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Washington Township Railroad Fair celebrates 15th year

SUBMITTED BY
BARBARA CULP
PHOTOS BY
BRUCE MACGREGOR

Travel back in time to the days when railroad tracks crisscrossed the Tri-Cities as an important means of transportation from farms and dairies to consumers throughout the Bay Area. The "Washington Township Railroad Fair," hosted by the Society for the Preservation of Carter Railroad Resources (SPCRR), the Railroad Museum at Ardenwood, and East Bay Regional Park District, celebrates locomotives and railcars of that era at Ardenwood Historic Farm that still operates close to the way it did over 100 years ago. Crops similar to those George Patterson tended a century ago are grown,

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Last stop for the Pacific Bus Museum?

BY ROBBIE FINLEY

Tucked away at the end of Shinn Street, nestled between BART's railway and those old familiar train tracks that traverse through Fremont, sits the local treasure known as the Pacific Bus Museum (PBM). Open the first Saturday of each month from April to November, the museum and its 24 vintage buses are currently housed in a large 1920s era vehicle maintenance building. Just about every aspect of the museum speaks to the history it seeks to preserve, but all may soon be lost if they are unable to find a permanent home.

"As an operating transportation museum, the Pacific Bus Museum needs a permanent home that will uniquely lend itself to easy accessibility for our

guests, volunteers, and business partners," said PBM Executive Director Ron Medaglia. "We also want our new home to be centrally located and affordable. Geography is important, but not as important as having people be able to visit at their leisure, and not as important as the PBM being able to afford it's new home."

Finding a new home is no small task for this tax-exempt non-profit. With the current roster of buses to house, they'll need ample space to display and maintain. "A 20,000 square foot building with additional outdoor storage space (would be ideal)," Medaglia said. "Ideally, there would be room to display our buses, an area for a gift shop, archival area, and storage for our antiques and memorabilia, and room for restoration and maintenance activities," he added.

Why can't PBM just stay put? It's a simple matter of progress – the area is transforming around them and the writing is on the wall. "(The current location) is a temporary location but it's been good for us," Medaglia said, adding that in 1997, they moved in under the impression that they perpetually had 30-days notice. Luckily, they've been able to stay since then, but recent sales of land around them and

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Celebrating 150 years of Scottish Gathering & Games

SUBMITTED BY FLOYD BUSBY

This year's annual "Scottish Highland Gathering & Games" marks the milestone of 150 years of continuous Celtic festivals produced by the Caledonian Club of San Francisco. For the sesquicentennial, the Club will celebrate with the largest-to-date gathering

and games at the Alameda County Fairgrounds in Pleasanton on Saturday and Sunday, September 5 and 6. The first Games, held in 1866 at the corner of Market and 14th Street in San Francisco, was the beginning of what has become considered by many as the largest such festival in the world.

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Labor Day:

A Strong Workforce Depends on Safe, Healthy Workers

Physician Offers Advice on Dealing with Stress, Maintaining Overall Wellness and Creating a Safe Work Environment

Celebrated the first Monday in September, Labor Day is our annual tribute to the contributions workers have made to the well-being of our country. Since the very first celebrations in the mid-1880s, Labor Day has been a time for workers and their families to relax and have fun. As it turns out, that focus on relaxation may be one of the keys to a healthy, productive labor force.

“We all experience some amount of workplace stress, but if your level of work-related stress is high, it can definitely impact your health,” says Dr. Jason Chu, a board-certified physician in pulmonology and internal medicine with Washington Township Medical Foundation, part of the Washington Hospital Healthcare System. “Chronic or intense stress can lead to both physical and emotional health problems.”

Some symptoms of excessive work-related stress might include:

- Anxiety, irritability, depression or loss of interest in work.
- Trouble sleeping and accompanying fatigue.
- Muscle aches and headaches.
- Digestive problems.

- Social withdrawal.
- Reliance on alcohol or drugs to deal with stress.

“Overworked, overstressed employees may be more susceptible to physical illness because of a weakened immune system, as well as to depression and anxiety,” Dr. Chu says. “Part of that is because they are not taking good care of themselves. They may be more likely to eat more fast food and processed foods as a way to save time. Or they might feel they can’t take the time to exercise. It’s important to find a balance between work and other aspects of your life.”

Taking better care of yourself can start with eating a healthier diet that features eating more fruits and vegetable and limiting your consumption of foods that are high in saturated fats and trans fat. Eating smaller meals at more frequent intervals can help maintain an even blood sugar level to keep your energy up and avoid mood swings.

“Regular exercise is a great stress reliever, too,” says Dr. Chu. “You don’t have to start exercising by running marathons. You could start with vigorous walking and also work on stretching and flexibility exercises that can help you to avoid physical injuries. It’s a great idea to set a specific time of



Doctor Jason Chu, board-certified in internal medicine and pulmonology, advises his patients to minimize stress to help prevent physical and emotional health problems. Dr. Chu recommends that finding a balance between work and other aspects of life is important for everyone’s health.

day to exercise and stick with it. It should be a form of exercise you enjoy, so you look forward to doing it. It could be team activities such as softball or volleyball, or recreational tennis or swimming. It’s also good to exercise with a friend because the social interaction helps reduce stress, and it is wise to have another person with you in case of injury.”

Dr. Chu notes that a third aspect of caring for yourself and relieving stress is to get adequate rest.

“Stress can cause insomnia, and that lack of sleep can make you irritable and vulnerable to even more stress,” he says. “It could help to stick to a regular sleep schedule and aim for eight hours of sleep each night. Also, you should be aware that using alcohol or smoking could adversely affect your sleep.”

Taking time away from work can help relieve stress, too.

“Get involved in outside activities that take your mind off

work,” Dr. Chu suggests. “Pick up a hobby such as gardening, reading, cooking or even shopping. Relaxing recreation could be as simple as going on a picnic with family or friends, or going out to dinner. And when you’re taking part in those activities with other people, leave your cell phone at home unless you want to use it to take photos. If you’re constantly checking email and texts, you’re not really leaving work behind you.”

A Comfortable Work Environment Improves Health and Safety

Health and safety hazards at work sites filled with heavy machinery and equipment are fairly obvious. A surprising number of hazards are present in office settings where most of the work is done by employees who are sitting in a climate-controlled office building, however.

“In an industrial setting or other workplace where you are performing manual labor, it’s important to know how to use whatever equipment you need to operate,” says Dr. Chu. “If you are asked to operate a new piece of equipment, be sure to ask how to use it.”

Other tips for avoiding physical injuries while performing manual labor could include:

- Avoid stooping or twisting.
- Protect your back by using mechanical aids such as wheelbarrows or forklifts for lifting and carrying heavy objects.

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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
	09/01/15	09/02/15	09/03/15	09/04/15	09/05/15	09/06/15	09/07/15
12:00 PM	Your Concerns InHealth: Decisions in End of Life Care	Diabetes Matters: Diabetes & Stroke:What's the Connection?		Washington Women's Center: Sorry, Gotta Run!	Inside Washington Hospital: The Green Team	Diabetes Matters:When You Care Too Much	Diabetes Matters: Partnering with your Doctor to Improve Control
12:30 PM							
12:30 AM	Washington Women's Center: Cancer Genetic Counseling	Diabetes Matters: New Year, New You	Vitamins and Supplements - How Useful Are They?	Learn IfYou Are at Risk for Liver Disease	What You Should Know About Carbs and Food Labels	Do You Suffer From Anxiety or Depression?	Learn About Nutrition for a Healthy Life
1:00 PM							
1:00 AM							
1:30 PM							
1:30 AM	Minimally Invasive Surgery for Lower Back Disorders	Minimally Invasive Options in Gynecology	Arthritis: Do I Have One of 100 Types?	New Treatment Options for Chronic Sinusitis	From One Second to the Next		Voices InHealth:The Legacy Strength Training System
2:00 PM							
2:00 AM							
2:30 PM							
2:30 AM	Diabetes Matters: Healthy or Hoax	Washington Township Health Care District Board Meeting August 12, 2015	Sports-Related Concussions	Washington Township Health Care District Board Meeting August 12, 2015	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Your Concerns InHealth: Sun Protection	Washington Township Health Care District Board Meeting August 12, 2015
3:00 PM	How to Maintain a Healthy Weight: Good Nutrition is Key				Inside Washington Hospital: Stroke Response Team	Women's Health Conference: Aging Gracefully	
3:00 AM							
3:30 PM	Inside Washington Hospital: Patient Safety	Peripheral Vascular Disease: Percutaneous (Under the Skin) Treatment	Reach Your Goal: Quit Smoking	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Community Based Senior Supportive Services	Heel Problems and Treatment Options	Acetaminophen Overuse Danger
4:00 PM	Get Back On Your Feet: New Treatment Options for Ankle Conditions		Diabetes Matters: Sugar Substitutes - Sweet or Sour?				Hip Pain in the Young and Middle-Aged Adult
4:00 AM							
4:30 PM	Where Have All The Patients Gone?	Prostate Health and Prostate Cancer		Voices InHealth: Washington's Community Cancer Program		Acetaminophen Overuse Danger	
4:30 AM							
5:00 PM							
5:00 AM	Washington Women's Center: Cholesterol and Women	Voices InHealth: Healthy Pregnancy	Raising Awareness About Stroke	How Healthy Are Your Lungs?		New Treatment Options for Chronic Sinusitis	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?
5:30 PM							
5:30 AM							
6:00 PM							
6:00 AM	From One Second to the Next	Cough and Pneumonia: When to See a Doctor	Skin Cancer	How to Maintain a Healthy Weight: Good Nutrition is Key			Low Back Pain
6:30 PM							
6:30 AM	Heart Healthy Eating After Surgery and Beyond	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	What You Should Know About Carbs and Food Labels	Diabetes Matters: Diabetes & Stroke:What's the Connection?	Washington Township Health Care District Board Meeting August 12, 2015	Washington Township Health Care District Board Meeting August 12, 2015	Community Based Senior Supportive Services
7:00 PM				Superbugs: Are We Winning the Germ War?			
7:00 AM							
7:30 PM	The Weigh to Success		Snack Attack		Voices InHealth: Healthy Pregnancy		
7:30 AM							
8:00 PM		How to Prevent a Heart Attack		Minimally Invasive Options in Gynecology		The Weigh to Success	Keys to Healthy Eyes
8:00 AM							
8:30 PM	Washington Township Health Care District Board Meeting August 12, 2015	Eating for Heart Health & Blood Pressure Control	Washington Township Health Care District Board Meeting August 12, 2015	Turning 65? Get To Know Medicare	Voices InHealth: Radiation Safety	Voices InHealth: Cyberbullying - The New Schoolyard Bully	Knee Pain & Replacement
8:30 AM							
9:00 PM					Learn About Nutrition for a Healthy Life		
9:00 AM							
9:30 PM							
9:30 AM	Voices InHealth: Bras for Body & Soul	Your Concerns InHealth: Sun Protection	Learn More About Kidney Disease	Get Back On Your Feet: New Treatment Options for Ankle Conditions		Strengthen Your Back	Do You Suffer From Anxiety or Depression?
10:00 PM							
10:00 AM	Diabetes Matters: Sugar Substitutes - Sweet or Sour?	Women's Health Conference: Aging Gracefully	Lunch and Learn: Yard to Table	Diabetes Matters: New Year, New You	GERD & Your Risk of Esophageal Cancer	Diabetes Matters: Key To A Healthy Heart with Diabetes	
10:30 PM							
10:30 AM							
11:00 PM							
11:00 AM	Your Concerns InHealth: Senior Scam Prevention	What You Should Know About Carbs and Food Labels	Heart Irregularities	Diabetes Matters: Healthy or Hoax	Voices InHealth: Medicine Safety for Children	Minimally Invasive Surgery for Lower Back Disorders	Surgical Treatment of Obstructive Sleep Apnea
11:30 PM				Diabetes Matters: Partnering with your Doctor to Improve Control			
11:30 AM							

Five Keys to a Fun and Healthy Labor Day Menu

Labor Day is traditionally the unofficial end of summer. Many people see it as an opportunity to shop the sales or watch a football or baseball game, but others look forward to kicking back and enjoying some time with family and friends at the park, the beach or in their own backyard. When most Americans plan a warm weather get together, the first thing they think of is food.

“We often consider Labor Day to be summer’s last hurrah,” observed registered dietitian Kimberlee Alvari, director of Food and Nutrition Clinical Services at Washington Hospital. “So, we want to relax and enjoy ourselves without a lot of rules and restrictions. But, there are still a few things you should do to take care of yourself and feel good throughout the day.”

Here are Alvari’s top five recommendations:

1. Stay hydrated.

It’s likely to be hot this Labor Day, so drink plenty of water, infused iced teas or other low calorie, non-alcoholic beverages, especially when you are outdoors.

“One of the biggest offenders on a holiday like Labor Day is alcohol,” she said. “Wine, beer and cocktails contribute calories that can add up very quickly while contributing zero nutrition to your diet.”

She suggested trying “mocktails” or a good light beer and limiting wine drinking to moder-

ate amounts. A 5 ounce glass of wine is 120 calories, and the same amount of light beer is about 100 calories.

2. Contribute to the table.

If you are invited to a gathering, offer to bring one or more dishes to share. That’s your chance to add something healthy, like fruit salad, to the menu. And, you’ll always know there will be healthy food available, even if everyone else brings chips and dips.

Roasted Corn & Edamame Salad and Light & Fresh Potato Salad are two nutritious and delicious salad recipes that have been popular at community events sponsored by Washington Hospital, as well as in the Hospital’s café.

3. Consider kabobs.

Chances are, if you are hosting a Labor Day meal, it will include something from the grill. For a main dish, consider having something on a stick that includes local produce, both fruits and vegetables, along with a small amount of lean meat.

“Kabobs can take a little more time to prepare, but you can do it ahead, so you’ll be able to spend more time with your guests,” advised Alvari. “Grilled fruits and vegetables are delicious because they sweeten up as they cook and the flavors can be wonderful.”

Small pieces of skinless, boneless chicken are always a good choice for grilled kabobs. The meat cooks fast so you don’t have to worry as much that it is at a



Washington Hospital’s director of Food and Nutrition Clinical Services, Kimberlee Alvari wants people to relax and enjoy Labor Day festivities. She recommends that people take care of themselves by staying hydrated, contribute something healthy to the menu, consider kabobs if hosting, offer smart treats and add activities to the menu to get people physically active.

safe temperature. You can also consider partially microwaving the chicken first to get the internal cooking started and then finish off on the grill.

Other ideas:

- Marinate the kabobs before cooking.
- Serve light dipping sauces for your guests to enjoy with the finished kabobs.
- Grill a basket of fresh veggies.
- 4. Top it off with smart treats.

If you want something sweet to round out your Labor Day meal, stay away from the heavier desserts and consider fruit. Strawberries are a great late summer option.

“One cup of strawberries—sweet enough so they require no sugar—are delicious and beautiful with a couple of tablespoons of whipped cream, and that’s only about 100 calories,” stated Alvari. “Or, the last of this season’s stone fruit is still available, so think about grilled peaches sprinkled with a small amount of brown sugar. They look beautiful, and you can add a little bit of low fat vanilla ice cream for extra flavor and sweetness.”

Another fun option is root beer floats with diet root beer and reduced-fat vanilla ice cream. They are festive and total around

120 calories each, if you add just one scoop of ice cream.

5. Add activities to the menu.

Include physical activity or active games in your Labor Day celebration. That way, you can get some exercise while you enjoy the party. Swimming, playing Frisbees and other outdoor games is fun and will get everyone moving.

A last piece of safety advice from Alvari: With outdoor meals, it’s as important as ever to keep food safe. Don’t cross-contaminate raw meats with other foods by using the same plates, utensils or containers without washing them between uses.

Finally, stay mindful about the temperature of your food. Check the internal temperature of grilled meat with a thermometer, and keep cool food like salads cold by covering and placing them on ice in a cooler when not being served.

“Food can stay outside safely for up to two hours,” said Alvari. “However, if the day is above 90 degrees, the safety of the food only lasts for about an hour.”

Learn more

For more information and ideas on healthy picnicking and barbecuing, go online to www.cookinglight.com. To find out more about Food and Nutritional Services at Washington Hospital, visit www.whhs.com.

Roasted Corn & Edamame Salad

1-1/4 cups frozen roasted corn
1/2 cup shelled edamame
2 tablespoons chopped red onion
1/4 cup small diced red bell pepper
1 tablespoon finely chopped fresh cilantro or flat-leaf parsley
1 tablespoon light mayonnaise
1 tablespoon lemon juice
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

Combine ingredients. Cover and chill in refrigerator until ready to serve.

Light & Fresh Potato Salad

Dressing:
1/4 cup seasoned rice vinegar
2 tablespoons canola oil
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Salad:
5 cups cubed red potatoes (about 2 pounds)
1/2 teaspoon salt
1 cup chopped, peeled cucumber
3/4 cup chopped green bell pepper
1/2 cup chopped orange bell pepper
1/4 cup chopped green onions
1 (2-1/4 ounce) can sliced ripe olives, drained

To prepare dressing, combine first four ingredients in a large bowl; stir with a whisk.

To prepare salad, place potatoes and 1/2 teaspoon salt in a medium saucepan. Cover with water to 2 inches above potatoes; bring to a boil. Reduce heat and simmer 8 minutes or until tender; drain.

Add potatoes to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill.

Yields: 12 servings
Amount per serving: Calories: 90, fat: 2.8 g, protein: 1.8 g, carbohydrates: 14.9 g, fiber: 2 g, cholesterol: 0.0 mg, sodium: 295 mg.

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

Healthy Labor Day BBQ Grilling Tips and What to Do In Case of Heat Exhaustion

Dear Doctor,

Do you have suggestions for healthy Labor Day meals? I always dread cookouts rich with fat.

Dear Reader,

There are many healthy and tasty low-fat foods for barbecuing. Try offering omega-3 rich salmon burgers with chunky salsa, or a veggie burger with humus and cucumber. Turkey sausages is also a good alternative to bratwursts and beef dogs, but always check labels to make sure the fat content is not high. Grill vegetables with a little olive oil and enjoy!

Dear Doctor,

What are the signs of heat exhaustion and what should I do if I notice it?

Dear Reader,

Heat exhaustion can happen from sustained activity in or out of the sun which then leads to dehydration and an elevation in core body temperature. A person will feel fatigued and dehydrated. Treatment begins by stopping activity and getting into a cool, dry place and putting cold water and ice on the person. Drinking water or a product like Gatorade will help even more to restore the body’s fluid deficit.

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.

Is There Really Such a Thing as Good Fat?

Washington Hospital Seminar Focuses on the Health Risks and Benefits of Fat

So what’s the story on fat? Is it all bad? The truth is there are different types of fat and some are good and some are bad. The bad type clogs your arteries and raises your risk for heart disease. But the good kind can reduce your risk. So how do you tell the good from the bad when it comes to fat?

It’s important to learn about the role of fats because heart disease is a killer – literally. It’s the number one cause of death for both men and women in the U.S., according to the American Heart Association.

“Since the 1960s, fat has been vilified,” said Dr. Rohit Sehgal, a Fremont cardiologist and chief of Cardiology at Washington Hospital. “There was a tendency to move to fat-free substitutes, which are often high in carbohydrates and sugar. So even though fat was reduced, we have seen an epidemic of diabetes and obesity. More current research has shown not all fats are bad, in fact some are protective.”

Dr. Sehgal will present “Good Fats vs. Bad Fats” on Tuesday, September 15, from 1 to 3 p.m., with registered dietitian Lorie Roffelsen. The free seminar will be held at the Conrad E. Anderson, M.D. Auditorium, located at 2500 Mowry Avenue (Washington West) in Fremont. You can register online at www.whhs.com or call (800) 963-7070 for more information.

The Skinny on Fat

The seminar will examine which fats are good and bad and how they affect heart health, as well as some of the foods that contain these fats.

“Trans fats or partially hydrogenated oils are the real villains when it comes to fat,” Dr. Sehgal said. “These are chemically produced and can be found in cookies, crackers, margarine, and other processed foods.”

Trans fats raise the level of bad cholesterol – also called LDL cholesterol – in the blood, he explained. LDL cholesterol is considered bad because it con-

tributes to plaque, a thick, hard substance that can clog the arteries and block the flow of blood.

Another type of fat called saturated fat can also clog the arteries, but it’s not as dangerous as trans fats, according to Dr. Sehgal. Saturated fats are mainly found in animal products like fatty meats, cheese, butter, whole milk, and cream. But they can also be found in highly saturated vegetable fats like coconut oil, palm kernel oil, and cocoa butter.

“The thinking has changed around saturated fats,” he said. “We used to think that saturated fats are bad, and they can be if you consume too much. They do raise cholesterol levels in the blood. But they can be eaten in small quantities.”

Good Fat Lowers Risk

Unsaturated fats – monounsaturated and polyunsaturated – should be the main type of fat in a heart healthy diet, according to Dr. Sehgal. These fats are considered the good kind and actually reduce the risk of clogged arteries.

That’s because monounsaturated and polyunsaturated fats raise the level of HDL cholesterol – or good cholesterol – in the blood, he explained. HDL is considered good because it actually removes the bad LDL cholesterol from the arteries.

Unsaturated fats can be found in certain oils like olive, canola, corn, soybean and safflower, nuts like almonds, cashews, walnuts and pistachios, seeds like sunflower and flaxseed, and seafood.

In fact, seafood, nuts, and seeds also contain heart-healthy omega-3 fats, which

are linked to lower levels of triglycerides and a reduced risk of clots that block the flow of blood to the heart, he added. Triglycerides are a type of fat found in the blood along with cholesterol and lipids.

Dr. Sehgal said he will also discuss new lipid guidelines that affect who should take medications to reduce blood cholesterol levels.

“The message here is to avoid the bad fats and focus on the good fats,” Dr. Sehgal said. “You can do that by staying away from trans fats and eating saturated fats in moderation. Eat a diet that contains plenty of fruits and vegetables, low-fat dairy and lean sources of protein like fish and seafood. Snack on things like nuts and seeds that will satisfy your hunger. Eat fresh prepared foods instead of processed foods.”

To learn more about the nutrition services offered by Washington Hospital, visit www.whhs.com/nutrition. For information about the Heart Program at Washington Hospital, visit www.whhs.com/heart.



Unsaturated fats are the “good” fats that should be the main type of fat in a heart healthy diet. These fats, which are monounsaturated and polyunsaturated, raise the level of HDL cholesterol – good cholesterol- in the blood and helps remove the bad LDL cholesterol from the arteries. Unsaturated fats can be found in foods like seafood, oils like olive and nuts like walnuts. To learn more about nutrition services offered by Washington Hospital, visit www.whhs.com/nutrition.



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NEWARK DAYS
ADULT
TREASURE HUNT
CLUE #1

In 1876, the railroad was completed by the South Pacific Coast Railroad from Dumbarton Point all the way to Santa Cruz. Soon a R/R Station, roundhouse, and shop buildings were erected in the center of Newark between Sycamore Street and Carter and Thornton Avenues. The completion of the R/R precipitated additional stores and two (2) Hotels.

The password you will need in order to receive Map #2 is the name of either of the First two Hotels established in Newark.

continued from page 1

Washington Township
Railroad Fair
celebrates 15th year

and farmyard animals – sheep, pigs, turkeys, chickens, rabbits, goats, and cows – greet visitors while peacocks strut around with you.

On the grounds of Ardenwood, SPCRR operates a limited version of what once was known as the South Pacific Coast Railroad in the 1880s. In those days, a narrow-gauge railroad steamed from Alameda through the counties of Alameda and Santa Clara until it reached the ocean at Santa Cruz. It transported people from small farm towns and logging camps to larger cities. A fleet of baggage, passenger, box and flatcars, and cabooses were manu-

factured by Carter Brothers in Newark. SPCRR volunteers have collected rail cars from the 1870 through 1920s – most built by the Carter Brothers. Some of these are being restored using hand tools and nineteenth century techniques. The fair will feature “Ann Marie,” an 1890 steam porter locomotive, and the “Antelope Western,” an 1889 steam porter engine, to power train rides. The fair will also feature model rail equipment, Diablo Pacific Short line, Bay Area Garden Railway Society Live Steamers garden railroads, California Central Coast 030, and the Roving Garden Railroad. Hand Car and Maintenance of Way Car rides will also be offered. Visitors can observe farming equipment courtesy of Early Day Gas Engine & Tractor Association.

Enjoy musical entertainment by The Diasporta Swamp Boys, The East Bay Stompers, and The Apple Butter Brothers; food by Dino's at the Café; and a special

game for the children – the Hobo game; a play area of trains at the Granary; and new this year – a wooden train play area on the front path right next to the Railroad Mercantile. Tours of the Patterson House plus farmyard activities are available, so come join us for a fun filled week-end at Rail Fair!

Washington Township Railroad Fair
Saturday, Sep 5 - Monday, Sep 7
10 a.m. - 4 p.m.
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(510) 796-0663
www.ebparks.org
(866) 417-7277
www.spcrr.org

Admission: \$10 adults, \$6 seniors (62+), \$5 children (ages 4-17), children 3 and under free
Free parking



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Labor Day:

A Strong Workforce Depends on Safe, Healthy Workers

• Wear protective gear such as earplugs, hard hats, safety goggles and gloves to suit the task.

In office settings, slips, trips and falls are common injuries. Keeping the office clutter-free can help reduce those injuries. Also, because office workers spend most of their day seated in front of a computer, they are prone to injuries related to poor posture and repetitive movements. An office that is “ergonomically correct” can help improve employees’ health and safety. Ergonomics is the science of designing the workstation to fit the employee’s body and work tasks in a way that optimizes productivity while reducing risk of injury or strain.

“If you work in an office environment, make sure your work area is comfortable,” says Dr. Chu. “Your chair should be at the right height, so your feet don’t dangle when you are seated. Your computer monitor should be directly in front of you, about an arm’s length away, and the key-

board should be directly in front of the monitor so you don’t have to turn your head and neck frequently. The work area should be well lit to help avoid eyestrain. Good ventilation is important, because mold and other substances in the air can result in ‘sick building syndrome,’ causing asthma and other respiratory problems.

“Some people enjoy working with low-volume music playing in the background, but that should not interfere with other people’s ability to concentrate on work,” he adds. “Having a friendly environment where you can interact pleasantly with other people is an important consideration. Cooperative teamwork can improve your productivity – and that circles back to reducing work-related stress.”

Learn More

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

LETTER TO THE EDITOR

Repurpose Hayward Library

Who knew that the old Hayward Library would be torn down when they voted for Measure C? The library was built in the 1950s; it needs renovation, but who thinks spending a minimum of \$5.2 million is worth tearing it down to replace it with pavers? Who made the decision to tear down the library? Is there adequate transparency? Currently, many

homeless people use the library facilities. Once the library is torn down, where will people go? On Tuesday, September 15, at 7 p.m., please tell the Hayward City Council you want to repurpose the building for use as a creative community space.

Winnie and Gerry Thompson
Castro Valley

LIFE in Action - Open House

SUBMITTED BY LIFE ELDERCARE

Are you curious about how you can make sure all seniors in our neighborhoods are eating right, are getting to their doctor, are not lonely, and don’t fall and risk everything?

It’s hard to find the people who need us most because we serve the homebound elderly who need extra help to live and thrive at home. So we count on people like you to help us out!

Join us on Friday, September 11 for our LIFE in Action Open House. This free event is a fun way to learn about the simple, yet important, ways we all can help seniors.

Enjoy breakfast treats donated by Whole Foods Fremont and hear from a VIP Rides volunteer and client. Then witness LIFE in Action as Meals on Wheels volunteers unload a truck full of 370 meals, sort them and take off into the neighborhoods - all in the space of fifteen minutes. It is a daily heroic feat!

Everyone is welcome! Bring a friend or two! Register at LifeInAction2015.eventbrite.com by September 9. For questions, call (510) 574-2090 or email info@LifeElderCare.org

LIFE in Action - Open House
Friday, Sept 11
9:30 a.m. - 10:30 a.m.
Fremont City Hall, back parking lot
3300 Capitol Ave, Fremont
RSVP: LifeInAction2015.eventbrite.com
(510) 574-2090
info@LifeElderCare.org
Free but register by Sept 9

Citizenship Day

SUBMITTED BY
CITY OF FREMONT

The International Institute of the Bay Area (IIBA) and East Bay Naturalization Collaborative (EBNatZ) are partnering with the Fremont Family Resource Center (FRC) for their sixth Citizenship Day to be held Saturday, September 19. Benefits to becoming a citizen include the opportunity to file immigrant visa petitions for parents, children, and siblings, and citizens can have full civic participation in this country and make sure their voices are heard.

At this event, people eligible for U.S. citizenship can receive free assistance filling out the naturalization application and fee waivers. Assistance will be provided in many languages including Spanish, Chinese, and Farsi. Interested parties need to pre-register either online at East Bay Naturalization Collaborative or

by telephone. Registrations in English and Spanish are taken at (510) 451-2846, in Chinese at (510) 251-2846, and in Dari/Farsi at (510) 894-3639.

Among the local nonprofits leading the charge to increase the number of citizens is Asian Pacific Islander Legal Outreach, Catholic Charities of the East Bay, Centro Legal de la Raza, East Bay Sanctuary Covenant, International Institute of the Bay Area, Korean Community Center of the East Bay, International Rescue Committee, and the Jewish Family and Childrens’ Services of the East Bay.

Citizenship Day
Saturday, Sept 19
10 a.m.
Fremont Family Resource
Center, Bldg EFGH
39155 Liberty St, Caribbean
Rm-Suite H830, Fremont
(510) 451-2846

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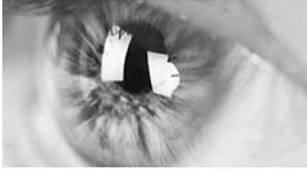
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Donate your old Halloween costumes

SUBMITTED BY ANNIE SNELL

Help your local library get ready for Halloween by donating your old Halloween costumes to Hayward Public Library. Please donate your gently used children's and/or teen's costumes and accessories (for ages 3-16). You'll clear up your clutter and make someone's Halloween extra special. Costumes may be dropped off at the Main Library Children's Desk or Weekes Branch Information Desk until Tuesday, October 20. For more information, call (510) 881-7946 or email annie.snell@hayward-ca.gov.

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Naturalist Joe Alvis with turkey vulture, Prince Charming

Sulphur Creek highlights Vultures

PHOTO COURTESY OF SULPHUR CREEK
NATURE CENTER

Celebrate "International Vulture Awareness Day" with amazing, sun-basking redheads on Saturday, September 5 at Sulphur Creek Nature Center. Meet resident turkey vultures up close and find out why vultures are such a vital part of ecosystems around the world.

Sulphur Creek's resident turkey vultures include Prince Charming and Torac, who will be celebrating a milestone as she has been with the Center for about 40 years. Naturalists will host "Turkey Talk" to introduce their resident vultures and answer questions, where attendees can learn all about vultures, their natural history, and how they help the environment. By attending this program, participants will gain appreciation for these big, beautiful birds. For kids, there will be face painting, story time, and a vulture craft as well.

"Both of our resident vultures have permanent physical injuries that prevent them from ever being able to be released back into the wild," said Nicole Greene, Director of Wildlife Education and Animal Caretaker at Sulphur Creek. As the name suggests, International Vulture Awareness Day hopes to "publicize the conservation of vultures to a wider audience and highlight the important work being carried out by the world's vulture conservationists," according to VultureDay.org.

For more information, visit www.haywardrec.org or call (510) 881-6747. This is a free, drop-in program.

International Vulture Awareness Day
Saturday, Sep 5
1 p.m. – 3 p.m.
Sulphur Creek Nature Center
1801 D St, Hayward
(510) 881-6747 www.haywardrec.org
Free

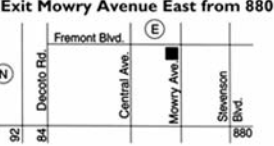
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2: Passwords. You must know the password in order to obtain the maps and secret stamp at each location. The passwords will be included in a short story and clue that will appear in this publication. Passwords will be published as follows:

Password #1 – TUESDAY SEPTEMBER 1
Password #2 – TUESDAY SEPTEMBER 8
Password #3 – TUESDAY SEPTEMBER 15

Rules to know to get started:

- Winner must be over 18 years of age and have a valid ID
- Winner must perform all aspects of the rules (better read them)
- All locations must be visited in ORDER 1-2-3-4
- Locations can only be visited Mon-Fri and 10:00 am to 5:00 PM

For Complete Set of Rules visit: www.newarkdays.org or visit the Newark Days Facebook Page.

REMEMBER! YOU MUST GET THE PASSWORD FROM THIS PUBLICATION IN ORDER TO RECEIVE A MAP! MAPS ABSOLUTELY POSITIVELY WILL NOT BE ISSUED EARLY!

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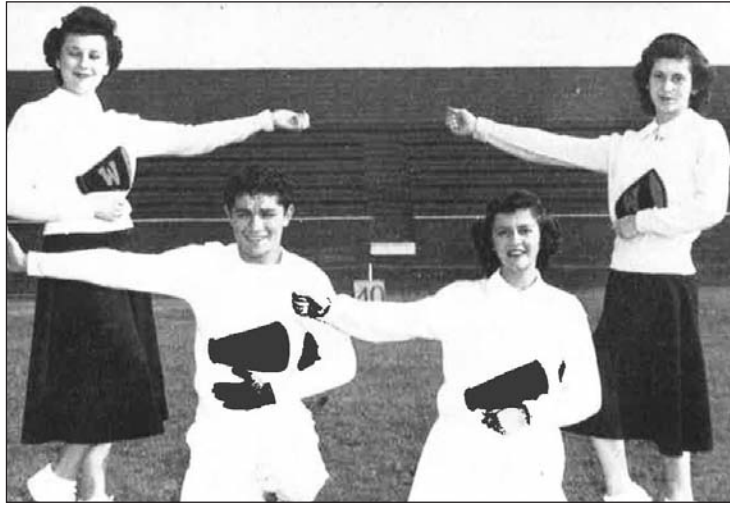
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History

The Class of 1950

BY JIM GRIFFIN

Teachers at Washington Union High School called them "The Golden Years", the time a few years before World War II and lasting until 1959. The opening of Union City's Logan High School that year was a sign of change. Five additional high schools were built before 1966 and great swaths of agriculture land became housing tracts. A school official stated: "We're going to build a new high school



Cheerleaders



Reunion Committee

every year until the end of the century". The freeway had arrived, cities had incorporated, and the boom was on.

Washington Township, now Fremont, Newark and Union City, developed quickly in the 1850's. Statehood and the gold rush brought on a land rush. Fertile soil and close proximity to the markets of San Francisco attracted the earliest settlers, and nine small communities soon emerged each surrounded by fields, orchards, dairies and ranches. A large photograph at the Museum of Local History on Anza Street clearly tells the story of the times. Before long, each community had an elementary school, first through eighth grades, no kindergartens.

By 1946 the population of the Township had reached nearly 22,000. Students about to enter

was 13 and Joe had become the head of the house. A Future Farmer in school, he graduated early to keep the farm, as he has done ever since. He now keeps the farms at Ardenwood Historic Farm, teaching the principles of organic farming to school children.

The football team was so-so in 1949, winning just half its games, but in 1948 the team had won the championship. The athletic league, the Santa Clara Valley Athletic League (SCVAL), was composed of Washington, Sunnysvale, Mountain View, Campbell, Los Gatos, Gilroy, San Jose Tech, and Santa Clara. Except for San Jose, each community had just one high school.

Students arrived to school in buses from around the township. Few students drove or were driven by their parents. Some hitchhiked, which had been made

ways standing in the hall as classes changed, greeting students by name and getting their "Hi Pop" in exchange, was a symbol of benevolent authority. Regarding boy and girl relationships, the Dean of Boys admonished that "familiarity bred contempt". The Dean of Girls took special care to monitor girls she felt may be on the edge. Most teachers lived locally and many were personal friends with students and their families. Teachers and students



Our POP

alike shared a feeling of balance. Coaches became the first principals of new high schools, (making room for Bill Walsh on his way to football history).

Graduation came in June. Ready or not, the Class of '50 had arrived, and the future was bright. Good jobs were plentiful. Houses were being sold for \$10,000, with \$50.00 down; television was new, snowy, but promised to get better. Also in June, the first shots were fired between North and South Korea...

The Class will hold its 65th reunion on September 25th. 220 students started as freshmen in September, 1946 and 150 graduated. Of the 59 students known to be living, 38 will be in attendance at the reunion along with spouses, friends, classmates from other classes and guests. For more information on the reunion you may call 510-792-6515.

The citizens of Washington Township drafted the state law authorizing the union of grammar school districts. It was passed by the Legislature in 1891, and became a model for the other states in the country. Washington, then called Union High School No. 2, opened that fall, one of the first in the state.

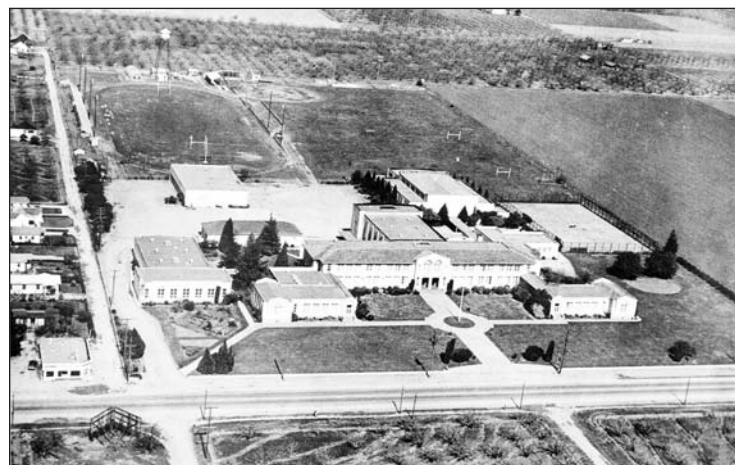


PHILIP HOLMES

PEEK INTO THE PAST

www.museumoflocalhistory.org

Photos courtesy of
The Museum of Local History



Washington High Aerial

Washington Union High School had been born in 1932, the depth of the depression, and were children during the war. They came from the elementary school districts of Centerville, Niles, Irvington, Mission San Jose, Warm Springs, Newark, Alvarado, Decoto and Alviso, a small district at Machado's Corners where Decoto Road and Fremont Boulevard meet. The enrollment of the high school was about 750 students, just right for the number of seats in the auditorium.

On "High School Day", the much anticipated day when eighth graders from each school were bused to the high school for orientation, Students had the chance to peek at lines of kids from other schools and speculate who might soon become their friends. Teachers beamed at the new arrivals as they welcomed them. It was thrilling: A human scale gymnasium with wooden walls, a large cafeteria that smelled like corn soup and hot dogs, a music room with cared for instruments, a wood shop and a metal shop and even a separate art building.

Times were still hard after the war. Many students were needed at home, on farms, dairies and small businesses. One example: Joe Perry's father had died when he

an acceptable way to travel by servicemen during the war. Clouds of cigarette smoke emerged from the bus garage office where teachers gathered to smoke, a habit at the height of popularity. Students who smoked went next door to the Black and White Café.

Boys wore block sweaters or flight jackets; Levi's pegged high above the ankle revealing bright argyle socks and highly polished cordovan brown shoes. Girls wore long skirts, bobby socks, sweaters with "dickie" collars and bobbed or "permed" hair; pompadours were popular for both girls and boys.

Farming was central to the economy of the community. Students of many ethnic backgrounds were represented within the student body and relations were always harmonious. Japanese students were welcomed back in 1946 from internment camps. Seeing them go in 1942 had been a perplexing and painful experience for the community. The teachers had been particularly helpful, visiting the families in temporary staging areas and seeing that the students had books and lesson plans and whatever they needed to make the journey to the camps.

"Pop" Goold, the principal, al-

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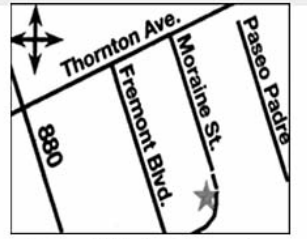
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7 Things You Must Know Before Putting Your Tri-City Home Up for Sale

Tri-City – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report show clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and – worse- financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally

thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollars."

To order a FREE Special Report, visit www.HomeSellerErrors.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-228-3917 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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Are you ready?

BY NANCY LYON

After the recent 4.0 earthquakes on the Hayward Fault, and living just a quarter of a mile from the center of the first incident, the continuing "bumping" of the ground under my home office has perhaps made me slightly paranoid.

While this isn't meant to be a warning of impending doom, the recent earthquakes and fires have been close to many of us, and with the prediction of heavy El Nino rains this winter, we should pause to reconsider emergency preparedness. And not just for ourselves but for our animal companions.

For many, the "something we need to do" list in case of catastrophe has been on the back-burner way too long and when that very distant day that is hoped for turns out to be tomorrow - times could get tough for us and our non-human family members. Planning ahead of time will pay off in the long run and if we haven't as yet acknowledged the danger, now is the time to give it some real consideration. None of us wants to be frantically searching for survival provisions that could be in very short supply after a Big Event.

While Community Emergency Response Teams (CERT) have volunteers trained to help in major disasters and exist in many communities, and they often try to help save our animal companions, their first efforts focus on human need. And that raises the question – who does look after non-human victims in a calamity? A national poll showed that more than one-third of companion animal guardians don't have a disaster preparedness plan in place, and only one-quarter responded that their companion animals were micro-chipped.

The survival and well-being of your animal companions rests with you.

Since you may have little time to evacuate, their best chance of survival is being with you - never leave them behind. You may be away from home when a disaster happens, so get to know your neighbors and have an agreement with them to check on your animals. Socialize your companion animals with the neighbors and their animals so they feel safe in their care, agree to do the same for them.

Have current photos and descriptions of your animals ready should you be separated. Your best chance of bringing them safely

home is to have them micro-chipped and have a collar and tags with current contact information on them at all times. Learn beforehand where the local authorities will be housing stray or injured animals, this will help bring them home as soon as possible.

Basic survival:

Store food and bottled water for at least a week, along with bowls and a manual can opener. According to size, dogs need at least a half-gallon of water per day. Change stored bottled water regularly; use it to water your plants. Cats will need a litter box, litter and scoop, plus their regular food and adequate bottled water.

Include a first-aid kit with instructions on basic injury care for animals. Keep a two-week supply of medications and health records in a plastic container or zip-lock bag. Check with your veterinarian if they have special needs.

Well-made leashes and comfortable harnesses are a necessity, leave them on at all times when away from home to prevent them escaping should they become frightened. Keep extras in your car. Have a comfortable crate available that they are used to, including a blanket and toys with familiar scents that will give them a sense of home and safety. Soft-sided carriers store easily and may be the answer for multiple cat households.

For a comprehensive list on protecting your companion animal and yourself during and after a disaster, check out the Center for Disease Control's website at: <http://www.cdc.gov/features/petsanddisasters/>

One last thought – many people with long association with animals swear they have some ability that alerts them of impending disaster, whether it's the devastating tsunami in Sri Lanka where animals in Yala National Park were recorded moving to high ground before the giant waves hit and none were killed; or as in Freius, France in 1959 when all the cats disappeared before a dam built upstream burst, flooding the lower-town and killing hundreds of people.

Whatever their manner of detection, it's something to consider. You may not experience a "Lassie moment" where your faithful dogs pull you to safety... but if I lived in earthquake or flood country and noticed numerous animals behaving strangely and attempting to flee, or suddenly vanishing... I'd think myself forewarned.

Free SAT Practice Test

SUBMITTED BY
NATHAN SILVA

Teens are invited to partake in a free SAT practice test administered by Kaplan Test & Prep Admissions at the Castro Valley Library. In preparation for what might be the most important test of their lives, this four and a half hour workshop will offer teens test taking tips, strategies, and a practice test in order to ready them for the real thing. Kaplan Test Prep and Admissions is the world leader in test preparation and has helping students achieve their educational goals for nearly 70 years.

Registration is requested. Sign up at the Castro Valley Library Information Desk or call (510) 667-7900. Registration is also available online at www.kaptest.com/enroll/SAT/94546/events

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Milpitas Rotary names Teacher of the Year



SUBMITTED BY FRANK DE SMIDT

The Milpitas Rotary Club presented their 2015 Leo B. Murphy Teacher of the Year plaque-unveiling ceremony on Monday, August 31, 2015 in Milpitas Library, following a recognition ceremony during their weekly lunch meeting. The Leo B. Murphy honoree and 2015 Teacher of the Year is Austa Falconer of Pomeroy Elementary School.

Austa keeps detailed notes on her students and communicates with their parents regularly. She personalizes student instruction to meet their needs. She keeps an eye on graduates from her class long after they have moved on to higher grades; is supportive of students beyond her own classroom; and a great resource for materials and ideas when working with a struggling reader.

Austa stands up for her beliefs and performs all of her teaching responsibilities with high degree of integrity. Austa also hosted Singapore Math Night for

parents to learn different strategies being practiced in classrooms at Pomeroy.

Leo B. Murphy was a dedicated Milpitas educator, superintendent, and revered Milpitas Rotarian.

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Chabot College offers Project Management Program

SUBMITTED BY MELISSA MCKENZIE

Chabot College's Community Education is offering a four course Project Management Certification program beginning September 1. The program prepares students to take the national exam offered by the Project Management Institute (PMI) to earn two industry-recognized credentials: the Project Management Professional (PMP) and the Certified Associate Project Manager (CAPM).

The four-class program includes Introduction to Project Management; Project Management Tools Fundamentals; Project, Planning, Scheduling, and Control; and PMP/CAMP Preparation. "There is flexibility in the program so if students are unable to make the first class, they can catch up in the second class," said Judy Vetter, Chabot College community education coordinator.

Instructor Catherine Pinkas is a certified project management professional (PMP) with more than 20 years consulting on projects in large and small companies. She has developed courses and taught project management at UC Berkeley Extension, San Francisco State University and the University of San Francisco.

Chabot College is located at 25555 Hesperian Boulevard in Hayward. For more information about the Project Management Program, visit <http://www.chabotcollege.edu/community-ed-pmcp> or contact Judy Vetter at (510) 723-6665 or by email at jvetters@chabotcollege.edu

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BUSINESS

Grand Opening/Ribbon Cutting at DasBrew



SUBMITTED BY PRISCILLA LA ROCCA

On August 20, DasBrew and the Fremont Chamber of Commerce held a Grand Opening/Ribbon Cutting for DasBrew's newly expanded Tasting Room. Kim Marshall of the City of Fremont Economic Development Department presented Jan Schutze and Priscilla La Rocca, the DasBrew owners, with an award from the City of Fremont wel-

coming them to the community and wishing them great success!

Senator Bob Wieckowski presented DasBrew with a California Small Business Award with a Certificate of Recognition that stated, "In recognition of the expansion of your brewing facility and your commitment to building our strong and diverse local economy. Congratulations and best wishes for continued success in the future!"

A look at Macy's outlet stores

BY ANNE D'INNOCENZIO
AP RETAIL WRITER

NEW YORK (AP), Macy's has an answer to T.J. Maxx and other stores that sell deeply discounted designer brands.

The department store chain, which is set to open its previously announced "Macy's Backstage" discount stores this fall in the New York City area, gave The Associated Press an early look at one of its new outlet stores.

The store, which is opening next week in Elmhurst, Queens, is about the same size as a T.J. Maxx and offers Calvin Klein, Sunglass Hut and many of the other designer brands that shoppers come to expect at Macy's department stores.

But the outlet is distinctly different from Macy's department stores. Backstage is working with new brands, like Fila and Reebok, and new labels like Elf in the beauty section. And whereas shoppers can get basics like suits and makeup at Macy's, Backstage is meant more for treasure hunting, the company says.

"You're going to get a little bit of a different vibe from what I

would call our older sister, Macy's," said Vanessa LeFebvre, senior vice president of Backstage. "Here, we're trying to attract new and different customers."

Macy's decision to jump into the off-price game comes as the retailer faces slowing sales. Shoppers increasingly are buying online and shifting their spending on their homes and experiences like going out to eat. And when they do buy clothing, they want fat deals on name brands.

During the Great Recession, shoppers flocked to discount outlets, and that trend isn't slowing down. Scott Tuhy, credit officer at Moody's Investor Service, expects market share in the off-price arena to increase to 9.8 percent in 2018, up from 6.6 percent in 2009.

"The biggest disadvantage (Macy's) has is that they have some formidable competitors," Tuhy said.

Backstage offers a no-frills experience targeting busy moms looking to grab a deal on purses, lipstick or something for their children. Shopping carts are stacked at the front entrance, and

there's clear signage directing shoppers to various departments. There are large fitting rooms that have charging stations nearby.

Macy's trademark red star has been infused with bright colors like pink, yellow and blue. And throughout the store there are quirky signs like: "Fake it 'til you make it," which highlight faux leather jackets.

And, then, of course, there are the deals. In the shoe area, for instance, there were \$9.99 spiked boots and Ralph Lauren black suede boots discounted to \$169.99 from \$695. In another department, Marc New York leather jackets were slashed to \$99.00 from \$500.

LeFebvre said she travels around the country to find merchandise for discounts of 20 percent to 80 percent off similar items.

Macy's said it picked the fiercely competitive New York City area for its first outlet stores for a reason. Four of the six outlet stores will open on Sept. 2; the others will open later this fall.

"New Yorkers are tough critics and we're going to learn quickly," LeFebvre said.

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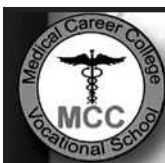
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An Olympic-sized question mark: Housing in plan for 2024

By MICHAEL R. BLOOD
ASSOCIATED PRESS

LOS ANGELES (AP), – The centerpiece of the proposed 2024 Olympic Games in Los Angeles would be a \$1 billion village where thousands of athletes would eat, sleep and stroll on tree-lined walks and clipped lawns.

But with a deadline to submit a U.S. candidate for the 2024 Games just 18 days away, the plan remains a mystery in many ways.

The sprawling Olympic Village, which would be built near downtown with mostly private funds, is tethered to a series of financial assumptions and question marks.

The city doesn't own the land that is now used as rail yard or know how much the property would cost. Details of financing also are elusive. City analysts warned Thursday that costs to acquire the 125 acres and build the structures may significantly exceed the projected cost.

The village proposal "is very hard to pin down," said Chicago-based sports finance consultant Marc Ganis. "There's not enough information to base a judgment on."

Looming questions also include whether the developer would be given tax incentives to build the village, and what that might cost local government.

However, doubts about runaway spending were put on hold Friday when a City Council committee advanced a proposal to authorize Mayor Eric Garcetti to execute agreements related to the city's Olympic bid.

The move, which sets up a vote by the full council next week, came after Chief Deputy

City Attorney James P. Clark assured members its passage would not expose taxpayers to unchecked spending or debt.

The U.S. Olympic Committee cut ties in July with Boston, which was initially selected as the U.S. contender. With Los Angeles the likely stand-in, the USOC faces a Sept. 15 deadline to enter a U.S. bid.

The head of the privately run 2024 committee described the Olympics proposal as a work in progress. The city's final plan is not expected to be submitted until late 2016, if a preliminary bid is entered next month.

"It's obviously a first draft," businessman Casey Wasserman told reporters after the committee meeting.

Earlier this week, the bid committee released its first detailed plans for 2024, describing events from volleyball in Santa Monica to mountain biking in the Hollywood Hills. Its budget projected a \$161 million surplus.

Over the years Olympics have been notorious for cost overruns, and studies have questioned if host cities benefit economically. Russia has been struggling with costs from the 2014 Sochi Olympics, which have been called the most expensive Olympics of all time.

The plans for the Olympic Village included many blank spots:

–The proposed site is owned by Union Pacific Railroad. The railroad said in an October letter to the mayor that it has no plans to close or relocate the facility and is planning a major modernization but would be open to the possibility of a sale or exchange involving a

"suitable replacement facility with all the necessary permits and approvals." The estimated cost of the land is unknown.

–The village concept calls for transforming the site into residential housing after the Games. But those plans have not yet been determined, the bid plan states.

–A private developer would invest most of the \$925 million to build the village, but who would build the site, how the company would be selected and what type of financing would be used is unclear. The plan refers to necessary environmental and planning studies, but no cost estimates are given.

"When they deal with real estate developers, it's rarely straightforward," said Ganis, who considers other parts of the 2024 budget financially sound.

In a report Thursday, city analysts said relocating the rail yard and environmental work could consume over half the proposed budget for the Olympic Village. It recommended the committee find alternative sites.

The analysts said they didn't have enough information to verify the overall 2024 budget or determine the financial risk. They recommended a series of safeguards be established, including protecting the city treasury into the future.

Garcetti and organizers behind the Los Angeles bid project the Olympics will be a money-maker.

"I think it's much, much more probable that we'll have a lot of revenue sources that come from this than worrying about the loss," Garcetti said Thursday at a meeting with the editorial board of the Los Angeles Daily News.

Lorentzen appointed to National Advisory Group for Eisenhower Memorial

SUBMITTED BY JONNIE BANKS

Tom Lorentzen, Castro Valley resident, and board member of Eden Township Healthcare District has been appointed to the National Advisory Committee to the Eisenhower Memorial Commission. The Commission, created by an act of Congress in 1999, to create a memorial on the National Mall to President Dwight D. Eisenhower has some 30 members on its Advisory Committee, including NBC's Tom Brokaw, Senator Robert Dole and former Secretary of State George Shultz. In addition to serving on this committee, Lorentzen is also working as Senior Consultant to the Eisenhower Commission.

"This appointment touches me deeply – it was President Eisenhower who first peaked my interest in history and politics. And it was Eisenhower who first addressed health, education, and welfare as issues to be put on the national radar screen by forming the U.S. Department of Health Services," says Lorentzen.





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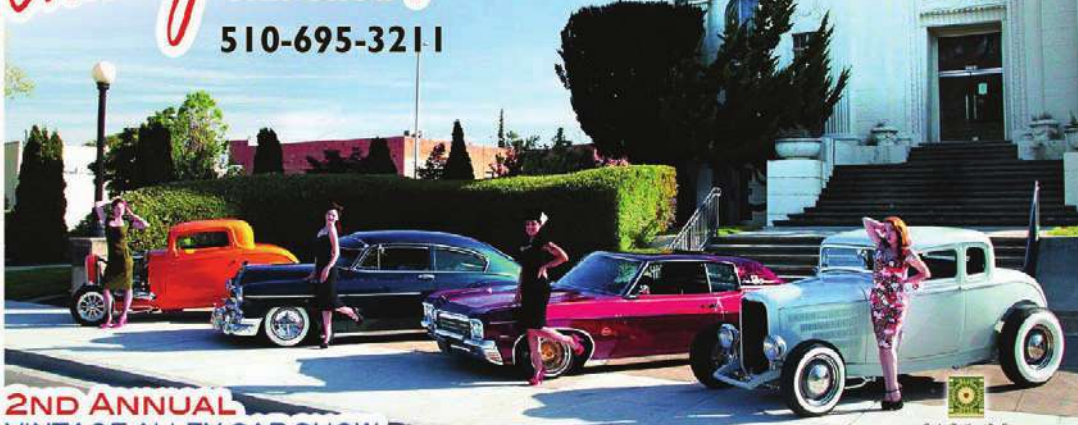
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Hayward Arts Council show at Sun Gallery



"Fun in the Sun," pencil drawing by Jon Nesseth

SUBMITTED BY WINDA SHIMIZU

Pencil drawings, acrylic, and mixed media paintings by Jon Nesseth and digital photographs

by Patra Nesseth-Steffes will be on display in the Ken Cook Room at Sun Gallery beginning September 3. The show closes on September 26 with a potluck party reception, so please bring

food to share. Drinks will be provided. The afternoon will include live entertainment by Kari & the Sweet Spots Band, Nani & Friends (Polynesian group), and instrumental music from Andrew Kong Knight and Henry Call. Bring your voices, instruments, and talents to join the fun!

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"Big Mike," photograph by Patra Nesseth-Steffes

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Across from Ohlone College at the intersection of Mission & Pine St.



continued from page 13

get a perfect fit and the front door needs to be weather-proof. That is why most homeowners will hire someone to do the installation for them. Also, doors can be purchased with a factory finish, or homeowners can finish it themselves, which is what many do-it-yourselfers opt to do.

Another consideration is hardware. You can customize your own door handles and locks, but be wary of building codes. Says Stenrose, “Fremont building codes require a single-action lock. The reason they have that is for fire safety.” This means that the door lock and the dead bolt both need to open when turning the handle from the inside.

Probably one of the biggest myths about front doors involves security. Many people think that they need a front door that is impregnable to thieves. However, most burglars do not enter from the front but from the back. “We

do door replacements, so we deal a lot with break-ins. And it’s very rarely the entry door,” says Stenrose. “Most of the time when people break in it’s through the side garage door, and then through the garage door itself. We call that the “break-in special” – it’s about \$2,000 to replace both those doors.”

Replacing the front door is becoming more and more common as owners of homes built in the 1950s and 1960s consider their upgrade options. And when installed correctly, it can lead to significant energy savings (in fact, most glass in doors is double- or triple-paned). With a brand new entry, your home is sure to look a-door-able.

For more information, contact Simpson Door Company at 1-800-SIMPSON (746-7766) or www.simpsondoor.com; Bay Area Molding and Door at (510) 657-3667 or www.bayareamoldinganddoor.com.

Ride historic trains during Steam Weekend

SUBMITTED AND PHOTOS BY HELENE ROYLANCE

Don’t miss your chance to ride on the historic Southern Pacific (SP) No. 2472, a beautifully restored vintage steam locomotive, on a scenic journey through the beautiful hills of Sunol. This Labor Day weekend, the Golden Gate Railroad Museum and the Niles Canyon Railway are teaming up with the Niles Canyon Artisans for the “Labor Day Steam Weekend” on Saturday, September 5 and Monday, September 7. Riders will be able to peruse a wide collection of fine art and crafts from local artists while they wait for their train’s departure from the Sunol Depot.

Southern Pacific 2472 is one of the largest steam locomotives west of the Mississippi. Built by Baldwin Locomotive in 1921, the 2472’s first assignments were passenger trains on the Overland Route between Ogden, Utah, and Oakland, California. Once the Pa-

cific models were replaced by larger and more powerful mountain type locomotives, SP 2472 was assigned to local commute service between San Francisco and San Jose. In the 1950s, many Southern Pacific engines, including 2472, were fitted with driving axle hubs with a bright white star in the center, to signify a “spring pad lubricator” on the axle. The SP 2472 has kept those distinctive wheel hubs, a unique feature that makes the locomotive stand out.

In addition to the impressive steam engine, the Steam Weekend event features a collection of historic cars for riders to enjoy. First Class ticket holders will experience the impressive luxury of a restored vintage Art Deco Lounge car, the SP 2979 “Neil M. Voddien.” The luxury car has been refurbished to its original 1940s appearance, featuring air conditioning and a beautiful, circular mahogany beverage bar framed by etched glass and mirrors. The lounge car is reserved for passengers 21 and over and fea-

tures beer and wine available for purchase.

Passengers riding in Coach Class can take a seat in the historic “Harriman” coaches, built between 1909 and 1912. The Harriman coaches replaced wooden coaches with such durable steel construction that

many were still in service until 1968; cars feature wide windows and a distinctive arched roof. The train will also include family friendly open-air cars, with plenty of seating for families to sit together and enjoy the ride. Snacks and beverages are available for Coach Class passengers.

In addition to featured trains, the Niles Canyon Artisans will have several booths just outside the Sunol Depot, featuring hand-produced fine arts and crafts by local artisans. Booths will feature a variety of unique and one-of-a-kind items, such as Palmagami, origami made with local palm fronds, as well as hand-painted ceramics, paintings, jewelry, photography, fused glass, hand-turned wood items and much more. For more information regarding the Niles Canyon Artisans please visit <http://nilescanyonartisans.blogspot.com>.

Three round-trip excursions depart each day with general adult tickets starting at \$20. Tickets for children 2 through 12 are \$10 and those under age two are free. Reserved lounge tickets are \$30. A special family fare is available that includes two adult and two child tickets for \$45. Purchase your tickets online now at www.ggrm.org.

Labor Day Steam Weekend
Saturday, Sep 5 & Monday, Sep 7
Trains depart: 11:00 a.m., 1:30 p.m., & 4:00 p.m.
Sunol Depot Station
6 Kilkare Rd, Sunol
(650) 503-3194
www.ggrm.org
Tickets: \$10 - \$30

CASTRO VALLEY TOTAL SALES: 19					
	Highest \$:	970,000	Median \$:	775,000	
	Lowest \$:	390,000	Average \$:	733,211	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
2334 Bentley Court	94546	640,000	2	1262	1960 07-22-15
4363 Circle Avenue	94546	580,000	3	1257	1953 07-24-15
4173 David Street	94546	560,000	2	986	1947 07-22-15
4555 Edwards Lane	94546	710,000	-	792	1935 07-24-15
18470 Fleetwood Avenue	94546	570,000	3	1042	1950 07-23-15
3845 Lux Avenue	94546	580,000	3	1194	1950 07-28-15
19484 Redwood Road	94546	970,000	2	1272	1952 07-24-15
20115 Redwood Rd #16	94546	390,000	2	866	1988 07-24-15
18998 Stanton Avenue	94546	815,000	4	3415	2009 07-24-15
18850 Sydney Circle	94546	790,000	4	1901	1993 07-21-15
4168 Veronica Avenue	94546	688,000	3	1330	1957 07-22-15
25555 Brookshire Drive	94552	775,000	3	1537	1998 07-21-15
19520 Buren Place	94552	650,000	2	1550	2002 07-21-15
19972 Jessee Court	94552	805,000	3	1852	1980 07-21-15
19498 Mt. Lassen Drive	94552	920,000	4	2278	1988 07-23-15
22938 Princeton Place	94552	860,000	4	1940	1999 07-21-15
20008 Shadow Creek Cir	94552	820,000	4	2130	1998 07-28-15
6082 Slopeview Court	94552	850,000	4	2096	1987 07-22-15
5765 Thousand Oaks Dr	94552	958,000	4	2262	1985 07-27-15

		FREMONT		TOTAL SALES: 75			
Highest \$:		2,028,000		Median \$:		790,000	
Lowest \$:		363,000		Average \$:		884,533	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
37862 2nd Street	94536	380,000	-	1283	1915	07-23-15	
3561 Dalton Common	94536	438,000	2	900	1971	07-23-15	
37140 Hansen Court	94536	930,000	4	1993	1964	07-27-15	
298 Junipero Common	94536	495,000	2	972	1972	07-23-15	
4335 Lombard Avenue	94536	1,365,000	5	2654	1963	07-22-15	
35179 Lucia Street	94536	820,000	3	1646	1965	07-28-15	
38935 Matson Place	94536	775,000	3	1268	1977	07-28-15	
4301 Nagle Way	94536	980,000	3	1758	1958	07-24-15	
5358 Nordica Avenue	94536	780,000	3	1320	1959	07-28-15	
3635 Oxford Common	94536	490,000	3	1168	1973	07-28-15	
38500 Paseo Padre #207	94536	383,000	2	950	1970	07-27-15	
4438 Rosoli Terrace	94536	462,000	3	1166	1971	07-22-15	
85 Snyder Way	94536	900,000	4	1591	1983	07-28-15	
37577 Summer Holly Cmn	94536	865,000	4	1980	1998	07-21-15	
35656 Terrace Drive	94536	890,500	4	1789	1989	07-23-15	
350 Torrano Common	94536	675,000	3	1240	1975	07-27-15	
35471 Woodbridge Place	94536	953,000	4	1703	1967	07-23-15	
4480 Bidwell Drive	94538	750,500	3	1078	1964	07-23-15	
39639 Blacow Road	94538	650,000	3	1067	1961	07-24-15	
4720 Boles Court	94538	600,000	3	1148	1959	07-22-15	
4836 Bryce Canyon Park	94538	778,000	3	1347	1963	07-28-15	
4462 Bush Circle	94538	965,000	3	1409	1988	07-27-15	
5208 Curtis Street	94538	600,000	3	1036	1961	07-24-15	
3403 Ellery Common	94538	655,000	2	1174	1999	07-28-15	
40451 Gibson Street	94538	632,000	3	1450	1955	07-24-15	
39152 Guardino Dr #105	94538	363,000	1	693	1990	07-24-15	
39152 Guardino Dr #304	94538	380,000	1	693	1990	07-23-15	
39199 Guardino Dr #375	94538	401,000	2	844	1987	07-23-15	
41536 Hooper Street	94538	835,000	3	1354	1986	07-22-15	
42638 Isle Royal Street	94538	782,000	4	1736	1962	07-24-15	
3726 Kvistad Drive	94538	650,000	3	1192	1955	07-22-15	
3043 Moss Landing Terr	94538	778,000	3	1712	2013	07-21-15	
39763 Plumas Way	94538	550,000	4	1427	1963	07-22-15	
39625 Royal Palm Drive	94538	625,000	3	1220	1962	07-23-15	
42676 Saratoga Park St	94538	790,000	4	1736	1962	07-28-15	
5661 Spry Common	94538	605,000	2	1157	1994	07-21-15	
4716 Stratford Avenue	94538	665,000	4	1412	1963	07-24-15	
4156 Woodcrest Drive	94538	886,000	3	1120	1960	07-28-15	
40460 Carmelita Court	94539	1,432,000	4	2297	1966	07-22-15	
41345 Carmen Street	94539	751,000	3	1050	1954	07-24-15	
338 Felipe Common	94539	1,738,000	-	-	-	07-27-15	
648 Festivo Court	94539	1,860,000	4	2784	1979	07-21-15	
2443 Jackson Street	94539	1,880,000	5	4164	2009	07-24-15	
70 Kootenai Drive	94539	1,470,000	-	1928	1978	07-21-15	
1811 Mandan Place	94539	1,355,000	3	2163	1978	07-24-15	
32 Mission Cielo Avenue	94539	1,680,000	5	2731	1999	07-24-15	
44962 Naragansett Ct	94539	1,730,000	4	2791	1980	07-28-15	
455 Pariso Terrace	94539	907,000	3	1533	2006	07-28-15	
1500 Quema Court	94539	1,728,000	4	2789	1979	07-21-15	
41081 Ramon Terrace	94539	670,000	2	1066	1972	07-24-15	
48900 Sauvignon Court	94539	1,390,000	4	2322	1998	07-22-15	
45925 Sentinel Place	94539	1,879,000	-	3157	1980	07-28-15	
174 Shaniko Cmn #61	94539	640,000	3	1214	1987	07-27-15	
740 Tangelo Court	94539	2,028,000	-	-	-	07-21-15	
49022 Wdedge Grass Terr	94539	1,015,000	3	1772	2009	07-23-15	
245 Wenatchee Cmn #16	94539	640,000	3	1214	1987	07-21-15	
34458 Calgary Terrace	94555	878,000	2	1533	1991	07-21-15	
34440 Colville Place	94555	826,000	-	1496	1977	07-28-15	
4937 Conway Terr #122	94555	545,000	2	918	1989	07-21-15	
34404 Dobson Way	94555	904,000	4	1844	1972	07-28-15	
32820 Falcon Drive	94555	1,159,000	4	2307	1979	07-22-15	
34185 Frederick Lane	94555	902,000	3	1312	1986	07-21-15	
4960 Friar Avenue	94555	700,000	3	1380	1985	07-21-15	
6121 Genoa Terrace #47	94555	880,000	2	1783	1992	07-21-15	
34805 Gladstone Place	94555	860,000	4	1494	1971	07-23-15	
34876 Gladstone Place	94555	800,000	3	1305	1971	07-24-15	
34830 Hardwick Place	94555	830,000	4	1402	1971	07-21-15	
33181 Lake Lanier Place	94555	450,000	2	880	1969	07-21-15	
34930 Sea Cliff Terrace	94555	628,000	3	1580	1980	07-23-15	
34935 Seal Rock Terrace	94555	620,000	2	1536	1980	07-23-15	
5461 Shattuck Avenue	94555	1,080,000	4	1570	1989	07-22-15	
32655 Shaver Lake Street	94555	828,000	4	1409	1977	07-22-15	
5224 Tacoma Common	94555	630,000	2	1100	1989	07-22-15	
5352 Tacoma Cmn #138	94555	605,000	2	950	1989	07-24-15	
34801 Winchester Place	94555	900,000	3	1606	1971	07-23-15	

HAYWARD TOTAL SALES: 42									
Highest \$:		950,000		Median \$:		490,000			
Lowest \$:		193,000		Average \$:		526,976			
ADDRESS		ZIP		SOLD FOR		BDSSQFT		BUILT CLOSED	
24838 2nd Street		94541		800,000		3 3378		1975 07-21-15	

256 B Street	94541	415,000	1	897	1920	07-23-15
21363 Birch Street	94541	420,000	2	1054	1946	07-28-15
524 Blossom Way	94541	240,000	3	1508	1928	07-28-15
1881 Chantilly Lane	94541	450,000	3	1620	1981	07-28-15
2637 Christopher Court	94541	700,000	4	2766	2002	07-28-15
1859 East Avenue	94541	700,000	3	1951	1912	07-23-15
2926 Hardeman Street	94541	450,000	4	1153	1955	07-24-15
589 Harmony Drive	94541	440,000	2	1070	1942	07-24-15
19902 Kennedy Park Place	94541	541,000	3	1550	2003	07-23-15
265 Lansing Way	94541	600,000	4	1824	1951	07-24-15
888 Lester Avenue	94541	386,000	3	1040	1950	07-24-15
19067 Lowell Avenue	94541	583,000	2	2223	1934	07-28-15
1280 Martin Luther #D	94541	490,000	2	1227	2010	07-28-15
323 Medford Avenue	94541	950,000	4	2554	1957	07-24-15
19661 Medford Circle #23	94541	360,000	2	1125	1992	07-21-15
21366 Mission Boulevard	94541	490,000	3	1778	1928	07-24-15
22763 Myrtle Street	94541	415,000	3	1043	1950	07-23-15
21743 Princeton St #5	94541	302,000	2	1024	1989	07-24-15
22276 Prospect Street	94541	390,500	2	1095	1935	07-22-15
3027 Rafahi Way	94541	540,000	3	1205	1956	07-24-15
25089 Vista Greens Ct	94541	455,000	3	1365	1973	07-24-15
2602 Dobbel Place	94542	805,000	5	2547	2008	07-23-15
2609 Dryden Court	94542	815,000	4	2442	1989	07-27-15
25912 Hayward Blvd #207	94542	355,000	2	1307	1983	07-23-15
32151 Carroll Avenue	94544	400,000	2	820	1951	07-23-15
29300 Dixon Street #201	94544	193,000	1	598	1984	07-28-15
354 Hurley Drive	94544	440,000	3	951	1950	07-23-15
31339 Pebble Beach Ct	94544	547,000	3	1233	1955	07-22-15
137 Revere Avenue	94544	450,000	3	1031	1951	07-23-15
69 Schuyler Avenue	94544	499,000	4	1581	1951	07-28-15
54 Trestle Drive	94544	462,500	3	1670	1991	07-21-15
107 Whittier Lane	94544	500,000	-	1550	1953	07-22-15
2489 Bradford Avenue	94545	640,000	4	2108	1958	07-24-15
27144 Capri Avenue	94545	415,000	3	1128	1957	07-28-15
2520 Coldstream Way	94545	715,000	4	2134	2008	07-21-15
29077 Eden Shores Drive	94545	845,000	5	2440	2005	07-28-15
1785 Finch Court	94545	521,000	3	1478	1965	07-27-15
24667 Heather Court	94545	475,000	3	1172	1955	07-22-15
27467 Palmwood Avenue	94545	519,000	3	1539	1956	07-28-15
24780 Pear Street	94545	540,000	3	1558	1959	07-24-15
2835 Seadrift Circle	94545	879,000	4	2600	2006	07-24-15

Home Sales Report

SAN LORENZO TOTAL SALES: 8					
	Highest \$:	580,000	Median \$:	512,500	
	Lowest \$:	445,000	Average \$:	519,813	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
869 Paseo Grande	94580	481,000	3	1000	1944 07-24-15
17029 Via Chiquita	94580	470,000	3	1325	1950 07-24-15
1090 Via Enrico	94580	580,000	3	1323	1956 07-23-15
17277 Via Frances	94580	512,500	3	1451	1953 07-22-15
16010 Via Harriet	94580	560,000	3	1548	1956 07-22-15
1656 Via Lobos	94580	550,000	3	1465	1955 07-27-15
17264 Via Melina	94580	445,000	3	1031	1951 07-23-15
981 William Drive	94580	560,000	3	1541	1999 07-22-15
SUNOL TOTAL SALES: 1					
	Highest \$:	908,000	Median \$:	908,000	
	Lowest \$:	908,000	Average \$:	908,000	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
2726 Parkway	94586	908,000	3	1527	1928 07-21-15

UNION CITY TOTAL SALES: 12									
Highest \$:		990,000	Median \$:		445,000				
Lowest \$:		325,000	Average \$:		516,583				
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
34709 Alvarado Niles #3	94587	328,000	2	903	1972	07-24-15			
4154 Asimuth Circle	94587	480,000	4	1584	1974	07-24-15			
4339 Bel Estos VWay	94587	430,000	3	1298	1971	07-21-15			
4344 Fellows Street	94587	710,000	3	1555	1985	07-21-15			
31131 Fredi Street	94587	455,000	3	1124	1977	07-23-15			
4902 Lowry Road	94587	352,500	2	861	1985	07-27-15			
32500 Monterey Drive	94587	990,000	4	2828	1993	07-21-15			
32012 Paloma Court	94587	445,000	2	1126	1982	07-21-15			
4300 Planet Circle	94587	325,000	3	1137	1971	07-23-15			
3052 San Andreas Drive	94587	670,000	4	1675	1970	07-23-15			
3268 Santa Rosa VWay	94587	650,000	3	1396	1971	07-22-15			
32996 Soquel Street	94587	363,500	3	1552	1980	07-23-15			

continued from page 1

Last stop for the Pacific Bus Museum?

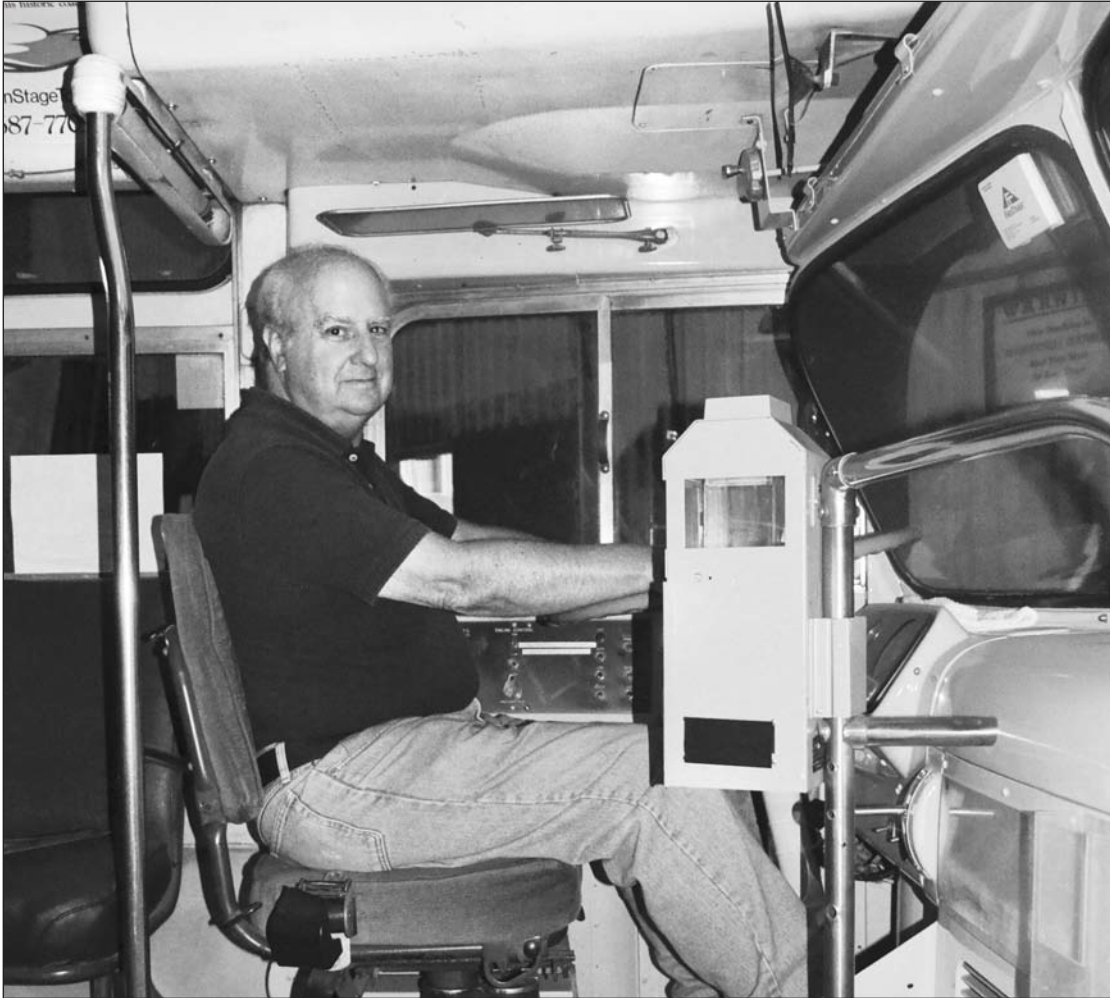
other rumblings have upset this fragile arrangement. Medaglia hopes to find a home before the buses are out on the street with nowhere to go.

The museum has been a local East Bay staple for well over two decades. Born from the love of transportation enthusiasts, most of the museum's unique collection has been donated from private collections or acquired from transit agencies that are selling or otherwise seeking to dispose of older bus models from their fleets. The museum also counts around 170 members, with a dozen or so of them involved in the museum's operations – the epitome of a labor of love for PBM members.

One of the highlights of the PBM is the GM-built Sacramento Transit Authority bus #128, which was featured in last year's Clint Eastwood-directed film adaptation of the musical "Jersey Boys." Built in 1958 and in outstanding condition, it's quite the sight to behold, as is the red and yellow clad Peerless Stages #246 bus. Some longtime residents may remember Peerless Stages as a private transportation company that, like many other

private transportation companies of the time, preceded AC Transit and expeditiously took untold numbers of East Bay denizens from their homes to whatever destination they had in mind. One such local happens to volunteer with the museum and recalls the company fondly. "My mother took Peerless twice a day from Irvington to Oakland," Karen Kadaja, the museum's senior marketing director, recalled with a smile. Bus #246, of course, is her favorite.

Given that the average lifespan of a bus, according to Medaglia, is estimated to be about 20 years, it's remarkable that they have such a wide representation. A common fate for buses after they were fazed out of use was conversion into mobile homes, said Medaglia, which often destroyed many key interior elements. Restoration is a long, arduous process that requires lots of networking, generous donations from museum members, and a little luck. Quite a bit of the restorations are conducted by the members and volunteers. "We don't do everything, but we do a large percentage of it," Medaglia



Pacific Bus museum Executive Director Ron Medaglia

said, explaining that some of the mechanical restorations are farmed out to auto mechanics.

PBM has relied on funds raised through events like their recent open house or general donations in order to continue offering their unique glimpse into the history of mass transportation. The museum runs an Adopt-A-Bus program to assist with the restorations, which are always underway on a variety of buses, as is the case for the museum's oldest bus – a 1932 Twin Coach. They are also running a Fund-A-Building program, with hopes of finding a new home for the museum.

East Bay treasures such as the PBM define the local culture and

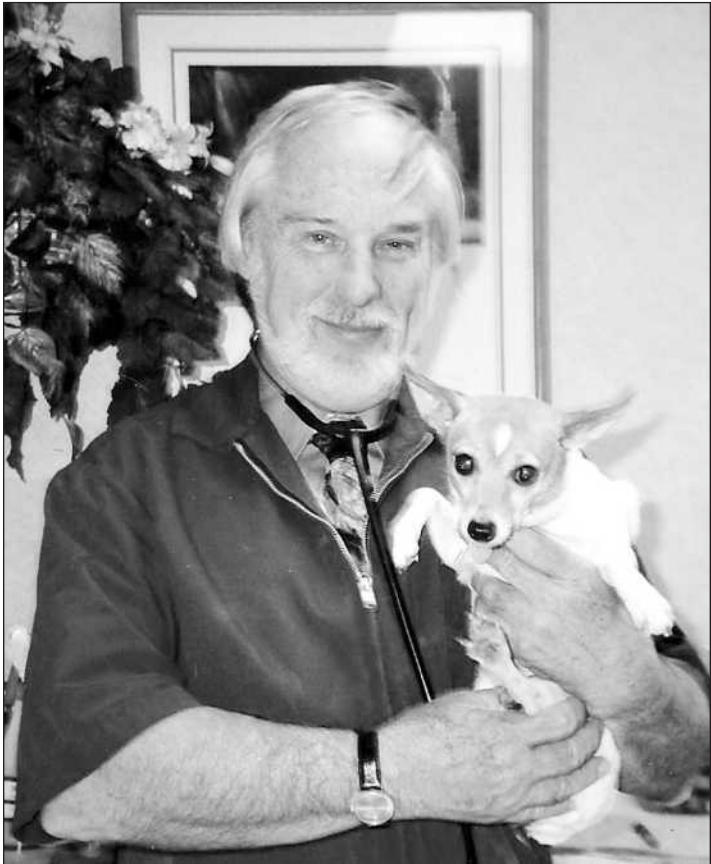
deserve a chance to succeed. These transit monuments pay tribute to a crucial era not only in East Bay history, but the entire nation. Just as it is with restoring these unique antiques, it's going to take a concerted effort and some luck in order to secure the museum a new home. "It takes many people with different skills and interests to keep the PBM going. We need people interested in volunteering their time and labor, (with) no experience required, to help us maintain and restore our buses. Donations to our Building Fund is the best way to help us find a new, permanent home, or if someone has the right building/land in the right location, that would be ideal," Medaglia explained. Hopefully, the

PBM can continue its trip through history for years to come.

For more information about the Adopt-A-Bus or Building Fund programs, please visit www.pacbus.org. To arrange tours outside of first Saturdays, contact info@pacbus.org.

**Pacific Bus Museum
Open Day
Saturday, Sep 5
Tours: 10 a.m. – 1 p.m.
Pacific Bus Museum
37974 Shinn St, Fremont
info@pacbus.org
www.pacbus.org
Free admission,
donations accepted**

Prescription to celebrate



in horses. As a past president of the American Ride Conference, a national organization dedicated to the sport of endurance riding, he continues to ride, judge, and evaluate horses in competition and on trail rides. When not on a horse, he enjoys history, fishing, and other outdoor activities. As the director of Central Veterinary Hospital, Dr. Bentham wants to continue the historic tradition to provide the most compassionate medical care for his clients.

Central Veterinary Hospital is located at 5245 Central Avenue in Fremont. They can be reached at (510) 797-7387 or visit online at Centralveterinary.com.

SUBMITTED BY CAROLE SMITH

Congratulations to Dr. Wilfred H. Bentham for being in veterinary practice for 50 years! To celebrate this milestone, his family and staff surprised him with a party at the Fremont Veterans Memorial Building on August 15, 2015.

Good medicine runs in the family. Dr. Bentham is continuing the vision of his father, Dr. W.S. Bentham, who founded Central Veterinary Hospital in 1959. Following in his father's footsteps, Dr. Bentham graduated from Colorado State University College of Veterinary Medicine and Biomedical Sciences in 1965. His veterinary hospital has been in the same location in Fremont for over 40 years, where he initiated the concept of 24-hour care for hospitalized pets in the area.

His primary interests in pet medicine include surgery, dermatology, and pet weight control. Dr. Bentham also has an avid interest

Health and wellness insurance seminars

SUBMITTED BY LUCY HERNÁNDEZ, MPA

Learn about your health insurance options during open enrollment. At the seminars on September 15 and 17, information will be presented on health insurance options for Medicare, Covered California and employer based insurance. Also find out about health care services available in your community. Options for children, adults and seniors will be discussed. Information on free and low-cost services will also be provided.

The presenter will be Kristi Caracappa, Health Insurance Information Service Coordinator for Washington Hospital Healthcare System.

To register or for more information, visit www.whhs.com/events or call 1-(800) 963-7070.

Health and Wellness Insurance Seminars:

**Tuesday, Sept 15
6 p.m. - 8 p.m.
Washington Township Medical Fdn,
Newark Clinic Conference Rm
6236 Thornton Ave, Newark**

**Thursday, Sept 17
1 p.m. - 3 p.m.
Washington Township Medical Fdn,
Nakamura Clinic Conference Rm
33077 Alvarado-Niles Rd, Union City**

**1-(800) 963-7070
whhs.com/event/class-registration
Free**

SENIORS' NIGHT OUT

ASIAN SPLENDOR



Friday, September 25, 2015

Have a splendid night with our seniors

SUBMITTED BY RAYMOND GRIMM

Tri-City Elder Coalition (TCEC) is sponsoring our annual "Seniors' Night Out" event entitled "Asian Splendor" on Friday, September 25 at DoubleTree by Hilton Hotel in Newark. Guests will be treated to a night of dinner, dancing, and prizes. If you haven't been to a Seniors Night Out event, you haven't been to the best party in town!

Help us make this night a truly memorable event for a senior who is homebound with limited opportunity for socializing by escorting and/or sponsoring a senior. This is our only fundraiser and proceeds help us to provide an array of programs and services for seniors. Proceeds also help raise money for the Personal Urgent Need fund to help seniors who may be experiencing a crisis. Donations of any amount will be most welcome.

Sponsorship opportunities include \$65 dinner ticket for a senior; Tasty Tamarind (\$500, 2 dinner tickets); Curious Curry (\$1,000, 4 dinner tickets); Sparkling Saffron (\$2,000, 6 dinner tickets); Glorious Ginger (\$3,500, 8 dinner tickets); and Wicked

Wasabi (\$5,000, 10 dinner tickets). The fee is \$55 for those who would like to volunteer to escort a senior from the TCEC waiting list. If you have a large group, \$650 pays for dinner for 10 people (50 percent or more of seating must be for seniors).

For more information, please contact event coordinator, Linette Young, at (510) 818-9888 or SeniorsNightOut@comcast.net. Those interested must RSVP by Friday, September 11.

Seniors' Night Out
Friday, Sep 25
4:30 p.m.: Registration
5 p.m. – 8:30 p.m.
DoubleTree by Hilton Hotel
39900 Balentine Dr, Newark
RSVP: (510) 818-9888
SeniorsNightOut@comcast.net
www.fremont.gov/Calendar.aspx?EID=1998
Volunteer Escort: \$55 per person
Dinner Ticket: \$65 per person
Sponsorship: \$500-\$5,000

Police seek Amish buggy in W. Pa. hit-and-run

AP WIRE SERVICE

NEW WILMINGTON, Pa. (AP) — Mar 18 — State police are searching for an unlikely suspect in a western Pennsylvania hit-and-run accident: the driver of an Amish buggy.

Troopers from the Mercer barracks say the buggy twice hit a passenger vehicle at a cross-

roads on Route 158 in Wilmington Township, about 6 p.m. Sunday.

The buggy then left the scene and its driver has yet to be identified.

Police say the victim is a woman who owns a Honda CRV, a crossover vehicle that was struck on its left side.

Nobody was hurt in the crash.

San Lorenzo Community Park begins renovation

SUBMITTED BY LAURA CORREA-HERNANDEZ

The Hayward Area Recreation and Park District (H.A.R.D.) is pleased to announce that the Phase I renovation of San Lorenzo Community Park began on August 31. The construction contract was awarded by the H.A.R.D. Board of Directors to D.L. Falk Construction, Inc. of Hayward on July 27, 2015.

Phase 1 will consist of constructing a new pond area, active play zone and softball complex. The remainder of the park, including the community center, will remain open during construction.

The project is being funded by financing received earlier this year from the California Special District Association Finance Corporation as well as funds from the East Bay Regional Parks District Measure WW. District staff will be overseeing the project with Vanir Construction Management, Inc. managing the day to day operations due to the size and complexity of the renovation. The expected completion date is September 2016.

For additional information, please call (510) 881-6715, email parkdept@haywardrec.org or visit www.haywardrec.org/sanlorenzo





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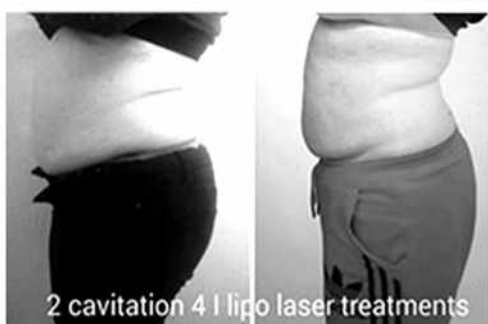
5174 Mowry Ave., Fremont

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before after

\$500
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Fremont Laser Med Spa announces the arrival of the NEW FAT LIQUIFYING F.D.A. APPROVED LASER the best non-invasive, body slimming, laser treatment, to its practice, making Dr. Kojian one of the first physicians to offer this new laser in the Bay area.

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SMS/Texting

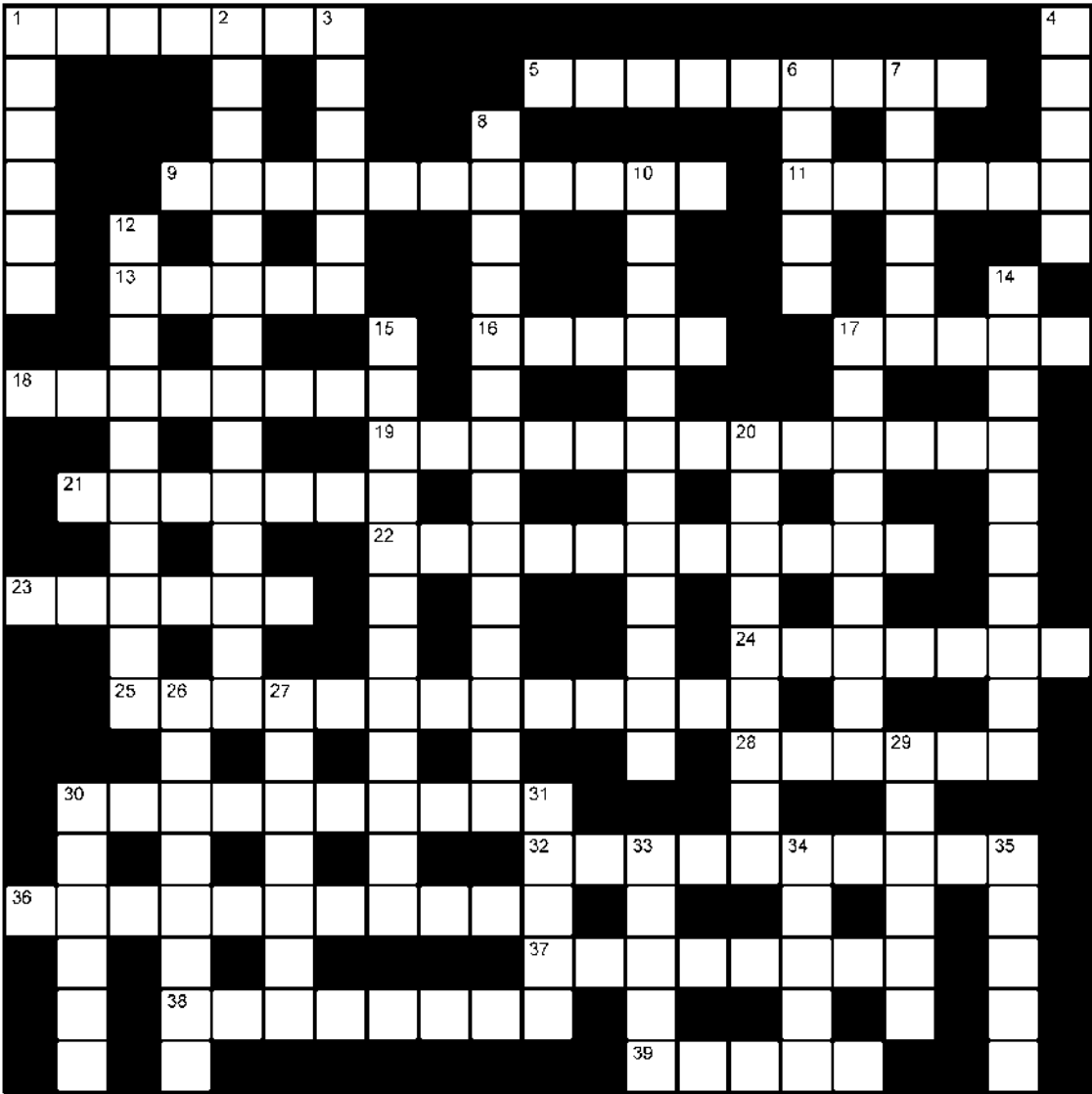
Mobile Websites



BBB
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Mind Twisters

Crossword Puzzle B 330



- Across

1 Liberty (7)

5 Emergency (9)

9 Upkeep (11)

11 Apply with friction (6)

13 Litter member (5)

16 Dressing (5)

17 Circa (5)

18 Fair (8)

19 Lines that intersect (13)

21 Alan Rickman; Daniel Craig (7)

22 Police (11)

23 Full of energy/vigor (6)

24 Injection (7)

25 Music, TV shows, movies (13)
- 28 Aim (6)

30 Credible (10)

32 Creation (10)

36 Zurich (11)

37 Day- (8)

38 100 percent (8)

39 Firm (5)
- Down

1 Dance (6)

2 Failure (14)

3 Primarily (6)

4 Favorite toy (5)

6 Fourth in a series (5)

7 To entrap its prey (6)
- 8 Perception (14)

10 Undiluted (12)

12 Punctuation (10)

14 Assured (10)

15 In order (12)

17 Entertainment (9)

20 Motive (9)

26 Last teenage year (8)

27 Clear (7)

29 "Stop right there!" (6)

30 Chicken (6)

31 Lightheaded (5)

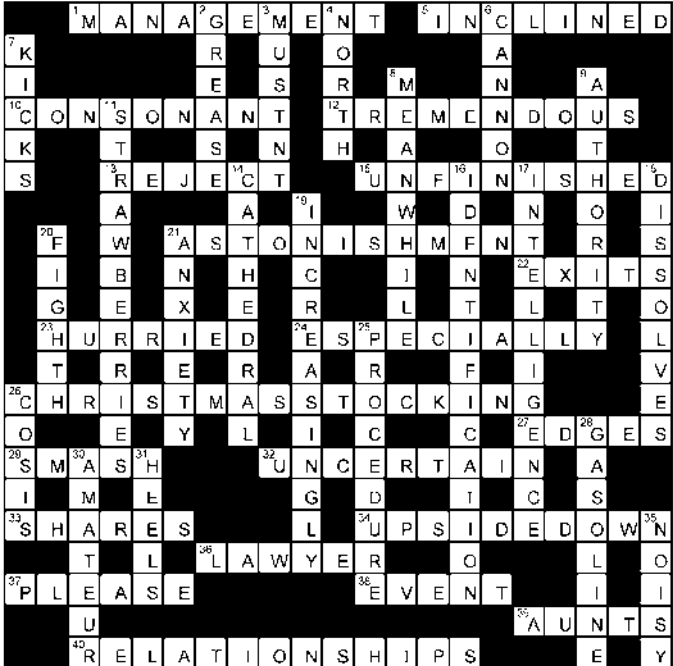
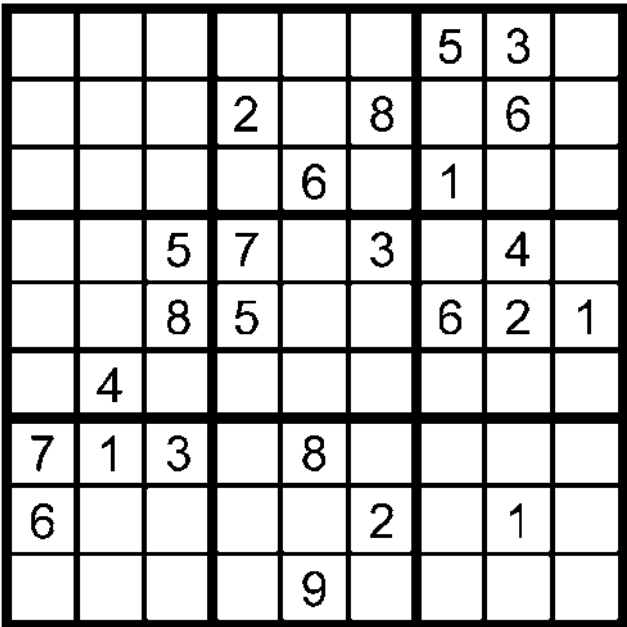
33 Opinions (5)

34 Felon (5)

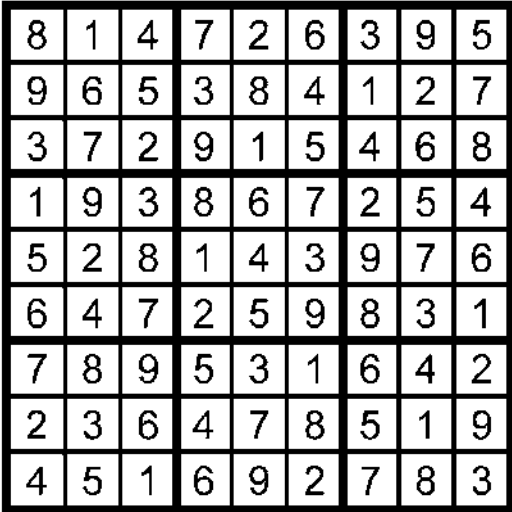
35 Fountain order (5)

Sudoku:

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



B 331



Tri-City Stargazer SEPTEMBER 2 - SEPTEMBER 8, 2015 BY VIVIAN CAROL

For All Signs: Venus, goddess of love and the arts, has been retrograding since July 25. On September 6 she will turn direct, representing a shift toward the better in the world of relationships with restoration to order (if indeed, relationships can ever be considered orderly). Important issues have been under consideration during Venus' resting period of the last several weeks. Many of us were pressed to encounter ourselves and our personal behavior within the framework of our relationships. Those in shaky attachments may have withdrawn altogether. Dormant relationship issues may have resurfaced for attention. Antiquated behavior patterns with a compulsive quality might have emerged into the daylight. These are normal human reactions when in the presence of this retrograding energy. It is a cosmic reminder to focus careful thought about our behavior and our needs in personal relationships. We are sometimes driven by outdated feelings that no longer serve a useful purpose. During Venus' retrograding periods we are called to wake up to how we fall into unconscious and negative relationship patterns. It's time to upgrade our performance. The retrograde casts a shadow forward to October 10, so if there is still clean-up to do, there will be time.

Aries the Ram (March 21-April 20): Love life and romance are favored this week. You may be exploring the revival of a former friendship or lover. This is a good time to let yourself be creative. Your physical self is on a high, so activities involving the large muscles likely will be pleasurable.

Taurus the Bull (April 21-May 20): Now that Venus, your planetary avatar, is turning direct, you may find it easier to make some decisions about home, hearth, and family. Things in this area have been pending for a long time. This long holding period has kept you from moving forward. Over the next three to four weeks you will come to feel more organized and steady.

Gemini the Twins (May 21-June 20): You may be feeling a bit off this week, whether physically or emotionally. This is not a good time to do work that requires discipline with details. You are feeling independent, so you may want more alone time than is the norm. Be kind to yourself.

Cancer the Crab (June 21-July 21): Over the weekend you

may be feeling mildly irritable or out of sync with your world. You need some time to be alone to process an experience in which you felt dismissed. After the weekend your spirit lifts, and you will feel considerably better.

Leo the Lion (July 22-August 22): You have a remarkable capacity to focus on a long-term goal. But sometimes this goes over the edge into rigidity and unwillingness to switch gears as needed. If a negative attitude or the past has been troubling you in the last several weeks, then now is the time to let it flow down the river.

Virgo the Virgin (August 23-September 22): You may be concerned about resources at this time. It would be easy to become obsessed about what you see are problems. However, if you consider other challenging times in your life, you will be remember that somehow you always muddled through to the other side.

Libra the Scales (September 23-October 22): You have needed a break from your usual community, and now it is time to

decide which associations you wish to continue or not. It is possible that you will seek out new acquaintances this fall. That is a good way to escape boredom from the routine.

Scorpio the Scorpion (October 23-November 21): This is a generally upbeat and positive week. Circumstances may be ripe for an increase in income. An opportunity to demonstrate your talents and skills comes your way. It will give you a lift. Try something new and different; use your creative energy.

Sagittarius the Archer (November 22-December 21): This is a week that may bring you a sudden break for freedom. It may offer an unexpected opportunity for change. You must use your best judgment on whether that change is favorable for the long haul. Think carefully and use your intuition about how this action will impact your life.

Capricorn the Goat (December 22-January 19): Aspects particularly favor your self-expression. You are in an effective position. Others agree

with your guidance and leadership. A project that began near the New Year is blossoming now. At the very least you can see that it is on track to turn out well. Legal and educational agendas are positive.

Aquarius the Water Bearer (January 20-February 18): You have felt estranged in recent weeks from someone who is important to you. Hopefully you have had time to consider your contribution to the matter. If so, then now is the time to approach the matter together. Sometimes a break is needed while we sort our thoughts.

Pisces the Fish (February 19-March 20): An opportunity may come your way that seems out of the blue. It requires that you use your skills in a totally different manner than you have tried before. Go with it because it expands your territory and will be a fun kick to try. Your audience or clientele shows an increase this week.

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

Community Health Education Programs

For a complete list of classes, lectures and support groups, or to register, visit pamf.org/healtheducation.



September 2015



Welcome to Medicare: An Overview of Coverage & Options Sept. 9, 7 to 8:30 p.m.

Join us for this workshop where a health insurance counselor will provide an overview of the Medicare program including eligibility, costs, benefits and recent changes.

2015 Medicare Update Oct. 21, 7 to 8:30 p.m.

The Medicare enrollment period runs from October 15 through December 7. Attend this lecture to get all the information you need before signing up.

Fremont Center

3200 Kearney Street, Conference Center Room D, Building 2, Fremont • 510-498-2146

PAMF Fremont Community Health Resource Center

Our onsite nurse health educators and specialists can help you find the information you need. Resources include:

- Information on community resources
- Access to health information websites
- Consumer-oriented health reference books
- Medical textbooks
- Health newsletters
- Educational videotapes and DVDs
- InfoTrac reference system

For additional information, call 510-623-2231.
pamf.org/healtheducation/hrc

Childbirth and Parent Education Classes 650-853-2960

- Postpartum Support Group: A Mother's Place
- Breastfeeding Your Newborn
- Childbirth Preparation
- Your Baby's Doctor

Nutrition and Diabetes Classes 510-498-2184

- Carbohydrate Counting Skills
- Heart Smart (cholesterol management)
- Living Well with Prediabetes
- Living Well with Diabetes
- Sweet Success Diabetes and Pregnancy Program

Weight Management Programs 510-498-2184

- Bariatric (weight loss) Surgery Program - informational sessions and support groups

PAMF Fremont Urgent Care

Monday through Friday, 8 a.m. – 8 p.m.
Weekends and Holidays, 8 a.m. – 5 p.m.

3200 Kearney Street, Level 1, Building 2
510-490-1222
pamf.org/urgentcare

MYSTERY THEATRE



Murder in the Library

SUBMITTED BY TERESA MEYER
PHOTO BY KAY ARNOLD

The City of San Leandro invites the public to enjoy an all-new "Murder in the Library" production on Friday, September 4 in San Leandro Main Library's Andrew Carnegie Lecture Hall and Theater.

"I am so pleased to announce that the City will again be hosting our annual mystery play," noted Mayor Pauline Russo Cutter. "I encourage anyone who is interested in seeing a high-quality theatrical production to join us at our world-class library on September 4."

This time, the play takes place in the Royal Enclosure at Royal Ascot, the most famous horse racing meet in England and perhaps the world. The year is 1954 and England's cream of society is eagerly awaiting the most prestigious race of the entire meet: the Gold Cup Race with a staggering £500,000 prize. The Gold Cup Race famously coincides with "Ladies Day," a day when ladies show off their spectacular hats and ensembles. But death and misadventure lurk just outside the confines of this regal frivolity. Who will

bite the dust? Who will stand accused of throwing the race? Who will win the Gold Cup? Take your seat in the stands, fix your binoculars at the finish line, and don't blink your eyes.

The San Leandro Public Library is proud to partner with San Leandro Players once again for the seventh Murder in the Library play. Use your deductive skills to figure out who committed the dastardly deed, but remember that there's no butler in this play. Admission is free and there is no ticket registration. For more information, please call the Main Library at (510) 577-3971.

Murder in the Library Mystery Play
Friday, Sep 4
7:30 p.m. – 8:30 p.m.
Andrew Carnegie Lecture Hall & Theater
San Leandro Main Library
300 Estudillo Ave, San Leandro
(510) 577-3971
www.sanleandro.org/depts/library
Free

Learn the art of mosaic

SUBMITTED BY MYRNA OTAGAWA

Experience the joy of mosaic when Fremont Adult and Continuing Education hosts their next class beginning September 4. A great class socially as well as educationally, students will learn colors and techniques from instructor and artist Dmitry Grudsky.

The class meets for six-weeks and costs \$54 with a \$10 additional class fee payable to the instructor.

Mosaic Class
Friday, Sep 4 - Friday, Oct 9
1:00 p.m. - 2:30 p.m.
Fremont Adult and Continuing Education
4700 Calaveras Ave, Fremont
(510) 793-6465
www.face.edu
Cost: \$54 plus \$10 fee



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continued from page 1

Celebrating 150 years of Scottish Gathering & Games

The annual event features 21 different events and attractions. One of the premier events is the World Championship in the Heavy Athletics Events. Witness

competition and take part in the daily afternoon Grandstand Show. This marks the largest assembly of pipe bands in America. The daily show will also include



the world's top professional athletes compete in eight different athletic skills highlighted by the famed tossing of the caber, a 22-foot, 150-pound pole. The pros represent five countries: U.S., Canada, Scotland, England, and South Africa. The invitational Heavy Events also includes amateur, women's and senior divisions with more than 70 athletes in all.

Iceland's heavy athlete Hafthor Julius Bjornsson, also known as Gregor "The Mountain" Clegane of HBO's "Game of Thrones," will be competing in the Sesquicentennial Games as special guest. Bjornsson will challenge 12 pro competitors from the World Championships in the 56-pound weight-over-bar event on Sunday afternoon. He will be available for photos and autograph signings all weekend.

Programs include Western U.S. Highland Dancing Championships and Living History featuring Mary, Queen of Scots; archery and kilting demonstrations; courtly dancing with nobles and more. Entertainment is alive and well with six stages of continuous music from traditional Scottish/Celtic balladeers to Celtic rock bands such as Fiddler's Rally, Celtic Harpers and more. The Irish are well represented with the Irish Pavilion featuring Irish step-dancing exhibitions.

Other highlights include sheepdog trials, Five-A-Side soccer tournament, dart competition, Rugby and Scottish Shinty tournaments, British automobile and motorcycle displays, the Kilted Mile Run, over 100 indoor vendors, whisky tasting and master classes, and British and American food.

Nearly 40 pipe bands from the U.S. and Canada will be in

the famed L.A. Scots Grade I Pipe Band marching and playing in unison with the Third Marine Aircraft wing Band, Miramar. This will be the only Games in the world to present a U.S. military band and top pipe band in concert together.

Prior to the Sesquicentennial Games, a "Friday Night Concert" will be held on Friday, September 4 at San Ramon Marriott to serve as the official curtain raiser to the Games. The concert will feature entertainers and bands such as Albannach, Steve McDonald, and The Fire, as well as guest pipe and U.S. military bands. Tickets cost \$14.

Online ticket sales are now closed for the concert and Games. You can still purchase tickets at the discounted online price until Wednesday, September 2 by calling 4th Chieftain Keith Victor at (925) 829-5555. Additional information and admission fees can be found at www.TheScottishGames.com.

Friday Night Concert
Friday, Sep 4
8 p.m.

San Ramon Marriott
2600 Bishop Dr, San Ramon
(925) 829-5555
www.thescottishgames.com
Tickets: \$14

**Scottish Highland
Gathering & Games**
Saturday, Sep 5 &
Sunday, Sep 6
Gates open at 8 a.m.
Alameda County Fairgrounds
4501 Pleasanton Ave,
Pleasanton
(925) 829-5555
(888) 769-2345
www.thescottishgames.com
Admission: \$11 - \$31



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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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OCTOBERFEST
NILES CANYON RAILWAY
BEER TRAIN

Sat. October 3, 2015
Time: 1-4 pm
Departs from Niles/Fremont Station
37029 Mission Boulevard
Tickets online at ncry.org \$45.00
21+ older
Taste beers from 3 different breweries on a leisurely trip through Niles Canyon.
Brats sausage sandwiches and sauerkraut available for purchase.

Altamont Brewery Workingman Brewery 8 Bridges Brewery
Music by The Edgewood Mountain Boys
for information: 510-996-8420

2015 Train of Lights
Come have some holiday fun with us
November 27th-December 28th
Tickets on sale in September



Santa approved!!

Every Friday, Saturday, Sunday, and Wednesday,
plus two Mondays, December 21 and 28
Round trips: departing from Niles/Fremont at 4:30 PM
and departing from Sunol at 7:30 PM

more information and ticket purchasing at ncry.org

[Like us on facebook](https://www.facebook.com/ncry.org) ncry.org 510-996-8420

SUNDAY RIDES



September & October
1st and 3rd Sundays
no reservations necessary

Sunol Depot
6 Kilkare Road, Sunol
10:30, 12:30, 2:30

Niles/Fremont Station
37029 Mission Boulevard
1:20, 1:20

All rides are round trips
Adults: \$12.00 Children: \$7.00
Seniors: \$10.00 2 & under: free



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

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Capacity 300

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

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Hayward Music Center

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

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Butterscotch is a friendly, gentle bunny with soulful brown eyes. She enjoys a good veggie salad. She's spayed and ready to go home. Meet Butterscotch at the Hayward Animal Shelter. Info: (510) 293-7200.

BonBon is an easygoing, sweet little bunny. She loves to have her head rubbed and her coat brushed. She is spayed and ready to go home with you! Meet BonBon 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

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(Behind FOOD SOURCE)
510-538-1536

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



CONTINUING EVENTS

Tuesday, Sept 1 - Tuesday, Oct 20

Donate Halloween Costumes

11 a.m. - 5 p.m.
Drop off gently used costumes for ages 3 - 16

Hayward Main Library
835 C St., Hayward
(510) 881-7946
annie.snell@hayward-ca.gov

Thursday, Sep 3 - Sunday, Sep 27

Hayward Arts Council Members Show

11 a.m. - 5 p.m.
Drawings, acrylic, mixed media and photography
Artists' reception Saturday, September 26 at 12 noon
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Thursday, Sep 5 - Sunday, Sep 13

Abe Lincoln Pop-Up Exhibit \$

1:30 p.m. - 3:00 p.m.
View replica of Abe Lincoln's casket
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Tuesdays, Sep 8 thru Oct 20
Thrill the World Dance Moves \$R

6:30 p.m. - 8:00 p.m.
Instruction for world-wide simultaneous event

Ages 8+
Fremont Community Center
40204 Paseo Padre Pkwy., Fremont
(510) 790-5541
www.RegeRec.com**Fridays, May 1 - Oct 30**
Fremont Street Eats
4:30 p.m. - 9:00 p.m.
Food Trucks offers culinary treats
No smoking and no alcohol
Downtown Fremont
Capitol Ave., Fremont
www.fremont.gov/Calendar

Tuesdays, 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

Arts & Entertainment

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

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

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 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



LABOR DAY SALE



Buy One, Get One Half Off
During our Labor Day Sale, buy any pair of select, in-stock summer styles, get the second pair of equal or lesser value for half off.

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Farmers’ Markets

FREMONT:

Centerville
Saturdays

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

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

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

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

Thursday, Aug 27 - Sunday,
Sep 17

By the Way, Meet Vera Stark \$
Thurs - Sat: 8:00 p.m.
Sat & Sun: 2:00 p.m.
*Comedy about racial stereotyping in
Hollywood*
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

THIS WEEK

Wednesday, Sep 2

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, Sep 2

Homework Center Volunteer
Orientation
4 p.m.
*High School students earn community
service hours*
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900
www.aclibrary.org

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



LIFE in Action

Friday, September 11, 2015
9:30 – 10:30 am
Parking lot behind Fremont City Hall
3300 Capitol Avenue



A FREE open house to
learn about the simple
– yet important – ways
we all can help our
homebound senior
neighbors every day.

Breakfast treats donated by



Everyone welcome. Pre-registration required at
LIFEinAction2015.eventbrite.com

LifeElderCare.org

Inner Peace
It's Closer Than You Think

Drop-in
Meditation Classes



Fremont: Thursdays, 7-8:30pm
Hayward: Sundays, 10:30am-12

www.MeditateInTheBayArea.org
(415) 503-1187

Wednesday, Sep 2

Library Open House
12 noon - 4 p.m.
Shinn family and horticulture literature
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Wednesday, Sep 2

Toddler Time \$
10:30 a.m. - 11:45 a.m.
Stories, chores and fun for tiny tots
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Wednesday, Sep 2

Outdoor Discoveries: Rocky
Fun \$R
10:00 a.m. - 11:30 a.m.
*Play traditional games with sticks and
stones*
Ages 3 – 6
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(888) 327-2757
www.ebparks.org/register

Wednesday, Sep 2

Guest Artist Demonstration
7 p.m.
Etagami, Japanese painting with ink
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Thursday, Sep 3 - Monday,
Sep 7

Circus Vargas \$
Thurs: 7:30 p.m.
Fri: 5:00 p.m. & 8:00 p.m.
Sat: 2:00 p.m, 5:00 p.m.
& 8:00 p.m.
Sun: 1:30 p.m., 4:30 p.m.
& 7:30 p.m.
Mon: 3:00 p.m. & 7:00 p.m.
Magic, acrobatics and feats of strength
NewPark Mall
2086 Newpark Mall, Newark
(510) 793-5683
www lov.org

Thursday, Sep 3, Friday, Sep
4 & Sunday, Sep 6

Train Rides \$
10:15 a.m. - 3:30 p.m.
Enjoy a railroad trip around the farm
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

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



FREE
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for ambulatory
cancer patients
Fremont, Newark
and Union City Area

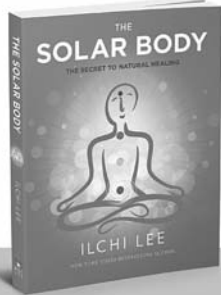
Have you received the devastating
diagnosis you have cancer
and need to get to medical
appointments?
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We will transport you for FREE.

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occasional extra hours?
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Email: programassistant@driversforsurvivors.org
www.DriversForSurvivors.org

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(510) 742-9642

email Fremont@BodynBrain.com

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www.triumphantacademy.com
43102 Christy St. Fremont
(Across from Pacific Commons)

Bingo



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20 Game Program

Warm Ups, Regular, Special Games

All Included

BUY- IN \$10

(with PREPAID Buy-In)

\$15 AT THE DOOR

Bingo

All regular games will pay \$250

Tuesday - September 8

8 PACK MAX

We will be calling @ 20 seconds

PLEASE PLAY ACCORDINGLY

Newark Pavillion

6430 Thornton Ave., Newark

510-366-8555

DINNER NOT INCLUDED

DOORS OPEN @ 3 PM

GAMES START @ 6:30 PM

Bingo



DID YOU KNOW?

If you have a business with no central
Station alarm. There could be no cover-
age for theft.

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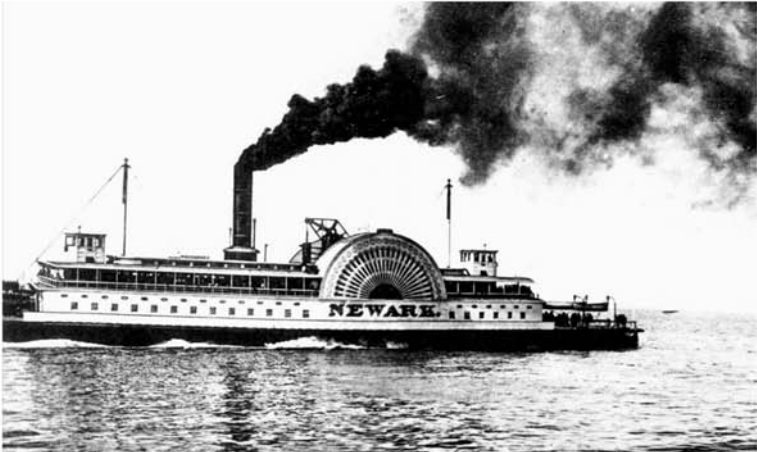
#OB84518

WANTED!

Old or historical photographs of Newark. Help preserve Newark’s his-
tory 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 Cele-
bration - 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

VOLUNTEER AT THE
NEWARK CHAMBER OF COMMERCE

We need office help! We’re fun to work with! And we’re looking for enthusiastic volunteers who will
consistently commit to a couple of days, or even a few hours weekly, during regular office hours M-F.

ARE YOU?

- Retired, missing the social interaction?
- Kids in school and have a few hours a day?
- In college, looking for job experience or community service?
- Able to work smart - with some direction, but independently?

WE NEED: Good Communicators with General Office Experience

- Good on the phone, articulate, helpful, friendly
- Accurate typing and/or data entry
- Filing and organizing talent
- Microsoft Office experience
- and, if you have managed websites or Facebook pages, or are
QuickBooks savvy – WOW! that’s frosting on the cake!

Visit us on Facebook or at Newark-chamber.com to learn what we do to support our community
and consider being part of our efforts. Please call 510-744-1000.

BOOKMOBILE SCHEDULE

Alameda County

Renew books by phone

(510) 790-8096

For more information

about the Bookmobile call

(510) 745-1477 or visit

www.aclibrary.org.

Times & Stops subject to change

Tuesday, Sept 1

9:45 – 11:30 Daycare Center
Visit – FREMONT

2:30 – 3:25 Cabrillo School,
36700 San Pedro D
FREMONT

4:45 – 5:30 Baywood Apts.,
4275 Bay St., FREMONT

5:50 – 6:30 Jerome Ave. and
Ohlones St., FREMONT

Wednesday, Sept 2

1:00 – 2:00 Del Rey School,
Via Mesa at Via Julia,
SAN LORENZO

2:30 – 3:00 Eden House Apts.,
1601 165th Ave.,
SAN LEANDRO

3:30 – 4:00 Baywood Ct.,
21966 Dolores St.,
CASTRO VALLEY

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

Thursday, Sept 3

9:50 – 10:20 Daycare Center
Visit – UNION CITY

10:40 – 11:30 Daycare Center
Visit - NEWARK

1:15 – 1:45 Steller Academy,
38325 Cedar Blvd., NEWARK

2:00 – 3:00 Graham School,
36270 Cherry St., NEWARK

Friday, Sept 4

9:45 – 10:15 Daycare Center
Visit, SAN LORENZO

10:35 – 11:05 Daycare Center
Visit, HAYWARD

1:00 – 1:30 Daycare Center Visit,
SAN LORENZO

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

Monday, Sept 7 No Service

Tuesday, Sept 8

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

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

2:40 – 3:15 Mission Gateway
Apts., 33155 Mission Blvd.,
UNION CITY

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 26

3:15 – 3:45 Friendly Village Park,
120 Dixon Landing Rd.,
MILPITAS

Brave the shave
for a good cause

PHOTO COURTESY OF
JARED MATTHEWS

St. Baldrick’s Foundation Fundraiser
Saturday, Sep 26
9 a.m. – 12 p.m.

Hayward Firefighters Local 1909
22734 Main St, Hayward
(510) 427-2925
www.stbaldricks.org/events/mypage/5001/2015



There are many ways to be of service to oth-
ers, whether it involves your physical presence
or monetary donations. Why not do both? Be a
hero for a day and help infants, children, teens,
and young adults who are fighting childhood
cancer.

The task involves having your head shaved
and/or donating money to support St.
Baldrick’s Foundation, a volunteer-driven char-
ity that funds more in childhood cancer re-
search grants than any organization except the
U.S. government. Hayward Firefighters Local
1909 will host their fourth St. Baldrick’s
fundraising event on Saturday, September 26.

“We had a member attend an event a few
years ago and was very moved by the cause and
decided to bring it to our department. He now
helps me run the event,” Event Coordinator
Karen Matthews said of the Hayward Firefight-
ers’ involvement.

You may choose to have your head shaved or
simply show your support to those who chose
to get rid of their hair. Hayward Firefighters
Local 1909 is also accepting donations prior to
the event. Generally, about \$5,000 to \$7,000 is
raised each year, but, with help from the com-
munity, the goal is \$10,000 this year.

There are three licensed barbers onsite; bar-
beque will be available for supporters. To do-
nate and/or register for the event, visit
www.stbaldricks.org/events/mypage/5001/2015

Park It

SUBMITTED BY
CAROLYN JONES

The Bay Area has long been a hub of mountain biking, beginning with the sport's origins on Mt. Tamalpais in the 1970s. Great weather, an abundance of trails and natural beauty, and an athletically-inclined population have made the Bay Area one of the most popular regions in the world for this challenging and fun sport.

The East Bay Regional Park District boasts hundreds of miles of trails that are open to mountain bikes. Overall, most mountain bicyclists, hikers and equestrians share the trails with few problems. But, with ever-increasing numbers of park visitors, occasional conflicts are inevitable. Here's a quick refresher on trail rules for bicyclists, hikers and equestrians alike:

Mountain bikes are allowed on any trail over eight (8) feet wide, and most paved trails. They're also allowed on a handful of narrow trails throughout the District, including the Heron Bay and Swallow Bay trails at Del Valle; Zeile Creek trail at Garin; Panorama trail at Mission Peak; Clyma trail at Morgan Territory;

Brandon trail at Lake Chabot; Brushy Peak Loop trail at Brushy Peak; and a variety of narrow trails at Briones, Redwood and Sibley. Check maps and www.ebparks.org for details.

A few areas are off-limits to bikes entirely because of narrow trails, crowds or sensitive habitat: Claremont Canyon, Huckleberry, Ardenwood, and portions of Coyote Hills, Mission Peak, Sibley, Tilden Nature Area and Eastshore.

Crockett Hills Regional Park offers almost 13 miles of outstanding single-track trails that are open to mountain bikes.

Throughout the Park District, the bike speed limit is 15 mph. Bicyclists should call out if they're passing a hiker or equestrian. Most collisions happen when hikers are caught off guard, or can't move out of the way fast enough.

"If you're hauling down a hill doing 25 mph, even if you do call out a hiker won't be able to move fast enough," said East Bay Regional Park District police Lt. Lance Brede. "And if the hiker's wearing headphones, they might not hear you at all."

In general, all trail users should be courteous and accommodating, and remember that everyone wants to have an enjoy-

able experience at the park. Safety and consideration should be everyone's priority.

Staying on the trail is important, as well. Creating bootleg trails or shortcuts causes erosion, degrades the landscape, and can be costly to repair.

Help the Park District plan the new Clayton Ranch preserve at a community meeting Sept. 9 in Clayton.

The new, 4,200-acre park will link Black Diamond Mines Regional Preserve and Mt. Diablo State Park, providing an uninterrupted swath of open space and habitat in central Contra Costa County. Park District planners will be at the meeting to give a history of the property, discuss the planning process, answer questions, and put the public's input on what the new park should contain: trails, campsites, picnic areas or other amenities.

The meeting will be from 6:30 to 8 p.m. at the Clayton Community Library, Hoyer Hall meeting room, 6125 Clayton Road, Clayton. For those who can't make the meeting, comments, questions and suggestions can be sent to planner Raphael Breines at rbreines@ebparks.org or (510) 544-2325.

Good news from Alameda: the threatened Western snowy plovers have once again chosen

Crown Beach as their overwintering site. The small, speckled shorebirds have recently been spotted foraging along the beach for flies, worms and other goodies, in hopes of fattening up for spring.

To protect these special birds, the Park District has erected signs, poles and strings to create a "symbolic fence" around the birds' roosting area. District staff ask that the public give these birds plenty of room and remember to keep dogs off the beach.

Celebrate harvest time at the annual Apple Festival, Sept. 12 at Garin/ Dry Creek Pioneer Regional Parks. The festival is a longtime favorite for families, and a fun – and tasty – way to celebrate the East Bay's agricultural heritage. Sample antique apple varieties, try some hand-cranked ice cream, press your own apple cider, and enjoy a day of music, dancing, crafts and old-fashioned games.

The festival is free and will be held from noon to 4 p.m. at the Garin Barn Visitors Center, 1320 Garin Ave., Hayward.

Train buffs of all ages will want to be at Ardenwood Farm over Labor Day weekend for the annual Historic Rail Fair. Enjoy steam train rides, hand-car rides, model railroads, garden railroads and other train-related treats will be part of the event. Live music will

be provided by the Diaspora Swamp Boys, the East Bay Stompers and the Apple Butter Brothers.

The fair, co-sponsored by the Society for the Preservation of Carter Railroad Resources, is from 10 a.m. to 4 p.m. Sept. 5, 6 and 7 at Ardenwood, 34600 Ardenwood Blvd., Fremont. More information is at www.spcrrt.org.

Four parks are hosting open houses on Labor Day. So bring your picnics, your family and friends and enjoy a day of activities at Crab Cove, Black Diamond Mines, Tilden or Coyote Hills.

Crab Cove's open house will include "seaweed science," fish feeding at the aquarium, beach exploration with a naturalist and other events. Drop by between 10 a.m. to 4 p.m. at Crab Cove, 1252 McKay Ave., Alameda.

Crafts, games, farm activities and more will be available at the Tilden Nature Area in Berkeley. Open house activities will be from 11 a.m. to 3 p.m.

Tour the historic Hazel-Atlas silica sand mine at Black Diamond Mines Regional Preserve in Antioch. Tickets are \$5 and can be purchased at the visitor center. Tours will be at 11 a.m., noon, 1 p.m., 2 p.m. and 3 p.m. Participants must be age 7 or older.

And at Coyote Hills, spend the day doing sack races, egg relays, tug-of-war, kick-the-can and other activities. Drop by between 10 a.m. and 3:30.

The Passion of Dracula

SUBMITTED BY
MARY GALDE
PHOTOS BY
CHRISTIAN PIZZIRANI

Broadway West Theatre Company, in Fremont, presents the genuine old-fashioned horror thriller "The Passion of Dracula," by Bob Hall and David Richmond, directed by Paula Chenoweth – September 11 – October 10.

This version of the Dracula legend based on the 1897 Bram Stoker novel is set in the English countryside in 1911 where several

village girls have died under mysterious circumstances. Dr. Seward presides over a nearby mental hospital and the locality has acquired a new resident, Count Dracula! A trio of doctors, a young reporter and a stouthearted English lord battle the Count for possession of a lovely heroine in a funny, serious, scary, hilarious and bloody enjoyable show!

Performance times are 8 p.m. on Thursdays, Fridays and Saturdays. There are three Sunday matinees: September 20 and 27 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 p.m.; the



show begins at 1 p.m. The October 4 performance starts at 1 p.m. with refreshments during intermission (included in price of ticket).

Regular ticket prices are \$27 general and \$22 for students, seniors and TBA (Theatre Bay Area) members. Thursday, September 17, October 1 and 8 performances are \$20 and \$15 for students, seniors and TBA members, with a bargain Thursday (no reservations – first come, first seat!) held on September 24 with all tickets \$10. Bargain Saturday performance on September 12 is \$15 for all. Brunch Sunday performances and Opening night are \$27 for everyone. All ticket prices include refreshments.

The Passion of Dracula
Friday, Sept 11 – Saturday, Oct 10
8 p.m. Evening performances/ 1 p.m. Matinees
Broadway West Theatre Company
4000-B Bay St, Fremont
(510) 683-9218
www.broadwaywest.org
\$10 - \$27

'Being Mortal' film screening

SUBMITTED BY MEUY SAELEE

Join us for a screening of the film, "Being Mortal," based on the 2014 best-selling novel by Dr. Atul Gawande, on Wednesday, September 9 at San Leandro Library Lecture Hall. The film explores the hopes of patients and families facing terminal illness and their relationships with the doctors who care for them. It follows Dr. Gawande, who is learning to think more about dying in the context of being a healer and sharing stories from the perspective of patients and families, including his own.

Being Mortal builds a bridge between people who face terminal illness and the doctors who care for them. It sheds light on how our own health care system, so focused on a medical cure, often neglects to have the important conversations that need to happen regarding patients' priorities so that their true wishes can be known and honored at the end of life.

The stories in Being Mortal illustrate the value of a patient's personal choice, decision making

and need for discussing them with a physician to ensure the medical care received is responsive to the desires of patients and their families. The stories in the film show us the importance of thinking and planning ahead as we reflect on what matters to us most.

After the film screening, everyone is invited to join in a short discussion and complete a brief questionnaire. The goal is to help patients and health care providers work together to make more personalized decisions about patients' medical care; and that provides emotional comfort while honoring peoples' wishes at the end of life. For more information, visit www.eastbayacp.org or call (510) 654-5383.

Being Mortal Film Screening
Wednesday, Sep 9
6 p.m. – 8 p.m.
San Leandro Library Lecture Hall
300 Estudillo Ave, San Leandro
(510) 654-5383
RSVP: www.eastbayacp.org/events

Santa Clara Board approves funding for winter shelter

SUBMITTED BY JANICE ROMBECK

With an expected wet winter a few months away, the Board of Supervisors voted unanimously on August 25, to invest \$1.3 million in constructing a temporary cold weather shelter to provide 100 beds at a location in northern Santa Clara County.

On a motion from Vice President Joe Simitian and seconded by Board President Dave Cortese, the Board eliminated a proposed site for the shelter on county-owned land at the corner of California and Fair Oaks avenues, but only with the condition that Sunnyvale City Council agree to pursue a site at the former Onizuka Air Force Station in Sunnyvale.

The vote came after testimony from many residents who voiced concerns that putting a temporary shelter at that site would not be ideal for residents or homeless individuals. The Onizuka site was mentioned by some of the speakers as a better alternative. County staff had investigated 68 sites before proposing the California-Fair Oaks site, which is owned by the County.

For more information, contact the office of Supervisor Dave Cortese at (408) 299-5030 or the office of Supervisor Joe Simitian at (408) 299-5050.

SPORTS

Putrevu wins ClubSport tournament

SUBMITTED BY RAC TENNIS ACADEMY

On August 22, Aditi Putrevu of Fremont won the 2015 ClubSport Fremont USTA (U.S. Tennis Association) tournament as the Girls Singles Champion. Born and raised in India, her tennis idols are Serena Williams and Sania Mirza. Aditi would play tennis with her friends and dream of someday living in the USA and winning a tennis tournament, just like her idols. Her dreams were almost shattered when she had a bicycle accident that forced her to stay away from playing tennis for a long time. Aditi was determined to get better and kept dreaming of playing and winning a tennis tournament.

Coach Ramon, owner of RAC Tennis Academy has personally trained Aditi under the RACTA Competition Player Development program. He saw her determination as she physically and mentally pushed herself to learn the proper techniques in order to get the chance to play at the competition level. Coach Ramon also emphasized the importance of strong academic performance as well; Aditi takes academics seriously, just like her tennis training.



Ohlone College Women's Volleyball

SUBMITTED BY JEREMY PENAFLOR

Cougar Classic (College of Alameda)
August 29, 2015

Ohlone d. Solano, 3-1 (25-23, 25-17, 22-25, 31-29)

- Sophomore outside hitter Jenni Brochu led the team with 17 kills to go along with 20 digs
- Sophomore libero Krissa Marie San Juan led the team with 25 digs
- Sophomore setter Camaryn Bricker led the team with 46 assists
- Freshman middle blocker Savannah Smith led the

team with a hitting percentage of .357 tallying 8 kills total

Ohlone d. Cañada, 3-1
(22-25, 25-17, 25-13, 25-15)

- Sophomore outside hitter Jenni Brochu led the team with 18 kills and a .361 hitting percentage
- Freshman middle blocker Carley Ward led the team with a hitting percentage of .500 tallying 10 total kills
- Sophomore setter Camaryn Bricker led the team with 43 assists
- Sophomore libero Krissa Marie San Juan led the team with 22 digs

Pioneers earn All-Academic Honors

SUBMITTED BY STEVE CONNOLLY

Cal State University East Bay (CSUEB) has placed 51 student-athletes on the 2014-15 California Collegiate Athletic Association (CCAA) All-Academic Team, the conference office announced.

To be eligible for CCAA All-Academic honors, student-athletes must have earned a varsity letter, have competed in one of the CCAA's sponsored sports, and have a grade point average of 3.4 or higher while completing a minimum of 24 semester or 36 quarter units during the current academic year.

For the fifth straight season, women's soccer led all Pioneer squads with 10 CCAA All-Academic honorees. Women's volleyball, women's track and field, and softball were close behind with

eight each. Men's soccer boasted six recipients, followed by men's golf with four and baseball with three. East Bay had two honorees each from men's basketball, women's basketball, and women's cross country.

2014-15 CCAA All-Academic recipients from CSUEB:

Women's Soccer:

Suzanne Bateson, Janelle Herrera, Kelsey Lamb, Megan Massone, Laura McIntosh, Megan Ravenscroft, Sara Silva, Briana Scholtens, Kendra Trifonovitch, Lia Unterholzner

Softball:

Tatiana Beilstein, Ali Cermi-nara, Brittany Enny, Allie Kornahrens, Kelsey LaVaute, Marisa Lerma, Jaynie MacDonald, Emily Perlich

Women's Volleyball:

Brandi Brucato, Samantha Bruno, Veronica Fabiano, Megan Johnson, Aime Kyed, Angie

Maina Kiley McGill, Marina Aragao

Women's Track & Field:

Suzanne Bateson, Kiera Beth-ley, Secret Briscoe, Paulina Cao, Talia Cox, Samira Foy, Taryn Stephenson, Celina Vera

Men's Soccer:

Juan Alfaro, Scott Dobson, Steven Henry, Chris Lara, Adrian Maldonado, Steffen Sauer

Men's Golf:

Jacob Biss, Raja Deal, Joel Keylor, Ignacio Ognian

Baseball:

Daniel Carney, Dakota Conners, Ryan Kochan

Women's Cross Country:

Talia Cox, Samira Foy

Men's Basketball:

Cody Kale, Tre Mauldin

Women's Basketball:

Kelsey Asplund, Micah Walker

Men's Cross Country:

Daniel Damian



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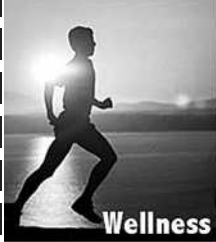
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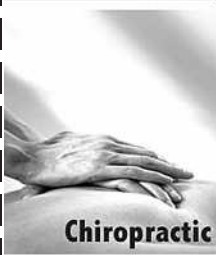
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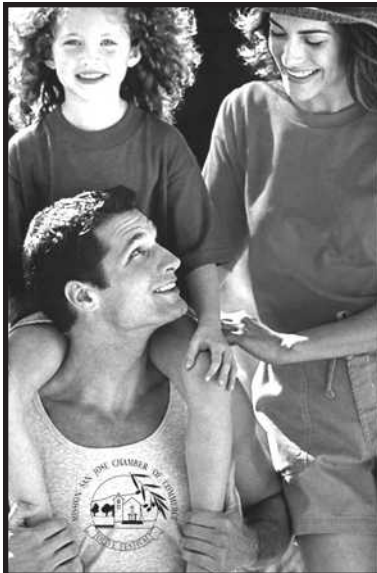
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Fremont

Environmental internships

SUBMITTED BY RENAE MCCOLLUM

Our City Forest (OCF), Silicon Valley's environmental non-profit leader, is recruiting now for full-time interns for a large-scale water conservation initiative involving lawn conversions and community tree plantings. This will assist our efforts in fighting the drought through a new and exciting lawn conversion program with the city of San Jose and the Santa Clara Valley Water District.

Internships provide full-time community service opportunities and excellent professional skills training. Partnering with the national AmeriCorps program, full-time interns receive a \$16,000 stipend and \$5,730 education award.

Applications are being accepted now, and interviews are underway for positions beginning September 15. For questions, please call (408) 998-7337 x 100.

Apply online at ourcityforest.org/careers, or send resume and cover letter via email to: lomalley@ourcityforest.org



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Our people love what they do and who we do it for. We are proud to support Ohlone College as it strives to build *"A World of Cultures United in Learning"* in Fremont. Our long standing relationship with Ohlone and the local community is very important to us. It's just how we're built.

www.gilbaneco.com

Gilbane

Flight to Freedom celebrates animal care and release

BY LINDA-ROBIN CRAIG

When "Flight to Freedom" (FTF) first gets underway, it is still light out and people are streaming into Sulphur Creek Nature Center (SCNC) with smiles, cameras, and great expectations. The annual release of owls is a popular event, and attendees are eager to see the most recently rescued and rehabbed owl safely winging away into the wild blue.



But before the release, attendees stroll past docents with various bird species ambassadors – animals that don't recover completely after an injury or illness. Without return to 100 percent wellness necessary to life in the wild, they become species ambassadors and visit with folks of all ages in all sorts of facilities, from toddlers in pre-schools to all levels of public and private education as well as hospitals and senior care centers.

Further down the lane, art and other items are on offer for the silent auction. Bolivian flute master Oscar Reynolds fills the air with haunting melodies, and mouth-watering aromas of Peruvian cui-



sine wafts from a variety of savory dishes catered by Chicha Bistro. People begin to drift over to canopied tables where selections from featured wineries and micro beers are available with souvenir glasses. Before long they are filling plates and finding places at tables set before the podium that marks where the release will take place. As it grows darker, excitement ratchets up and visitors often glanced toward the rescue hospital, knowing that the night's owl will be brought out soon, the light subdued enough to protect his sensitive eyes.

The August 22 evening also celebrated the 10th anniversary of the new rescue hospital at SCNC; Park Coordinator Wendy Winstead took the podium and shared interesting statistics about the rescue facility and the evening's event. "You are a really lucky group," she declared. "This is the first year that tickets for tonight's event sold out three weeks prior to FTF. On a more serious note, some of you may remember that when we first decided to build a new rescue hospital we planned on spending under \$200,000. The final figure was closer to \$800,000" said Winstead. "Visitors to SCNC, to

events like FTF and other donations covered very close to half the total cost. Further, we were able to conduct 1,400 educational programs this year. Visits to schools from our species ambassador animals are showing students of all ages how exciting nature is."

When asked how a rescue center manages to treat creatures that need to stay wild, Rose Britton, director of animal care, didn't even hesitate. "We hide from them," Britton elaborated, "We drape their cages so they don't see us all the time, give them stuffed animals for companions, and we don't make pets of them. We are not their friends, they don't say good-bye to us, and they don't thank us. Seeing rescued critters returned to their families and their own kind is all the thanks we need."

Britton shared one release story where a man had contacted them about a fledgling raptor fallen from a nest in a tall, old tree in the man's backyard. The nestling was recovered and taken to SCNC for repair and care. Within the week there was another nestling in his backyard; another recovery. "We contacted a tree climber," said Britton, "so that the birds could be returned to their own nest." Before long the nestlings were re-

united with their family. However, a frantic call from one of the residents came into SCNC, "A snake is after our baby raptors!" The tree climber made another trip up the tree to check out the nest. "As it turned out, the snake was completely de-boned and the only thing left was the visible tail hanging out of the nest," said Britton, "so, not a predator at all, it was lunch."

When it's time for the main attraction, a docent comes out of the rescue hospital wearing heavy, elbow length gloves and carrying a towel draped bundle. As she approaches the podium the name of a lucky ticket holder is drawn and she joins Winstead and Britton on the riser. Visitors have cameras ready and the lucky guest draws the towel up and away. The docent carefully releases a Great Horned Owl that was found in June on a roadside, thin, weak and with no nest in the area. In a burst of energy his wings rise in perfect tandem, and he bolts into the sky and heads immediately for a massive nearby tree. He seems to pose for an instant, talons reaching for a branch while both wings are still fully extended. Applause, applause and another wonderful FTF is concluded.

Held each year in August, FTF is such a draw that tickets must be captured well in advance. Mark your calendar for next year's event to experience the excitement and fun firsthand.

Go to <https://www.facebook.com/sulphur-creeknaturecenter> to read about rescued critters, watch videos like the pallid bat circling its flight tent, and see lots of awww-so-cute close ups of baby critter patients. Contact Sulphur Creek Nature Center at (510) 881-6747 or nature@haywardrec.org.

Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov

Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us

Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov

Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us

San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org

Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd., Union City
(510) 471-3232
www.ci.union-city.ca.us

WATER/SEWER

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org

East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com

Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org

Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com

SCHOOL DISTRICTS

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us

Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us

Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
2441 I Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us

Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(406) 635-2600 ext. 6013

New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd., Union City
(510) 471-1100
www.nhusd.k12.ca.us

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

San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us

San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzusd.org

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

Hayward Citizens Advisory Committee accepting applications

SUBMITTED BY
LAURA CORREA-HERNANDEZ

The Hayward Area Recreation and Park District (H.A.R.D.) is currently accepting applications for a committee position from interested residents of Hayward, Castro Valley, San Lorenzo and unincorporated Alameda County for the Districts’ Citizen’s Advisory Committee (CAC).

The committee meets four times per year and provides recommendations to the District’s Board of Directors, works on specific Board directed projects, reviews District programs and park design projects. Applications will be accepted until an appointment is approved.

To learn more about the District’s CAC or to download an application please visit www.haywardrec.org/cac

For additional information, please call (510) 881-6704.

DUI/driver’s license checkpoint on Labor Day weekend

SUBMITTED BY
NEWARK PD

The Newark Police Department (NPD) is participating in a countywide DUI enforcement campaign referred to as “Avoid the 21.” This effort is intended to curb the increased number of impaired drivers found on the roadways during the holiday period. The police department plans to employ sobriety checkpoints and deploy dedicated DUI enforcement units and roving saturation patrols to remove impaired drivers from our roadways.

A DUI and driver’s license status checkpoint will be placed at Thornton Avenue near Newark Boulevard on Saturday, September 5. The checkpoint will run from 7:00 p.m. until approximately 2:00 a.m. the following morning.

City of Fremont employees oust SEIU Local 1021

SUBMITTED BY
CRAIG D. CONWRIGHT,
CITY OF FREMONT EMPLOYEE
ASSOCIATION (CFEA)

After over two years of struggle, City of Fremont employees succeeded in ousting SEIU Local 1021 as an affiliated representative on behalf of the former employee organization, the Fremont Association of City Employees (FACE). City employees then voted (by secret ballot election) officially decertifying FACE, and establishing a new employee labor organization founded and governed by City of Fremont employees to represent and serve City of Fremont employees, the City of Fremont Employee Association (CFEA). FACE was first established in 1969 by City of Fremont employees to represent labor concerns of City of Fremont employees.

The two year odyssey and struggle for the labor rights of City of Fremont employees began immediately after City employees represented by FACE exercised employee rights under the law and held an internal disaffiliation election in March 2013 voting to disaffiliate SEIU Local 1021 as the affiliated representative for FACE, effective April 1, 2013.

Now accepting applications for Youth Advisory Commission

SUBMITTED BY
LYDIA RODRIGUEZ

Mayor Pauline Cutter and the San Leandro City Council invite local youth to submit applications for the 2015-16 Youth Advisory Commission (YAC). Commissioners advise the City Council on youth-related issues, provide recommendations on projects & events and also learn about the roles, services, and programs of local government.

“Our vision for the future of San Leandro lives on with our youth,” said Mayor Pauline Cutter. “The Youth Advisory Commission is vital to the creation of civically engaged and committed San Leandro residents.”

The Commission has 21 members who represent the diverse youth community in San Leandro. In order to apply, youth must be a resident of San Leandro or attend a school that serves San Leandro residents, be in grades 9, 10, 11, or 12, and willing to commit to between 8 to 10 hours per month for meetings and project involvement. Each commissioner is appointed to serve a one-year term and may be renewed for three terms thereafter as long as they remain in high school.

Interested students can download the application through the program website at www.sanleandro.org or can pick up an application at the Marina Community Center (15301 Wicks Blvd) and the Senior Community Center (13909 East 14th Street). Completed applications can be sent via email to Lydia Rodriguez (lrodriguez@sanleandro.org) or dropped off at the Marina or Senior Community Centers. Interested students should also plan on attending the first YAC meeting of the school year on Tuesday, September 15.

First Meeting of Youth Advisory Commission
Tuesday, Sept 15
6:15 p.m.

Marina Community Center
15301 Wicks Blvd,
San Leandro
(510) 577-3477
Send application to:
lrodriguez@sanleandro.org

Excellence in Financial Reporting
SUBMITTED BY
LAUREN SUGAYAN

The Certificate of Achievement for Excellence in Financial Reporting has been awarded to the City of Union City by the Government Finance Officers Association of the United States and Canada (GFOA), for its Comprehensive Annual Financial Report (CAFR) for the fiscal year ended June 30, 2014. The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by City staff in managing the budget.

An Award of Financial Reporting Achievement has been awarded to the individual(s), department or agency designated by the government as primarily responsible for preparing the award-winning CAFR. This has been presented to David Glasser, Administrative Services Director for the City.

GFOA is a nonprofit professional association serving approximately 17,500 government finance professionals.

TAKES FROM SILICON VALLEY EAST



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

Q&A with Startup Grind Fremont Chapter Director, Shilpi Sharma

BY SHILPI SHARMA

Beginning a new Startup Grind (www.startup-grind.com) Chapter is a startup enterprise unto itself. So why would local entrepreneur Shilpi Sharma tackle this challenge in addition to her duties as COO of Kvantum Inc.? Well, if you’ve heard the term “serial entrepreneur,” then you’ll understand what makes people like Shilpi tick. When life presents a problem, it is second nature for her to solve it. When Shilpi found her East Bay home of Fremont lacking in networking resources for startups, she did the only natural thing — she jumped into the solution head-first! As Shilpi’s partner in this particular enterprise, we’d like to share her vision and goals for the new Fremont Chapter (www.startup-grind.com/fremont).

City of Fremont: What was the impetus for Startup Grind Fremont?

Shilpi Sharma: Two years ago when I was starting a company, I’d met many entrepreneurs in Fremont. While we all had gone through the similar challenges, the main differentiator that made us survive appeared to be mentorship and network. I had mentors, but not everyone was so lucky. You can have a great idea, but without support it can be difficult to deliver. Fremont is my home, and it’s also the home for many other startups, so it made sense to start something here. I am passionate about connecting people to resources, and as chapter director, I am now in the position to help others tap into an existing network. Eventually, this network will integrate key people, industries and local initiatives into a broader public/private discussion to spur innovation. It’s important that we are all connected and know what’s going on first-hand.

Fremont: What is the value for attendees beyond the obvious networking opportunities?

SS: There are many places to go to connect with other entrepreneurs, but few places that also connect you with your local community. East Bay attendees will feel at home in our chapter. Let’s face it, proximity is important when looking for partners, be it co-working spaces, co-founders, mentors or angel investors. There will also be more synergy between participants and speakers when they share a personal base.

Fremont: Speaking of speakers, what can we expect for next year’s lineup? (This year’s speakers are top notch!) (View speakers list at www.meetup.com/Startup-Grind-Fremont/events/223608310)

SS: For next year, we will add local leaders, in addition to founders, to more broadly highlight great work that’s going on

whether in a startup or a corporate environment. Maybe we’ll even tap leaders from the public sector! The main focus will be on sharing experiences and important decisions from the early stages of a venture, and the challenges that were overcome across different industry verticals. Entrepreneurs often have multiple ideas they are pursuing at once, so it’s helpful to hear from many different avenues to enhance decision making in these different domains.

Fremont: What kind of sponsors are you looking for to support Startup Grind Fremont?

SS: I expect our sponsors to mostly fall into two categories — companies that provide basic services for young companies (legal, accounting, banking, etc.) as well as companies that provide services for the growing enterprise (marketing, consulting, and other tools). I also think there are opportunities for companies that are looking to increase “intrapreneurship” — nurturing their existing employee base to harness innovation.

Fremont: What does a typical event look like?

SS: These are three-hour events (6 – 9 p.m.). They start and end with networking, and have an interactive fireside chat in the middle. There will be time for questions and answers, and the dialogue is also enhanced through Twitter. After the formal program, speakers are often available to answer more questions from guests.

Fremont: What has the initial response been so far?

SS: Initially, I was very encouraged by the City of Fremont being willing to partner with me on this endeavor. The City’s attitude toward innovation initiatives is important for the community. Since going public, we’ve generated a lot of excitement. People want to be a part of the local startup community, and they understand that meeting new people brings new perspectives.

Fremont: In addition to attending events, how else can people get involved?

SS: We have several volunteer roles on our leadership team that we are looking to fill, including outreach/social media manager and events manager. We also need “ambassadors” to help connect with participants and bring back ideas.

Fremont: Any final thoughts?

SS: Having regular events is the first step in building an innovation ecosystem. I’m hoping that more opportunities for education and training will evolve as the network grows. But in the meantime, we can’t wait for our first event in September. I would love to have more people join this initiative. Send your thoughts and ideas to shilpi@startupgrind.com



OPINION



WILLIAM MARSHAK

When I moved to Fremont, about 20 years ago, I often heard the term “bedroom community” as a description of the area. My interpretation of the phrase was an assemblage of homes and basic services subservient to another separate and distinct area that provided substantial industrial, manufacturing and other employment opportunities. In my lexicon, a Bedroom Community primarily supplies labor that commutes back and forth from home to work and back again.

My concept of the term is reflected by other sources as well. The online Urban Dictionary defines bedroom community as: “A suburban community/town with little to no major employment center(s) to call its own. People only seem to sleep there when they’re not working 80 Hrs./wk closer in to the city where the jobs are. The only commercial space is retail & services for the residents (banks, groceries, malls, etc.) Residents often choose bedroom communities because of affordability relative to living closer to the city, lower perceived crime, and schools with students that look just like their kids.”

Another online dictionary, business dictionary.com, offers a similar description:

A Bedroom Community... Not

“A residential area, typically a suburb of a major urban center, which includes a large number of commuters among the home-owning population. The name “bedroom community” refers to the fact that commuters perform most professional and personal activities in another location, maintaining their residence solely as a place to sleep.”

After spending time getting to know about the Greater Tri-City area, I found the label, bedroom community to be far from the truth. An expanding base of business and enterprise associated with our cities was evident decades ago; the premise that people simply ate and slept here in preparation for travel to other cities each day to carry out important business was – and is – bogus. From the early pioneer days in which this area was an important agricultural center that supplied the greater Bay Area and beyond, to the present, bedroom community has not and is not an adequate representation. There have always been many who commute to other communities, but the economy of our area is not solely dependent on them. In fact, the Greater Tri-City area is the destination of many commuters.

Our cities are now encouraged to develop housing in what is called Transit Oriented Development (TOD) near intercity transportation, primarily BART. Although promoted by a macro view of the Bay Area, the danger of building warrens of small – as small as 400 square foot living spaces – for single or grouped individuals is that we are in danger of creating bedroom communities with no local focus. An army of work drones that rise every day to hop on BART for travel north to other cities such as San Francisco (and soon south) negates local loyalty, character and growth

in the host city. Are these people invested in their city of residence or simply using that space as a resting spot between work cycles? Will these residents raise families that identify with and support local activities, events and politics? Watch the daily migration of workers living near the current Fremont BART station every morning and evening. This movement indicates life focus elsewhere. Are these people going to serve on commissions, advisory boards, engage in local politics, recreational, environment or vital issues of their city of residence?

Our governments and people of Southern Alameda County and Northern Santa Clara County have a unique and distinct historic and contemporary identity that is not inferior or subservient to any other. Although often linked to other monikers such as Bay Area and Silicon Valley, the Greater Tri-Cities have rich, distinct and vibrant histories. Hopefully, Transit Oriented Development will not create a hoard of work drones that develop their own enclaves or use our cities without identifying with them.

William Marshak
PUBLISHER

UST Global launches Step IT Up America

SUBMITTED BY CASEY McDONALD
PHOTO COURTESY OF MARIO ROSALES, UST GLOBAL

UST Global, a leading provider of end-to-end digital solutions and IT services for Global 1000 companies, launched “Step IT Up Amer-



ica - San Jose,” a proprietary job creation program addressing the need to train and place minority women in high-quality IT jobs in San Jose and nationwide. Step IT Up America’s San Jose launch event on Thursday, August 20, 2015 included keynote speeches from San Jose Mayor Sam Liccardo and BG Moore, Chief of Staff at UST Global.

Step IT Up America’s goal is to give motivated students an opportunity to pursue dynamic and long-term careers in IT. UST Global is aiming to place 5,000 minority women across the country in science, technology, engineering, and math (STEM) careers by 2020. Since Step IT Up America’s initial launch, more than 200 women have graduated from the program, with another 100 on track to join them before the year is through.

“Part of the STEM initiative roots from wanting to build the best and most inclusive pool of untapped talent,” said Mayor Liccardo.

For more information, visit www.joinstepitupamerica.com.

San Jose Mayor Sam Liccardo at the “Step IT Up America” launch

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THE ROBOT REPORT

TRACKING THE BUSINESS OF ROBOTICS

Money continues to flow to robotics



\$11.2 million to Virtual Incision, a startup developing robotically assisted surgical devices, and another \$11 million to Jibo, the company founded by Cynthia Breazeal of HRI fame from the MIT Media Lab. Money continues to flow to robotics.

Jibo, Inc., the company behind the social robot Jibo which last year had the successful \$3.7 million Indiegogo crowdfunding, is now focusing their partnering to those that are strategic and concentrate on the Asian market. The lineup of investors in this \$11M add-on to the previous \$25.3M Series A round includes:

- Acer, a Taiwanese hardware and software manufacturer
- Dentsu Ventures, a Japanese VC with a focus on marketing,

media, social media and design

- KDDI, an Asian telecom carrier (read on to see how other telecom companies, namely NTT and SoftBank, are also investing in social robots)
- LG, a Korean telecom operator and manufacturer
- NetPosa, a Chinese online services provider

With this \$11M, Jibo has now raised \$38.6M and has announced a production schedule beginning in late Fall 2015 and through Spring 2016 for crowd-funded orders and preorders. Additional orders are waitlisted.

It's easy to see that this round of funding focuses on the a serious expansion into the Asian market - the same marketplace where SoftBank and partners Al-

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ibaba and Foxconn are bringing their Pepper robot to market and NTT and Vstone are readying their Sota companion tabletop robot to compete. All the telcom giants want to participate in this new trend toward home social robots and devices to get the monthly Internet service slice of the pie. SoftBank is charging \$100 per month for Pepper's connection services.

Virtual Incision Corp., a developer of an in vivo mini-robot surgical device enabling minimally invasive colon and abdominal procedures, received \$11.2 million which brings their total funding to date to \$25.7M. Virtual Incision's robotically-assisted surgical device is an investigational device and is not commercially available.

In their press release, VIC said the funds will be used for a feasibility study on the use of the company's miniaturized robotically assisted surgical technology for colon resection, a procedure performed to treat patients with lower gastrointestinal diseases such as diverticulitis, Crohn's disease, inflammatory bowel disease and colon cancer.

Obituary

Mary Louise Mata

Aug. 25, 1942 - Aug. 23, 2015

Resident of Union City



Mary L. Mata was born in Union City, CA on August 25th, 1942 and passed peacefully on Sunday, August 23rd, 2015. A native of Union City, Mary and her husband Pablo of 53 years raised three children: Lorraine "Pebbles", David, and Daniel. She was also the loving mother-in-law to Frank Miramontes, Tamara Mata, and Ellen Mata. Mary was a proud grandmother of nine grandchildren and one great grandchild. She leaves behind seven siblings, seven godchildren, two dogs (Champ & Bud), and a long list of wonderful friends. Mary will be remembered for her cooking, gardening, and compassion for helping others. She will be missed but never forgotten. Visitation was held on Thursday, August 27th, from 5-8pm with a Vigil at 6:30pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Funeral Mass was celebrated on Friday, August 28th, 10am at Our Lady of the Rosary Catholic Church, 703 C St., Union City, CA 94587. Inurnment at Chapel of the Chimes Memorial Park in Hayward, CA.

What's in a billion? Facebook users hit milestone in 1 day

By BARBARA ORTUTAY
AP TECHNOLOGY WRITER

NEW YORK (AP), You, your mom, your grandma and elementary school buddy Lawrence might have been some of the billion people who logged in to Facebook on Monday – the first time that has happened in a single day. That's right, one billion people, or one-seventh of the Earth's population.

It was a big symbolic milestone for the world's biggest online social network, which boasts nearly 1.5 billion users who log in at least once a month. CEO Mark Zuckerberg marked the occasion with a Facebook post.

Most of the billion people who logged in on Monday were outside the U.S. and Canada. Of Facebook's overall users, more than 83 percent come from other countries. This is also where Facebook's next billions of users will likely come from as it grows.

Obituary

Charles Darrell Beebe

Resident of Newark

April 6, 1962 – August 10, 2015

Charles (Chuck) passed away August 10, 2015 while vacationing at Lake Havasu City, Arizona. He was born in Oakland, California. He is survived by his parents Robert and Marie Ann, his son Victor, step-daughters Brandi and Christy, brother Kenneth, sister-in-law Laurel and former wife of 20 years, Gail.

Chuck attended Washington High School in Fremont and graduated from Chabot College in Hayward with highest honors. He was an accomplished heavy-duty equipment maintenance mechanic, working for Empire Tractor and his own business "Beebe Back Hoe". His career ended at Valley Transit (VTA).

A private service was held in his memory on August 27, 2015.

Chabot receives funding renewal

SUBMITTED BY
MELISSA MCKENZIE

The U.S. Department of Education has awarded Chabot College over \$450,000 per year in grant money to continue the school's TRIO Aspire and EXCEL programs through 2020.

"The TRIO Aspire and EXCEL program at Chabot College provides unique support to first generation, low income diverse students that would not normally receive any support," said Chabot College program director Roberto Mendez.

The TRIO Aspire grant, worth \$231,000 each year for the next five years, will serve 160 low-income and first generation students while the TRIO EXCEL grant, worth \$220,000 each year for the next five years, will serve 140 ESL low-income and first generation students.

"This refunding is an unassailable testimony to the outstanding work of the TRiO program staff who consistently support participating students in attaining higher success, completion and graduation rates than students

not in the TRiO programs," said Chabot College Vice President of Student Services Dr. Matthew Kritscher. The goal of these programs is to increase college retention and graduation rates of its participants, which includes increasing student transfer rates to four-year universities.

In order to keep grant funding, the schools must provide academic tutoring, which may include instruction in reading, writing, study skills, mathematics and science, among other subjects; advice and assistance in college course selections; assist student with information on financial aid programs and student loan options, and help students complete all financial aid applications.

The programs may also provide student counseling for personal, career and academic information, and activities and instruction designed to acquaint students with career options; exposure to cultural events and academic programs not usually available; mentoring programs; and securing temporary housing during breaks for students who are homeless, in foster care or aging out of the foster care system.



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

50th Annual Art Show

September 22-October 17 2015

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

<http://tinyurl.com/faaannualshow>

Hayward Homeowners to get \$32 million tax savings

SUBMITTED BY SABRINA ARANDA

In June 2008, more than 72 percent of District voters approved a \$205 million bond with Measure I. The funds generated from the measure were used to modernize and construct four elementary and one middle school as well as repair, renovate, and update other school facilities.

In August 2015, lower interest rates prompted the Hayward Unified Board of Trustees to approve the refunding of some of the outstanding Measure I general obligation bonds, resulting in a savings to property owners of over \$32 million.

The first issuance of the \$229 million Measure L bonds, approved by 73 percent of District voters in November 2014, was also sold in August with a repayment cost expected to be \$50 million under budget.

"The refunded bonds will result in significant savings for our taxpayers," said Stan "Data" Dobbs, Superintendent/CEO. "It has long been the goal of our Board of Education to look for ways to generate savings without impacting our classrooms, instructional programs, and services to families. The additional funding generated with the Measure L bonds will make a major impact on our school facilities, and it's another reason for our community to be proud to invest in our Made in Hayward students."

For more information about the Hayward Unified School District's Measure I and L, please contact Dawn Riccoboni, Assistant Superintendent of Business Services at (510) 784-2680.

LIFE CORNERSTONES

Birth

Marriage

For more information
510-494-1999
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Obituaries



Fremont Memorial Chapel
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www.fremontmemorialchapel.com

Francis J. Freschauf
RESIDENT OF FREMONT
September 8, 1922 – August 21, 2015

Mary L. Mata
RESIDENT OF UNION CITY
August 25, 1942 – August 23, 2015

Robert L. Johnston
RESIDENT OF HAYWARD
March 12, 1944 – August 24, 2015

Sylvia Mae Ernes
RESIDENT OF FREMONT
January 9, 1937 – August 27, 2015

Gerry Garcia
RESIDENT OF FREMONT
October 11, 1959 – August 27, 2015

Miguel Angel Languren
RESIDENT OF FREMONT
December 23, 1968 – August 25, 2015

Arnold B. Vicman
RESIDENT OF UNION CITY
March 22, 1963 – August 29, 2015

Asiasi Asiasi
RESIDENT OF FREMONT
November 3, 1960 - August 30, 2015



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Wilfredo S. Estrellanes
RESIDENT OF FREMONT
November 7, 1957 – August 17, 2015

Helen M. Roderick
RESIDENT OF FREMONT
November 7, 1957 – August 17, 2015

Steven Y. Mi
RESIDENT OF FREMONT
May 3, 1984 – August 18, 2015

Derrick S. Lehmer
RESIDENT OF FREMONT
February 8, 1992 – August 15, 2015

Sr. Imelda Anna Loch
RESIDENT OF FREMONT
April 4, 1936 – August 15, 2015

Vimal M. Shah
RESIDENT OF CUPERTINO
April 26, 1963 – August 20, 2015

Marlene A. Smith
RESIDENT OF FREMONT
August 8, 1934 – August 22, 2015

Joseph A Silva
RESIDENT OF HAYWARD
April 16, 1936 – August 23, 2015

Michael P. Aguiar, Jr.
RESIDENT OF AUBURN, FORMERLY OF FREMONT
May 1, 1941 – August 23, 2015

Badrolmolouk Hosseinzadeh
RESIDENT OF PLEASANTON
April 15, 1923 – August 24, 2015

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Obituary

Mary Alma Von Euw

July 4, 1914 - Aug. 22, 2015

Resident of Newark



Mary Von Euw entered into rest on August 22, 2015 in Newark, CA at the age of 101. She is survived by her daughter, Carlita Senn and her husband Walter; son, Carl Von Euw and his wife Rosemary; grandchildren, Rick, Sherri, Carla, Gary and Julie; great grandchildren, Nick, Danny, Nicole, Randy, Samantha, Michael, Justin and Jack; and brother, John Dossetti. She was predeceased by her husband, Charlie and 5 brothers and sisters. Mary was born on July 4, 1914 in Davenport, CA. She was a waitress at International Kitchen and a cafeteria worker at Washington High School for 15 years. Mary enjoyed traveling, cooking and most of all loved her family. Funeral Mass was held at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. A private family burial took place on Friday at St. John's Catholic Cemetery in Escalon, CA.

Obituary

Sylvia Mae Ernes

Jan. 9, 1937 - Aug. 27, 2015

Resident of Fremont

Born January 9th, 1937 in Oklahoma, and entered into rest on August 27th, 2015 in Fremont, California at the age of 78. Preceded in death by her husband Richard Ernes in 2013. Survived by her children: Sherill (Roger) Root, Deborah (Jack) Root, and Jon (Jennifer) Smith; grandchildren: Kamilla Ortiz, Rebekah Root, Amanda Jill Oliver, Jennifer Gayle Herrera, Holly Cowan, Nicholas Smith, and Adam Smith; and great-grandchildren: Christian, Hannah, Katrina,



Gabriel, Abbigayle, David, Justin, Jordan, and Benjamin. Also survived by her sister Vinita Lyons. She was a custodian for Fremont Unified School District for 18 years. She was an avid reader, and enjoyed crocheting. Visitation will be held on Tuesday, September 1st, from 5-8pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Chapel Service will begin on Wednesday, September 2nd, 10:30am at the funeral home. Burial will follow at 2pm at Irvington Memorial Cemetery in Fremont, CA.

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By the Way, Meet Vera Stark has plenty to say

BY JANET GRANT
PHOTOS BY
TERRY SULLIVAN

Hayward's inimitable Douglas Morrison Theatre (DMT) kicked off its 2015-2016 Revelations Season with the regional premier of "By the Way, Meet Vera Stark."

This sharp and satirical work by Pulitzer Prize-winning playwright Lynn Nottage, offers a glimpse into the life of Vera Stark, a beautiful and headstrong African-American actress who's working as a lady's maid for Gloria Mitchell, a white Hollywood starlet in the 1930s. During Hollywood's Golden Age, when racial stereotypes of the American film industry allowed for only small scenes as maids and field hands,

Vera's acting career is launched when both she and Gloria are cast in a Southern epic. Seventy years later, film buffs are left to reflect on the life and legacy of a controversial star both in front of and behind the camera. At once hilarious and poignant, "By the Way, Meet Vera Stark" paints a vivid picture of the cultural climate that shaped a provocative and mysterious screen star. DMT's production of "By the Way, Meet Vera Stark" was artfully directed by Dawn Monique Williams and featured an exceptional ensemble of Bay Area actors. In the first act, the audience is treated to a raucous behind-the-scenes look at the early days of American film-making, and like Hollywood itself, there is a thin line between what is real and



what is true echoed by Vera herself who asks, "How come in Los Angeles nobody actually does what they do?"

By the second act, we are transported to the future, where a trio of African-American intellectuals deconstructs Stark's work and her relationship with Gloria Mitchell. Though the trio discusses the serious nature of race, gender and the price of fame, they too can't escape the playwright's stereotypic and satirical pen as they are mercilessly portrayed as angry lesbian artists and pretentious academics. Kelly Strickland was amazing as Vera Stark, depicting her role with acerbic wit and a calmness of presence. In the midst of Hollywood madness, she shined as the voice of sanity and survival. She ably conveyed the complex relationship with her white boss, adding just the right notes of genuine affection and genuine resentment. Ms. Strickland was at once hard-nosed but still kept that dreamy quality about her.

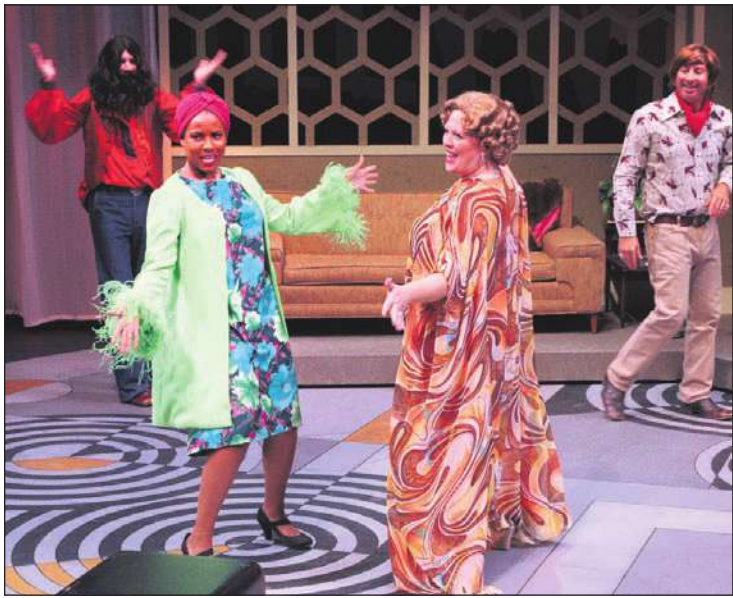
Alicia Von Kugelgen was hilarious and quite believable as the self-dramatizing high-maintenance star, Gloria. She played the role of "America's little sweetie pie," with a ditzy, narcissistic flare. Her scene during the dinner party was especially classic and outrageous.



Shani Harris-Bagewell was brilliant in the role of Vera's "full-bodied" friend Lottie. An aspiring actress herself, she elicited some of the night's most hearty laughter in her incredible portrayal of the Southern Mammy cum downtrodden slave. Jia Taylor was equally wonderful as the light-skinned Anna Mae trying to pass as a starlet from Rio de Janeiro and feminist Afua Assata Ejobo. She gets kudos for the most dramatic change of the night from farcical Brazilian starlet to militant lesbian/performer/artist.

Khary Moyer was very appealing as musician Leroy Barksdale. Like Vera, he too seemed like the sanity in the midst of a confusing Neverland. This was especially apparent in his second act portrayal as moderator Herb Forrester.

Evan Sokol too, was quite dramatically adaptable in his dual roles as Mr. Slasvick, the pragmatic studio head, and nerdy TV show host, Brad Donovan. Gene Mocsy was delightful in both his roles of Russian director, Maxmillian von Oster and John Lennonesque rocker, Peter Rhys-Davies. He played his role to the hilt with clueless, boisterous and groovy fervor. DMT's adaptation of "By the Way, Meet Vera Stark," was ex-



actly produced and seamlessly acted by an exceptionally talented and seasoned cast. This was a truly fine performance of a farcical, satirical comedy that left you thinking far into the night. It made you laugh and made you just a little uncomfortable too. Well done DMT.

"By the Way, Meet Vera Stark"
Friday, August 28 - Sunday, September 20
8 p.m.
 (Sunday matinee at 2 p.m.)
 (Sat., Sept 21: 2 p.m. & 8 p.m.)
Douglas Morrison Theatre
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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

LEILA N. SOCKOLOV, ATTORNEY AT LAW

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Instructor, Engineering Ethics, University of Illinois

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Fremont Police Log

SUBMITTED BY:
GENEVA BOSQUES,
FREMONT PD

Friday, August 21

Community Service Officers (CSO) Ernst and Anders took multiple commercial burglary reports at Fremont Hub. The incidents were similar to those committed by the burglars arrested by midnight officers at Las Palmas shopping center in the early morning hours. Detectives were following up and investigating at the time of this report.

Officers responded to investigate a residential burglary at 4:24 p.m. on the 1000 block of Bedford Street. The resident came home to find the back door of the house forced open. Loss reported was jewelry. Case was investigated by Ofc. B. Loughery.

While on his way to the DUI checkpoint, Ofc. Aranguren spotted a dark Dodge Caravan departing the area of the Fremont Boulevard/Beacon Avenue with its lights off. Ofc. Aranguren followed the vehicle onto Mowry Avenue and was eventually able to make a traffic stop in a parking lot near Hastings Street. As Ofc. Aranguren approached the vehicle, dispatch advised that the vehicle was reported stolen out of Fremont. Ofc. Aranguren attempted to keep the three occupants of the vehicle at the scene until additional officers could arrive, but a female exited the vehicle and the driver quickly sped away. Officers flooded the area and assisted Ofc. Aranguren with the female suspect. They located the vehicle abandoned near the area of Lexington Street and Pennsylvania Avenue. An extensive search ensued with negative results. Ofc. Aranguren is following up on the investigation.

Saturday, August 22

At 5:42 p.m. officers investigated a residential burglary where the back sliding door was smashed by unknown suspect(s) to gain entry into a residence on the 200 block of Tonopah Drive.

At 8:56 p.m. officers investigated a residential burglary in the 100 block of Racoon Court.

Sunday, August 23

At 8:13 a.m., Ofc. T. Roberts located a stolen Infiniti rolling on Thornton Avenue at Cabrillo. The suspect got onto I-880 north at a high rate of speed before Ofc. Roberts could get cover or attempt a traffic stop. The suspect crashed the vehicle as it was exiting on Decoto Road. Three occupants exited the vehicle then ran and jumped over the sound wall

into the Cabrillo neighborhood. Sgt. O'Connell set up a quick perimeter, and neighborhood witnesses provided information as to their location. All three suspects were located and arrested in a backyard. Ofc. Roberts arrested a 20-year-old adult male, a 49-year-old adult male, and a 20-year-old adult female for receiving stolen property and resisting arrest.

Monday, August 24

At 9:40 a.m., Ofc. Han investigated a commercial burglary in the 43100 block of Christy Street that had occurred sometime over the weekend. Entry was made by forcing a back door open. Loss was approximately \$5,000 in electronics.

Ofc. Baca investigated a residential burglary in the 4500 block of Stevenson Boulevard. Entry was through a rear window.

Ofc. Forsberg investigated a commercial burglary in the 37900 block of Farwell Drive. Unknown suspects entered a construction site at an elementary school and used force to open a Conex box. The losses were tools.

At approximately 8:00 p.m., three vehicles were burglarized in a 10-minute period at Pacific Commons. The locations were 43800 block of Pacific Commons Boulevard near The Habit; 43300 block of Boscell Road near Panda Express; and 43300 block of Boscell Road near Fire House Subs. In each case, valuables were left out in plain sight. Suspects were described as a black male adult and a Hispanic male adult driving a black vehicle.

Officers investigated a residential burglary in the 35900 block of Fremont Boulevard. The burglary occurred between 11:45 a.m. and 1:30 p.m. It appears that the unknown suspect(s) used bodily force to gain entry via the front door. The interior door frame was damaged and separated from the wall. The losses were jewelry and currency.

Tuesday, August 25

At 5:31 p.m., CSOs Allen and Potter investigated a burglary at a residence on the 4500 block of Porter Street. Unknown suspect(s) made entry through an open rear kitchen window after prying the screen off. Losses were cash and jewelry.

Ofc. Meredith investigated a burglary at a residence located on the 48000 block of Cabernet Way. Unknown suspects made entry by breaking the rear sliding glass door. Several homes in this neighborhood are equipped with private video, and detectives are following up on the case.

Wednesday, August 26

At 3:36 a.m., officers responded to a verified alarm at a business located on the 48000

block of Kato Road. As officers arrived, the reporting party saw a suspect in the building via remote camera monitoring. A perimeter was established and a search team located an adult male. A 53-year-old adult male, San Jose resident, was arrested for commercial burglary, possession of a controlled substance and possession of burglary tools. Case was investigated by Ofc. Meredith

At approximately 10:50 a.m., CSO Zamora investigated a commercial burglary in the 45200 block of Industrial Drive. The burglary occurred sometime during the night. Unknown suspect(s) pried or forced open the door and took a computer from inside.

At 2:28 a.m., Ofc. Madsen was dispatched to an audible alarm on the 1900 block of Mowry Avenue. Ofc. Madsen arrived and determined a commercial burglary had occurred. Based on video surveillance two suspects walked to the front door at 2:18 a.m. and kicked through the front glass door. The suspects went directly to the area where promethazine DM and promethazine with codeine are stored. Several bottles were taken and the suspects exited the store. A similar burglary occurred at the same location on April 23, 2015 at 3:18 a.m.

Suspect 1: Male adult, unknown race, wearing a light blue colored hooded sweatshirt, jeans, and carrying a blue backpack. The suspect was wearing cloth covering his face and gloves.

Suspect 2: Male adult, unknown race, wearing a blue colored hooded sweatshirt, jeans, white/black shoes and carrying a white plastic bag with a blue logo. This suspect was also wearing gloves and cloth covering his face.

Thursday, August 27

Officer investigated burglary cases:

#018 Residential burglary in the 38000 block Hamlin Street.

#020 Commercial burglary in 3800 block Yale Way.

#030 Residential burglary in the 600 block of Barcelona Dr.

A construction crew excavating in the 4000 block of Alder Av, unearthed a human femur and a Native American corn grinding stone. The Coroner's office was called and they determined the femur bone was Native American and released the scene. The construction site manager attempted several contacts for a qualified Native American monitor to further investigate the possible burial site. Officer Higgins and FTO Ferrara handled the investigation. CSI Smith processed the scene. Sgt. Koepf managed the incident.

Newark Police Log

SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD

Friday, August 21

At 8:26 a.m., Community Service Officer (CSO) Verandes investigated vandalism to a vehicle that occurred in the 37200 block of Spruce Street. Sometime overnight

an unknown person scratched the victim's entire vehicle.

At 12:24 a.m., a victim walked into the Newark Police Department (NPD) lobby to report that her boyfriend punched her in the mouth after a struggle to get her into his vehicle in the area of Mayhews Landing Road and Spruce Street. The incident was originally reported by an uninvolved citizen, who observed the altercation and later followed the vehicle into Fremont. A 27-year-old Fremont resident was contacted and arrested at

his residence. He was transported to Fremont Jail.

Saturday, August 22

At 10:51 a.m., Ofc. Musantry investigated a vehicle burglary in the 8200 block of Mandarin Avenue. The losses were a briefcase, paperwork, and a 12-volt drill.

At 7:31 p.m., Ofc. Rodgers investigated a residential ransack in the 37100 block of Birch Street where the front door was kicked open sometime between 3:00 p.m. and 7:30 p.m. The losses include Air Jordan shoes and jewelry.

Officer involved shooting - Update

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

In the early evening hours of July 20, 2015, an officer involved shooting occurred in Fremont on Baffin Ave. Suspect Troy Francis (54 years old/Fremont resident) was hospitalized following the incident and released in the care of his family on Tuesday, August 18. The Fremont Police Department was notified on August 21 that Francis had passed away. The Alameda County Coroner's Office is investigating the cause of death.

The incident remains under investigation by Fremont Police Detectives and the Alameda County District Attorney's Office has been notified.

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The “NO” List:

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

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Community service & business club for young professionals and students ranging from ages 18 to 30. Meetings on 1st & 3rd Wednesdays at 7 pm.
Find our events on
meetup.com/rotaractfremont

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

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

AMERICAN LEGION POST 837
Meets third Tuesday each month - 6:30-8:30pm
Social, Program, General Meeting
Historic Niles Veterans Hall
2nd & E. Street, Fremont
www.POST837.org
ALL VETERANS WELCOME

Tri-City Ecology Center
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3375 Country Dr., Fremont
510-793-6222

ABWA-Pathfinder Chap. American Business Women’s Assoc.
provides opportunities for women personally & professionally thru leadership, education, networking
Dinner Meetings: 3rd Wednesday each month. Sinodino’s Rest. (Newark): 6:30-9:00 pm
Call Karen 510-257-9020
www.abwa-pathfinder.org

The League of Women Fremont-Newark-Union City www.lwvfnuc.org
Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible

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

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

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

Afro-American Cultural & Historical Society, Inc.
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www.peointernational.org

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Worship Service - 11am
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First Friday every month
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www.Aldervenuebaptist.com

Painting by Jon Nesseth Photos by Patra Nesseth-Steffes - Potluck Party Live Entertainment: Sept 3-26 Reception: Sat Sept 26
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510-581-4050
www.SunGallery.org

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FLASH FICTION WRITING CONTEST Subject: Must be a non-human Sat. September 26, 2015 10 AM to 4 PM
Deadline to enter, Saturday September 19 See details at: www.fremontculturalartscouncil.org
send entries to: FCACwriters@gmail.com

Besaro’s Holiday Boutique Sat. Oct 3 - 9am-3pm
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www.save-dv.org

Ohlone Humane Society
Love animals & want to help? OHS is a nonprofit, volunteer supported animal welfare organization. Includes wildlife rehabilitation, companion animal rescue, animal assisted therapy, spay/neuter assistance and more.
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SAVE’s Restraining Order Clinics
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Seeking protective orders
Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday
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Saturday, Nov 7th 9:30-3:30
38325 Cedar Blvd. Newark cbnboutique@gmail.com

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TO RESERVE A SPACE/GET MORE INFORMATION CONTACT: alminard@comcast.net
Or write to MPHf, PO Box 3078 Fremont, CA 94539

SAVE THE DATE Hayward Arts Council CARNAVAL Friday, Nov 13
Hayward City Hall Rotunda
5:30-8:30pm
Tickets \$40 in advance \$50 at door.
Call now 510-538-2787
Support HAC Galleries and programs

Washington High School Class of 1950 is having a re-union on Sept 25,2015
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Papillons restaurant, Fremont. Guest are welcomed. For more information, please contact Marilyn Bernard 793--1904 or Jim Griffen 792-6515.

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Hayward Art Council
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510-583-2787
www.haywardarts.org
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FREE Adult Reading and Writing Classes are offered at the Alameda County Library
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Manual transmission stymies Mass. car thieves

AP WIRE SERVICE

SPRINGFIELD, Mass. (AP) — A trio of would-be Massachusetts car thieves had to hit the brakes on their plan because none of them knew how to drive a stick. Police in Springfield say the men pulled a knife on a

food delivery driver Tuesday night and demanded the grub and his keys. But then they noticed the car had a manual transmission. Sgt. John Delaney tells The Republican newspaper (<http://bit.ly/1mahyod>) the thieves argued among themselves then ran down the street with their ill-gotten dinner.

The driver was not seriously hurt. There have been no arrests.

Information from: The Springfield (Mass.) Republican, <http://www.masslive.com/news/>

Police: Man's Instagram posts of bank robbery led to arrest

AP WIRE SERVICE

VIRGINIA BEACH, Va. — A man accused of robbing a Virginia Beach bank posted two videos and a photo of the incident to his Instagram account. Police tell WAVY-TV (<http://bit.ly/1EQDCNB>) that 23-year-old Dominyk Antonio Alfonseca walked into a TowneBank on Monday and handed the teller a note asking for \$150,000 in bonds — and including the word “please.” He recorded the incident on his cellphone and posted videos and photo of the note online. Videos show the teller putting stacks of cash in a bag. Officers picked up Alfonseca 20 minutes after he left, carrying a gym bag full of money. In a jailhouse interview, Alfonseca told the station Wednesday that asking for money isn't a crime. Alfonseca says he believes he'll be found innocent. He says he wouldn't have posted if he'd committed a crime. It was unclear whether he had a lawyer to contact for further comment.

Information from: WAVY-TV, <http://www.wavy.com/>

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Union City
Police Log

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UNION CITY PD

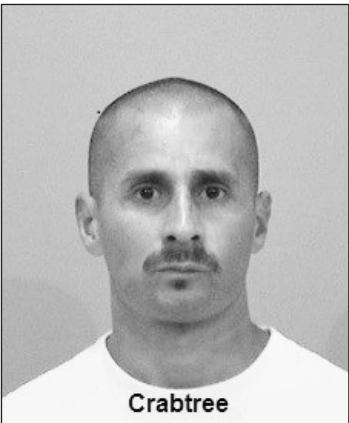
From Monday, August 17, 2015 through Sunday, August 23, 2015 there were three reported auto burglaries, two of which occurred in Union Landing shopping center. They both involved property that was left in plain view in the front or back seat.

Monday, August 17

A residential burglary occurred on the 5100 block of Rose Way between 9:00 p.m. and 11:45 p.m. A rear window was pried or forced open, and the loss included electronics.

Tuesday, August 18

At around 8:00 p.m., Ofc. Llamas was dispatched to the AT&T store at Union Landing for a just-occurred robbery report. Two suspects took six cell phones from the display table, shoved an employee out of the way, and fled on foot. The first suspect was described as a black



Crabtree

male, 25-30 years old, 5'11" to 6'2" and 175-180 lbs., wearing a dark green coat with a white shirt underneath, white pants and a green camo hat. The second suspect was described as a black male, 25-30 years old, 5'11" to 6'2" and 170-175 lbs., with short black hair, wearing a black shirt with a tan circular logo on the front and tan pants.

Thursday, August 20

At around 5:40 p.m., Ofc. Jensen was conducting security checks in the area of Solar Circle and contacted an individual inside a garage. A probation search yielded a shaved key. Justin Crabtree, a Union City resident, was



Rosselli

arrested for the possession of burglary tools.

At around 9:30 p.m., Ofc. Llamas was conducting a patrol check of the Walmart parking lot and contacted an individual. A probation search of her purse yielded four shaved keys. Tamara Rosselli, an Oakland resident, was arrested for the possession of burglary tools.

Friday, August 21

At around 6:20 p.m., officers were dispatched to Valencia Way on reports of a robbery. A suspect approached the victim, snatched the gold chain from her neck and fled on foot. The suspect was described as a black male, 20-25



years old, 5'8", wearing a denim jacket and green baseball cap.

Saturday, August 22

At around 12:40 a.m., Ofc. Stables was dispatched to Decoto Road on the report of a robbery that had occurred about 30 minutes prior. The victim was walking on the sidewalk of Skylark Drive when two male suspects approached her. The first suspect brandished a machete and demanded the victim's possessions. The victim handed over her laptop, wallet, keys and cell phone. The first suspect was described as being 5'8" with a thin build, wearing a red hoodie with a zipper and a black ski mask. The second suspect



was taller than the first suspect, wearing a black hooded jacket that was pulled over his head.

Sunday, August 23

At around 8:30 p.m., Ofc. Rivas was dispatched to Shell gas station on Mission Boulevard on the report of a robbery. The victim was vacuuming his car when a suspect pulled him out of the car, threw him to the ground and pointed a gun at him. The suspect demanded money and fled on foot after the victim gave him \$60. The suspect was described as a male, 5'8" to 5'10", wearing a dark hooded sweatshirt, a black and white mask, with a black semi-auto handgun.

City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

Downtown Date Night at Fremont Street Eats

Join the City of Fremont, Fremont Chamber of Commerce, and The Food Truck Mafia for Downtown Date Night at Fremont Street Eats on Friday, September 18 starting at 4:30 p.m. Enjoy a fun night out on the town complete with a delicious variety of gourmet food trucks, the 50 Tour, which will feature eight Vince Lombardi trophies, and at sunset, an outdoor movie ("Remember the Titans" (PG)) on big screen! Downtown Date Night and Fremont Street Eats are free to the public and will be held on Liberty Street at Capitol Avenue, near City Hall. For more information, visit www.Fremont.gov/SuperCommunity.

California Coastal Cleanup Day is September 19

In honor of the California Coastal Cleanup Day, the City of Fremont will be hosting creek cleanup events at nine different locations on Saturday, September 19 from 9 a.m. to 12 p.m. Every year, on the third Saturday in September, citizens



throughout Alameda County gear up to join volunteers worldwide for the annual Coastal Cleanup Day event. Volunteers clean the marine environment, such as the ocean, bays and other water bodies with a focus in the shores of lakes, streams, rivers and the ocean. An impressive 9 million volunteers participate worldwide to remove over 140 million pounds of trash and debris globally. Coastal Cleanup Day originates from the first event over 25 years ago by the Ocean Conservancy.

Closer to home, the California Coastal Cleanup Day is an annual beach and inland waterway cleanup in California and is the state's largest volunteer event. This California event received over 80,000 volunteers removing more than 1,200,000 pounds of trash, litter, recyclables and debris from beaches, lakes, creeks and other waterways.

The City of Fremont has been participating in Coastal Cleanup Day for over 20 years. Even though Fremont does not have any coasts, the litter, trash and debris that gets into storm drains and local creeks has an effect on the San Francisco Bay. Litter, trash and debris affect California coasts, the San Francisco Bay and the Pacific Ocean.

Please join families, friends, coworkers, scout troops, school groups, service clubs, and individuals as they come together to celebrate and share their appreciation of California's fabulous coast and waterways.

If you are interested in participating, please pre-register at www.Fremont.gov/CoastalCleanupRegistration to guarantee a spot. Please note the City does not allow anyone under the age of 6 to participate in this event.

For more information please contact the Coastal Cleanup Day Coordinator at environment@fremont.gov or 510-494-4570.

Family Fridays at Aqua Adventure

Visit Fremont's Aqua Adventure Waterpark for Family Friday on September 11 from 4 p.m. to 8 p.m. Tickets are \$7 in advance and \$8 at the door. Amazing attractions include 40-foot waterslides, 700-foot



lazy river, the Bucket Bay Kids Play Area, and much more! Aqua Adventure has fun attractions with great food to provide an affordable and amazing experience. Register online using the barcode #225816 at www.RegeRec.com. For more information about visiting Aqua Adventure, go to www.GoAquaAdventure.com or call 510-494-4426.

Fremont Family Resource Center Hosts Free Car Seat Safety Inspection



Are you expecting a baby and need help installing your car seat properly? Do you already have a child and want that extra assurance that your car seat has been installed properly? The Fremont Family Resource Center is hosting, in partnership with Safe Kids Alameda County, a free Car Seat Inspection on Saturday, September 26 from 10 a.m. to 12 p.m. at 39155 Liberty St. in Fremont. A certified child passenger

Downtown Date Night

Friday, September 18th, 2015

MOVIES

under the stars!

REMEMBER THE TITANS

Rated PG • 8:00PM

50 TOUR:
CHAMPIONS OF THE BAY
& INTERACTIVE FUN

FREMONT STREET EATS & FOOD TRUCK MAFIA

4:30PM & onwards

City Hall (Capitol Ave. & Liberty St.)

Join the City of Fremont, Fremont Chamber of Commerce, and The Food Truck Mafia for Downtown Date Night at Fremont Street Eats on Friday, September 18 starting at 4:30 p.m. Enjoy a fun night out on the town complete with a delicious variety of gourmet food trucks, the 50 Tour, which will feature eight Vince Lombardi trophies, and at sunset, an outdoor movie "Remember the Titans" (PG) on the big screen! Downtown Date Night and Fremont Street Eats are free to the public and will be held on Liberty St. at Capitol Av., near City Hall. For more information, visit www.Fremont.gov/SuperCommunity

Safety Technician will assist you to ensure that your children ride safely. An appointment is required, so please call 510-618-2050 to reserve your spot.

Sign up for a Free Personal Emergency Preparedness Class



The City of Fremont's Fire Department is offering a free Personal Emergency Preparedness (PEP) class, which will teach you how to take care of yourself and your family before, during and after a disaster.

In just a single three-hour class, you will become an expert in:

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

Classes are held from 7 p.m. to 10 p.m. on September 24 and November 10. A special Saturday class will be held from 9 a.m. to 12 p.m. on October 17. All classes

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

To register for a free PEP class, please call 510-494-4244 or send an email to FirePubEd@fremont.gov noting which date you'd like to attend. If you are part of a group and would like to schedule your own personal group PEP class, please contact Chuck Guaraglia, Public Education with the Fremont Fire Department, at 510-792-3473 or guaragliac@comcast.net.

Patterson House Murder Mystery Dinner

Something has gone terribly wrong at the Patterson House and we need your help to solve the mystery! Join us on Saturday, September 12 and find clues and act out roles from A World's Affair while enjoying a formal dinner and catching the Patterson House criminal. Pre-registration is required. The cost is \$69 and includes dinner. Register online on www.RegeRec.com. For more information, call 510-791-4196 or email cdeentry@fremont.gov.





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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



Find Kid Scoop on Facebook



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Pocahontas Puzzle

You may have heard the legend of Pocahontas. But is it true?
Today's Kid Scoop page explores **fact** and **opinion**.

Can you tell **fact** from **opinion**?

Sure! It's a **FACT** that I'm really hungry!

Hey! I saw this worm first!

That's your **opinion**! The **fact** is, there is **one** worm and **two** of us here.

That's your **opinion**! The **FACT** is, I'm out of here!

Underline the differences in each version of the Pocahontas story.

The Legend of POCAHONTAS

Pocahontas was the favored daughter of a powerful Indian chief called Powhatan.

When Pocahontas was about 10 or 11 years old, an English company called the Virginia Company of London sailed to North America, arriving in the Chesapeake Bay area, close to where Pocahontas lived.



The Englishmen built a fort there and called it Jamestown, after the king of England.

Some stories say that when the settlers ran out of food, Pocahontas helped them. The most well known story says that when Captain John Smith, a leader of the Jamestown settlement, visited with Powhatan, he was asked to lay on two rocks. Once he lay down, Powhatan's men raised clubs as if to kill him. Pocahontas, the legend claims, saved his life by covering him with her own body.

Powhatan Chief Tells Pocahontas Story

"Part of the legend is true and part of it is not," says Chief Roy Crazy Horse, leader of the Powhatan people today.

"Pocahontas was the daughter of a chief named Powhatan. She was about 10 or 11 years of age when the Virginia Company of London started the settlement of Jamestown.

"But," he adds, "the story about Pocahontas saving Captain Smith from being clubbed by Powhatan's men is not true. In fact, right after his visit with Powhatan, Smith wrote that he had been treated in a friendly fashion as an honored guest.

"Captain John Smith wrote the story about Pocahontas saving his life in a report he wrote 17 years after the event was supposed to have happened," says the chief. "In fact, Smith wrote this report seven years after Pocahontas herself died. So there was no way for her to contradict the story."

To read the full Powhatan history of Pocahontas, go to their website, www.powhatan.org/pocc.html

Standards Link: Literary Criticism: Evaluate the author's use of credibility of plot to influence readers' perspective. History: Historical Interpretation.

Fact Sniffer

An opinion tells what someone thinks or feels about something. Different people can have different opinions about the same thing. For example, if two baseball teams play each other, the score tells a fact about the game. Let's say one team gets 5 points and the other gets 3 points. One team might say it was a good game and the other team might say it was a bad game. "Good" and "bad" are opinions about that game.

Standards Link: Comprehension: Distinguish between facts and opinions.

Look at the following statements. Underline the facts and circle the opinions.

- The mountain is 8,432 feet high.

The dog is 8 years old.

Tina has five friends.
- The mountain is beautiful.

Tina is popular.

These cookies are good.
- I have six cookies.

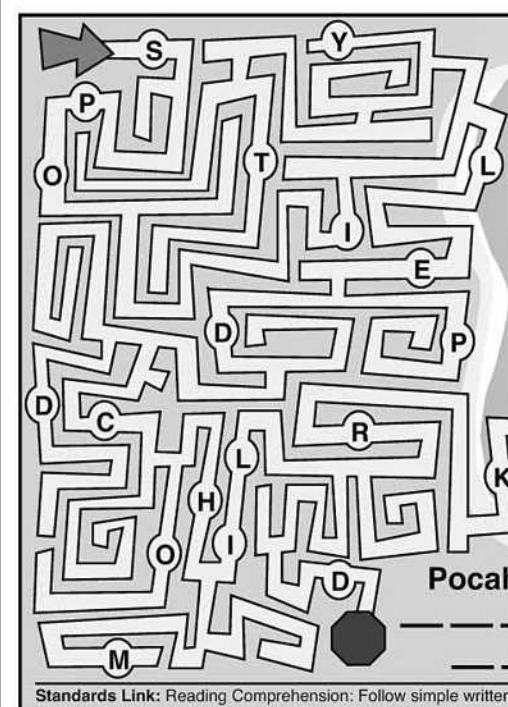
The dog is weird.

Extra! Extra!

Fact and Opinion Detective

Look at an ad in today's newspaper. Underline the facts in red. Underline the opinions in blue.

Standards Link: Comprehension: Distinguish between facts and opinions.



Did you know Pocahontas was a nickname? Her real name was Matoake.

Follow the maze to find out what the nickname Pocahontas means.

Pocahontas means: _____

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

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

POCAHONTAS	L E E K A O T A M P
POWHATAN	G E E N D H J A O R
JAMESTOWN	J A M E S T O W N N
FACTS	S Y A L M E H R A E
HORSE	D T G S I A N D S V
SMITH	E R C S T B O R N E
MATOAKE	P O C A H O N T A S
SEVEN	S P N E F O R T A K
STORY	H S I L G N E Y O U
FOOD	
ENGLISH	
JOHN	
FORT	
GAME	
BORN	

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

Kid Scoop Together: CODEBREAKER CHALLENGE

The English language in North America has adopted words from other languages. Many words come from European tongues. We've also borrowed words from the first Americans.

Break the code and learn about some Native American words spoken by North Americans today.

Look at the letters that spell the word above each definition. On the line above each letter, write the letter that precedes it in the alphabet.

EXAMPLE: H O U S
I P V T F

S B D D P P O
A small mammal with a long tail, black rings and a pointed face sporting black markings like a mask.

Q P E V O L
A small isolated town, region, or place regarded as unimportant.

U P C P H H B O
A long, narrow wooden sled that curves up in the front.

T R V B T I
A fruit that grows on a vine and comes in many shapes, sizes and colors.

Q F D B O
A nut with a thin, smooth, oval shell.

Standards Link: Vocabulary: Use context to find the meaning of unknown words.

What a Character!

Ingenious is ...

I used a magnet to pick up the tacks I'd dropped.



... solving a problem in a clever or creative way.

Kid Scoop VOCABULARY BUILDERS

This week's word: **CONTRADICT**

The verb **contradict** means to show something is not true, or that the opposite is true.

The drought **contradicts** the idea that we are in a rainy period.

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

FROM THE Kid Scoop LESSON LIBRARY

Famous Women

Pretend you are a newspaper reporter covering a story about a famous woman. Write a headline and lead sentence telling about your person. Explain why this person would make an interesting news story.

Standards Link: Writing Applications: Write brief expository descriptions about people.



What do historians talk about when they get together?

ANSWER: Old times, of course!

Write On!

The Woman I Most Admire

Who is the woman you most admire? What are your reasons for this choice?

Sunday Brunch is Back

\$12.95 - 10am-2pm

Large Banquet Room, 150 Occupancy
Private Dining Room for up to 30 people
Catering - Your Location or Ours

Free Happy Hour Appetizers
Outdoor Patio Seating
Live Music Friday & Saturday
Thursday Night D J
Martini Mondays

Capacity: 180
Includes:
Dance floor
Private bar
Sound system
120in. projection HDTV



Our mouth watering Prime Rib is made from the highest quality Black Angus beef. Carved table side according to your specifications



We offer fine, rare and collectible wines, beer, liquors and champagne including many from our local wineries.

Lunch ~ Dinner



Steak House - Seafood
and more

510-656-9141

www.spinayarnsteakhouse.com

45915 Warm Springs Blvd., Fremont

Live streaming connect to California Condors

SUBMITTED BY
NICKY MORA

Today, people around the world have the unprecedented opportunity to observe nesting California condors and their young chicks in real time. Live-streaming webcams at the Ventana Wildlife Society's (VWS) Condor Sanctuary in Big Sur along the Central California coast and near the U.S. Fish and Wildlife Service's Hopper Mountain National Wildlife Refuge in Southern California can be accessed by the public.



Photo by Tim Huntington

VWS, in collaboration with Oakland Zoo and FedEx, launched the first live-streaming cameras of condors at release sites in Big Sur in 2013 and the new nest cam in Big Sur. Live, ad-free streaming video of the chick can be seen at both the Oakland Zoo and Ventana Wildlife Society websites at www.ventanaws.org/condor_cam and

www.oaklandzoo.org/Condor_Cam.php.

"Oakland Zoo takes pride in partnering with Ventana Wildlife Society and FedEx to make these live-streaming cameras a reality," said Nancy Filippi, Managing Director at Oakland Zoo. "Our goal is to help the public see these rare birds up close. We hope this new nest camera will allow people to make a connection with a condor

family and witness firsthand how amazing these birds are and why supporting conservation of this species is one of Oakland Zoo's top priorities."

In addition to providing viewers with entertainment as the growing condor chicks stretch their wings and feet in unique yoga-like poses, explore the far reaches of their nests, and interact with their attentive parents, these cameras also help biologists monitor the chicks and parents without trekking to the very remote nesting locations.

The Big Sur nest webcam was made possible through the financial and technical support of the following project partners: Ventana Wildlife Society, Oakland Zoo and FedEx and HDonTap. Installing the condor nest webcams was no small task; VWS biologists and technical experts from HDonTap hiked heavy camera equipment on foot along deep canyons and steep ridgelines for installation into the nest cavities.

The Hopper Mountain National Wildlife Refuge nest webcam was made possible through the financial and technical support of the following project partners: U.S. Fish and Wildlife Service, Santa Barbara Zoo, Cornell Lab of Ornithology and Western Foundation of Vertebrate Zoology. Disney Worldwide Conservation Fund, and Friends of California Condors Wild and Free.

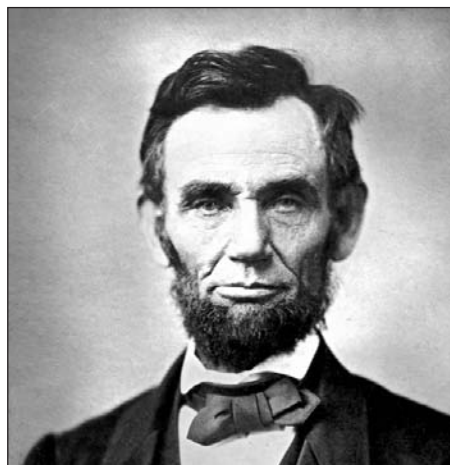
In 1982, only 22 California condors survived worldwide. By spring of 1987, all remaining wild condors had been placed in captivity, thus beginning an intensive recovery effort among government agencies, zoos and other conservation groups to save the California condor from extinction. In 1992, the Service began reintroducing captive-bred condors into the wild and with the help of public and private partners the total population has grown to approximately 430 birds, with more than half of the population flying free.

Abe Lincoln casket & exhibit at Patterson House

SUBMITTED BY CHRISTIE DENTRY

We all know the story of Abraham Lincoln's infamous assassination at Ford's Theatre, but little is known about the journey of his body after death. Traveling hundreds of miles by train, with multiple grave robbing attempts, it took over 35 years for Lincoln to be permanently laid to rest.

Through a once in a lifetime opportunity, Abraham Lincoln's casket will be on



display at the Patterson House from September 5-13. Fremont Chapel of the Roses, in partnership with Batesville Casket Company, will be showcasing an authentic replica of the coffin in which Lincoln was buried. Constructed from the original plans, using authentic materials, the Batesville casket is an exact replica of the one that currently houses Lincoln's remains under 4,000 pounds of concrete in Springfield, Illinois.

"This pop-up exhibit will tell the story of Lincoln's final journey and shed some light on modern day funeral practices. We are excited to be able to host such a unique event," explains Museum Director, Christie Dentry. The exhibit will be on display during normal tours of the Patterson



son House Thursday-Sunday from September 5-13.

In addition, a special Murder Mystery Dinner will showcase Lincoln's visit on September 12 from 5:30 p.m. - 8:00 p.m. Tickets for the Murder Mystery Dinner can be purchased in advance online at www.RegeRec.com using barcode #225268. For more information please call (510) 791-4196 or email cdentry@fremont.gov.

**Abe Lincoln Exhibit at
Patterson House in Ardenwood
Saturday, Sept 5 - Sunday Sept 13
Open Thursday - Sunday
11 a.m. - 4 p.m.**

**\$6 Adults/\$5 Seniors/\$4 Children
Hourly house tours free with park admission. Ask at park entrance.**

**Murder Mystery Dinner
Saturday, Sept 12
5:30 p.m. - 8:00 p.m.
Pre-reg required: www.RegeRec.com
(barcode #225268)
\$69/ includes dinner
Ages 14 and above**

**Patterson House at
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
cdentry@fremont.gov
(510) 791-4196**



**Broadway West Theatre Company
4000-B Bay Street in Fremont**

September 11 - October 10

This version of the Dracula legend based on the 1897 Bram Stoker novel is set in the English countryside in 1911 where several village girls have died under mysterious circumstances. Dr. Seward presides over a nearby mental hospital and the locality has acquired a new resident, Count Dracula! A trio of doctors, a young reporter and a stouthearted English lord battle the Count for possession of a lovely heroine. A funny, serious, scary, hilarious and bloody enjoyable show!

**(510) 683-9218
www.broadwaywest.org**



The Passion of Dracula

Performance times are 8 pm on Thursdays, Fridays and Saturdays. There are three Sunday matinees: Sep 20 and 27 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 pm. The Oct 4 performance starts at 1 pm with refreshments during intermission (included in price of ticket).

Regular ticket prices are \$27 general and \$22 for Students, Seniors and TBA members. Thursday, Sep 17, Oct 1 and 8 performances are \$20 and \$15 for Students, Seniors and TBA Members, with a bargain Thursday (no reservations - first come, first seat!) held on Sep 24 - all tickets \$10. Bargain Saturday performance \$15 for all Sep 12. Brunch Sunday performances and Opening night are \$27 for everyone. All ticket prices include refreshments.



**SATURDAY
SEPTEMBER 19, 2015
8AM-1PM**

QUARRY LAKES, FREMONT, CA

TRI-CITY HealthCenter
Our Community. Your Health.

5k/10k/half marathon, kiddie fun dash & health fair
to benefit Tri-City Health Center's Pediatric Clinic

Dress like your favorite superhero and come out to honor our
firefighters, law enforcement, active military & veterans!

REGISTER NOW: bit.ly/tchcsuperrun
USE THIS DISCOUNT CODE FOR 10% OFF:
"TCV2015"

Registration includes:
Free t-shirt, finisher medal, & parking at Quarry Lakes

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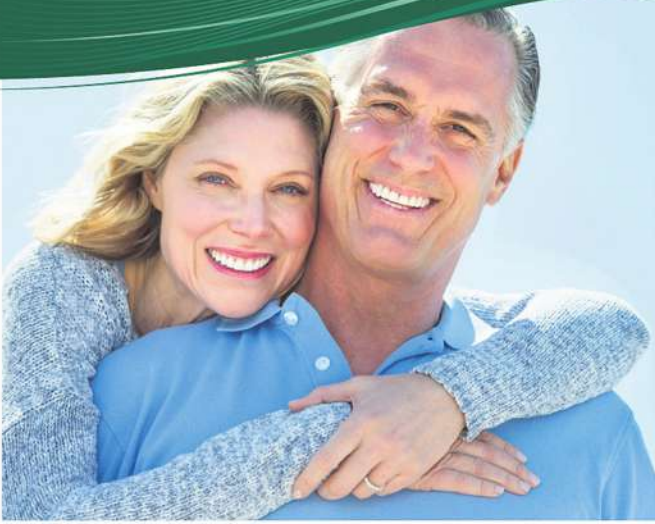
FREE Adult Reading and Writing Classes are offered at
the Alameda County Library
Tell A Friend Call Rachel Parra 510 745-1480



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Free Community Seminar

Learn About Your Health Insurance Options During Open Enrollment

At this seminar, information will be presented on health insurance options for Medicare, Covered California and employer based insurance. Also find out about health care services available in your community. Options for children, adults and seniors will be discussed. Information on free and low-cost services will also be provided.

Tuesday, September 15, 2015 • 6 to 8 p.m.
Washington Township Medical Foundation, Newark Clinic
Conference Room 6236 Thornton Avenue, Newark

Thursday, September 17, 2015 • 1 to 3 p.m.
Washington Township Medical Foundation, Nakamura Clinic
Conference Room, 33077 Alvarado-Niles Rd., Union City

SPEAKER



Kristi Caracappa
Health Insurance Information
Service Coordinator
Washington Hospital
Healthcare System

To register or for more
information, visit
www.whhs.com/events or
call 1-800-963-7070.

Seminars may be televised on
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Channel (Comcast Channel 78)
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