a non-profit. We’re hoping there’s a landlord out there that will view us as an opportunity and not a risk and until then, we’ll keep persevering.”

SFBACC has four Learn to Curl sessions happening throughout August, and newcomers, beginner and experienced alike, are encouraged to drop-in and try their hand at the sport. For more information, visit <http://www.bayareacurling.com/> or <http://www.dedicatdice.com/>.

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