



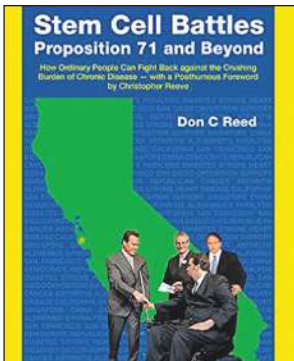
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January 5, 2016

Vol. 15 No. 01

Sharing is caring - especially with Cars

BY SARA GIUSTI
PHOTOS COURTESY OF CITY CAR SHARE AND ZIPCAR

As kids, we are taught that sharing is caring. It makes sense sharing toys, food, books, and the like with friends and family, but what about sharing cars with strangers?

Car sharing was developed on the premise of providing the benefits of private car ownership without the associated costs and headaches. Unlike traditional car rentals, car sharing is entirely self-service, can be scheduled by the minute, hour, or day, and is largely reasonably priced. People use car sharing for a myriad of reasons. Need to go on a Costco run? Pick up a special someone for a night out? Have to meet a client for a meeting?

The benefits of car sharing are not just found in drivers' wallets. The environmental impact is impressive with less gas guzzlers: pollution is cut severely, oil dependence is reduced, and valuable city space doesn't have to be reserved for parking lots.

Although the first written instance of basic car sharing was in 1948 in Zürich through a program to assist a housing cooperative, it wasn't until the early 1970s that city planners and transportation innovators actualized early car sharing programs in Paris and Amsterdam. The late 1980s and 1990s saw a boon in car sharing ideas and planning in the U.S. and abroad as technology improved and environmental concerns increased, laying the foundation for many car sharing services to launch in the early 2000s, like internationally known Zipcar in 2000 and Bay Area nonprofit City CarShare in 2001.



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Artist Mavic Serrano

Remembering a Civil Rights Legend

A social activist who advocated for peaceful protests and nonviolence, Martin Luther King, Jr. was the most prominent civil rights leader in U.S. History, especially during the African-American Civil Rights Movement of the 1950s. King took part in significant events such as the Montgomery Bus Boycott (1955), March on Washington (1963, and Selma-to-Montgomery march (1965). These efforts led to changes that

brought about the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

It was during the March in Washington that King delivered his famous speech, "I Have a Dream," which resonates even today. In his ad-

continued on page 11



The little mermaid Ariel (18-year old Carly Tilson Lumetta) longs to explore life "out of the sea" in StarStruck Theatre's production of Disney's "The Little Mermaid"

StarStruck Theatre GOES UNDER THE SEA WITH DISNEY'S 'The Little Mermaid'

SUBMITTED BY HELEN CHANG
PHOTOS BY IAN BORNARTH PHOTOGRAPHY

Disney's favorite mermaid becomes part of our world January 8 through 24 when Fremont-based StarStruck Theatre presents the hit stage musical version of Disney's "The Little Mermaid," complete with flying—rather, swimming—effects and show-stopping dance numbers.

"This really is StarStruck's most ambitious production yet," said Lori Stokes, founder and artistic director of StarStruck Theatre. "We look forward to delighting our audience with elaborate undersea sets, costumes, and special effects to bring the underwater world to life. Most of all, we are presenting a very difficult Broadway-caliber show with a young cast. The 50 actors, ranging in age from 8 to 21, bring a purity and heart to this show that makes it stand out from an all-adult production."

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New Treatment Can Bring Lifelong Relief from Gastric Reflux

You may be surprised to learn that, next to flu and the common cold, the most common reason people go to their doctor is for symptoms of GERD—gastro-esophageal reflux disease. According to one Gallup survey, between 25 percent and 40 percent of Americans suffer from GERD, with as many as 10 percent experiencing symptoms every day.

If you have GERD, you may suffer from frequent heartburn, an uncomfortable, burning sensation in your chest. If this happens more than twice a week, you may have GERD. Other symptoms of GERD include regurgitation of acidic fluid from your stomach up into your throat and chronic coughing, which may be caused by stomach acid trickling into your throat and

lungs at night while you are in bed.

Medication is the most common treatment for GERD. There are H2-blockers available over the counter or by prescription that decrease acid production in your digestive tract. Another type of medication, called a proton pump inhibitor, is available by prescription. It can relieve acid reflux symptoms and may help to heal the lining of the esophagus.

If medications don't work and tests show there is a problem with the anatomy of your digestive tract or the way it functions, surgery may help. Recently in the Tri-City Area, a new procedure to treat GERD was introduced with excellent results.

"This treatment can resolve symptoms of GERD while allowing patients to get off their

medications,” reports Fremont-based thoracic surgeon Mary S. Maish, MD, who performs the procedure. Dr. Maish is chief of thoracic and foregut surgery for Washington Township Medical Foundation and a member of the medical staff at Washington Hospital.

Called LINX, the new minimally invasive procedure treats one of the most common causes of GERD, a weakness in the valve between the esophagus and the stomach. If the valve, called the lower esophageal sphincter, doesn't close all the way after food passes through or opens too often, acid produced by the stomach can move up into your esophagus. This can lead to heartburn.

With this procedure, Dr. Maish puts a beaded

magnetic bracelet over the esophagus and places it on top of the stomach. When foods or drink passes through the sphincter into the stomach, the beads are pushed apart. Once the food has passed through, the magnetic beads come back to their original “bracelet” position. This creates a high pressure zone that prevents acid reflux from coming up into the esophagus.

“So, food and drink can move from top to bottom but not from bottom to top,” explained Dr. Maish. “The procedure can provide lifelong acid suppression. Anyone who is taking antacid medication for symptoms of GERD is a candidate.”

Dr. Maish performs the laparoscopic surgery using tiny instruments with the help of tiny

cameras that enable her to visualize the surgical site. The cameras and instruments are introduced into the patient's body through two very small incisions. The entire procedure takes from 30 minutes to an hour. Patients can return home the same day or stay in the Hospital overnight, depending on their comfort level.

"My patients who have had the procedure are very happy with it and excited about the results," says Dr. Maish. "They no longer need their medications for GERD and can eat anything they want. If I had GERD, I would want to have this procedure. I know several physicians who have had it and are very happy with the results."

If you have symptoms of GERD, it is important to see your doctor. If left untreated, GERD can lead to irritation and scarring of the esophagus which can cause significant problems with your respiratory system. Long-standing irritation of the esophagus can also lead to cancer in a small percentage of patients.

Learn more.

To learn more about GERD, visit www.gi.org, the website of the American Academy of Gastroenterology. For more information about Washington Township Medical Foundation, visit www.mywtmf.com. For more about Washington Hospital, go to www.whhs.com.



Dr. Mary Maish, thoracic surgeon at Washington Township Medical Foundation, is performing a new procedure to treat gastric reflux when medications are ineffective on the disease. New to the Tri-City Area, this minimally invasive procedure, known as LINX, has had remarkable outcomes for patients who suffer from gastric reflux.

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	1/5/16	1/6/16	1/7/16	1/8/16	1/9/16	1/10/16	1/11/16
12:00 PM 12:00 AM	Diabetes Matters: Diabetes & Heart Disease	Hip Pain in the Young and Middle-Aged Adult	Voices InHealth: Demystifying the Radiation Oncology Center	Deep Venous Thrombosis	Low Back Pain	Sidelined by Back Pain? Get Back in the Game	Family Caregiver Series: Driving Safety & Alternative Transportation Resources
12:30 PM 12:30 AM	Washington Women's Center: Cancer Genetic Counseling		Dietary Treatment to Treat Celiac Disease		Keeping Your Heart on the Right Beat		Diabetes Matters: Key To A Healthy Heart with Diabetes
1:00 PM 1:00 AM		Skin Cancer		How to Maintain a Healthy Weight: Good Nutrition is Key		Latest Treatments for Cerebral Aneurysms	
1:30 PM 1:30 AM	Minimally Invasive Options in Gynecology		Washington Township Health Care District Board Meeting December 9, 2015		Voices InHealth: New Surgical Options for Breast Cancer Treatment		Eating for Heart Health by Reducing Sodium
2:00 PM 2:00 AM		Strengthen Your Back! Learn to Improve Your Back Fitness		Raising Awareness About Stroke		Washington Township Health Care District Board Meeting December 9, 2015	
2:30 PM 2:30 AM	Heel Problems and Treatment Options		Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate		Family Caregiver Series:Tips for Navigating the Healthcare System		Voices InHealth: Cyberbullying - The New Schoolyard Bully
3:00 PM 3:00 AM		Diabetes in Pregnancy		Diabetes Matters: Insulin: Everything You Want to Know		Superbugs:Are We Winning the Germ War?	
3:30 PM 3:30 AM	Family Caregiver Series: Nutrition for the Caregiver		Get Back On Your Feet: New Treatment Options for Ankle Conditions		Diabetes Matters: Healthy or Hoax		Arthritis: Do I Have One of 100 Types?
4:00 PM 4:00 AM		What You Should Know About Carbs and Food Labels		Minimally Invasive Surgery for Lower Back Disorders		Women's Health Conference:Aging Gracefully	
4:30 PM 4:30 AM	New Treatment Options for Chronic Sinusitis		Acetaminophen Overuse Danger		GERD & Your Risk of Esophageal Cancer		Learn About Nutrition for a Healthy Life
5:00 PM 5:00 AM		Keys to Healthy Eyes		Varicose Veins and Chronic Venous Disease		Diabetes Matters: Partnering with your Doctor to Improve Control	
5:30 PM 5:30 AM	Diabetes Matters: Protecting Your Heart		The Weigh to Success		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
6:00 PM 6:00 AM		Washington Township Health Care District Board Meeting December 9, 2015		Getting the Most Out of Your Insurance When You Have Diabetes		Washington Township Health Care District Board Meeting December 9, 2015	
6:30 PM 6:30 AM	Learn If You Are at Risk for Liver Disease		Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?		Diabetes Matters: Diabetes Meal Planning		Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment
7:00 PM 7:00 AM		Turning 65? Get To Know Medicare		Where Have All The Patients Gone?		Voices InHealth: Healthy Pregnancy	
7:30 PM 7:30 AM	Lunch and Learn:Yard to Table		Family Caregiver Series: Fatigue and Depression		Don't Let Hip Pain Run You Down		Diabetes Matters: Diabetes & Stroke:What's the Connection?
8:00 PM 8:00 AM		Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System	
8:30 PM 8:30 AM	Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System		Family Caregiver Series: Medication Safety
9:00 PM 9:00 AM		Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System	
9:30 PM 9:30 AM	Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System		Family Caregiver Series: Medication Safety
10:00 PM 10:00 AM		Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System	
10:30 PM 10:30 AM	Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System		Family Caregiver Series: Medication Safety
11:00 PM 11:00 AM		Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System	
11:30 PM 11:30 AM	Knee Pain & Replacement		Heart Irregularities		Voices InHealth:The Legacy Strength Training System		Family Caregiver Series: Medication Safety

What to Expect at the Washington Hospital Birthing Center

Pregnant Moms and Their Loved Ones Can Take a Tour

What should you expect when you're expecting? If you are pregnant, particularly for the first time, you may be wondering about the process and what it will be like. Washington Hospital offers tours of its Birthing Center to help expectant moms and their loved ones see firsthand where they will bring new life into the world.

"A tour gives you the chance to see where you will give birth and get your questions answered," said Denise Alfaro, office manager at the Maternal Education Center. "If we don't have an answer for you during the tour, someone will call you back. We want to make sure expectant moms have all the information they need before they deliver at Washington Hospital. A tour is not mandatory, but we highly recommend it, especially if this is your first time giving birth at Washington Hospital."

The Birthing Center is located on the second floor of the main hospital at 2000 Mowry Avenue in Fremont. It was completely remodeled in 2012 and provides comprehensive care to expectant and new moms, and their newborns.

Expectant moms should tour the Birthing Center a month before their due date. Alfaro encourages them not to wait until then to schedule the appointment, however, because the tours fill up.

The tours are available every Wednesday at 7:30 p.m. and the first, second and fourth Saturday of the month at 9:30 and 10:30 a.m. The tour takes about 45 minutes to an hour.

Expectant moms can bring their husbands or partners with them on the tour as well as other loved ones, including children over the age of 3. The tour starts in the conference room on the ground floor of the Hospital, where expectant moms receive a packet of materials and learn about some of the services that are available at the Birthing Center.

"We also talk about what they might want to bring with them when they come to the Hospital to deliver their babies," Alfaro added. "Expectant moms might want to bring their own gowns to use after delivery or certain toiletries with them. They will also need to have a car seat properly installed in their vehicle to take their newborn home."

Room With a View of Your Baby

Participants then go upstairs to see the Birthing Center, where they tour the rooms and learn about the amenities. The Birthing Center has 18 labor and delivery rooms as well as 12 postpartum rooms.

Most of the time, new moms can stay in their labor and delivery room, which can be very convenient because you don't



Free tours offered at the Washington Hospital Birthing Center help you get to know what to expect when you're expecting. To schedule a tour of the Birthing Center or for more information for pregnant women and new moms call (510) 818-5040 or go to whhs.com/childbirth.

have to move to a new room, Alfaro said. If the room is needed, new moms move to a postpartum room.

All the rooms are designed with the comfort of mom in mind, she added. The beds have padded cushions and there is a convertible couch so dad or another loved one can stay overnight. Each room has a TV that includes educational videos that could be helpful for new parents.

The Birthing Center has been designated as "Baby Friendly" by the World Health Organization. Babies stay in the room with new moms so they can bond. This focus on bonding and skin-to-skin contact between mother and baby is integral to being a Baby-Friendly facility.

"Unless there are complications, the baby always stays in the room with mom," Alfaro said. "It encourages active care of the infant. New parents can hold their baby, change their newborn's diapers and build confidence caring for their baby. They also get to know their babies' feeding cues."

The Birthing Center's focus on breastfeeding is also part of its Baby-Friendly des-

ignation. There is an internationally board-certified lactation consultant on staff seven days a week at the Birthing Center and new moms can get the support they need to be successful at breastfeeding, Alfaro said.

The tour includes a stop outside the Washington Special Care Nursery for babies who need extra care after the delivery. The nursery is affiliated with UCSF Benioff Children's Hospital and is staffed by neonatal nurses and UCSF neonatologists.

Expectant moms also see where the operating rooms are in case they are not able to give birth and instead need to have a cesarean section.

"The tour can help expectant moms feel more comfortable," Alfaro said. "You can take comfort in knowing the highly skilled and caring staff is here to help you have a positive birthing experience."

To schedule a tour of the Washington Hospital Birthing Center or for more information about the Birthing Center and other services for pregnant women and new moms, call (510) 818-5040 or visit whhs.com/childbirth.

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

Breast Cancer and Cervical Cancer Screening Guidelines

Dear Doctor,
Can you update me on the new breast cancer screening guidelines?

Dear Reader,
The American Cancer Society updated its breast cancer screening guidelines in 2015 as follows:

- Women between the ages of 40 and 44 should be offered a mammogram if they have risk factors present that are associated with developing breast cancer.
- From age 45 to 54, women should have annual mammograms.
- Between the ages of 55 and 74, women should have a mammogram every other year.
- There is no specific recommendation for women who are 75 and older, but they should continue with mammograms if they are in good health and have a life expectancy of at least ten years.

Dear Doctor,
What are the recommendations for cervical cancer screenings?

Dear Reader,
The American Cancer Society recommends that cervical cancer testing begin at age 21 and continue onward as follows:

- Women between the ages of 21 and 29 should have a Pap test done every three years.
- From age 30 to 65, women should have a Pap and HPV test done every five years.
- At age 65 and older, women who have had regular cervical cancer testing in the past ten years with normal results should not be tested for cervical cancer, while women with a history of a serious cervical pre-cancer should continue to be tested for at least twenty years after that diagnosis, even if testing goes past the age 65.

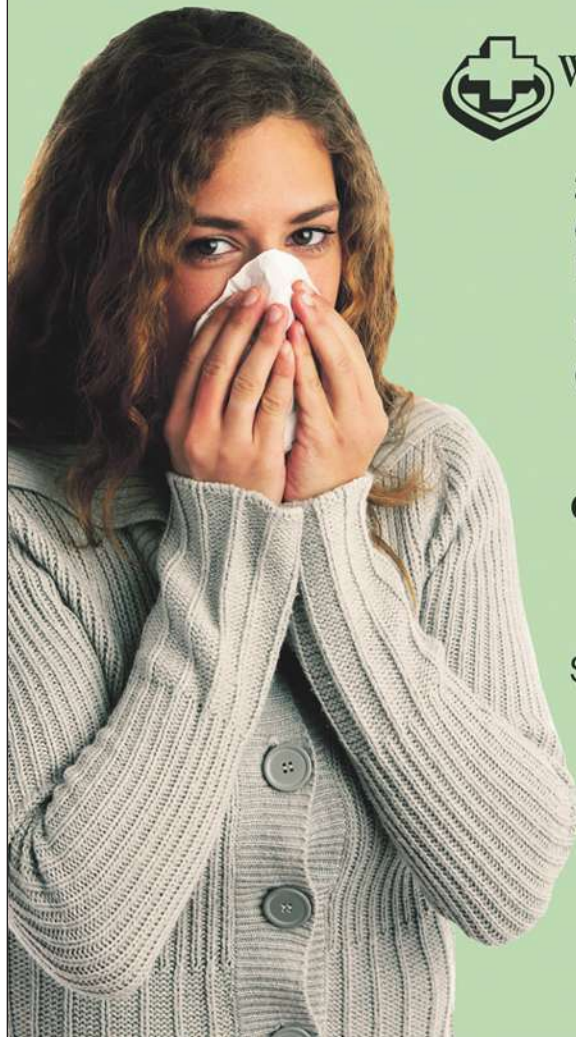
Mary S. Maish, M.D.



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.

DON'T PROCRASTINATE, VACCINATE

Flu Season is upon us. You can protect yourself and your family by getting vaccinated now. We urge anyone age nine and older to visit our Urgent Care Clinic to get the mercury-free flu vaccine. Together we can fight the flu and keep our community healthy.



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The Vine:

*a neighborhood restaurant
attracting Bay Area attention*

BY JOHNNA M. LAIRD

Some call The Vine hipsterish. Others identify its décor as modern rustic. Still others refer to the Niles restaurant as refreshing in a city populated with ethnic eateries. Co-owner Annie Wood thinks of The Vine as comfort with independence, a relaxed setting where customers can come weekly to dine inside or bring the dog, sit on the patio and have a beer while the children play.

Four years ago Wood left her job as a flight attendant living in Atlanta to move back to California to raise a family. Specifically, she wanted to raise children in Niles, where she had lived when her parents moved from San Francisco. Wood loved the idea of living, working, and raising a family all in a smaller, supportive community.

Prior to leaving the Bay Area to take to the skies, Wood had worked as executive chef at Essanay Café in Niles. The Vine emerged as “a lucky thing. I was in the right place at the right time,” she explains. Upon her return to the Bay Area, Essanay Café owners David Price and Bruce Cates suggested Wood buy the restaurant. She picked up the phone to call her childhood friend from San Francisco, Margo Christen, with whom she had a number of adventures. “Why not one more?” Wood thought. When Wood asked Christen to partner up to open a restaurant, Christen took less than 30 seconds to say yes. A week later, the two women stood on Niles Boulevard in front of their new establishment with keys in hand.

They had no business plan, but knew exactly what they wanted. They envisioned a community-oriented, neighborhood restaurant with a kid and dog-friendly environment, serving fresh California cuisine using locally-grown foods, served at affordable prices. “We wanted to create a restaurant not just where people come to celebrate an anniversary once a year, but a place you go once a week,” explains Wood. The restaurant slogan summed up their mission: “Fine Food, Not Fine Dining.”

Wood and Christen said goodbye to The Essanay’s white tablecloths to create their own distinctive look. Their focus on

wine and beer led to the restaurant’s name, since grapes grow on vines and hops climb like vines.

In the four years since The Vine opened, it has expanded from 35 seats indoors to include an inviting, dog-friendly patio with a toybox, fire pit, awning, and seating for 60. The patio offers a smaller plate menu, making foods easy to share; a happy hour menu is served from 3 p.m. to 6 p.m. on weekdays. Wood says the restaurant tried serving the full menu on the patio, but customers often stayed several hours,



jumped from table to table as they encountered neighbors and friends, which jammed the restaurant’s smaller kitchen. Wood opted for a condensed Patio Bites menu, suitable to what often becomes a party atmosphere as people meet up and talk.

Reaching out to local farmers and wineries, Wood and Christen developed relationships with growers within a 150-mile radius, aligning to their value of sustainability. They work with a number of farms in Sunol. For flexibility, the menu is generalized: chicken waffles with greens allows the executive chef to prepare green beans or Swiss chard or another green that farmers offer fresh that day. Nightly and monthly specials focus on local ingredients and are



incorporated into a three-course menu.

Wood, whose culinary background includes graduating from the culinary program at Santa Barbara Community College and working in restaurants since age 16, served as The Vine’s executive chef for the first two years. Pleasanton-based Russell Grant dined at the The Vine one evening, and impressed, asked to be hired. Grant graduated from the



salmon, cod, chicken and vegetarian choices, including a gluten-free pizza.

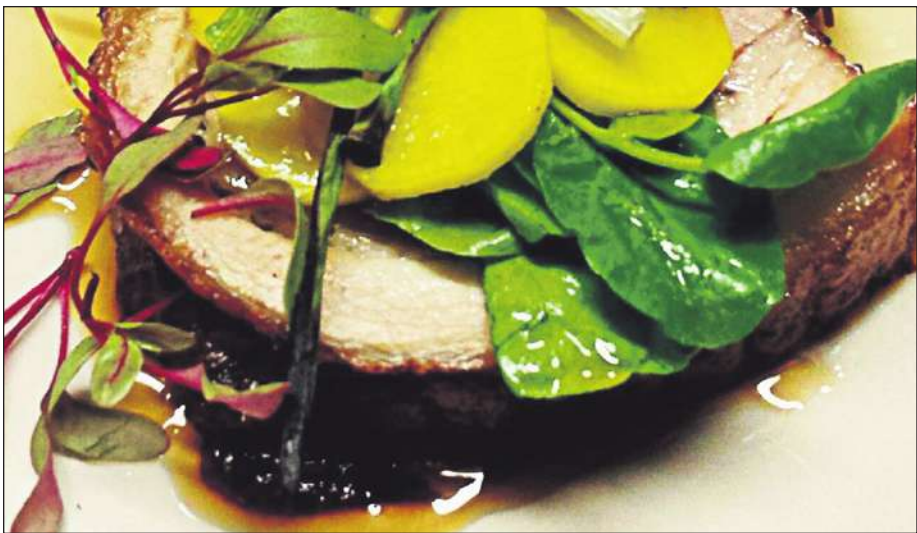
Wood describes Christen as a jill-of-all-trades, who has honed her culinary palette in San Francisco restaurants and traveling the world on food adventures that have included emu farming and apple picking in Australia. Christen now oversees a second location, opened a year ago in San Francisco, Hood Grub, offering similar food at The Broken Record, a whiskey bar.

The Vine is open Tuesday through Saturday, and their Sunday brunch has attracted Bay Area-wide attention and often draws a line of customers. The restaurant does not take reservations, but hostesses take cell phone numbers and call when tables are ready so customers can stroll Niles Boulevard and shop while they wait or have a drink on the patio.

While The Vine has donated to local organizations and helped out with fundraisers for organizations like Safe Alternatives to Violent Environments (SAVE), Wood believes she contributes to the community as well with the food she offers.

“I love being in Niles, supporting the farmers’ market here and offering unpretentious, fine food to the community where I live and work. I do this for my kids so they can grow up in a place where they can experience a charming childhood,” says Wood.

The Vine is located at 37533 Niles Boulevard in Fremont. For hours and more information, call (510) 792-0112 or visit www.thevineinniles.com.



FREE community health programs at Washington Hospital

SUBMITTED BY LUCY HERNÁNDEZ, MPA

- **Community Stroke Education Series**, First Tuesday evening of each month, 6 to 8 p.m., starting January 5th. Learn about prevention, symptoms and what to do if you are experiencing signs of stroke.
- **Diabetes Matters**, First Thursday evening of each month, 7 to 8 p.m., starting January 7th. Diabetes education class with expert speakers providing science-based information to help all community members increase knowledge about diabetes.
- **Women Empowering Women**; Third Thursday evening of each month, 7 to 8:30 p.m., starting January 21st. Topics of discussion may include preventive health care, menopause, day-to-day stress, coping as a caregiver, changing roles, and more.

We encourage participants to call (800) 963-7070 to register. To learn more about seminars offered by Washington Hospital, visit www.whhs.com/seminars or call (800) 963-7070. Seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.tv.

Fremont to become an official Compassionate Community

SUBMITTED BY SISTER ANNETTE BURKART

At the launching of the Charter for Compassion in February 2009 at the United Nations, an invitation was issued inviting all persons to make a pledge of living by the Golden Rule – treating others the way we want to be treated. It is estimated that well over two million people have already done this.

Another invitation came in the summer of 2013, asking that 100 cities claim the title of being a Compassionate Community by 2015. Seattle was the first to do so and Louisville, KY, was cited as a “model city” at the recent 2015 Parliament of World Religions. A group from the Tri-City Interfaith Council felt that Fremont should be one of those cities. Fremont is one of over 300 communities around the world seeking to claim this title.

From its beginnings, Fremont has demonstrated a spirit of collaboration and welcomed a wide diversity of peoples. The city has creatively met her various challenges of welcome and hospitality through the years and continues to do so today. It is for this reason that we seek to have Mayor Harrison and the City Council make it official by signing the Charter for Compassionate Fremont at the City Council meeting on Tuesday, January 12, marking the 60th anniversary of Fremont’s incorporation.

The Fremont Charter for Compassion states: “We urgently need to make compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological and religious bound-

aries—even between those regarded as enemies. Born of our deep interdependence, compassion is essential to human relationships, to a fulfilled humanity, and to the creation of a just and peaceful global community.”

Our goal is to invite everyone living and working the city of Fremont to take the pledge of living by the Golden Rule. We invite all businesses, faith communities, schools, service groups and non-profits to formalize their partnership with the city in a spirit of collaboration building a compassionate community. We see this as a path to continue making peace among ourselves and our neighbors, of raising our awareness of all the random acts of kindness that are performed daily within the community, and recognizing the good that is being done.

Everyone is invited to join us at a small reception before the council meeting at 6 p.m. and witness the signing of the Charter as a moment in Fremont’s history at 7:15 p.m.

Sign the Compassionate Fremont Charter at www.change.org/p/fremont-residents-support-compassionate-fremont and Like Compassionate Fremont on Facebook at www.facebook.com/CompassionateFremont.

Signing of Charter for Compassionate Fremont
Tuesday, Jan 12
Reception: 6:00 p.m.
Meeting: 7:00 p.m.
Charter signing: 7:15 p.m.
City Council Chambers
3300 Capitol Ave, Building A, Fremont
www.facebook.com/CompassionateFremont

Hypertension Workshop

SUBMITTED BY JEN TIBBETTS

On Friday, January 8-29, Kenneth Aitken Senior Center will be hosting a free, four-week “Hypertension Workshop.” Hypertension is also known as “the silent killer” because the symptoms usually don’t show up until they cause a heart attack, stroke or organ damage. If your blood pressure is high (140/90 or over) or if you want to make sure it doesn’t get that high, you can make some lifestyle changes. Join us to learn how to prevent or manage your hypertension. Participants must attend all 4 weeks. Call (510) 881-6738 to sign up; space is limited.

Hypertension Workshop
Friday, Jan 8 – Friday, Jan 29
10 a.m. – 12 p.m.
Kenneth Aitken Senior Center
17800 Redwood Rd, Castro Valley
(510) 881-6738
www.haywardrec.org
Free (registration required)

Kenneth Aitken Senior Center is now offering appointments with our Social Service Specialist Sandy Rodgers on the first Tuesday of each month from 9 a.m. - 12 p.m. Services include referrals for transportation, housing, nutrition, Medicare, HMO (health maintenance organization), in-home support, long-term care, legal assistance, home repairs and more. To schedule an appointment, please call (510) 881-6738.

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BY NANCY LYON,
OHS DIRECTOR OF
SPECIAL ASSISTANCE

Given the recent deluge from the north and the looming prospect of El Nino just around the corner, it seems safe to say we have been provided a heads up of more rain to come. Despite preparedness warnings not all of it is threatening, one of my enduring fantasies is to sit by the fire on a rainy day, great book in hand and a steaming cup of tea beside me and with treasured time to read in peace... it hasn't happened yet but maybe, just maybe, someday soon.

On my list is to visit are not only new books but those that influenced my direction in life many years ago.

Watership Down
by **Richard Adams**

Perhaps one of my all-time favorites, first published in 1972, it has been a beloved and timeless bestseller world-wide for more than forty years. It's a tale of some very special creatures whose idyllic home in England's green and rural Downs is threatened by human intrusion and development.

There is magic in this tale of wild rabbits and other critters, their lives, travails and triumphs; while a story-tale, the author brings a sense of realism to their lives as they dwell within a unique and wondrous culture all their own. Originally meant as a child's book, it has touched the heart and imagination of all ages.

There is a sequel in the Down series "Tales From Watership Down" that continues with enchanting stories of lapin characters and other nonhuman heroes as they strive to survive the hardships of nature and the greediness of man.

Available in kindle, hard and soft bound versions.

Marley & Me: Life and Love with the World's Worst Dog
by **John Grogan**

Marley was one of those dogs that are life-changers... disobedient, funny, just plain awful at times, a loveable yellow Labrador scamp. It is the author's autobiographical account of the 13 years he and his family lived with Marley, a journey full of joy, humor and sadness. The book is beautiful and meaningful... and unforgettable.

Available in kindle, hard and soft bound versions.

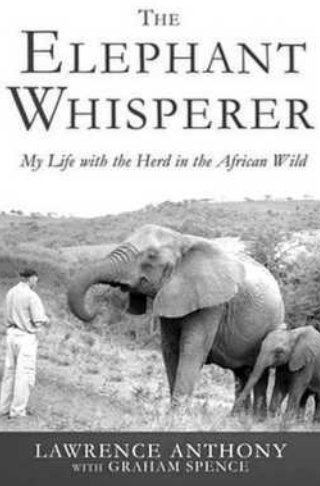
World Peace Diet: Eating for Spiritual Health and Social Harmony
by **Dr. Will Tuttle**

Dr. Will Tuttle is a vegan who eats only plant-based foods and thereby is able to show "Reverence" for all forms of life a practice called "ahimsa" (harmlessness). He is also the author of the Amazon #1 best-seller, The World Peace Diet, has a master's degree in humanities from San Francisco State University and a Ph.D. in the philosophy of education from the University of California, Berkeley. In July, 2007 he received the prestigious Courage of Conscience Award from The Peace Abbey.

I have given this book as a gift to those that are interested in living a conscious and compassionate life, and contribute to world peace. It connects the many aspects of plant-strong diets, animal rights and welfare, and peace and nonviolence. It is perhaps the ultimate book that links all these vital subjects to a sustainable future on Earth.

Available in paperback
The Elephant Whisperer-My Life with the Herd in the African Wild
by **Lawrence Anthony with Graham Spence**

Lawrence Anthony is one of my heroes... a devoted animal conservationist that dedicated his life to protecting the world's endangered species. He ran the Thula Thula preserve in Zululand where he worked tirelessly to



save the lives of elephants whose only chance of survival was to live in safety on the preserve. Anthony took them in and strived to form a family bond with them, realizing that these huge and wise creatures had a great deal to teach him about life.

The Elephant Whisperer is a memoir of Anthony's life with the elephants, a recounting of his experiences with these amazing and complex creatures. The book has humor, adventure and sometimes sadness, but always a tale of a life well-lived, a life filled with exotic wildlife and unique people.

On March 2, 2014 Anthony died... "two herds of wild South African elephants slowly made their way through the Zululand bush until they reached the house of Anthony who saved their lives. The elephants had not visited the house for a year and a half and it must have taken them about 12 hours to make the journey, the first arrived a day later to say good-bye and pay respect to the man they loved. The herd quietly hung around for about two days before making their way back into the bush.

How they knew he had died on March 2 remains a mystery... there are more things in heaven and earth.

Happy New Year! Please live with compassion and respect for all life in 2016.

The Joe Colla Interchange

SUBMITTED BY SANTA CLARA
COUNTY SUPERVISOR DAVE CORTESE

In 1976, San Jose City Councilman Joe Colla pulled off one of the greatest stunts in Bay Area history and quickly got the attention of leaders in Sacramento. The intersection of Highway 101 and I-280-680 had been stalled because Governor Jerry Brown (during his first term) had stopped most spending on highway construction as part of a cost-cutting plan. Work came to a sudden halt and a 200-ft. ramp was suspended in the air. And it stayed that way for a year, earning the name "Monument to Nowhere."

During the wee hours of a January morning, Colla convinced a crane operator to lift a car to the end of the unfinished ramp. Later, a helicopter dropped him off next to the car to create the famous photo of Colla with his arms outstretched with a caption, "Where Do We Go from Here?" Colla also organized a caravan of hundreds of cars to drive to Sacramento to lobby for completion of the interchange.

To recognize Colla's achievements the interchange will be named "Joe Colla Interchange," and signs are being placed along the freeway showing the special designation. A ceremony will be held on Friday, January 8 at the Center for Training & Careers in San Jose.

Please join elected officials (past and present) and Colla's family members at this historic event. For more information, call (408) 299-5030 or email at dave.cortese@bos.sccgov.org.

Joe Colla Interchange Ceremony
Friday, Jan 8
2 p.m.
Center for Training & Careers
749 Story Rd #10, San Jose
(408) 299-5030
dave.cortese@bos.sccgov.org
www.sccgov.org

Auto Review

Chrysler 200: A Fresh Start in a Tough Segment



BY STEVE SCHAEFER

Despite their obsession with crossover SUVs, Americans also buy a lot of midsize sedans. For a long time, the leaders in this segment have been the Japanese brands—Honda and Toyota. Chrysler's entry, the Sebring (later renamed the 200), was a laggard in style, performance, desirability, and reliability.

Well, that's all changed and Fiat Chrysler Automobiles (FCA) is hoping for a hit. The new car is so much prettier, better assembled and more enjoyable that there's a good chance it'll chip away at some of the Accord and Camry's dominance.

Choose from the entry LX to the Limited, S, and C models. My tester, a 200S in Ceramic Blue Clearcoat paint, actually resembled fine pottery. You wanted to run your hand along its softly contoured surfaces. With the busy cacophony of folds and swooshes in today's designs, the new 200 is a relief to the eye.

Up front, the new face of Chrysler, a smoothly integrated strip of grille and headlamps, in-

cables through to a nifty compartment to plug in your valuable electronic devices.

The transmission, a segment-first electronic nine-speed automatic (standard on all models), is operated with a rotary dial—both futuristic and also a nod to the old 1960s pushbutton Chryslers. It saves console space, as do the sliding cupholders. Chrysler's wonderful back-of-the-steering-wheel audio controls still make me smile. The crisp blue interior illumination imparts sharpness.

Pick one of two engines. The standard Tigershark MultiAir inline four puts out 184-horsepower and 173 lb.-ft. of torque. This is a reasonable level of grunt for a 3,482-lb. car, but for more fun, move up to the 3.6-liter Pentastar V6, with 295 horsepower and 262 lb.-ft. of torque. In my tester it happily stepped up its game when merging onto the freeway or passing other cars on an uphill run.

Add all-wheel-drive to your car and you'll gain traction in unfriendly weather conditions. Chrysler's clever rear axle completely disconnects when it's not being used, saving parasitic

mat in the under-console storage area. That auto plant recently enjoyed a \$1 billion makeover, with a state-of-the-art paint shop with robotic booths featuring "rotisserie" rotating carriers. You get a beautiful paint finish and accurately applied sealer, so it'll last. The new 1,000,000-square-foot body shop has tireless robots that never take coffee breaks, and the fit and finish is supposed to be superb.

Pricing for an LX begins at \$22,695, including \$995 for delivery. My 200S started at \$30,365, but with a slew of great options, including navigation and a killer 506-watt Alpine audio system, totaled at \$35,935.

A lot of people may avoid the 200 because the old model was such an underachiever, but this new one is a lovely, fully-featured vehicle, and with its Alfa-Romeo derived platform, is a better driver. It's surprisingly quiet inside. The sun visor, when placed to the side, wouldn't stay in place, but I had no other complaints. We'll see if "most improved" can generate a sales success for this all-new model.



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corporates a new, bolder wings logo. The gently curving window line, modestly proportioned tail-lamps, and lack of extraneous bling are pleasing, too.

My S model test car wore blacked-out trim in place of chrome and flaunted optional 19-inch Hyper Black aluminum wheels (hip for today). The press material labels the S model "more sinister."

Inside, the roundness continues. The handsome leather seats in my tester featured a complex stitching design and embroidered S logo, but felt a little overstuffed. They offered eight-way power adjustment, and an additional four lumbar support adjustments, too. Passengers make do with manual controls.

Chrysler products all enjoy the easy-to-use and attractive U-Connect system, accessed from a generous 8.4-inch center console display. That console swoops up from between the seats to meet the dash at a rakish angle. There's storage behind, and you can poke

drag, which minimizes fuel economy loss.

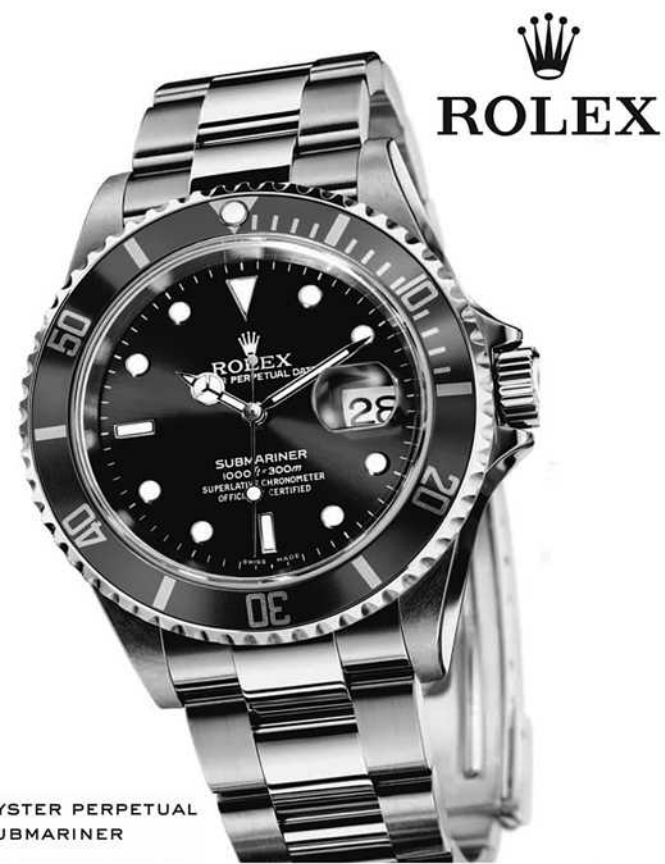
Fuel economy numbers for my all-wheel-drive car with the V6 were 18 City, 29 Highway, and 22 Overall. I averaged an even 20.0 mpg. The front-wheel-drive model does slightly better, at 19/32/23. Smog is a 6 and Greenhouse Gas is a 5—totally normal numbers for this size and type of engine. The four-cylinder car scores higher, at 23/36/28, and bumps the Greenhouse Gas score up to a 7, while emitting about 20 percent less CO₂; that earns it the EPA SmartWay designation.

You can order your 200 with flexible-fuel capability, so you can feed it E85 ethanol. Ethanol will reduce your maximum range, but it's made from plants, not from petroleum, and emits about 15 percent less CO₂ than gasoline.

FCA is known for the little graphical "Easter eggs" in its cars. The 200, built in Sterling Heights, Michigan, depicts the skyline of Detroit on the rubber



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



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California granted more time to meet federal ID rules

By JULIET WILLIAMS
ASSOCIATED PRESS

SACRAMENTO, Calif. (AP)—The U.S. Department of Homeland Security has granted a last-minute extension giving the state of California more time to comply with a federal Real ID Act, which sets stricter standards on identification.

The state Department of Motor Vehicles announced Wednesday that the federal agency would have until Oct. 10, 2016 to comply with the rules. California was among several states whose exemption to the law was set to expire on Jan. 10.

“The Department recognizes your efforts in enhancing the security of your jurisdiction’s driver’s licenses and identification cards,” Homeland Security officials said in a letter dated Tuesday.

The 2005 Real ID act imposes tougher requirements for proof of

legal U.S. residency in order for state driver’s licenses to be valid for federal purposes. The law was passed in response to national security concerns after the Sept. 11, 2001, terrorist attacks.

At least 19 other states recently received an extension of their compliance exemptions, but the agency recently rejected requests for extensions from Missouri and Illinois, meaning driver’s licenses from those states cannot be accepted as ID at military bases and most other federal facilities. It also could eventually mean those licenses won’t be accepted as identification for commercial airplane flights.

California’s extension gives the state time to implement a new law set to take effect on July 1 in an effort to meet the law. It will require new applicants for driver’s licenses to provide proof of California residency, though the DMV is still drawing up guide-

lines specifying what documents will be acceptable, spokesman Artemio Armenta said.

The agency said in a statement Wednesday that it will continue to work on complying with the federal law.

States originally were supposed to comply with the Real ID requirements by the end of 2009. Federal authorities have repeatedly delayed implementation to give time for states to change their driver’s license procedures and make the necessary technological improvements.

The Homeland Security Department has said it plans to announce soon whether it will begin enforcing the Real ID requirements for airplane travel. The department has said that it will provide at least 120-day advance notice before barring people from flights who have driver’s licenses from states that are non-compliant or lack a waiver.

County to discuss the future of Santa Clara County Fairgrounds

SUBMITTED BY SANTA CLARA COUNTY
PUBLIC AFFAIRS

The Santa Clara County community is invited to a January 7 public discussion and presentation on planning the future of Santa Clara County Fairgrounds prior to the Santa Clara County Board of Supervisors discussion at its January 26 meeting.

The Board has proposed creating a landmark community gathering space at Santa Clara County Fairgrounds’ 150-acre site; half would be dedicated to public park and open space, and half would be active recreational community uses, with or without approximately 30 acres being reserved for Fairgrounds operations. The C. H. Johnson consulting team has helped County staff draft a formal process for inviting proposers to submit their interest in

helping the County implement the Board’s vision. Translation services in Spanish, Vietnamese and Chinese will be available upon request. Please request translation services no later than Tuesday, January 5 by calling or leaving a message at (408) 299-5164.

**Santa Clara County Fairgrounds
Public Discussion
Thursday, Jan 7
7 p.m.
Santa Clara County Fairgrounds, Fiesta Hall
344 Tully Rd, San Jose
(408) 299-5164
www.sccgov.org/sites/faf/cp/mp/fg/Pages/fairgrounds.aspx**

Oakland Zoo raises funds for animals in the wild

SUBMITTED BY NICKY MORA

Oakland Zoo raised more than \$100,000 in one year through a program called Quarters for Conservation. The three recipients of the funds this year are Centre ValBio, Ventana Wildlife Society, and Big Life. Fifty percent of the funds will go directly to three featured conservation programs in the field that help save elephants, lemurs, and California condors.

Twenty-five percent of the funds raised will be used toward Oakland Zoo’s onsite conservation programs, such as veterinary care for California condors; the Western Pond Turtle head-start program; the Puerto Rican Crested Toad breeding program; and the Yellow-legged frog head-start program. The remaining 25 percent of the monies helps support additional partners, such as ARCAS, Africa Matters, Bay Area Puma Project, Bornean Sun Bear Conservation Center, California Wolf Center, Kibale Fuel Wood Project, Reticulated Giraffe Project, Marine Mammal Center, Mountain Lion Foundation, Project Golden Frog, Project Tamarin, EWASO Lions, and Uganda Carnivore Program.

Oakland Zoo gave thanks to guests, zoo members, volunteers and staff for donating to the Quarters for Conservation program by hosting an Action for Wildlife event on Thursday, November 19, 2015. The Action for Wildlife event also signaled a new year of Quarters for Conservation. The beneficiaries of the 2016 efforts will be the Golden Gate Audubon Society, the Budongo Snare Removal Project, and the California Wolf Center.

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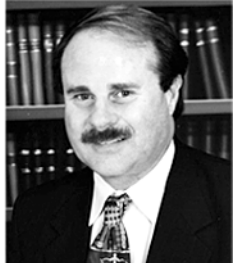
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Meet a Muslim

Questions and Answers

Moina Shaiq a Muslim resident of Fremont for the past 33 years, a mother of four and an active member of our community would like to extend an invitation to come and meet with her:



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Bring any question that you might have, she will try to answer to the best of her ability. Know that she won't be offended by any question.

- Are women oppressed in Islam?**

How do Muslims practice their faith?

How does Islam view other religions?

What is Sharia law?
- What is the Islamic view of terrorism?**

What factors contributed to the rise of Islamic fundamentalism?

Substance Use Disorder Program

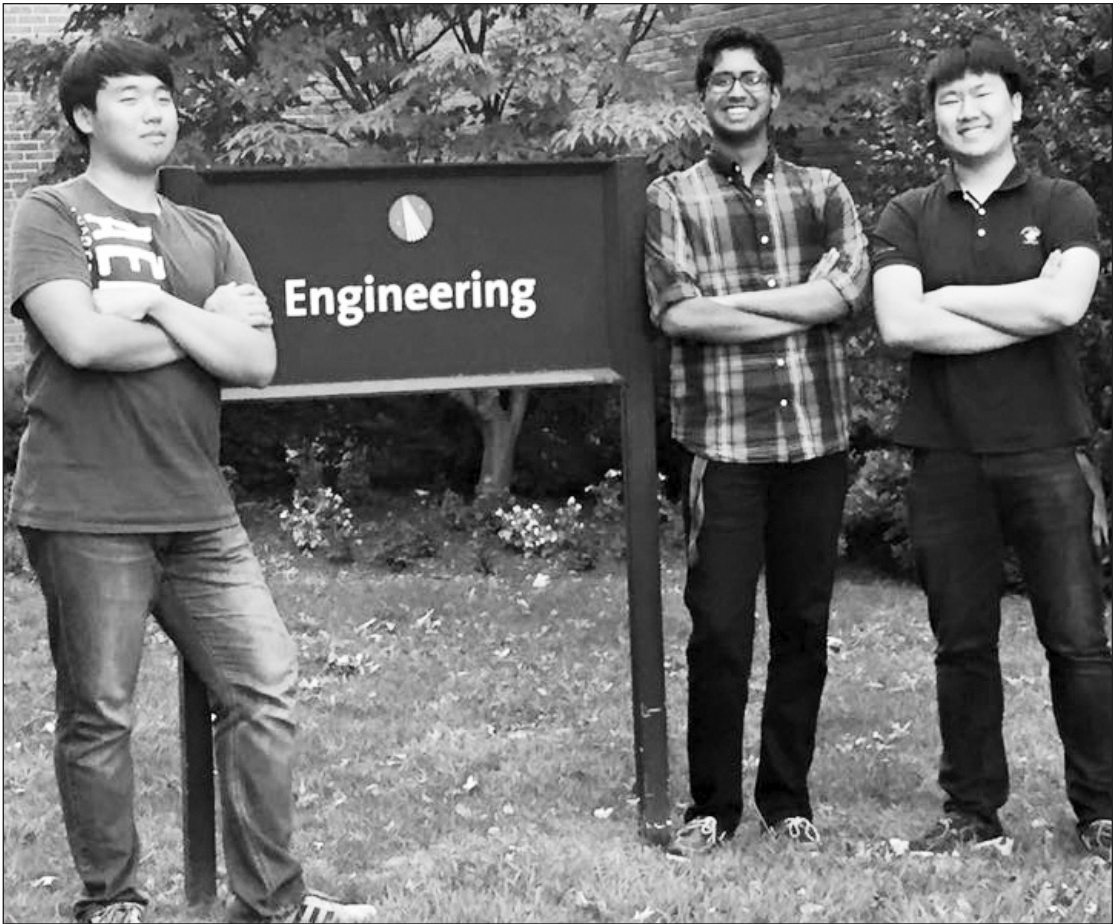
SUBMITTED BY CITY OF FREMONT

Those who begin drinking before age 14 are seven times more likely to develop alcohol dependence. Youth substance abusers are also at risk of becoming delinquent and involved in the juvenile justice system. In 2013, in response to community needs and with support from Alameda County Juvenile Probation Department and the City of Fremont, Human Services Department's Youth and Family Services (YFS) Division founded Substance Use Disorder (SUD) program.

The program, which has served over 200 youth (ages 12-18) and their families, addresses the impact of alcohol and drugs on school performance, social health, and family health. Youth gain insight into how drugs and alcohol abuse can cause failing grades, risk-taking behaviors, family disruptions, and long-term addiction. Youth and their parents participate in weekly groups, individual sessions, and monthly family support groups.

For more information about the SUD program or other services at YFS, contact Senior Program Coordinator Kathleen Brown, LMFT, at (510) 790-6940.

Local students compete in national STEM competition



From left: Daniel Chae, Sidharth Bommakanti and Alan Tan

Two Fremont high school students participated in this year's Siemens Foundation STEM Competition, which took place December 4 - 8, 2015 in Washington, D.C. Ranking fourth place among the national team finalists were Irvington High School student Alan Tan and Sidharth Bommakanti from Amador Valley High School in Pleasanton. Andrew Chen from Mission San Jose High School also ranked fourth place among the individual finalists.

Launched in 1998, the Siemens Competition is the nation's premier science research competition for high school students. According to a press release by Siemens Foundation, nearly 4,000 students registered for this year's competition, and a total of 1,781 projects were submitted for consideration. Both Fremont students were awarded \$30,000 in scholarships, while the winners in both team and individual categories took home \$100,000.

Alan's team project "examined 3-D printed structures as a novel substrate for dental pulp stem cells (DPSCs) for use as implants. Utilizing 3-D printed scaffolds to create dental implants, the team laid the groundwork for engineering tissues in the future. A common interest in the rapid rise of 3-D printing applications and the potential for stem cells to dramatically advance the repair of hard and soft tissues inspired the team to pursue this research," according to the press release.

Alan described the process as applicable, cheap, and safe. "Dental pulp stem cells actually come from the dental pulp from your wisdom teeth... We want to advance our understanding [of DPSCs] so we chose [to research]

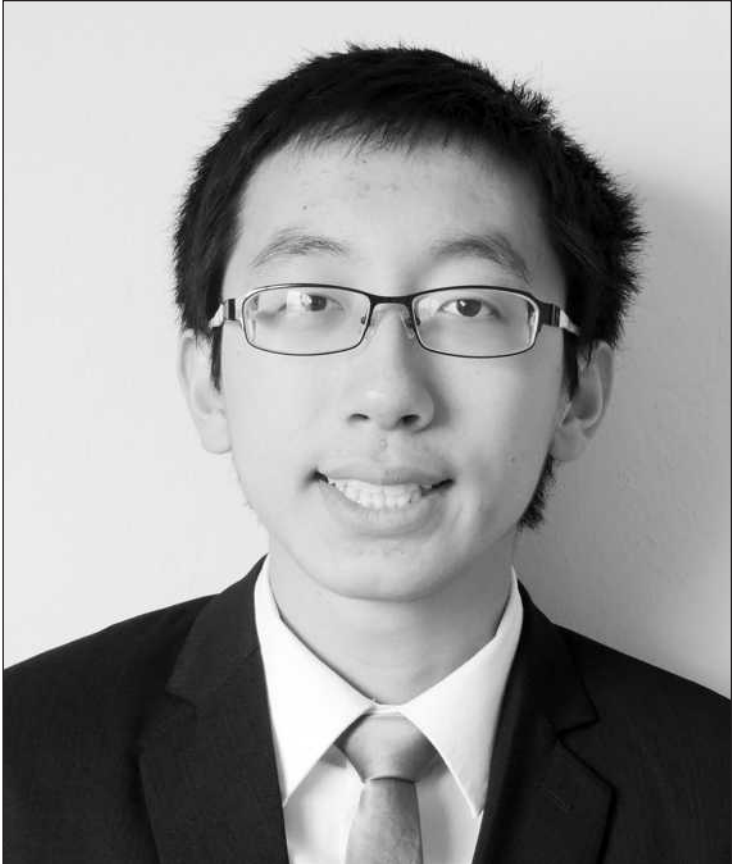
that," he said. The team met and started conducting their research during a summer internship in New York.

Andrew's project was "Enhancing Imaging Resolution and Depth with Adaptive Optics Focal Modulation Two-Photon Microscopy." From his executive summary, Andrew states: "Optical microscopy has been a critical tool for scientific discoveries ever since it was invented. In 2014, three scientists won the Nobel Prize for their superior work in the development of optical microscopy for bio-imaging. Biological tissues quite often appear opaque and are subject to strong scattering and absorption. Imaging the detailed structure of

these tissues is similar to visualizing a building number through fog. A novel method was developed in this research to remove the 'fog' and the 'unwanted light from street lamps a couple of doors away.'"

"I used a special mirror in which you can move the surface of the mirror, and then by doing that I buried the amplitude of the light waves coming in. By using that method, it altered the image received in a way such that you can process the images afterward to receive a better result," describes Alan.

For more information, visit <http://siemensusa.synapticdigital.com/US/Siemens-Foundation>.



Andrew Chen

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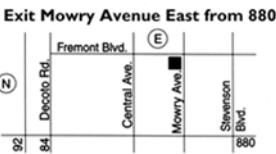
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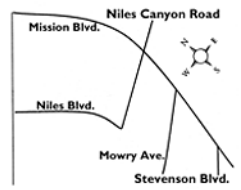
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continued from page 1

Remembering a Civil Rights Legend

Dr. King stated, "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'"

Greater Tri-Cities events in commemoration of Martin Luther King, Jr.:

Hayward:

This year's event to honor Dr. Martin Luther King will take place on Monday, January 18 at Hayward City Hall Plaza. Come to sing; hear readings of Dr. King's words and those of contemporary activists; and march a short distance around the area and back to City Hall.

Martin Luther King March & Rally
Monday, Jan 18

9:30 a.m.

Hayward City Hall Plaza

777 B St, Hayward

(510) 581-2060

www.starrking.org

Newark:

Afro-American Cultural & Historical Society, Inc. announces the 39th annual "Dr. Martin Luther King, Jr. Commemoration Program" on Sunday, January 10 at First Presbyterian Church (FPC) Newark. This year's theme is "Changing Lives and Transforming Communities Through Dr. King's Philosophy of Non-Violence." Guests will be joined by pastors, school personnel, mayors and elected officials, and the Newark Chamber of Commerce among others.

Martin Luther King, Jr.

Commemoration

Sunday, Jan 10

3 p.m.

First Presbyterian Church (FPC)

Newark

35450 Newark Blvd, Newark

(510) 793-8181

www.aachsi.com

Free

San Jose:

The African-American Community Service Agency presents the 36th Annual "Martin Luther King, Jr. Luncheon" on Monday, January 18 at Scottish Rite Center in San Jose. This year's celebration also commemorates Mrs. Coretta Scott King.

Keynote speaker is Dr. Julianne Malveaux, labor economist and noted author.

Martin Luther King Luncheon

Monday, Jan 18

12 p.m. - 2 p.m.

Scottish Rite Center

2455 Masonic Dr, San Jose

(408) 292-3157

www.sjaacsa.org/mlkluncheon

\$75 general admission

\$40 students/youth (17 and under)

San Leandro:

Join the San Leandro community in "Dr. Martin Luther King Celebration and Oratorical Festival" on Monday, January 18 at the Senior Community Center. San Leandro students will perform an original or well-known essay, speech or poem honoring Dr. King and celebrating his message of peace, tolerance, and social justice.

Oratorical Festival

Monday, Jan 18

10:30 a.m.

Senior Community Center

13909 E 14th St, San Leandro

(510) 577-3462

www.sanleandro.org

Union City:

Celebrate Martin Luther King Jr. Day by helping improve wildlife habitats along a local creek and trail with Hands-On Conservation and Union City on Monday, January 18. We'll plant wildflower seeds and milkweed plants along the Creekside trail in the park to support Monarch butterflies. We'll also pick up litter along the trail and around the park. Wear work clothes and sturdy shoes that can get dirty, and bring gloves if you have them and your own refillable water bottle. We'll provide trash bags, litter grabbers, planting tools, and a snack.

Students, adult volunteers, and youth groups are welcome (age 10 and up). Bring your school's form to receive Service Learning/Community Service Hours. To sign up, contact Amy Evans at amyevans.acrcd@gmail.com or Amy.Evans@acrcd.org, or call (925) 371-0154 x 112.

Martin Luther King Jr. Day

Monday, Jan 18

9 a.m. - 12 p.m.

Union City Civic Center

(meet next to the skate park)

34009 Alvarado-Niles Rd, Union City

(925) 371-0154 x 112

amyevans.acrcd@gmail.com

Amy.Evans@acrcd.org

www.handsconconservation.org

Documentary series presents abUSed

SUBMITTED BY NILES
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As the presidential campaign heats up, immigration policy will continue to be a topic of debate. The "Second Saturday Documentary Series" invites the community to look at the impacts of current policy - impacts on undocumented workers, their families, and their adopted communities. The screening of "abUSed: The Postville Raid" will be held on Saturday, January 9 at Niles Discovery Church in Fremont. The screening is free, although donations are welcome to help cover expenses. A discussion about the issues raised in the film will follow.

The documentary takes an in-depth look at one particular ICE (Immigration and Customs Enforcement) raid to expose how immigration

policy and policy enforcement touch multiple layers of society. The raid took place on May 12, 2008 at Agriprocessors, Inc., which was then the largest kosher slaughterhouse plant in the country. Three hundred and eighty nine undocumented workers were arrested, handcuffed and chained by 900 heavily armed ICE agents.

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

abUSed: The Postville Raid Screening
Saturday, Jan 9

1:30 p.m.

Niles Discovery Church

36600 Niles Blvd, Fremont

(510) 797-0895

www.nilesdiscoverychurch.org

Free (donations welcome)

Discover Your Voice

SUBMITTED BY MARILYN SINGER

"Discover Your Voice" is the logo for the new Tri-City Youth Chorus, an open singing experience for kids in grades 5-8. The chorus is open to all students who want to do what the logo suggests - discover their voices. There are no auditions, only the desire to sing with a group and learn musical skills that will last for a lifetime.

The chorus meets once a week on Thursdays from 4 p.m. - 5 p.m. at Niles Discovery Church. The music is contemporary and secular - the kinds of music children love to sing. Joy Suh is a talented teacher who works well with students and has a varied background in directing, including experience with StarStruck Theatre. She makes music a fun experience as you learn.

Visit tricityyouthchorus.weebly.com to find out all that the chorus can offer. The winter session begins on Thursday, January 7 if you'd like your child to "discover your voice."

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Hot Tub Shopping: what to ask before you soak

BY JOHNNA M. LAIRD
PHOTOS COURTESY OF
CREATIVE ENERGY

Looking to beat the winter blues? Hot-tub-spas offer a way to step into something more comfortable after work. Grab a towel and sit for a warm soak in the privacy of your own backyard.

Considered an affordable luxury, hot-tub-spas offer versatility, serving as party central for friends or a place for families to destress at the end of the day. Some tout health benefits, like the relief pulsating water can bring to stiff muscles and aching joints. And then there is the romantic interlude.

The popularity of hot-tub-spas began in the 1960s and has continued, even during California's drought. What's with the hot-tub-spa term? It's a catch-all. Spas are generally considered jetted, heated, water-filled tubs, while hot tubs are generally made of wood, with a liner inside; spas usually are made of fiberglass or acrylic; whirlpools are spas or hot tubs with circular water action. Hot-tub-spas come in portable and permanent models, 110 or 220 volts.

John Kasten, owner of Creative Energy, was hooked on hot tubs the first time he stepped inside a homemade hot tub constructed from a wine barrel. Today, his

business is the largest distributor in the U.S.A. of Hot Springs Spas. His Pleasanton showroom offers 30 different models. Basic models start at around \$3,000 or \$4,000 and feature one jet pump and filter, suitable for a family of four. Models house from 125 to 500 gallons of water. High end models feature "more bells and whistles" with more jets and increased insulation. Kasten emphasizes that hot tubs are water savers, since they use water over and over again. Water is usually replaced every six months.



What should consumers consider when buying?

Industry-wide, the advice rings out: buy from a store you have researched. Know how long a company has been in business. Does the manufacturer still carry parts for its older hot tubs? Given that hot tubs often last 20 years and beyond, it is important to buy from a reputable dealer that will serve as a primary resource for questions and the first contact if something goes wrong. While the internet can put information at consumers' fingertips, talk to friends and family members who have hot tubs. Learn from their experiences about dealers and manufacturers.

Make certain that manufacturers' work is certified, which insures that a manufacturing plan is inspected and each spa is built to exact standards. A number of organizations recognize outstanding hot tubs with awards from the spa and hot tub in-

dustry, the National Sanitary Foundation, Consumer Digest's Best Buy, poolandspa.com's Best of Class as well as California's CEC certification, the ENVY award and Flex Your Power awards.

Since companies often trademark names for their particular brand of jets, pumps, heaters, and filters, consumers can face challenges comparing one hot tub to another.

Questions to ask include: How often will a hot tub filter water? The best answer will be a dedicated circulation pump filtering water continuously. Equally important is knowing how frequently a filter needs to be replaced and its history of clogging from hair, dirt, and oils.

Ask about the jet set up. Consumers will want to know not just the number of jets but the jet arrangement. One or two jets create a different experience than jets that allow for customizing the water direction, flow and pressure for each jet at each seat of the hot tub.

What method will be used to clean the hot-tub-spa? Most systems will use chlorine or bromine. A cartridge-dispensing system can release agents to sanitize water at a set rate. Ozone and silver, copper, and zinc ionizers can enable chlorine and bromine to remain effective longer. While chlorine kills most germs, it does not kill all. The Center for Disease Control offers fact sheets on hot tub usage (<http://www.cdc.gov/healthywater/swimming/protection/hot-tub-user-tips-fact-sheet.html>).

Determine energy consumption. Ask how the tub is insulated—with trapped air, fully foamed or partially foamed or radiant barrier? To minimize heat loss, a hot tub benefits from having the interior fully

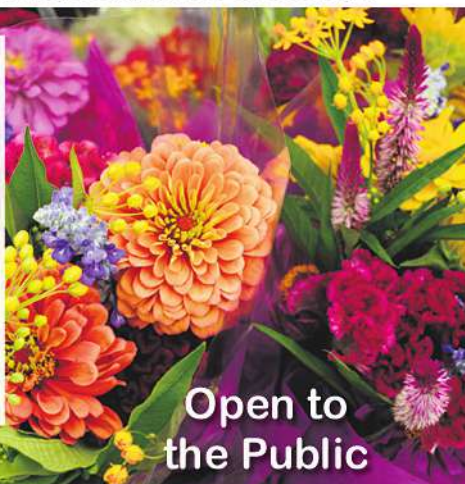
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continued from page 13

Hot Tub Shopping: what to ask before you soak

foamed. In making sure a hot tub meets the California Electric Commission efficiency requirements, ask if the manufacturer needed to alter the design to meet California's standards.

Buyers likely will want to know the ongoing cost of operation. Make certain calculations reflect electrical rates in California, not elsewhere where prices are



likely less. Looking a bit closer, consider how the calculations are derived, how many days a week and for how long.

Accessories offer consumers a number of options from seating with neck and head supports and arm rests to lighting to music. Consumers may want to consider steps and railings. Covers are not an accessory; they hold in heat and keep children out.

Kasten recommends that buyers take a wet test before purchasing, something that consumers cannot do when buying from big box stores. So don't forget your swimsuit and towel to climb inside to test seating comfort and jet noise particularly.

For more information, call (925) 967-4392 or visit www.creativeenergy.com.

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FROM THE EDITORS OF E - THE ENVIRONMENTAL MAGAZINE

Drones

Conservationists are utilizing drone or "unmanned aerial systems" (UAS) technology to gather highly detailed imagery and other environmental data that is traditionally challenging to obtain. Wildlife biologist John Takekawa and his team at the U.S. Geological Survey's Western Ecological Research Center (WERC), for example, are using drones to obtain aerial images of San Francisco Bay marshlands.

"It's very hard to get some of the data sets in some of these areas that are remote or hard to reach in the marshes," Takekawa explains. "If you have something that can fly over and get sensors that can report back to your computer, that's what we're looking for in exploring these types of technologies."

Dr. Amy Woodget, a post-doctoral researcher at the University of Worcester in the UK, uses her small Draganflyer X6 UAS to collect high-resolution imagery of river channels. The images map the physical conditions within the rivers, including the channel topography, water depth and surface flow patterns, data all crucial for gauging river health and habitat conditions essential to the survival of local wildlife.

"The results obtained using UAS technologies provide unprecedented levels of detail concerning these physical river habitat parameters, with high levels of accuracy and precision," Woodget says.

Drones are also helping preserve the Peruvian Amazon forest, where illegal gold mining and logging has cleared mahogany, Spanish cedar and other old-growth trees. Carlos Castaneda, coordinator of the Ama-

zon Basin Conservation Association's Los Amigos Conservation Concession, monitors the 550-square-mile Los Amigos reserve in southeastern Peru, home to a large diversity of plant and animal species, including palm swamps, bamboo thickets, giant otters, harpy eagles, spider monkeys and jaguars. Small drones weighing less than five pounds enable detection of any deforestation within the area.

Considering that more and more drones are being launched for conservation research, Linda Rothschild, an evolutionary biologist at NASA's Ames Research Center, was concerned when she found out that UAVs sometimes get lost in coral reefs or other sensitive habitats. "As I started to hear about this, I thought, 'Well, wouldn't it be useful if the UAV was biodegradable, so if it crashed somewhere that was sensi-

tive, it wouldn't matter if it dissolved,'" Rothschild says.

So Rothschild created a biodegradable drone with a team of students in the 2014 International Genetically Engineered Machine (iGEM) competition. The team's prototype took its first short flight in November 2014 at the iGEM competition in Boston. The drone, which resembles a cardboard cup holder, is made primarily of mycelium grown by New York-based Ecovative Design. The team grew cellulose leather-like sheets to coat the mycelium body and then covered the sheets with proteins sourced from the saliva of paper wasps—a water resistant material that the insects use to cover their nests. The biodegradable drone body is certainly a step forward, though the drone still uses a standard battery, motor and propellers.

Rothschild's dream is to make a UAV where every part is made with something biodegradable, but for now, she says, "realistically, this is going to be much more of a hybrid vehicle."

CONTACTS: WERC, www.werc.usgs.gov; Los Amigos Conservation Concession, www.amazonconservation.org/ourwork/conservation.html; iGEM, www.igem.org.

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Environmentalists are increasingly putting drone technology to work to further their conservation and related causes.



Maine man's 'gun' turns out to be a tattoo

AP WIRE SERVICE

NORRIDGEWOCK, Maine (AP), Police armed with assault rifles descended on a Maine man's home after members of a tree removal crew he'd told to clear off his property reported that he had a gun.

Turns out the "gun" the tree crew had seen on Michael Smith of Norridgewock was just a life-sized tattoo of a handgun on his stomach.

Smith, who works nights, was asleep when the tree crew contracted by a utility to trim branches near power lines, woke

him up at about 10 a.m. Tuesday.

He went outside shirtless and yelled at the workers to leave. When he's not wearing a shirt, the tattoo looks like a gun tucked into his waistband.

Smith tells the Morning Sentinel (<http://bit.ly/1l37m2f>) the tattoo has

never been a problem before.

Police didn't charge him.

Information from: Morning Sentinel, <http://www.onlinesentinel.com/>

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38448 Berkeley Cmn	94536	455,000	2	616	1979	12-02-15	
4545 Bianca Drive	94536	787,000	4	1448	1963	12-04-15	
2181 Bishop Avenue	94536	762,000	3	1232	1963	12-04-15	
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38455 Bronson St #128	94536	318,000	1	750	1970	12-04-15	
3507 Buttonwood #202	94536	340,000	1	714	1985	12-01-15	
38627 Cherry Lane #8	94536	456,000	3	1189	1974	12-04-15	
36179 Corsica Place	94536	960,000	3	1645	1965	12-01-15	
4747 Cortez Avenue	94536	580,000	3	1168	1956	12-04-15	
4761 Deadwood Drive	94536	738,000	3	1637	1963	12-03-15	
38035 Dundee Common	94536	506,000	3	1168	1971	12-04-15	
3375 Foxtail Terrace	94536	253,000	-	421	1986	12-04-15	
3150 Greenwood Drive	94536	725,000	3	1075	1951	12-01-15	
621 Heirloom Terrace	94536	890,000	3	1740	1997	12-02-15	
5225 Keystone Drive	94536	860,000	4	1650	1955	12-02-15	
37917 Lavender Common	94536	775,000	3	1717	1977	12-01-15	
37200 Meadowbrook 105	94536	505,000	2	1083	1984	12-03-15	
37641 Murietta Terrace	94536	542,000	4	1312	1971	12-03-15	
3457 Pennsylvania #13B	94536	470,000	2	944	1981	12-02-15	
3222 Red Cedar Terrace	94536	256,000	-	421	1986	12-07-15	
37 Silk Oak Terrace	94536	588,000	2	1081	2006	12-03-15	
121 Sobrante Court	94536	935,000	4	1822	1976	12-01-15	
112 Spetti Drive	94536	525,000	3	1220	1972	12-01-15	
37282 Towers Way	94536	492,000	2	853	1952	12-01-15	
38700 Tyson Lane #301A	94536	610,000	2	1178	2000	12-01-15	
39455 Albany Cmn #T	94538	388,000	2	882	1981	12-02-15	
43297 Arkwood Street	94538	825,000	4	1480	1959	12-01-15	
1930 Barrymore Cmn #O	94538	408,000	2	882	1981	12-02-15	
5553 Dewey Place	94538	749,500	5	1728	1966	12-01-15	
39560 Dorrington Court	94538	802,000	4	1719	1963	12-03-15	
4321 Gina Street	94538	545,000	3	925	1955	12-03-15	
39078 Guardino Dr #304	94538	372,500	1	693	1990	12-03-15	
3624 Haven Avenue	94538	1,100,000	3	2292	1955	12-04-15	
43352 Mintwood Street	94538	840,000	3	1133	1955	12-07-15	
40582 Robin Street	94538	719,000	4	1822	1962	12-04-15	
4716 Stratford Avenue	94538	750,000	4	1412	1963	12-04-15	
4783 Valpey Park Court	94538	1,010,000	4	1684	1963	12-02-15	
48790 Big Horn Court	94539	1,189,000	-	1542	1977	12-02-15	
101 Cedar Terrace	94539	1,460,000	4	2200	2001	12-04-15	
41740 Chiltern Drive	94539	1,530,000	5	2146	1959	12-02-15	
48593 Flagstaff Road	94539	1,255,000	4	1866	1977	12-04-15	
178 Hackamore Cmn	94539	483,000	2	878	1984	12-02-15	
784 Olive Avenue	94539	1,400,000	3	1916	1964	12-04-15	
48828 Sauvignon Court	94539	1,480,000	4	2742	1998	12-04-15	
48245 Sawleaf Street	94539	335,000	3	1164	1963	12-07-15	
41930 Via San Carlos	94539	1,300,000	4	2082	1963	12-02-15	
230 West Hunter Lane	94539	1,750,000	4	2870	1989	12-07-15	
3637 Beard Road	94555	334,000	3	1973	1980	12-02-15	
4740 Falstaff Avenue	94555	965,000	4	1693	1985	12-01-15	
6133 Genoa Terrace #50	94555	923,000	3	1933	1992	12-04-15	
33181 Lake Lanier Place	94555	582,500	2	880	1969	12-04-15	
5295 Matthew Terrace	94555	856,500	3	1324	1988	12-02-15	
34352 Newton Court	94555	840,000	3	1390	1970	12-01-15	
4516 Norocco Circle	94555	765,000	3	1380	1982	12-04-15	
33273 Palomino Common	94555	903,000	3	1988	1993	12-03-15	
5213 Tacoma Common	94555	715,000	2	1250	1989	12-04-15	
5941 Tan Oak Drive	94555	770,000	3	1481	2007	12-07-15	

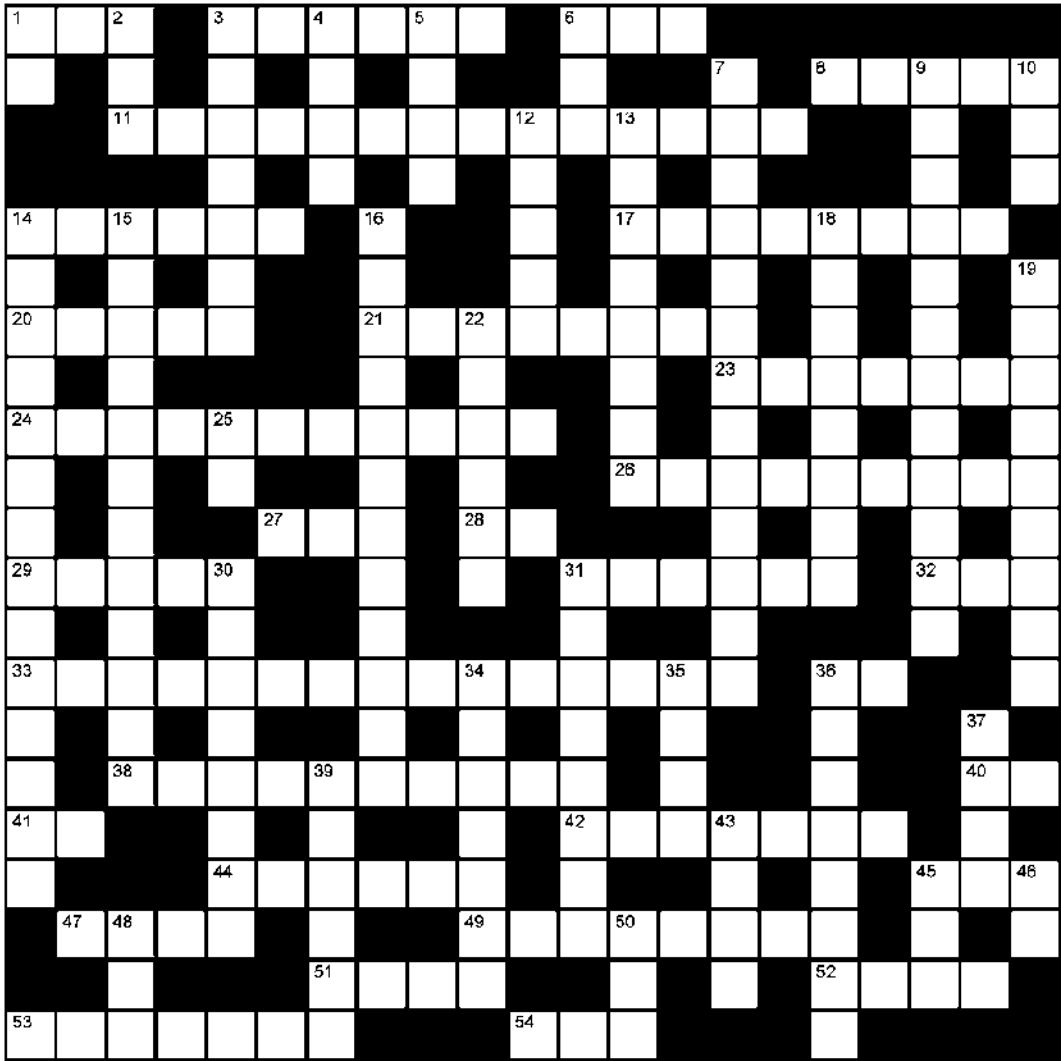
HAYWARD TOTAL SALES: 31							
	Highest \$:	990,000		Median \$:	503,000		
	Lowest \$:	230,000		Average \$:	526,371		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
856 Alonda Court	94541	420,000	3	1040	1950	12-04-15	
462 Bartlett Avenue	94541	485,000	3	2282	1948	12-03-15	
3343 Costa Drive	94541	600,000	3	1654	1954	12-02-15	
1615 East Street	94541	550,000	3	1054	1951	12-07-15	
1106 Grove Way	94541	503,000	3	1981	1942	12-04-15	
944 Hotel Avenue	94541	425,000	2	1079	1937	12-04-15	
1218 Martin Luther King J	94541	550,000	3	1516	2013	12-02-15	
708 Mesa Circle	94541	480,000	3	1381	2003	12-04-15	
22314 Montgomery St	94541	622,000	5	2898	1918	12-03-15	
612 Moss Way	94541	565,000	3	1827	2012	12-02-15	
319 Williams Way	94541	565,000	3	1726	2012	12-03-15	
27962 El Portal Drive	94542	711,000	4	1878	1972	12-04-15	
1075 Palisade Street	94542	760,000	4	2505	1958	12-03-15	
1120 Roxanne Avenue	94542	474,000	3	1543	1948	12-02-15	

3615 Sonia View Court	94542	990,000	6	5883	2007	12-04-15
1194 Tiegen Drive	94542	445,000	3	999	1954	12-03-15
2879 Tribune Avenue	94542	635,000	4	1748	1951	12-03-15
707 Archcliff Court	94544	590,000	3	1164	1956	12-04-15
816 Climbing Rose Court	94544	310,000	2	896	1980	12-04-15
598 Cottage Park Drive	94544	612,500	3	1495	2007	12-02-15
26744 Gaither Way	94544	460,000	3	1466	1951	12-04-15
178 Hermes Court	94544	408,000	3	1464	1951	12-01-15
260 Industrial Pkwy #17	94544	230,000	1	686	1973	12-01-15
293 Jacaranda Drive	94544	520,000	3	1296	1980	12-01-15
27005 Jennings Way	94544	511,000	3	1153	1955	12-03-15
536 Orchard Avenue	94544	345,000	-	1077	1900	12-02-15
26152 Underwood Ave	94544	455,000	3	1042	1952	12-04-15
2744 Breaker Lane	94545	935,000	4	2853	2004	12-04-15
27752 Hummingbird Ct	94545	458,000	4	1656	1971	12-07-15
25930 Kay Avenue #204	94545	337,000	2	1343	1982	12-01-15
21103 Gary Drive #211A	94546	366,000	2	1100	1993	12-03-15

Mind Twisters

Crossword Puzzle

B 349



Across

- 1 Greyhound, e.g. (3)
- 3 incapable (6)
- 6 Be worthwhile (3)
- 8 Dots on a map (5)
- 11 driver's license, e.g. (14)
- 14 repeated (6)
- 17 backward (8)
- 20 Some wedding guests (5)
- 21 Final ____ (Star Trek) (8)
- 23 space for storing (7)
- 24 specific line of work (11)
- 26 church (9)
- 27 "____ rang?" (3)
- 28 sharp tool (2)
- 29 "Don't get any funny ____!" (5)
- 31 bleeding (6)
- 32 Acquire (3)
- 33 achievements (15)
- 36 leave (2)
- 38 spacecrafts (10)
- 40 adverb (2)

- 41 preposition (2)
- 42 Raid targets (7)
- 44 condition of body (6)
- 45 cushionlike soft material (3)
- 47 He and she (4)
- 49 collectively (8)
- 51 Records (4)
- 52 border (4)
- 53 immature form of frogs (7)
- 54 Napoleon, e.g. (3)

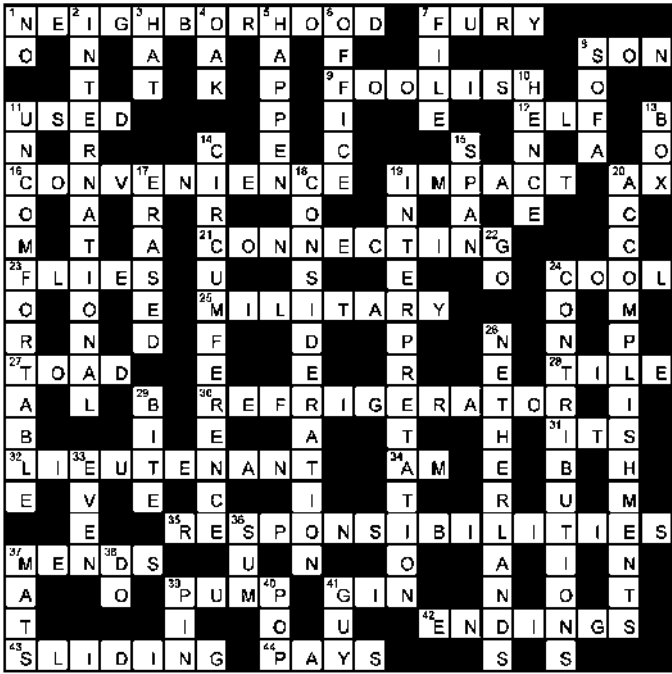
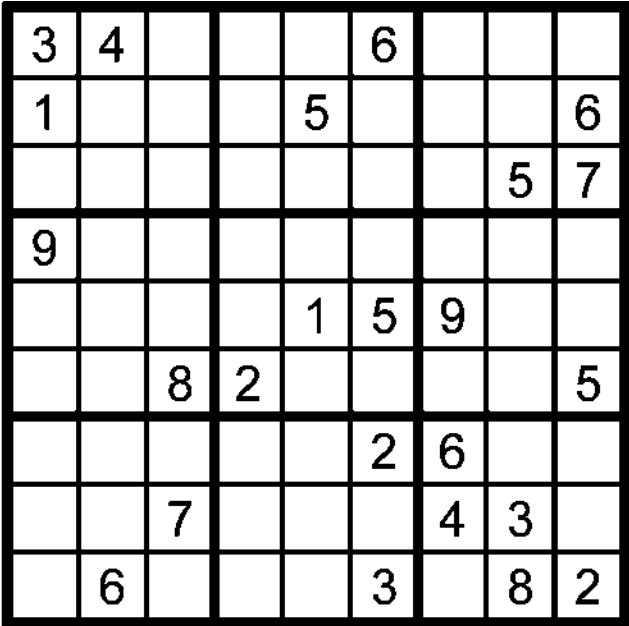
Down

- 1 to ____ or not to ____ (2)
- 2 Schuss, e.g. (3)
- 3 Futile (7)
- 4 Song and dance, e.g. (4)
- 5 Hit the road (4)
- 6 green ____ (3)
- 7 communications (13)
- 9 hand-propelled vehicle (12)
- 10 Half a dozen (3)
- 12 for royalty (5)

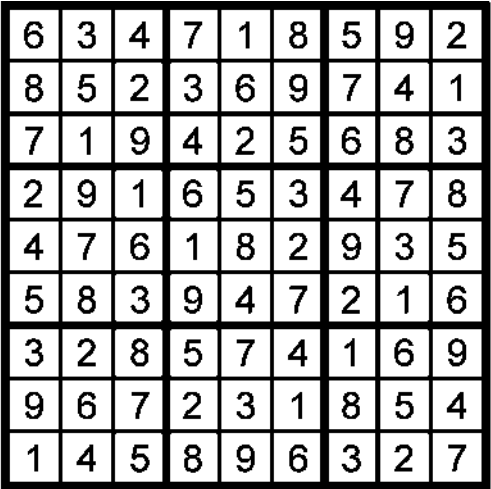
- 13 extremely good (8)
- 14 category (14)
- 15 outcomes (12)
- 16 struggles (12)
- 18 restoration (8)
- 19 auto-correct (9)
- 22 Met productions (6)
- 25 "Tag! You're ____!" (2)
- 30 compassion; empathy (8)
- 31 approval (8)
- 34 apex; summit (7)
- 35 "Get ____!" (4)
- 36 Charades, basically (8)
- 37 ____ Minor (4)
- 39 Allow (6)
- 43 Bounce back, in a way (4)
- 45 Hard throw, in baseball (3)
- 46 to perform (2)
- 48 Holed up (3)
- 50 ____ roll (3)

Sudoku:

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



B 350



Tri-City Stargazer JANUARY 5 - JANUARY 11, 2016

Aries the Ram (March 21-April 20): A significant turning point in primary relationships occurs within three weeks of May 24. The cards will be on the table for negotiation or separation. High-energy periods occur March 11-17, May 5-21 (watch out here; Mars is retrograde), August 4-23, and October 19-23. You may encounter challenges with authorities within two weeks of April 4-7, August 24, and November 12. From early December through the end of the year, your ruler is in Pisces. During this time allow others to take the lead and avoid initiatives. Jupiter enters your partnership house in September. For the next year, he/she will brighten your life and increase clientele.

Taurus the Bull (April 21-May 20): You are becoming more aware of the people in your life and your relationships to them. Some will be disappointing and you will let them go off into the mist. Make note that Mercury will be retrograding in your sign during April and May. Avoid major decisions if possible. Meanwhile Venus (feminine) is always involved in a dance with Mars (masculine energy). In March you will need to think about whether you want to pour more energy into a person or project. By mid-May you will perceive reality in all its glory. In early August the outcome will be very clear to see.

Gemini the Twins (May 21-June 20): You likely will be in the midst of reorganizing finances, loans, or estate matters. Decisions just don't seem to become concrete until the last one is finalized near mid-February. The subject reopens for a tweaking in December. And that continues through January 8, 2017. Surprising news and events are likely at the end of January, late March, early July, and mid- to end of

October. Drive carefully in this period. Moments that bring recognition of truth, some of which are disappointing, occur mid-March, end of July, and near Thanksgiving holiday.

Cancer the Crab (June 21-July 21): It is very important that you take care of your emotional and physical health throughout 2016. You need grounding after recent challenges. Consider gardening; take up pottery; exercise; and organize files, closets and drawers. Dealing with hands-on activities is one way of grounding yourself. Do not allow others to absorb your time and energy for their needs. Give only as much as you truly want to give during 2016. That is deviant from your habit patterns but people will understand. Eclipse seasons are always important for Cancer and usually leave some type of emotional impact.

Leo the Lion (July 22-August 22): As the year begins, you are focused on challenges concerning your work and daily routine. Changes are needed in these areas, and they may require longer than you expect to sort them out. In late February through March you will see more clearly what needs to be allowed to go. You may grieve, but don't scramble to hang on at that time. Use your creativity to find a better way. There will be other rounds of this energy early June, early September, and late November into December. The new moon eclipse on March 8 emphasizes financial issues. It is best to attend to them lest it become a crisis in late September.

Virgo the Virgin (August 23-September 22): Jupiter remains in your sign until September 2016, offering optimism. People will be generous with you, so don't hesitate to ask for help. Saturn is now firmly in the house that points to home and family of ori-

gin. Aging property likely will require repairs. Parents or other relatives of the older generation may need your assistance as they change modes of living. Challenging times are early March, mid-June, early August, and latter November. Surprises are likely in late March, early July, and mid-October. They may be positive or negative, but at minimum they are unsettling.

Libra the Scales (September 23-October 22): Venus, the goddess of love, is your ruling planet and you have more than a few lessons to learn this year about people and who they really are in your life. You may attract those of a spiritual nature and also by contrast, those who are skunks. Discernment and balance are key. Give attention to the give-and-take within each relationship. Adjust those that are out of balance, even if it requires that you withdraw to a degree. If your work offers hope and help to others, it will prosper. If you have no allowance for spirit in your life, it will be a rocky road.

Scorpio the Scorpion (October 23-November 21): The positive side is increased energy and passion while the warrior is with you. Use that extra fire to fight for the rights of others or those who are downtrodden. From April through July it will be okay to protect yourself from oncoming attack, but do not initiate anything akin to war. That would cost you more than you want to pay. You have a second planetary ruler, Pluto, the planet that represents birth, death, and inevitable changes. This planet is parallel to Saturn all year. If you follow its guidance, you will allow authorities to have their way. This is not a year to challenge those with power. Yield and wait for a better time ahead.

Sagittarius the Archer (November 22-December 21): You may be presently caught in a bind related to resources. This became apparent in August and remains until June. Your planetary ruler, Jupiter, has been squaring Saturn in your sun sign. This is like having a mini-recession within a larger recession. The whole world is caught here with you. Saturn in your sign encourages you to build a new identity, but the Jupiter square says this must be done with limited resources. Have patience and you can see this dilemma through to a successful end. It will ultimately take two more years, but after the end of May it becomes easier and less of a struggle.

Capricorn the Goat (December 22-January 19): There is likely a major transformation occurring once again in the arena of career or life direction. While it feels very important to you to make decisions for the future, as soon as you do, then new data will cause you to return to the drawing pad. Don't frustrate yourself and demand solutions now. Many are bringing a 28-year cycle toward closure. You may feel more fatigued than you think you have a right to be, but that is an illusion. Your instinct may be to pull inside and close the shutters. Seek psychological help if it is extreme.

Aquarius the Water Bearer (January 20-February 18): You may be realizing that you spend more of your personal resources (time, energy, or money) to support this field than you gain in return. You have harbored a secret fantasy that somehow your efforts would be recognized, when indeed, they seem to be taken for granted. That is a bummer, but the recognition will allow you to make better choices about where to volunteer your resources. As 2016 begins, Mercury turns retrograde in your sign, causing you to halt or even reverse decisions of recent weeks. Don't push it, lest you regret it later.

Pisces the Fish (February 19-March 20): The drama occurring in your life could be called "practical realism." This year brings you face to face with your blind spots. This has been developing throughout 2015. It isn't sneaking up on you, although you may have denial areas that will still crack open. Your physical body may be showing the consequences of lack of personal care. Maybe your ego has been bruised and you are hiding from the world. Perhaps you have carried a fantasy in your head for years that you now realize simply cannot be. That is disheartening, but it's better to know about it than to remain blind.

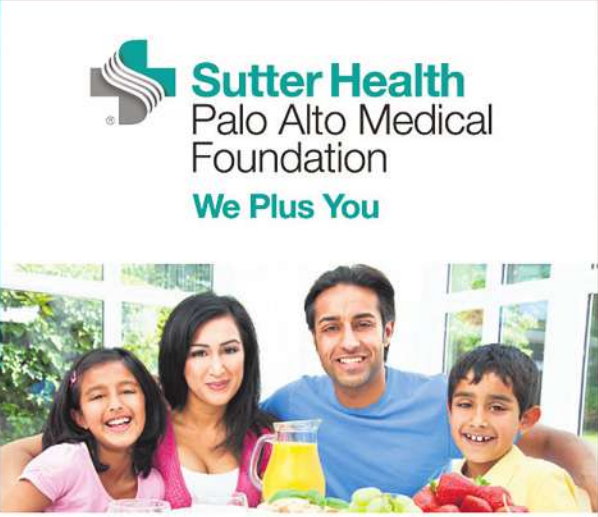
Are you interested in a personal horoscope?
Vivian Carol may be reached at (704) 366-3777 for private psychotherapy or astrology appointments (fee required).



www.horoscopesbyvivian.com

Community Health Education Programs

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



January and February 2016
All our lectures and events are free and open to the public.



Childbirth and Parent Education Classes
650-853-2960

- Postpartum Support Group: A Mother's Place
- Breastfeeding Your Newborn
- Childbirth Preparation
- From Hospital to Home: Advice from Your Baby's Doctor
- Baby Basics



Weight Management Programs
510-498-2184

- Bariatric (weight loss) Surgery Program - informational sessions and support groups
- New Weigh of Life – adult weight management



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
- Eating Well with Diabetes



Living Well Classes
650-853-2960

- Mindfulness Orientation
- Mindfulness-Based Stress Reduction
- Meditative and Reflective Journaling Class

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

continued from page 1

StarStruck Theatre

GOES UNDER THE SEA
WITH DISNEY'S
'The Little Mermaid'

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, "The Little Mermaid" tells the story of King Triton's youngest daughter, the beautiful mermaid Ariel (played by 18-year old Carly Tilson-Lumetta), who wishes to pursue the human Prince Eric (Jacob Woll, 18) in the world above. In a bargain with the evil sea witch, Ursula (Kelsey Findlay, 21), Ariel trades her tail for legs. But the bargain is not what it seems and Ariel needs the help of her colorful friends Flounder the fish (Gabriel Lew, 10), Scuttle the seagull (David Kautz, 21), and Sebastian the crab (Drew Huynh, 15), to restore order under the sea.

"The lush and beautiful orchestral score of 'The Little Mermaid' is pleasingly diverse," said StarStruck music director Nancy Godfrey, who directs a 19-piece live orchestra for this production. "There are Baroque, Calypso, Sea Shanty, traditional Broadway, and French themes interwoven and undulating rhythms reminiscent of ocean waves, and even a few familiar snatches from other Disney animated films. All of the familiar favorites from the movie are there, along with several thrilling new numbers from the Broadway show."

"Musical staging for this production is challenging because it includes so many different storytelling elements," said associate director and choreographer Jeanne Batacan-Harper. "For example, in 'The Storm,' we tell the part of the story where Eric's ship crashes. He's thrown into the ocean and Ariel rescues him. She takes him to shore and sings to him before she is chased off by other humans. The scene ends with her iconic 'Part of Your World Reprise' on the rock, with waves crashing behind her. The scene features a 25-foot ship, two moving set pieces, seven sailors, a flying seagull, a mermaid, a fish, eight dancers simulating the ocean waves, and at least three flight crew members. All set to music.

"It's going to be beautiful!" she said.

Tickets, \$22 - \$28 (group pricing available for 10+), are on sale now by calling the StarStruck box office: (510) 659-1319, or ordering online: <http://starstrucktheatre.org/buy-tickets/>.

The Little Mermaid
Friday, Jan 8 – Sunday, Jan 24
7:30 p.m., matinees at 2:30 p.m. (1:00 p.m. Jan 23)
Jackson Theatre
Smith Center, Ohlone College
43600 Mission Blvd, Fremont
(510) 659-1319
<http://starstrucktheatre.org/buy-tickets/>
Tickets: \$22-28



Sebastian the crab (15-year old Drew Huynh) tries to keep the little mermaid (Carly Tilson Lumetta) out of hot water in StarStruck Theatre's production of Disney's The Little Mermaid

Show dates:
Jan 8, 7:30 p.m. Family discount night, Alumni reunion night
Jan 9, 7:30 p.m.
Jan 10, 2:30 p.m. Dress up as your favorite Disney character
Jan 15, 7:30 p.m. Talk Back with actors after the show
Jan 16, 7:30 p.m. SuperStar Donor reception before the show
Jan 17, 2:30 p.m. Photos with Ariel and company after the show
Jan 22, 7:30 p.m. ASL interpreted performance
Jan 23, 1:00 p.m. Dress up as your favorite Disney villain
Jan 23, 7:30 p.m.
Jan 24, 2:30 p.m. Dress up as your favorite Disney character

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Hayward Music Center

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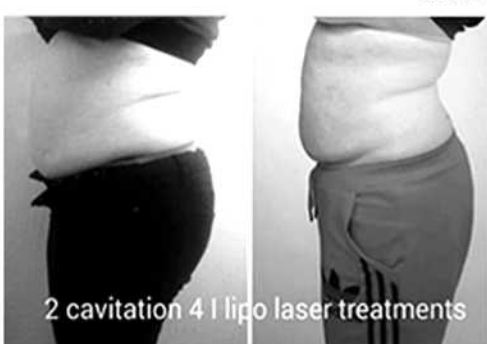
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Ultrasound cavitation balancing & emulsification of fat cells

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- No Downtime



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

It's A Date

CONTINUING EVENTS

Friday, Oct 3 - Sunday, Jan 10

Views of Nature

10 a.m. - 5 p.m.
Wildlife photography and art by Baz-zani and Preston
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Tuesdays, Dec 15 thru Jan 26

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, Dec 15 thru Jan 26

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

Thursdays, Dec 17 thru Jan 28

Bingo \$

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

Mondays, Dec 21 thru Jan 25

Bunco

10 a.m.
Dice game
No experience necessary
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Saturday, Jan 2 - Sunday, Jan 31

Monarchs and Milkweed \$

10:30 a.m. & 2:00 p.m.
Search for caterpillar eggs and butterflies
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Friday, Jan 8 - Sunday, Jan 24

The Little Mermaid \$

Fri & Sat: 7:30 p.m.
Sun: 2:30 p.m.
Disney's under the sea musical brought to life
Smith Center
43600 Mission Blvd., Fremont
(510) 659-1319
www.StarStruckTheatre.org

Tuesday, Jan 5 - Friday, Jan 15

Holiday Lights Recycling

7:00 a.m. - 3:30 p.m.
Drop-off working and non-working light strands
Public Works Service Center
14200 Chapman Rd., San Leandro
(510) 577-6026
www.LitSanLeandro.com

Wednesdays, Jan 6 thru Jan 27

Yoga for Families - R
2 p.m. - 3 p.m.
Movement, songs and games
Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-3302
http://tinyurl.com/fam-yoga-jan-2016

Arts & Entertainment

Fridays, Jan 8 thru Jan 29

Toddler Ramble: Wind, Water, Sun
10:30 a.m. - 11:15 a.m. & 2:30 p.m. - 3:15 p.m.
Rainy day games for ages 1 - 3
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Fridays, Jan 8 thru Jan 29

Hypertension Workshop - R

10 a.m. - 12 noon
Learn to prevent high blood pressure
Must attend all 4 weeks
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738

Thursday, Jan 8 - Sunday, Feb 6

A Touch of Red Presented by abstract7
12 noon - 5 p.m.
Contemporary artworks in a variety of mediums
Artist's reception Friday, Jan 8 from 7 p.m. - 9 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Fridays, Jan 8 thru Feb 12

Ballroom Dance Classes \$
Beginner: 7:00 p.m. - 8:00 p.m.
Intermediate: 8:15 p.m. - 9:15 p.m.
Cha Cha, Swing and Foxtrot
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 797-9594



SMOKING PIG BBQ COMPANY

BY NIGHT

HAPPY New Year

LIVE MUSIC

Friday & Saturday at 9:00 pm

1/8 Terrie Odabi
1/9 Big Jon Atkinson
1/15 Used Blues Band
1/16 Touch Of Class

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

BRONCO BILLY'S PIZZA PALACE

Superior Pizza made fresh daily from the finest premium ingredients. Specially blended sauces, homemade hand spun dough.

M, T, W, Th, Sun 11am-10pm
Fri & Sat. 11am - 11pm

Expires 1/30/16

ANY X-LARGE PIZZA \$3 OFF
ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF
510-792-1070

Dine In - Take Out - Delivery (Limited Area & Time)
3765 I Niles Blvd. Fremont
Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

CHINA EXPRESS Restaurant

With Coupon Only Exp. 1/30/16

only \$5

+tax

DAILY SPECIAL

Open Daily 11am - 9pm

Party Trays & Catering
www.chinaexpressfremont.com
510-623-9393
39473 Fremont Blvd., Fremont
The Crossroads Shopping Ctr. Fremont Blvd. & Walnut

Dine in or Take Out
Lemon Chicken
Kung Pao Chicken
Mushroom Chicken
Sweet & Spicy Port Ribs
Sweet & Sour Pork
Broccoli Beef
(Sml size) Chicken Corn Soup and much more....

Farmers’ Markets

FREMONT:

Centerville

Saturdays

9 a.m. - 1 p.m.

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

Downtown Fremont

Farmers’ Market

Wednesdays

3 p.m. – 7 p.m.

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

Kaiser Permanente Fremont

Farmers’ Market

Thursdays

10 a.m. – 2 p.m.

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

Irvington Farmers’ Market

Sundays

9 a.m. – 2 p.m.

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

Niles Farmer's Market

Saturdays

9 a.m. - 2 p.m.

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

HAYWARD:

Hayward Farmers’ Market

Saturdays

9 a.m. - 1 p.m.

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

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

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

SAN LEANDRO:

Kaiser Permanente

San Leandro

Wednesday

10 a.m. - 2 p.m.

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

MILPITAS:

Milpitas Farmers’ Market at

ICC

Sundays

8 a.m. – 1 p.m.

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

NEWARK:

Newark Farmers’ Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

UNION CITY:

Kaiser Permanente Union

City Farmers’ Market

Tuesdays

10 a.m. – 2 p.m.

Year-round
Kaiser Permanente Medical
Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.com

Union City Farmers’ Market

Saturdays

9 a.m. – 1 p.m.

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

THIS WEEK

Tuesday, Jan 5

Gentle Bollywood for Seniors \$

8:40 a.m. - 9:40 a.m.

Low impact dance moves

Kenneth C. Aitken Center

17800 Redwood Rd.,

Castro Valley

(510) 881-6738

www.haywardrec.org

Saturday, Jan 5

Abused: the Postville Raid

1:30 p.m.

Film looks at undocumented workers

Niles Discovery Church of

Fremont

36600 Niles Blvd., Fremont

(510) 797-0895

www.nilesdiscoverychurch.org

Tuesday, Jan 5

“A Small Talk in the Great

Glen” Book Talk

11:30 a.m.

Murder mystery discussion

Le Paradis Restaurant

22809 Mission Blvd. , Hayward

(510) 881-7975

http://tinyurl.com/small-death

Tuesday, Jan 5

Peer Writers’ Group

6:00 p.m. - 7:30 p.m.

Feedback on your original writing

Bring 10 -15 copies to share

Hayward Main Library

835 C St., Hayward

(510) 881-7700

http://tinyurl.com/pwg-jan-2016

Wednesday, Jan 6

Outdoor Discoveries: Catch

the Sun \$R

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

Naturalist led scientific discoveries

Ages 3 – 6

Sunol Regional Wilderness

1895 Geary Rd., Sunol

(510) 544-3249

www.ebparksonline.org

Thursday, Jan 7

Tri-City Youth Chorus Discover

Your Voice

4 p.m. - 5 p.m.

Singing and musical skills for

kids grades 5 – 8

No auditions required

Niles Discovery Church of

Fremont

36600 Niles Blvd., Fremont

(510) 797-0895

www.tricityyouthchorus.weebly.com

Friday, Jan 8

Science Lecture and Demon-

stration

5 p.m.

Especially for children grades 2 and up

Presented by Mission San Jose

HS

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Friday, Jan 8

Sunol Vistas

9 a.m. - 2 p.m.

Climb hills to view Alameda Creek wa-

tershed

Sunol Regional Wilderness

1895 Geary Rd., Sunol

(510) 544-3258

www.ebparks.org

Friday, 8 - Saturday, Jan 9

American Red Cross Blood

Drive – R

7:30 a.m. - 2:30 p.m.

Call to schedule an appointment

Drop-ins welcome

Fremont-Newark Blood Center

39227 Cedar Blvd., Newark

(800) 733-2767

www.redcrossblood.org

Saturday, Jan 9

Jr. Refuge Ranger Program – R

2:00 p.m. - 3:30 p.m.

Activities to earn a Refuge Ranger Badge

SF Bay Wildlife Refuge

1 Marshlands Rd., Fremont

(510) 792-0222

http://donedwardsranger.eventbri

te.com

Fremont Art Association
Announces
Gertrude Stein Show:
An exhibition Celebrating the 90th Anniversary of Her Hair Cut
January 6 - February 6, 2016
You are invited to submit entrls for an open Poster Contest
to create a commemorative collectible poster.
On-line submissions only Deadline December 1, 2015.
Please go to:
http://tinyurl.com/oeniz&d for prospectus and submission form.



Fremont Art Association
37697 Niles Boulevard Fremont, CA 94536 (510)792-0808
www.fremontartassociation.org

BOGIE'S
DISCOUNT PET SUPPLY
Family Owned & Operated 23 years
Friendly &
Knowledgeable Staff
Premium Pet Foods and Supplies
with Discount Prices
Low Cost Vaccination Clinic
Tropical Fish & Plants
Puppy Training Dog Grooming
Bird and Reptile Food and Supplies
SALE
TOYS - TREATS
AND MORE
37085 Fremont Blvd, Fremont



Dog and Cat Food
Made in the USA



Anesthesia FREE
Teeth Cleaning
Open 7 days a Week
510-795-6000

Saturday, Jan 9 - Sunday,

Jan 10

Family Fun Hour

2 p.m. - 3 p.m.

Stories, games and activities

Ages 5+

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

Saturday, Jan 9

Marvelous Monarchs \$

12:30 p.m.

Discover the life cycle of butterflies

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Jan 9

Marshland of Dreams – R

10 a.m. - 11 a.m.

Docent led 1 mile stroll along LaRiviere

Trail

SF Bay Wildlife Refuge

1 Marshlands Rd., Fremont

(510) 792-0222 x362

http://donedwardsmarsh.eventbri

te.com

Saturday, Jan 9

Project Jump Start Read-a-

Thon

1 p.m. - 4 p.m.

Story time for children preschool - 4th

grade

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Saturday, Jan 9

Tempest Celtic Rock \$

7 p.m. - 9 p.m.

Live acoustic music

Mission Coffee Roasting House

151 Washington Blvd., Fremont

(510) 474-1004

www.fremontcoffee.com

Saturday, Jan 9

New Year's Polar Bear Plunge

9 a.m.

Brisk dip in an unheated pool

Arroyo Swim Center

15701 Lorenzo Ave., San

Lorenzo

(510) 317-2306

www.haywardrec.org

Saturday, Jan 9

Charged Particles

2:00 p.m. - 3:30 p.m.

Jazz trio features Latin, classical and

funk music

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Saturday, Jan 9

American Red Cross Blood

Drive

10:30 a.m. - 3:30 p.m.

Call to schedule an appointment

Drop-ins welcome

Milpitas Library

160 North Main St., Milpitas

(800) 733-2767

www.redcrossblood.org

Saturday, Jan 9

Drawbridge: A History Re-

vealed – R

10 a.m. - 11 a.m.

Discover abandoned town in the bay

Ages 13+

Alviso Environmental Education

Center

1751 Grand Blvd., Alviso

(408) 262-5513 x104

http://dbwinter.eventbrite.com

Saturday, Jan 9

Science Lecture and Demon-

stration

10:30 a.m.

Especially for children grades 2 and up

Presented by Irvington HS

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Saturday, Jan 9

Corn Rainmakers \$

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

Make an instrument from corn

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Jan 9

Wild About Ducks

3 p.m. - 4 p.m.

Walk the marshes and view migrating

birds

Ages 6+

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

BRONCO BILLY'S



PIZZA PALACE

Superior Pizza made fresh daily from the finest premium ingredients. Specially blended sauces, homemade hand spun dough.

M, T, W, Th, Sun 11am-10pm
Fri & Sat. 11am - 11pm

Expires 1/30/16

ANY X-LARGE PIZZA \$3 OFF
ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF

510-727-0532

Dine In - Take Out - Delivery (Limited Area & Time)

26775 Hayward Blvd. Hayward

Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

A graphic for an open house event. At the top, a dark grey banner contains the words "OPEN HOUSE" in large, white, bold, sans-serif capital letters. Below the banner, the text "JR. K & KINDERGARTEN PRIVATE SCHOOL" is written in a smaller, dark grey, sans-serif font. To the left of the center, there is a black silhouette of a tree with a small birdhouse hanging from one of its branches. To the right of the tree, the text "Saturday, Feb. 20th" and "10am-2pm" is displayed in a bold, black, sans-serif font. Below this, the text "Affordable Tuition", "Small-Group Instruction", and "Extended Daycare Included" is listed in a bold, black, sans-serif font. At the bottom, the text "Hours 6:30am-6:30pm" and "www.triumphantacademy.com" is shown in a black, sans-serif font. On the right side of the graphic, there is a cartoon illustration of three children: a boy standing in the back, and two girls sitting in front of him. They are all smiling. Overlaid on the children is a large, white, stylized letter "A" with a smaller "B" and "C" integrated into it. At the bottom right, the address "43104 Christy St." and the phone number "510.400.5205" are listed in a black, sans-serif font.



hope station

Your Community Thrift Store

Store & Donation Hours
Mon - Sat: 9am – 7pm
Sunday: 10am – 7pm

*Have You Gotten
Good Deals Lately?*

510-Special
 Take Additional
10%-Off on \$5 or more
of purchases with this ad.
Expires on 1/31/2016. Limit
 1 coupon per customer per
 purchase. Discount up to \$100.
 Excluding HOPE clients' bikes.

Mon <u>Home Day</u> 30% - Off* furniture, books toys, electronics eye/sunglasses art pictures frames, lamps electrical small appliances	Tue & Fri <u>Senior Day</u> 30% - Off* On Everything for all customers age 55 & above (please show id to receive discount.)	Wed & Sat <u>Clothing Day</u> 50% - Off* Color -Tags: clothing purses, shoes, hats scarves, belts, socks luggage, and linens 30%-Off all White-tag clothing & purses, jewelry and toys	Thu <u>Antique Day</u> 30% - Off* all jewelry collectibles, books electronics eye/sunglasses art pictures frames, electrical furniture, cd/dvd & housewares	Sun <u>Happy Day</u> 30% - Off* <i>On Every thing For Everyone</i> <i>except Bicycles</i>
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*Offers subject to change without notices. 37482 Fremont Blvd., Fremont, CA. 94536; 510-795-6100. www.hopeservices.org

Monday, Jan 11
Now Circa Then \$
 8 p.m.
Sweet spirited romantic comedy
 Mature language ages 14+
 Douglas Morrison Theatre
 22311 N Third St., Hayward
 (510) 881-6777
www.dmtonline.org

Monday, Jan 11
Hayward Auxiliary Luncheon \$
 12 noon
Lunch, bingo and raffle
 Eagles Hall
 21406 Foothill Blvd., Hayward
 (510) 782-8187

Monday, Jan 11
In the Name of Allah
 7:30 p.m. - 9:00 p.m.
Discuss teachings of Moses and Jesus
 Dominican Sisters of
 Mission San Jose
 43326 Mission Blvd., Fremont
 (510) 933-6335
www.msjdominicans.org

Monday, Jan 11

Literacy Tutoring Program Orientation – R

6 p.m. & 8 p.m.

Volunteer to assist adults learning English

Hayward Main Library
835 C St., Hayward
(510) 881-7911
LiteracyPlus@hayward-ca.gov

Tuesday, Jan 12
Union Sanitary District Infor-
mation Meeting
 6 p.m. - 8 p.m.
Discuss proposed rates and service
changes
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 477-7500
www.unionsanitary.ca.gov

Tuesday, Jan 12
Lunch with Mayor Cutter \$R
 11:45 a.m.
Nutritious and affordable meals
 Seniors age 60+
 San Leandro Senior Center
 13909 East 14th St.,
 San Leandro
 (510) 825-9793

Tuesday, Jan 12
Start Smart Teen Driving Program
 6 p.m.
Driver safety education for ages 15 – 19
 Castro Valley Library
 3600 Norbridge Ave.,
 Castro Valley
 (510) 667-7900
www.aclibrary.org

Saturday, Jan 16
Battle of the Bands Live Audi-
tions \$R
9 a.m.
Open to all genre of music
Must submit fee with application
Entry deadline Friday, Jan 8
Matt Jimenez Community
Center
28200 Ruus Road, Hayward
(510) 888-0211
www.haywardrec.org

BOOKMOBILE SCHEDULE

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

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

Wednesday, Jan 6
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, Jan 7
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, Jan 8
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, Jan 11
9:20 – 10:00 Daycare Center
Visit, FREMONT
10:15 – 11:15 Daycare Center
Visit, FREMONT
1:45 – 2:45 Pioneer School,
Blythe St. & Jean Dr.,
UNION CITY
4:15 – 4:45 Greenhaven Apts.,
Alvarado Blvd & Fair Ranch Rd.,
UNION CITY
5:15 – 6:45 Forest Park School,
Deep Creek Rd. & Maybird
Cir., FREMONT

Tuesday, Jan 2
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, Jan 6
1:45 – 3:00 Foothill School,
1991 Landess Ave., MILPITAS
3:15-3:45 Friendly Village Park,
120 Dixon Landing Rd.,
MILPITAS

Saturday, Jan 9
Don Reed Meet the Author Event
12 noon - 4 p.m.
Discuss stem cell battles and chronic disease
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
<http://www.stemcellbattles.net>

Saturday, Jan 9
Afternoon with Rumi
 3:00 p.m. - 4:30 p.m.
Poetry and live music in Farsi
 Union City Branch Library
 34007 Alvarado Niles Rd.,
 Union City
 (510) 745-1464
www.aclibrary.org

Saturday, Jan 9
Movie Night \$
 7:30 p.m.
The Yankee Clipper
 Niles Essanay Theater
 37417 Niles Blvd, Fremont
 (510) 494-1411
www.nilesfilmmuseum.org

Sunday, Jan 10
Dr. Martin Luther King Jr.
Commemorative Program
3 p.m.
Speakers remember and celebrate
First Presbyterian Church of
Newark
35450 Newark Blvd., Newark
(510) 793-8181

Sunday, Jan 10
Friends and Fellowship Meal
1 p.m.
Free warm nutritious meal
St. Edward Parish Hall
5788 Thornton Ave., Newark
(510) 797-0241

Sunday, Jan 10
Talk of da Town \$
 2 p.m.
A-Capella music features Motown, Pop and Rock
 Thornton Jr. High
 4357 Thornton Ave., Fremont
 (510) 793-5683
www.lov.org

Sunday, Jan 10
Marshland Homes – R
 12 noon - 1 p.m.
Easy 3.7 mile walk to explore shoreline
 Alviso Environmental
 Education Center
 1751 Grand Blvd., Alviso
 (408) 262-5513 x104
<http://eecmarshlandhomes.eventbrite.com>

Sunday, Jan 10
Salt Marsh Walk – R
 10:30 a.m. - 12 noon
Docent led tour of wetlands
 SF Bay Wildlife Refuge
 1 Marshlands Rd., Fremont
 (510) 792-0222 x362
<http://donedwardsmarsh.eventbrite.com>

Sunday, Jan 10
Weekend Weed Warriors
 1 p.m. - 4 p.m.
Volunteers remove litter and invasive plants
 Hayward Shoreline
 Interpretive Center
 4901 Breakwater Ave.,
 Hayward
 (510) 670-7270
www.haywardrec.org

Sunday, Jan 10
Laurel and Hardy Talkie Matinee \$
 4 p.m.
Barnum & Ringling, Liberty, Bacon Grabbers
 Niles Essanay Theater
 37417 Niles Blvd, Fremont
 (510) 494-1411
www.nilesfilmmuseum.org

Monday, Jan 11
Fair Housing Presentation
 12 noon - 1:30 p.m.
Project Sentinel speaker Francis Nguyen
 Dave and Busters
 940 Great Mall Dr., Milpitas
 (408) 957-9215
<http://www.clubrunner.ca/milpitas>

Traffic Talk

SUBMITTED BY THE
FREMONT POLICE
DEPARTMENT, TRAFFIC UNIT

We’ve all heard the phrase “keep your eyes on the road” when people talk about distracted drivers. But the words also ring true for pedestrians.

Have you ever thought about your own actions as a pedestrian when you cross the street? Do you stare at your phone or get lost in the music you are listening to on your headphones? Do you cross outside of the marked crossing areas? Do you start to dash across a crosswalk even when the red hand signal is blinking?

We’ve all probably been guilty of all or some of these actions. Moving forward, would you change your ways if I told you that as a pedestrian you could be found at-fault in a traffic collision, even if you are the one being struck and injured or killed by a vehicle?

We all know that the human body was not meant to be hit by a vehicle traveling at any speed. However, at times, it seems as though some pedestrians walk the streets with little regard for their own safety and a belief that a driver will stop their vehicle before a crash occurs. The fact of the matter is that by the time a driver sees a pedestrian, it is often too late to avoid the crash.

Pedestrian-related crashes have increased in recent years on our roadways, and with that increase there has been an uptick in injured persons and pedestrian fatalities.

There have been more than 725 injury crashes on Fremont roadways in 2015, and pedestrians have been involved in roughly 10 percent of those crashes. That’s like a pedestrian being hit by a vehicle every fifth day. And it’s not like they’re only happening in one location. Of the 72 pedestrian-related injury crashes to date, there have been 66 different crash sites.

Additionally, there have been seven fatal crashes in Fremont this year and four of those resulted in pedestrians losing their lives. Believe it or not, the driver has not always been determined to be at-fault in these crashes. Sometimes the primary cause of the more severe crashes has been determined to be pedestrians entering the roadway abruptly, outside of a

crosswalk, or trying to cross when the light is already red.

As we kick off the New Year, the Police Department is asking pedestrians and drivers to keep an eye out for yourselves and others. Here are some tips to think about before you decide to take a stroll for lunch, a walk before or after dinner, or as you take the dog for a trot around the neighborhood or drop off or pick up the kids from school.

- **Be Aware:** It only takes a few seconds to cross the street, surely you can complete the task before checking that next e-mail, text message, Tweet, SnapChat video, or Instagram photo.

- **You see them, but do they see you?:** Don’t assume that the driver at the stop sign sees you – make eye contact, nod your head, wave your hand – do something to acknowledge that you are aware of each other.

- **Brighter is better:** Are you into exercising at night? Good for you - just don’t do it while wearing dark-color clothing. Make yourself visible, wear bright colors and consider using reflective vests or accessories. It also helps to jog with a light, or in an area that is well-lit.

- **Be predictable and patient:** Need to cross the street? Make it obvious. Don’t dart into traffic or from in between parked or stopped cars. Use the street corners of the intersection to start your jaunt, and never assume you’ve got the right of way. It’s better to be second and safe than first and frantic.

Here are some of the California vehicle code sections that apply to pedestrian right of way:

- VC 21950 (a) is the section that states the driver of a vehicle shall yield the right-of-way to a pedestrian crossing the roadway within any marked crosswalk or within any unmarked crosswalk at an intersection.

- VC 21950 (b) is the section that states the above section does not relieve a pedestrian from the duty of using due care for his or her safety. No pedestrian may suddenly leave a curb or other place of safety and walk or run into the path of a vehicle that is so close as to constitute an immediate hazard.

- VC 21950 (c) is the section that states the driver of a vehicle

approaching a pedestrian within any marked or unmarked crosswalk shall exercise all due care and shall reduce the speed of the vehicle or take any other action relating to the operation of the vehicle as necessary to safeguard the safety of the pedestrian.

- VC 21951 is the section that says whenever any vehicle has stopped at a marked crosswalk or at any unmarked crosswalk at an intersection to permit a pedestrian to cross the roadway the driver of any other vehicle approaching from the rear shall not overtake and pass the stopped vehicle.

- VC 21954 (a) is the section that says every pedestrian upon a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles upon the roadway so near as to constitute an immediate hazard.

- VC 21955 is the section that states between adjacent intersections controlled by traffic control signal devices or by police officers, pedestrians shall not cross the roadway at any place except in a crosswalk.

A crosswalk is defined in the California Vehicle Code as being either:

- That portion of a roadway included within the prolongation or connection of the boundary lines of sidewalks at intersections where the intersecting roadways meet at approximately right angles, except the prolongation of such lines from an alley across a street.

- Any portion of a roadway distinctly indicated for pedestrian crossing by lines or other markings on the surface. Notwithstanding the foregoing provisions of this section, there shall not be a crosswalk where local authorities have placed signs indicating no crossing.

Traffic Talk is a monthly column submitted by the Fremont Police Department’s Traffic Unit. Submit a traffic-related question via e-mail to TrafficTalk@fremont.gov. Interact with the Police Department @Fremont PD on Twitter or [facebook.com/FremontPoliceDepartment](https://www.facebook.com/FremontPoliceDepartment)

Woman beats DUI rap with claim her body brews alcohol

By MARY ESCH ASSOCIATED PRESS

ALBANY, N.Y. (AP), Drunken-driving charges against an upstate New York woman have been dismissed based on an unusual defense: Her body is a brewery.

The woman was arrested while driving with a blood-alcohol level more than four times the legal limit. She then discovered she has a rare condition called “auto-brewery syndrome,” in which her digestive system converts ordinary food into alcohol, her lawyer Joseph Marusak said in interviews this week.

A town judge in the Buffalo suburb of Hamburg dismissed the drunken-driving charges this month after Marusak presented a doctor’s research showing the woman had the previously undiagnosed condition in which high levels of yeast in her intestines fermented high-carbohydrate foods into alcohol.

The rare condition, also known as gut fermentation syndrome, was first documented in the 1970s in Japan, and both medical and legal experts in the U.S. say it is being raised more frequently in drunken-driving cases as it becomes more known.

“At first glance, it seems like a get-out-of-jail-free card,” said Jonathan Turley, a law professor at George Washington University. “But it’s not that easy. Courts tend to be skeptical of such claims. You have to be able to document the syndrome through recognized testing.”

The condition was first documented in the U.S. by Barbara Cordell of Panola College in Texas, who published a case study in 2013 of a 61-year-old man who had been experiencing episodes of debilitating drunkenness without drinking liquor.

Marusak contacted Cordell for help with his client who insisted she hadn’t had more than three drinks in the six hours before she was pulled over for erratic driving Oct. 11, 2014. The woman was charged with driving while intoxicated when a Breathalyzer test showed her blood-alcohol content to be 0.33 percent.

Cordell referred Marusak to Dr. Anup Kanodia of Columbus, Ohio, who eventually diagnosed the woman with auto-brewery syndrome and prescribed a low-carbohydrate diet that brought the situation under control. She is currently free to drive without restrictions.

During the long wait for an appointment, Marusak arranged to have two nurses and a physician’s assistant monitor his client for a day to document she drank no alcohol, and to take several blood samples for testing.

“At the end of the day, she had a blood-alcohol content of .36 without drinking any alcoholic beverages,” Marusak said. He said the woman also bought a Breathalyzer and blew into it every night for 18 days, registering around .20 every time.

The legal threshold for drunkenness in New York is 0.08. While people in cases described by Cordell sought help because they felt drunk and didn’t know why, Marusak said that’s not true of his client. “She had no idea she had this condition. Never felt tipsy. Nothing,” he said.

Marusak submitted medical evidence of his client’s condition to the judge, who dismissed the DWI charges Dec. 9.

Assistant Erie County District Attorney Christopher Belling said the matter is being reviewed and his office doesn’t comment on open cases.

Marusak declined to name the woman, citing medical confidentiality laws. He said the case has been sealed since the charges were dropped. The Buffalo News described her as a 35-year-old school teacher, and quoted the arresting officer as saying she had bloodshot eyes, slurred speech, and failed several field sobriety tests.

Turley noted that auto-brewery syndrome was only a valid defense in this case because the woman was unaware she had it. He said courts have long recognized that people who know they have medical conditions can be found liable for failing to take reasonable measures in light of that knowledge.

Kanodia, the Ohio doctor, said two DWI cases where auto-brewery syndrome is being used as a defense are currently being tried in Texas and Oregon.

Park It

By NED MACKAY

Get outdoors for good health

Communing with nature can boost your resistance to diseases, according to an article referenced in the January issue of Consumer Reports. The article cites work by Ming Kuo, director of the Landscape and Human Health Laboratory at the University of Illinois at Urbana. “Nature doesn’t just have one or two active ingredients,” she said. “It’s more like a multivitamin that provides us with the nutrients we need to protect us from different diseases.” With that in mind, consider the variety of free, immunity boosting outdoor activities offered in the East Bay Regional Parks this upcoming weekend.

You could start out at **Big Break Regional Shoreline** in Oakley, where the naturalist staff will lead a walk from 2 to 3 p.m. on Saturday, Jan. 9 to view deciduous and evergreen trees, ducks, and mushrooms among other winter flora and fauna. Also at Big Break, Girl Scout Cadettes can earn their Night Owl badge through a twilight program from 5 to 6:30 p.m. on

Wednesday, Jan. 20. Adult participation and registration are required. To register, call 888-327-2757. Select option 2 and refer to program 11885.

Big Break is at 69 Big Break Road off Main Street in Oakley. For general information on the park, call 888-327-2757, ext. 3050.

And there’s always something going on at **Tilden Nature Area** near Berkeley. Three programs are on the agenda during the weekend.

First, you can make your own rain stick and learn how to conserve water, with help from interpretive student aide Sharona Kleinman. The program is from 1 to 2 p.m. on Saturday, Jan. 9. There’s a walk on the wild side from 1:30 to 3 p.m. the same day with naturalist Trail Gail Broesder. It’s a trek to the top of Wildcat Peak, looking for wildlife along the way and enjoying panoramic views at the summit. Bring water and snacks. Then from 1 to 2 p.m. on Sunday, Jan. 10, Sharona will organize a bingo game with a wildlife theme. At the end, you get to keep the cards.

All three programs meet at the Environmental Education Center, located at the north end of Tilden’s Central Park Drive. For information, call 510-544-2233.

Speaking of rain, weather is the theme of Family Nature Fun hour from 2 to 3 p.m. on Saturday and Sunday, Jan. 9 and 10, at Crab Cove Visitor Center in Alameda. The staff will lead activities based on the science of clouds, storms and extreme weather. **Then it’s fish feeding time at the center’s aquariums from 3 to 3:30 p.m. every Saturday and Sunday.** The aquariums contain many varieties of fish that inhabit San Francisco Bay.

Crab Cove is at 1252 McKay Ave. off Central Avenue. Call 510-544-3187.

Ducks are on the agenda at Coyote Hills Regional Park in Fremont. Naturalist Kristina Parkison will lead a stroll on a boardwalk through the park’s marshes from 3 to 4 p.m. on Saturday, Jan. 9 to view our overwintering web-footed friends. Kristina’s program is for ages six and older and parent participation is required. Meet at the visitor center at the end of Patterson Ranch Road off Paseo Padre Parkway. **Coyote Hills has a Family Fun Hour, too. It’s from 2 to 3 p.m. every Saturday and Sunday. On Sunday, Jan. 10 a tour of the visitor center nectar garden is planned.**

Monarch butterflies are still clustering nearby at Ardenwood Historic Farm. You can learn more about these beautiful and fascinating insects during a slide show at 12:30 p.m. every Saturday and Sunday in January in the park’s granary building. Ardenwood is at 34600 Ardenwood Boulevard, just north of Highway 84 in Fremont. For information, call 510-544-2797.

If you like hilly hikes, the place to go is Sunol Regional Wilderness in southern Alameda County. You can join Trail Gail in a climb to the top of Sunol’s hills from 9 a.m. to 2 p.m. Friday, Jan. 8 for an overview of the park. The hike will take place rain or shine. If it’s too late for that, join naturalist Cat Taylor for a Sunol salamander safari from 10 a.m. to noon on Sunday, Jan. 10. The program’s for ages 4 and older.

For either the hike or the salamander safari, meet at the Sunol visitor center. It’s on the left just after the entrance kiosk. Sunol is at the end of Geary Road off Calaveras Road about five miles south of I-680. For information on Trail Gail’s hike, call (510) 544-3258. For Cat’s, call (510) 544-3249.

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



© 2016 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 32, No. 5

Celebrate Martin Luther King, Jr. Day

Peace on the Playground

Bullying makes playgrounds, schools and even neighborhoods feel unsafe for some children. This week, in honor of Martin Luther King's message of peace, *Kid Scoop* looks at ways children can help themselves and others be safe on the playground.

Find the Bully

You can't tell a bully by his or her looks. You can tell who is a bully by the way he or she acts. Here are some of the things a bully might do:

- Hit, kick or push to hurt people.
- Call others bad names, tease or scare people.
- Say mean things about someone.
- Grab someone else's stuff.
- Leave a kid out of a game on purpose.
- Threaten another kid.

What else have you seen bullies do?

Standards Link: Health: Make decisions about feelings and safety issues that support mental and emotional health.

A World of Bullies

Bullying is a problem in schools all around the world. Kid Scoop found information from anti-bullying programs in Scotland, Australia and Canada as well as the United States.

Standards Link: Health: Identify support systems.



Eric Kevin Stacy Miguel Abby

Bully Clues:

The bully is not wearing a hat. The bully isn't wearing a striped shirt. The bully is not wearing glasses. Which kid is the bully?

Standards Link: Reading Comprehension: Follow written directions.

Hey, shorty! Shouldn't you be back in preschool?

Action Plan

Bullying hurts. It hurts a lot. Bullying can make kids feel sick. It can make them not want to go to school. And no one likes to watch other kids getting picked on. No one likes a bully.

Stan is the shortest boy in the fourth grade. Greg, the tallest boy, picks on him every day. Abby and Eric are tired of watching this. What could Stan do or say? What could Eric do or say? What could Abby do or say? What does everyone want Greg to do?

Extra! Extra!

Anti-Bully Armor

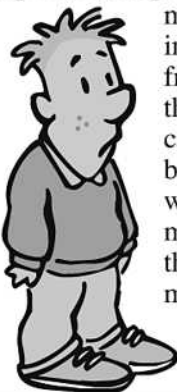
When you feel good about yourself, you're less likely to be hurt by what others say. Take a little time to build up your anti-bully armor. What is anti-bully armor? Feeling good about yourself! Look through the newspaper for words and pictures that show something that is good about you. Glue these onto a sheet of paper titled: **What's good about ME!** Post it where you can see it everyday.

Standards Link: Health: Develop and use effective coping strategies.

Get Through the Bully Maze

Many, many children are bullied everyday. These children can feel lost in a maze made up of bad feelings – sad, stressed, embarrassed, nervous, depressed, helpless. These feelings can

make it hard to do well in school and to make friends. Experts say that there is something that can help a child who has been bullied. To find out what that is, complete the maze. The letters along the correct path of the maze spell the answer!



START

Who Can Help You?

Make a list of people you can talk to if you are being bullied. Cut the list out and keep it with you.

How to Deal with Bullies

► **Pretend not to hear.** Instead listen to your own ~~thoughts~~ and tell yourself, "That's their problem, not ~~me~~" and "I'm OK just the way I am."

► **Find a safe ~~place~~ to talk to.** Make a list of people you could talk to about being bullied or about ~~what~~ you have seen others being bullied.

► **Be a buddy.** Kids who are alone are more likely to be bullied. Make a plan to walk with a ~~friend~~ wherever you think you might meet a bully.

► **Don't bully back.** Getting angry and ~~back~~ sometimes is just what the bully wants. It's dangerous too, because someone could get hurt.

Standards Link: Health: Develop protective factors that help foster resiliency.

A bully scribbled over some of the words in our list of tips! Find the missing word or words in each tip.

fighting
friend
mine
person
times
thoughts

Double Double Word Search

PLAYGROUND
PEACE
BULLIES
HURTS
NERVOUS
THREATEN
HELP
BUILD
FRIEND
TEASE
ARMOR
GAME
FEELINGS
PATH
MEAN

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

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

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

Kid Scoop Together: Funny Filler

Have a friend give you each type of word to fill in the blanks. Then read the story aloud!

My friend Lawrence had the hiccups while getting a haircut.

I was joking and teasing with him about it and said his haircut made him look like a

ADJECTIVE NOUN

It was only a joke, but it made him pretty angry. To make it up to him, I invited him to see the

PLURAL NOUN with my family. Lawrence cheered up

when he saw a ADJECTIVE

NOUN VERB on the trapeze.

A shiny NOUN drove into the center ring and a dozen

crazy PLURAL NOUN climbed

out of it. My dad bought us each a bag of hot

NOUN and a balloon shaped like a NOUN.

When we got home, I apologized again to Lawrence.

"It's okay," he said. "I can't

stay mad when I think about

the ADJECTIVE PLURAL NOUN we saw today!"

Standards Link: Grammar: Understand and use nouns, adjectives and verbs correctly.

Kid Scoo-doku™

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

R	E	I	N	O	G
G			E		N
E				G	O
I	G	N	O	R	E
N	O				I
O	E				R

Kid Scoop VOCABULARY BUILDERS

This week's word: TEASE

The verb **tease** means to make fun of or annoy.

Dad told Jeremy not to **tease** his little sister.

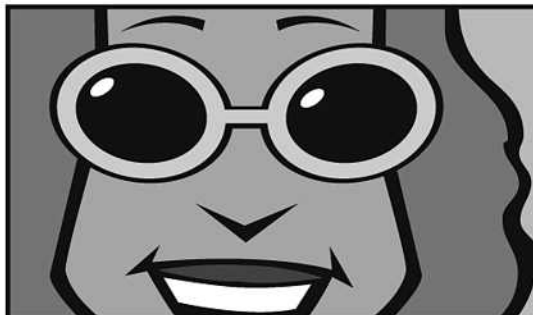
Try to use the word **tease** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Bullies in the News

Look through the newspaper for an article that portrays a person or a group of people who are hurting other people. Could this also be called bullying? Identify who in the article you think is the bully and who is being bullied.

Standards Link: Health: Recognize and respond appropriately to situations involving destructive behaviors.



Why did the teacher wear sunglasses?

ANSWER: Because her class was so bright!

Write On!

Kids Help Kids

Have you ever had a disagreement with another person? How did you handle the problem? Tell kids some helpful things to do to solve disagreement issues.



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*Birthday Parties

*Cheer

*Wushu

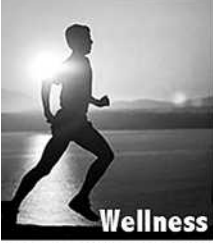
*Field Trips

*Playgroups

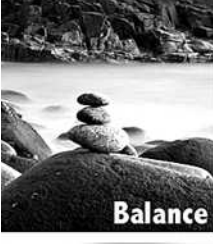
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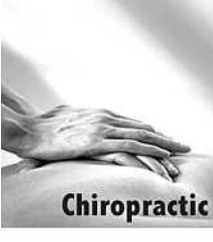
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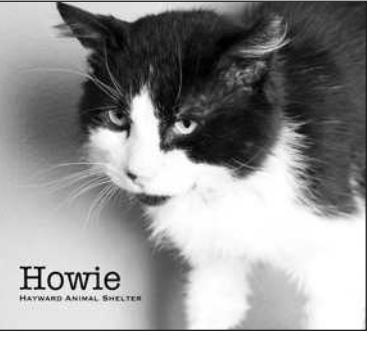


City of Fremont
Human Services Department

I need a Forever Home



Little Gina, a 3-year-old Chi mix, is a sweet, sociable pup who needs her hugs and cuddles. She enjoys short walks and is a spry, happy little gal. She'd be best in a one dog family, and will do well in a family of all ages. Hayward Animal Shelter. Info: (510) 293-7200.



Howie is a friendly, affectionate, easygoing boy who loves head rubs, petting. He's friendly with other cats. He's tested FIV+, which is no big deal, he just needs to be an indoor-only kitty. He can be a single kitty, or, live with another mellow cat. Cats with FIV can live long, normal lives. Info: Hayward Animal Shelter. (510) 293-7200.

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Tuesday - Saturday 1pm - 5pm



Lady Cougars capture Newark Optimist Club Tourney title

Women's Basketball

SUBMITTED BY COACH DARRYL REINA

Hosts, Newark Memorial Lady Cougars varsity basketball team, recorded three-straight quality wins over Dana Hills, Arroyo, and Aliso Niguel to win their own annual Newark Optimist Club Holiday Basketball Classic, on December 28-30, at the Newark Memorial High School Event Center.

The Cougars opened the tourney with a narrow 49-48 win over Dana Hills from Orange County. Sophomore guard Kylie Chan made one of two free-throws with just 4.6 seconds left in the game for the win. Sophomore teammate Haylee Nelson led the Cougars in scoring with 12 points.

In the semifinal victory over Arroyo, the Cougars exploded for 32 first-quarter points and rolled to a convincing 76-47 team victory. Nelson led the way with 19-points, while Chan and senior guard Maricela Matos each scored 17 points.

In the Championship Game against Aliso Niguel from Orange County, the two teams battled throughout, with the lead changing hands several times. The Cougars trailed 44-40 with only a few minutes to play, but rallied to win by the score of 54-46. Matos and senior Tiara Banford each scored a game-high 12 points.

Kylie Chan was named the Tournament's MVP, with Maricela Matos and Haylee Nelson named to the All-Tournament Team.

The Cougars (9-2) open the MVAL season on Tuesday, January 5, hosting the Washington Huskies, with the tip-off set for 7:30 pm in the Event Center.

Pioneers earn CCAA all-academic honors



SUBMITTED BY STEPHEN CONNOLLY
PHOTO BY KELLEY COX

Twenty two Cal State East Bay student-athletes captured 2015 California Collegiate Athletic Association (CCAA) Fall All-Academic honors. A total of 274 student-athletes representing the fall sports of men's and women's soccer, men's and women's cross country, and women's volleyball from CCAA's 13 institutions earned the awards for this season.

The women's soccer team led the way for East Bay with nine award winners. Volleyball had five honorees, followed by men's soccer and women's cross country with three, and men's cross country with two.

2015 CCAA Fall All-Academic Award Winners:
(*two-time honorees)
Women's Soccer:
Joanna Giron*
Andrea Hernandez*
Janelle Herrera
Nicole Lutz
Megan Massone
Katelyn Oshima
Megan Ravenscroft*
Rachel Robbert*
Sara Silva*

Women's Volleyball:
Brandi Brucato
Veronica Fabiano
Kylie Fraga
Angie Maina
Deja Thompson

Women's Cross Country:
Imani Heath*
Kelsey Lamb
Alyssa Tenney

Men's Soccer:
Ali Arianmanesh
Kellen Crow*
Steffen Sauer*

Men's Cross Country:
Kyle Fetter
Noah Siegel

Milpitas Green Knights undefeated

SUBMITTED BY TAHIR UPSHUR

The Milpitas Green Knights Jr. Midget youth football team had a season for the ages. They capped off an undefeated 11-0 season with a 27-14 victory over EYAC in the San Jose PAL Championship game on Saturday, December 5. EYAC scored on the first play of the second quarter to take an 8-0 lead, but Milpitas responded by scoring four straight touchdowns and lead 27-8 midway through the fourth quarter. EYAC scored late in the fourth quarter to bring the score to 27-14, but Milpitas was able to recover an onside kick and run out the clock to seal the victory.

The Green Knights are led by Head Coach and Offensive Coordinator Rey Elzey; Defensive Coordinator Coach Ondrey Betner; Assistant Coaches Curt, DaRice Bracy, and Tahir Upshur; and Team Mom Donna Lacanlale.



LIFE CORNERSTONES

Birth

Marriage

For more information
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Obituaries



Fremont Memorial Chapel
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Grace De La Vega Ryan
RESIDENT OF UNION CITY
August 31, 1931 – December 17, 2015

Andrew J. Ballantyne
RESIDENT OF FREMONT
June 17, 1996 – December 23, 2015

Juanita “Jenny” Reyna
RESIDENT OF UNION CITY
December 22, 1953 – December 23, 2015

Bennett Richardson
RESIDENT OF SACRAMENTO
April 13, 1920 – December 26, 2015

Esther Cosio
RESIDENT OF UNION CITY
July 9, 1932 – December 28, 2015

Fred E. Anderson Jr.
RESIDENT OF FREMONT
May 3, 1927 – December 31, 2015

Glenda L. Preston
RESIDENT OF NEWARK
November 12, 1939 – January 1, 2016

Maria P. Dias
RESIDENT OF HAYWARD
November 29, 1924 – December 30, 2015

Rosmarie Imholz
RESIDENT OF FREMONT
January 11, 1926 – December 30, 2015

William Palleschi
RESIDENT OF FREMONT
November 29, 1913 – January 3, 2016



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Patricia L. Affonso
RESIDENT OF UNION CITY
March 22, 1943 – December 12, 2015

Roberts D. Torrey
RESIDENT OF FREMONT
September 12, 1030 – December 18, 2015

Amalia Z. Guzman
RESIDENT OF FREMONT
July 10, 1935 – December 18, 2015

James L. Sandoz
RESIDENT OF FREMONT
November 30, 1941 – December 20, 2015

Jeremy M. Williams
RESIDENT OF UNION CITY
October 3, 1977 – December 20, 2015

Ngau Ho
RESIDENT OF FREMONT
Resident of Fremont

Jose E. Garcia
RESIDENT OF FREMONT
August 25, 1933 – December 25, 2015

Santokh Singh
RESIDENT OF SAN JOSE
September 12, 1030 – December 18, 2015

Eric R. Rome
RESIDENT OF NEWARK
August 12, 1961 – December 26, 2015

Larry D. Hodges
RESIDENT OF FREMONT
March 29, 1948 – December 26, 2015

Donald E. Lenfert
RESIDENT OF FREMONT
January 12, 1931 – December 27, 2015

Michael Espinola
RESIDENT OF FREMONT
June 12, 1956 - December 27, 2015

Monique Y. Holdener
RESIDENT OF FREMONT
June 26, 1929 – December 28, 2015

Narendra Krishnaswamy
RESIDENT OF FREMONT
April 24, 1930 – December 30, 2015

Katherine A. Gonsalves
RESIDENT OF FREMONT
June 13, 1932 – December 30, 2015

Rose J. DeLorenzy
RESIDENT OF DANVILLE
June 12, 1956 - December 27, 2015

Survarna V. Shroff
RESIDENT OF LIVERMORE
May 3, 1933 – December 31, 2015

Robert Sterling
RESIDENT OF FREMONT
May 1, 1925 – January 1, 2016

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Mass. man's speeding excuse? I won the lottery!

AP WIRE SERVICE

HINGHAM, Mass. (AP) A Rockland man busted for speeding through Hingham had a pretty good excuse when he was pulled over – he'd just won a big prize playing the lottery and was on his way to collect his cash.

It turns out Thursday was 22-year-old Scott's Lowe lucky day in more ways than one. The officer who pulled him over issued a verbal warning and urged him to drive safely.

Lowe told the officer he was speeding because he had won \$50,000 on a scratch-off ticket and was on his way to Massachusetts State Lottery headquarters in Braintree to collect his winnings.

WCVB-TV (<http://bit.ly/1crD2Wu>) reports that police say Lowe was shaking, and showed the officer his winning ticket.

After the warning, he went on his way and claimed his prize.

Information from: WCVB-TV,
<http://www.thebostonchannel.com>

Obituary

Gregoria Geneta

December 26, 2015

Welcomed into heaven on Dec. 26, 2015 at age 100 by the late Jose Geneta (husband), Oscar and Joey Geneta (sons), Eleuteria Palanca (sister), Gregoria will be greatly missed by her surviving children- Carmelita, Flora, Alicia, Teresita and Evelyn. She is also survived by her grandson Daniel Bulan, as well as many other grandchildren & great grandchildren here in America and the Philippines.

Special thanks to caregivers, administrators and friends at Gateway Care & Rehab. Facility in Hayward for making Gregoria comfortable and happy in her last years. Bless you all!

A private Memorial Service will be held on Jan. 9, 2016 at Santos-Robinson Mortuary in San Leandro.



Obituary

Andrew Joseph Ballantyne

June 17, 1996 – December 23, 2015

Resident of Fremont



It is with great sadness that we share the news of Andrew Ballantyne's passing as a result of a traffic accident on December 23rd, 2015. He was 19 years old.

Andrew was born and raised in Fremont. He graduated from Washington High School in 2014 and was to return to Ohlone Community College for the spring semester. His plans were to eventually become a police officer, as he desired to help and assist others in need.

His sense of humor and his smile will always be in our memories; his gentleness and kindness will always be in our hearts.

He is survived by his parents Tom and Tammy Ballantyne; his grandmother Katherine Blanton of San Jose; his uncles, aunts and cousins: Mike and Lisa Blanton of Lone Tree, CO (Jennifer, Michael, Brent); Bruce Blanton and Holly Hanson of Gilbert, AZ; Scott and Rhonda Ballantyne of Ferndale, WA (Jen, Kate); Vicki and Rod Gingery of Eugene, OR (Laura, Amanda).

Visitation will be held on Monday, January 4th, from 4-8pm with a Vigil at 6pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Funeral Mass will be celebrated on Tuesday, January 5th, 4pm at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. A private burial will be held at Irvington Memorial Cemetery in Fremont, CA.

In lieu of flowers, donations in his memory may be made to the Andrew Ballantyne Memorial Fund at Washington High School which will be awarded to selected students. Checks (no cash or credit cards) may be made payable to Washington High School (Andrew Ballantyne Memorial Fund) and sent to Washington High School, 38442 Fremont Blvd., Fremont, CA 94536.

Fremont Memorial Chapel
1-510-793-8900

Government Briefs

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

City Council/Public Agency MEETINGS

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

CITY COUNCILS

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

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

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

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

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

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

WATER/SEWER

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

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

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

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

SCHOOL DISTRICTS

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

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

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

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

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

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

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

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

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

Dungeness and Rock Crab health advisory partially lifted

SUBMITTED BY ANITA GORE AND ORVILLE THOMAS

The health advisory regarding Dungeness and rock crabs caught along the coast between the Santa Barbara/Ventura County Line and Latitude 35° 40’ N (near Piedras Blancas Light Station, in San Luis Obispo County) is being lifted along the coasts of Santa Barbara and San Luis Obispo counties. California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith updated the advisory because recent tests show that levels of domoic acid have declined to low or undetectable levels in crabs caught in these areas.

The advisory remains in effect for state waters around Santa Cruz, Santa Rosa, and San Miguel Islands and areas north of Latitude 35° 40’ N due to continued elevated levels of domoic acid in crabs caught in those areas. Consumers should not eat Dungeness or rock crabs from those areas. The advisory will be lifted in those areas once ongoing monitoring by CDPH determines crabs from those areas are safe to consume.

CDPH and the Office of Environmental Health Hazard Assessment concur that crabs caught along the coast south of Latitude 35°

40’ N are safe to consume. However, as a precaution, consumers are advised not eat the viscera (internal organs, also known as “but-ter” or “guts”) of crabs. The viscera usually contain much higher levels of domoic acid than crab body meat. When whole crabs are cooked in liquid, domoic acid may leach from the viscera into the cooking liquid. Water or broth used to cook whole crabs should be discarded and not used to prepare dishes such as sauces, broths, soups or stews (for example, cioppino or gumbo), stocks, roux, dressings or dips.

The best ways to reduce risk are:

- Remove the crab viscera and rinse out the body cavity prior to cooking, or
- Boil or steam whole crabs, instead of frying or broiling, and discard cooking liquids.

Symptoms of domoic acid poisoning can occur within 30 minutes to 24 hours after eating toxic seafood. In mild cases, symptoms may include vomiting, diarrhea, abdominal cramps, headache and dizziness. These symptoms disappear within several days. In severe cases, the victim may experience trouble breathing, confusion, disorientation, cardiovascular instability, seizures, excessive

bronchial secretions, permanent loss of short-term memory (a condition known as Amnesic Shellfish Poisoning), coma or death. There have been no reported illnesses associated with this year’s domoic acid event.

Domoic acid accumulation in seafood is a natural occurrence that is related to a “bloom” of a particular single-celled plant. The conditions that support the growth of this plant are impossible to predict. While the bloom that occurred earlier this year has dissipated, it takes a period of time for the organisms feeding on the phytoplankton to eliminate the domoic acid from their bodies.

CDPH will continue to coordinate its efforts with the California Department of Fish and Wildlife and the fishing community to collect crab samples from the central and northern California coast until the domoic acid levels have dissipated.

To receive updated information about shellfish poisoning and quarantines, call CDPH’s toll-free Shellfish Information Line at (800) 553-4133. For additional information, visit CDPH’s Natural Marine Toxins: PSP and Domoic Acid Web page and CDPH’s Domoic Acid health information Web page:www.cdph.ca.gov

Santa Clara County raises tobacco purchase age for unincorporated areas

SUBMITTED BY SANTA CLARA COUNTY PUBLIC AFFAIRS

Starting Friday, January 1, the age to purchase tobacco and electronic smoking products in unincorporated Santa Clara County increases from 18 to 21. The ordinance will affect 17 retailers located in unincorporated County areas.

“Tobacco use is still the number one cause of preventable death in the United States, killing more than 480,000 people and costing about \$170 billion in health care expenses each year,” said Sara Cody, M.D., County Health Officer and Director of Santa Clara County Public Health Department. “Tobacco and e-cigarette use among teens and young adults remains a critical public health concern.”

It is estimated that 90 percent of tobacco users start before the age of 21; roughly 80 percent first try tobacco before age 18, and 75 percent of teen smokers

continue into their adult years. A recent report by the Institute of Medicine predicts that raising the minimum age for the sale of tobacco products to 21 may, over time, reduce the smoking rate by about 12 percent and smoking-related deaths by 10 percent.

Positive identification will be required for purchases. No retailer shall sell or transfer a tobacco product or electronic smoking device to another person who appears to be under 30 years of age without first examining the customer’s identification.

For more information, visit www.sccphd.org/tobacco. The public may call the County Tobacco Violations Reporting Line at (408) 885-4466 to report non-compliant tobacco retailers in unincorporated Santa Clara County. Tobacco retailers needing more information about the Tobacco Retailer Ordinance can call Santa Clara County Public Health Department at (408) 793-2745 or email nicole.coxe@phd.sccgov.org.

Fremont facilitates transparency with ‘Open Data’ Initiative

SUBMITTED BY CITY OF FREMONT

The City of Fremont recently published its first dataset of “open data” in an effort to facilitate government transparency, accountability, and citizen engagement. This serves as one of the strategic initiatives in the City’s Information Technology Strategic Plan.

The portal improves access to the data and is freely available for citizens to use and republish with some noted disclaimers that the information is provided “as is.” The GIS data can also help develop user-friendly applications with forward-looking predictive analytics. The City of Fremont is continuing to refine the current open data portal. Future enhancements include sharing publicly available financial and permitting data.

View the City’s Information Technology Strategic Plan at: <http://www.fremont.gov/IT-StrategicPlan>

Support Fremont Emergency Warming Center

SUBMITTED BY FREMONT UNIFIED STUDENT STORE

Join Fremont Unified Student Store (FUSS) in supporting Fremont Emergency Warming Center. It is heartwarming to see the homeless getting warm meals, safe shelter and caring services at the Warming Center during these cold, wet nights. A shower room has also been installed for them so that they could take hot showers.

Would you like to join FUSS in serving and/or providing food in January? Please contact FUSS at fuss4schools@gmail.com. Volunteers are needed for the following dates:

Wednesday, January 13
Monday, January 18
Sunday, January 24

We will need to serve on these days only if it is raining or below 40 degrees. Visit www.fuss4schools.org/2015-2016-emergency-warming-center to view the Volunteer Training Manual. If you need more details, please contact Christine Beitsch with CityServe Compassion Network at specialprojects@cityserve.org.

Abode Services receives CalWORKs Award

SUBMITTED BY CHRIS DE BENEDETTI

Abode Services, which has provided homes to more than 4,400 Bay Area adults and children since 2010, received the Santa Clara County CalWORKs “Community Partner of the Year” Award. The Fremont-based organization received the honor at the 25th annual CalWORKs Client Achievement Awards cere-

mony held in the County of Santa Clara Board of Supervisors Chambers. At the ceremony, the inspiring testimonies of 10 resilient and tenacious clients who have overcome significant challenges to create better lives for themselves and their families were showcased.

The California Work Opportunity and Responsibility to Kids (CalWORKs) program provides a safety net for low income and fi-

nancially struggling families throughout Santa Clara County. Participants customize their own plan to develop the necessary job skills and tools to increase employment opportunities. Services include: educational and vocational training, job placement, childcare, transportation, housing support, counseling and substance abuse prevention counseling.

SUBMITTED BY PETER DREKMEIER

After four years of drought, water conservation continues to be of utmost importance to maintaining our high quality of life. Communities are renewing their efforts to stretch strained water supplies, and creative ideas are in high demand.

Now in its eighth year, Silicon Valley Water Conservation Awards highlight innovative water conservation efforts that can serve as models for others. The Water Awards recognize leadership that has advanced water conservation in Santa Clara County and Alameda County from Hayward south.

Do you have a model program or practice to share, or know of others who do? Applications and nominations for the 2016 Silicon Valley Water Conservation Awards are being accepted until Friday, January 29. The 2016 award categories are:

Government Agency/Water Utility Business

Organization Greenscape Management Innovation Education Water Champion Youth/Student

To learn more about the Water Awards, and how to apply or nominate a candidate, visit www.waterawards.org. The awards ceremony will be held on Wednesday, March 23.

OPINION



WILLIAM MARSHAK

Many utilities – water, trash disposal, waste treatment, etc. – in the Greater Tri-City area have announced substantial rate increases, not only for the New Year but in future years as well. Questions are being raised about past management practices and why multi-year burdens are being imposed on users. Balance sheets, especially expenditures are under close scrutiny. Although essential to the infrastructure of our cities, most residents usually pay little attention to the business of supply of essential products and disposal of the waste left behind. Attention has been heightened by a “green” revolution and industry that has attempted to reduce our so-called “carbon footprint,” locally and on a national and international scale.

Habits are changing slowly to reflect the effect of environmental awareness, but delivery of essential resources and reduction and disposal of waste have come under increasing scrutiny and public discussion. Weather changes are noticeable and undeniable whether accepted as a changing global phenomenon or not. In many ways, the pattern of environmental change is reflected by our utilities. These are resources that are, in many cases provided by Mother Nature, captured

When the roof leaks...

through human intervention and delivered en masse to cities. While some people have taken exceptional interest in reliable delivery and removal, most assume infrastructure will be prepared for reliable service at all times. When natural conditions such as drought or floods intervene, we suddenly become aware of our tenuous hold on the surface of Planet Earth and struggle to understand what utility companies do for us and if they do their jobs well.

An example of preparation for extraordinary circumstances is the purchase and maintenance of a family residence. The thrill of home ownership may have begun about 20 years ago; a fund was created to take care of large, planned expenditures including painting and repair of exterior walls and roof maintenance. Over time, the fund was adjusted to reflect economic changes bringing a sense of control over the investment.

During the last few years, drought was beneficial in one respect; the roof appeared to be okay since rain was scarce. El Nino changed all that! With the first rains of the season, strategic placement of water cans throughout the house was necessary. A local roofer was called to assess the damage and consensus was reached that the roof must be replaced. Due to changes in environmental laws, roofing materials and labor, the fund, though carefully prepared, is inadequate.

Major non-essential expenses throughout the past 20 years reveal that more might have been done to save and anticipate the bill. Vacations, parties, sports and family events were budgeted but could have been reduced to augment the maintenance budget. There are only a few choices at this point, borrow the money necessary, defer other projects on the house or buy more buckets and defer a new roof for another year or two. With the

additional financial stress come recriminations, both founded in fact and some without basis. Through it all, a concerted effort is necessary to deal with a leaky roof and plan for the next time it needs repair.

Although an inadequate allegory, our utilities constantly face the same problem. Although there are certainly many budget line items that should rightfully change under public pressure and scrutiny, there are only so many buckets that can keep us dry under a leaky roof. An honest and clear evaluation of our utility systems is the responsibility of public representatives with the help of their staff. However, an added layer of public protection could be helpful. Instead of antagonistic criticism of particular sectors of expense without context, a process to inspect the system's anatomy, similar to drafting a General Plan, could be used to reveal flaws and imbalance in a comprehensive manner. Conclusive and public recommendations would result. If such a review – no more than six months in duration – is done by an independent commission of informed and interested citizens every 10-15 years, corrective actions can be reviewed and instituted if necessary.

Whenever public institutions are given responsibility for routine maintenance of services assumed to be regulated and controlled for the benefit of all, the possibility for mismanagement exists. This may not be the case, but for all concerned, an occasional review maintains public awareness and confidence. A peek at the roof above and the pipes below every so often may be a good idea.

William Marshak
PUBLISHER

LETTER TO THE EDITOR

Niles Film Museum donations

We, the Board of Niles Essanay Silent Film Museum, thank you for supporting the Museum during 2015. In addition to one or more public shows with live music every week in an authentic nickelodeon-era theater, we participated in the new restorations of Charlie Chaplin's Essanay comedies that are now available in a boxed set on both Blu-ray and DVD with a bonus informational booklet.

During this year, our film collection grew by several hundred films. New additions include like-new Blackhawk prints of Chaplin, as well as other comedy shorts and several unique films. Our film collection is now close

to 9,000 titles and growing fast enough that cataloging them has become a major challenge. Thanks to an anonymous donor, we recently received a challenge grant of \$25,000 toward the estimated cost of \$70,000 to support a specialist to work full time cataloging our film collection.

Please help continue our mission to preserve our local film heritage and share it through exhibitions of silent films with live music for general audiences and groups of school children. The Niles Essanay Silent Film Museum is a 501(c)(3) nonprofit organization, and donations are tax deductible to

the extent allowed by law. Any amount will be gratefully received.

Thank you in advance for your support, and please come see us at the movies!

**Niles Essanay Silent
Film Museum**
37417 Niles Blvd, Fremont,
CA 94536
(510) 494-1411
www.nilesfilmmuseum.org

Dorothy Bradley
Museum President

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PUBLIC NOTICES

representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on 1/12/2016 at 9:30 a.m. in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704 If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b)	of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Raymond Chan (SBN: 206873), 1109 Vicente Street, Suite 102, San Francisco, CA 94116, Telephone: 415-759-8533 12/22, 12/29, 1/5/16 CNS-2827676#	COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/02/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: Juliet Tabajonda, and Wilfredo Tabajonda Duly Appointed Trustee: Western Progressive, LLC Recorded 09/15/2004 as Instrument No. 2004416785 in book ---, page --- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 01/20/2016 at 12:00 PM Place of Sale: AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON STREET, OAKLAND, CA Estimated amount of unpaid balance and other charges: \$ 842,409.85 NOTICE OF TRUSTEE'S SALE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 4500 Santee Road, Fremont, CA 94555 A.P.N.: 543-0252-080-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 842,409.85. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE OF TRUSTEE'S SALE Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site http://www.allisource.com/MortgageServices/Default/Management/TrusteeServices.aspx using the file number assigned to this case 2014-01919-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 9, 2015 Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park, Suite 450 Irvine, CA 92606 Automated Sale Information Line: (866) 960-8299 http://www.allisource.com/MortgageServices/Default/Management/TrusteeServices.aspx For Non-Automated Sale Information, call: (866) 240-3530 Trustee Sale Assistant WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. 12/22, 12/29, 1/5/16 CNS-2825942#
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Globetrotters 90th year celebration

SUBMITTED BY
ERIC S. NEMETH

While the Globetrotters made international headlines when the team recently met the Pope, took over New York Fashion Week, and broke seven world records, the team’s ongoing comparisons to the Golden State Warriors hit an all-time high on December 8 when the Globetrotters Tweeted: “Congrats to the @Warriors on their 27-game win streak. They’re now just 3,562 short of our current mark.”

When the Warriors were dealt their first loss of the season on December 12, the Globetrotters added: “Salute to the @Warriors on the streak. We bounced back after our last loss in ‘06 and they will too.”

Comparisons to the Warriors and the Globetrotters date back well before the current headlines, as Wilt Chamberlain played several years for both the Globetrotters and the Philadelphia/San Francisco Warriors.

The Harlem Globetrotters will celebrate their 90th year when the world-famous team brings seven games to Oakland and San Jose January 15 through 24. The celebration will feature some of the greatest athletes and entertainers on the planet. Their one-of-a-kind game showcases incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy and unequaled fan interaction.

The team will also roll out the “The Great Assist” program in 2016. Players will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities. Fans are encouraged to visit www.GreatAssist.com to nominate a worthwhile cause or a deserving family in need of a smile, and the Globetrotters will help as many fans as possible throughout the tour.

For the full game schedule, visit <http://www.harlemglobetrotters.com/tickets?search=bayarea>.

Emergency help is one click away for CSUEB students

SUBMITTED BY
KIMBERLY HAWKINS

Staying safe could be as close as your fingertips. There’s a way to transform your smartphone into a personal safety device. It’s called Rave Guardian and Cal State University East Bay’s (CSUEB’s) University Police Department is encouraging students, staff and faculty to download the app, which allows people to contact emergency personnel with the touch of a button.

“A lot of our students use cell phones, but when you call the University Police Department on a non-emergency line, we get no GPS or caller ID,” said CSUEB Police Administrative Manager Desi Calzada. “With this app, if someone hits the panic button, it triggers an alarm at the campus police station and immediately tells officers who the student is and where they are.”

Another key feature is a timer users can set if they feel unsafe while walking. The user sets the timer for the length of time they think it will take to get from point A to point B. Once the user reaches their destination safely, the timer should be turned off. If it is not disabled before the time runs out, police and the user’s

designated guardians will get an alert.

The app also enables a two-way tip line. Users can anonymously send texts and images to campus police if they witness suspicious behavior.

“This is a way to be much more proactive and give our students and the campus community a broader sense of their own safety,” CSUEB Police Chief Sheryl Boykins said. “If something happens, we may not be right there, so you have to take some responsibility for ensuring your own safety. This app will help you with that.”

Boykins said the market is currently saturated with safety apps — a response to the increase in reporting of crime on college campuses. According to campus police, CSUEB has seen a reduction in most crime, but Boykins said she wants to stay one step ahead of the game. Rave Guardian is meant to create a virtual safety network, help users feel safe wherever they go, and provide immediate help if needed. CSUEB is one of only two colleges in the Bay Area that purchased the app technology.

“I love the Rave Guardian app and I hope all parents, students, and staff sign up for the service,”

Obituary Grace De La Vega Ryan August 31, 1931 – December 17, 2015 Wife of Walter C. Ryan

Grace was a mother of three, grandmother of 9 and great grandma of 5. She was a very strong, smart, caring, active woman.

Completing three certificates including cosmetology, nurses aid and a loving teacher at Montessori school in Fremont, California. She also was an usher at Harbor Light Christian Church in Fremont, California.

Known for her beauty and grace, by all who knew her. She had style, was elegant, and had a big heart to match. She was loved my many and will be remembered by all. She is at peace with the Lord our Savior.

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Milpitas Youth Spelling Bee

SUBMITTED BY THE CITY OF MILPITAS

Milpitas elementary school students are invited to showcase their spelling knowledge as they compete to be the Spelling Bee Champion for 2016! Preliminary rounds will be split by grade. The final rounds of competition will include top students from grades 1 through 6 competing against each other. Please note that word lists for each grade vary in difficulty.

Pre-registration is required for this activity. Completed registration forms can be submitted to the Milpitas Sports Center or Milpitas Community Center or register online at www.ci.milpitas.ca.gov. Registration must be submitted no later than January 18. All proceeds will benefit the City of Milpitas Youth Advisory Commission's events and scholarships.

Milpitas Youth Spelling Bee
Friday, Jan 22

1st – 3rd Graders
5:30 p.m. – 7:00 p.m.
Check in begins at 5:00 p.m.
Milpitas Community Center
457 E Calaveras Blvd, Milpitas

4th – 6th Graders
7:15 p.m. – 8:45 p.m.
Check in begins at 6:45 p.m.
Milpitas Senior Center
40 N Milpitas Blvd, Milpitas

(408) 586-3000
www.ci.milpitas.ca.gov
Registration fee: \$5
Admission fee: \$5 (Pay at the door)

Ruby’s Place wins a grand prize

SUBMITTED BY AQUEILA M. LEWIS

During October 1 - 27, more than 160 non-profits participated in the Allstate Foundation Purple Purse® Challenge, which called on the public to raise funds to help domestic violence survivors recover from abuse. Ruby's Place (Hayward) was the only Bay Area domestic violence shelter to compete in this challenge — and win a grand prize given to the top 20 competitors!

During the challenge month, supporters helped raise \$19,405. Additionally, Ruby’s Place was awarded an additional \$3,000 during weekly bonus challenges for a grand total of \$22,405. This

is a tremendous support to the more than 200 families served each year.

Since January 1, 2015, Ruby's Place has responded to 1,096 violence related calls, provided food for 15,120 meals, and 4,735 bed nights to 82 unduplicated women and children. Fundraising competitions such as these enable even more courageous women who have been brave enough to say, “Enough is enough!” to continue to do so. And when they say that, Ruby’s Place is there to start them on their journey to new beginnings.

To find out more, visit www.rubysplace.org or call (510) 931-5921.

Julie Wong, CSUEB's vice president of Student Affairs said. “The app helps strengthen the safety net. We are one community and we have to look out for one another.”

Those who choose to download the app can fill out a profile that can include medical history, emergency contacts, a car description and personal photo. Police encourage students to give as much information as they are comfortable sharing.

Once a profile is created, the user is instructed to set a “Guardian” contact. This could even be University Police.

“They don’t have to have (University Police) as a guardian,” Boykins said. “They can have family, a roommate, or a friend. But if they do select us as a guardian, that particular student doesn’t need to feel like big brother is watching him.”

Boykins went on to explain that the app does not include tracking capabilities; the information users provide is completely confidential and does not link to the police unless the emergency function is activated, at which point police can access it to help students.

“Your phone becomes a safety device for you and so you can carry it with you,” Calzada said.

“You have a safety device in your pocket everywhere you go and if you need to communicate with us. If you need someone to watch over you, it’s right there for you. It’s enhancing our communication.”

“Students will benefit by ensuring they have someone who is aware of their coming and goings,” Wong added. “Parents will be able to rest assured that their son or daughter is safe by being able to be connected to our students.”

The Rave Guardian app is free to download on all mobile devices, and can be used by any student, faculty or staff member with a university email address.

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Formerly homeless vet counts blessings, including BART outreach



SUBMITTED BY MELISSA JORDAN

It's been almost a year since Vietnam veteran Jack Hanna's life changed in a dramatic and positive way. Last year at this time Hanna was spending a lot of time huddled in a cardboard box in BART stations, homeless, hard for caseworkers to find, and seriously ill.

Thanks to BART's homeless outreach coordinator and outreach from nonprofit Swords to Plowshares and other partners, Hanna moved into permanent supportive housing soon after that.

"It saved my life to get off the streets and into housing and services," Hanna said. "I will be forever grateful."

Hanna said he's been clean and sober for the past year, staying on his medications, and going down into stations to tell his story to his veteran friends who remain homeless and seek shelter at BART, especially as the weather gets more rainy and cold.

"I've been on their case," he said. "I tell them, here you are in a major metropolitan area with some of the most expensive real estate in the world, and you can get your own room in the Financial District. You can have your own bathroom and shower and hot meals and have people visit you. I tell them, 'I did it, and you can, too.'"

Not everyone gets the message. But Armando Sandoval, BART's crisis intervention and homeless outreach coordinator, says Hanna's case is just one of the ways he's seen major progress in the past year.

"We have expanded and increased our collaboration with groups like Swords to Plowshares, the San Francisco Vet Center, SF HOT, and Homeless Connect," he said.

Now, every Tuesday morning, three outreach workers from Swords come to the BART Police substation at Powell and meet with Sandoval to go over cases of homeless veterans. They are Dennis Johnson, Ben Bencomo and Manny Sosa.

"It's become a systemwide effort to provide direct outreach and service coordination," Sandoval said.

Another three homeless veterans have been moved into supportive housing like Hanna's in the past year, he said, and 12 others are in coordination with ongoing outreach services. Sometimes it requires multiple contacts with individuals to persuade them to access services, and BART Police have stepped up efforts to intervene when people appear to be sleeping in stations. They encourage the public to call BART PD at (510) 464-7000 if there is a person who needs to be checked on, or download the BARTWatch app for reporting incidents for follow-up. (For emergencies call 911).

Sometimes those people, if they have multiple previous contacts for blocking free movement and refuse to sit or stand up and stay alert, can be taken to jail.

BART Police Chief Kenton Rainey is very clear that he wants officers focusing on the safety of customers using the BART system along with balancing the interests of those people who might be seeking shelter and in need of assistance.

"They have to be sitting or standing up and alert in case of an emergency," Chief Rainey said. "If they do that, they are in a public space, and they can remain. They can't be lying down, sleeping; that's not safe for anyone. We are concerned for their welfare and we will check on them. It's ultimately about safety for everyone in the event we have to evacuate the station."

Jack Hanna credits BART Police and Swords to Plowshares with saving his life. He gets joy now from being in a clean, warm building for vets on Kearny Street in San Francisco where his daughter and grandchildren can visit; he has a permanent address and mailbox. With access to the full benefits he earned as a veteran, he has enough spare money for better hygiene and occasional treats, though he doesn't have much appetite and is still quite thin. He pursues his hobby of drawing and sketching.

Last Friday, he showed off a small portable beard trimmer he had purchased, to keep his face shaved. In the two-block walk down Kearny to get some lunch, multiple people told him hi, by name. Outgoing and loquacious, he collected a fist bump, handshake, and hugs from people in business suits to sweat pants. He said he was happy and finally felt appreciated for his service.

"When I first came back people threw rotten eggs at us, spit on us, and that hurt." He might connect with some buddies from Veterans for Peace, an organization in which he believes strongly. He keeps up on current events, such as the situation in Syria, and current presidential politics.

"I've always been a patriotic person," he said. "I grew up watching John Wayne movies. I volunteered for service. But I've seen war and I don't want anyone else to have to go through it," he said. "I still have nightmares. That's why I am for peace."

Walking back to his home, Hanna found irony in his move, just blocks from the cardboard box to a space that would rent for thousands on the open market. "I still live in the same neighborhood," he said. "I just have better housing."

He said goodbye with a hug and his standard send-off, on phone calls or in person, to all that he meets: "God Bless You."

Resources to Help:

Veterans Administration: Call 877-4AID-VET (424-3838) to be connected 24/7 with VA's services or visit

<http://www.va.gov/homeless/>

Swords to Plowshares: <http://www.swords-to-plowshares.org/>

BART Police Department: To report a person who may need help call (510) 464-7000, or use the BART Watch app downloadable from bart.gov/police

San Jose Vet Center: (408) 993-0729 or (877) 927-8387

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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
California Supreme Court Cases

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In-custody death

SUBMITTED BY SGT RYAN CANTRELL

On December 19, at 1:08 a.m., the Hayward Police Department responded to the 25000 block of Ironwood Court regarding a male requiring an emergency mental health evaluation.

Upon arrival, the officers contacted a 42 year old male and an Involuntary Psychiatric Hold was placed on the male pursuant to 5150 W&I. The male was placed in the back of a patrol vehicle while waiting for an ambulance to arrive for transporting to a local psychiatric hospital. While waiting for the transporting ambulance, the male became violent and attempted to kick out the rear windows of the patrol vehicle. For his safety, the safety of the officers on scene and pending response of emergency medical personnel, the male was removed from the patrol vehicle and his legs placed into a restraint device. A short time later the male began suffering from a medical emergency requiring officers and members of the Hayward Fire Department to begin life saving measures by providing CPR. The male was transported to a local hospital where he was later pronounced as deceased.

The Coroner's Bureau has identified the deceased as Roy Nelson, a 42 year old African American male from Hayward. Nelson's cause of death has not yet been determined by the Coroner's Bureau. The cause of death will be released once it is finalized by the Coroner's Bureau.

As this death occurred while the male was in the custody of the police department, an administrative investigation regarding this incident is being conducted per departmental policy.

Ongoing investigation on non-fatal shooting

SUBMITTED BY LT. VICTOR DERTING, UNION CITY PD

On Tuesday, December 29, 2015 at 7:46 p.m., officers responded to 29555 Kohoutek Way on a report of a male lying in front of the address, suffering from a gunshot wound. When officers arrived they located an adult male with at least one gunshot wound. The victim was provided with emergency medical aid and transported to a local hospital for nonlife-threatening injuries.

At this time it is unknown where the shooting occurred, and no motive has been provided. Anyone with information concerning this incident should contact Union City Police Department at (510) 471-1365. Anonymous tips regarding this incident can be made by calling (510) 675-5207 or emailing Tips@union-city.org.

Telephone fraud scam alert

SUBMITTED BY SGT. MATTHEW MILLER, MILPITAS PD

On August 29, the Milpitas Police Department received several reports regarding a fraudulent scam taking place over the telephone. An unknown male suspect called multiple residents throughout the city stating he was an officer either with the Santa Clara County Sheriff's Office or the Santa Clara County District Attorney's Office. The suspect told the residents they had outstanding warrants for their arrest and they needed to put money on a money card and send it to him in order to take care of the warrant. The subject threatened to come to the homes of the individuals and arrest them if they did not comply. Fortunately, none of the residents provided the suspect with a money card and contacted the Milpitas Police Department instead.

The Milpitas Police Department would like to remind everyone to be aware of these types of scams

where money is demanded and arrests are threatened. Suspects may try to instill fear in victims or use other means to persuade victims to forward money or personal information. If an individual calls your residence identifying themselves as a law enforcement officer or a representative of a law enforcement agency and you believe the phone call is suspicious in nature, you are encouraged to contact the law enforcement agency in question to verify the caller's identity.

Anyone with any information regarding this investigation or other similar incidents occurring in our city is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at:

http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp

Union City Police Log

SUBMITTED BY
UNION CITY PD

Tuesday, December 22

At around 10:00 p.m., Ofc. Blanchard was dispatched to a gas station on Decoto Road on the report of a battery. The victim said that a suspect ran up to him and punched him in the back of the head. Other officers located the suspect nearby. Bobby Grigsby, a Union City resident, was arrested.

Thursday, December 24

A residential burglary occurred on the 100 block of Aurora Plaza between Thursday, December 24, 2015 at 10:00 a.m. and Friday, December 25, 2015 at 12:15 a.m. The front door was possibly left unlocked. The house was ransacked, and the losses included electronics, jewelry and shoes.

A residential burglary attempt occurred on the 4700 block of Cabello Street around 3:00 p.m. Someone attempted entry into a locked storage shed.

A commercial burglary occurred on the 34000 block of 7th Street between Thursday, December 24, 2015 at 4:30 p.m. and Friday, December 25, 2015 at 8:00 a.m. A door was forced open. The losses included shoes, coats and sewing machines.

Friday, December 25

A residential burglary occurred on the 2100 block of Sunsprite Drive between Friday,

December 25, 2015 at 3:30 p.m. and Saturday, December 26, 2015 at 8:20 a.m. Entry is unknown; a door was possibly left unlocked. The losses included appliances and power tools.

A residential burglary attempt occurred on the 35500 block of Monterra Terrace around 5:00 p.m. The victim was away for the day. When he returned, he noticed that his patio screen door was open. He reviewed his surveillance video and saw that someone attempted to burglarize his residence. After posting the video on his Facebook page, someone identified the suspect. On Monday, December 28, 2015, Union City Police Department detectives arrested John Winchester, a Livermore resident, for burglary.

Saturday, December 26

A residential burglary occurred on the 4400 block of Pomponi Street between 10:00 a.m. and 9:30 p.m. The rear glass sliding door was smashed, but there was no loss. The audible alarm may have scared off the suspects.

Sunday, December 27

At around 2:15 a.m., Ofc. Perry was conducting a routine security check in the area of Bridgepointe Place, when he observed a suspicious vehicle without a front license plate. A check of the vehicle identification number (VIN) showed that it was reported stolen out of Fremont. The driver, Veronica Payne of Hayward, was arrested for vehicle theft.



Grigsby



Payne



Winchester

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FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Fremont Family Resource Center. 39155 Liberty St, Bldg EFGH, Fremont, CA 94538 Open: Jan 27 to Apr 15, 2016 Wed. & Thurs.: 4 pm - 8 pm Friday: 10 am - 1 pm Call 510-574-2020 for more info	FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Tuesdays: Feb 2 to Apr 12, 2016. 10 am – 4 pm At Tri-Cities One-Stop Career Center – Ohlone College 39399 Cherry Street, Room 1211 Newark, CA 94560 For appointment call (510) 742-2323	FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Mondays: Feb 1 to Apr 11, 2016. 10 am – 2 pm At Tri-City Volunteers 37350 Joseph Street Fremont, CA 94536 For appointment, call Stacy at (510) 793-4583	Newark Trash Pickup Crew Get to know your Newark neighbors Get a bit of exercise and help make Newark look great Join us! https://www.facebook.com/ groups/newarkTrash/	Little Lamb Preschool Open House Sat. April 16 Drop-in Between 1-4pm Free Ice Cream Meet the Teachers Visit the Classrooms Registration Info Available www.littlelambpreschoolbcc.org	
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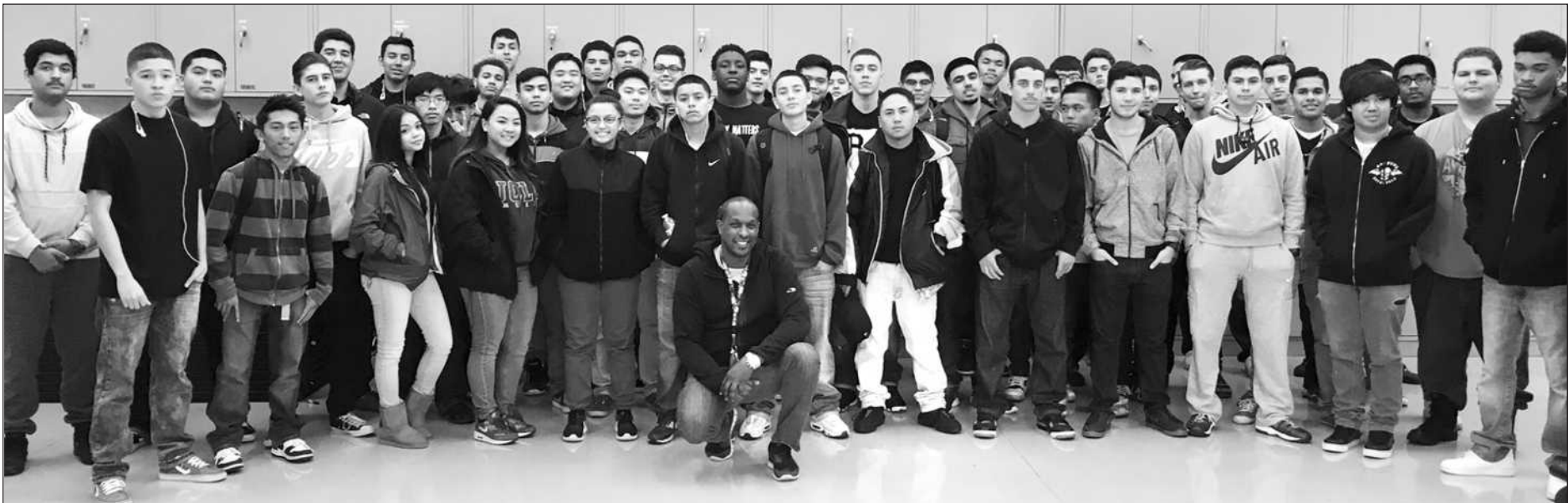
The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number.

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Automotive Technology students named state winners



SUBMITTED BY ALLISON ALDINGER

Students in the Mission Valley ROP (MVROP) Automotive Technology program at James Logan High School have been named California state winners of Samsung’s “Solve for Tomorrow” contest. Samsung and its partners challenged instructors and their students to address a key academic challenge in our country: to increase the pursuit of Science, Technology, Engineering, and Math (STEM) education. The contest required students to illustrate the power of applying that knowledge to solve practical, real-world issues affecting their community.

The MVROP Automotive Technology program and its students brought to light that while Electric Vehicle (EV) and Plug

in Hybrid Vehicle (PHEV) sales are booming in California, this technology creates a new problem. EV’s and PHEV’s do not create emissions while in use, but the electricity used to charge these vehicles primarily is derived from a dependency on fossil fuels for its creation, therefore having a negative impact on the environment and in our community.

Students would design a solar array and solar charging station using CAD software, then build and construct a full-size working solar charging station to charge all EV’s, including the class EV currently being built. This particular solar charging station would not be grid-tied, thus creating its own electricity from the sun and the ability to provide EV’s and PHEV’s with its daily charging needs. The EV solar charging station will be 100 percent sus-

tainable and will serve as a 100 percent renewable energy source.

Now as state winner, MVROP instructor Eba Mohamed and students are the recipients of a minimum of \$20,000 in Samsung technology benefiting their program: a Samsung laptop, Galaxy camera, and Adobe software, which will be used to create a three-minute contest video. This video will document the design and construction of their solar charging station and will be submitted to Samsung for judging in the national portion of the contest.

Automotive Technology I student Ariel enjoys being part of Mohamed’s class and says, “I really love it. It’s really helping in life just learning about what’s inside the engine and how everything goes in order of how the car works.” In preparation for the contest, Ariel shares, “As of right now,

we are learning about how the solar panels work, how to align them in arrays and getting all the electrical wires together.”

Daniel and Alexis are part of Mohamed’s Automotive Technology II class and are looking to apply their acquired skills in the hopes of becoming an automotive engineer and opening a car shop respectively. Daniel shares, “In Automotive I, I learned the basics of automotive. I have a car, so I learned how to do things on my car. I don’t have to rely on anyone else. Now, I can fix the cars in my house instead of my parents taking them to the shop.” Alexis adds, “Now we’re learning more advanced things, so whenever my dad needs help with something, I just work on cars with him.”

For more information, visit www.samsung.com/us/solvefortomorrow/finalists.

A Hayward Hero

Ernest Orozco

SUBMITTED BY BRUCE ROBERTS

The Kennedy Memorial in Hyannis, Massachusetts is a beautiful spot right on the ocean, a tribute fitting for one of our nation’s greatest heroes. Right beside it is a Korean War Memorial. Imagine my surprise to find in the walkway, a brick dedicated to Staff Sergeant Ernest Orozco of Hayward, my home town, thousands of miles away.

My wife and I assumed that he must have died in the war, but upon returning home, we could not find him on any casualty list. So a friend posted the picture of his brick on Facebook, and shazaam, his son contacted us. Ernest Orozco, a Purple Heart recipient and 58 year Hayward resident, is alive and well.

I know this first hand because I recently spent an hour chatting with him and recording his living history story—and his love of Hayward.

Ernest and Guadalupe’ (Lu) Orozco live in an immaculate South Hayward home where they have raised five children through their 61 years of marriage. Now in their 80’s, with infirmities rising, like everyone else, they still seem to have their life very much together.

Born in 1929, Ernest grew up in Santa Barbara and Decoto, going back and forth as family situations required. As a youth, he worked in the fields, picking tomatoes and other crops. He also did stints with those Hayward institutions, Hunt’s Cannery and United Can, before enlisting in the Marines.

WWII was over then, but his uncles came home from that war, having served in the U.S. Army and Marines. Talking with them, he liked the idea of serving his country, and so signed up.

From San Diego boot camp, he went to Guam for training and more training, even though there was no war at the time. His sergeant assured him there’d be another. Soon he was right.

On Guam though, there were military football teams. Ernest became a running back, and his team won the Marbo Sweet Bowl in Guam, then the Bamboo Bowl in

the Philippines, then tied in the Rock Bowl in Okinawa. They were good.

So when the rest of his unit—B Company of the First Provisional Brigade—was shipped home, because a typhoon had destroyed their base, the football team wasn’t allowed to go. Instead of seeing his family after two years, he was shipped to Hawaii, where a general wanted a good football team.

This went on until one day on leave, he returned to the base to get some extra cash. Instead, he was called in by his sergeant. That afternoon he was on his way to Korea.

In Korea, his Guam sergeant’s prediction came true. War had broken out, and Ernest fought his way through the battles of Pusan, of Taegu, of Inchon. He was in the thick of battle, time after time after time.

Through all this, the U.S soldiers had to drink water cautiously, watching for poisoned wells. They had to inspect all refugees, for North Korean soldiers would dress as women, and hide guns under their skirts. And their constant battle situation was rain and mud. These soldiers were tough.

Finally, in the battle for Seoul, Ernest’s luck ran out—a little. He had a metal wallet in his front pants pocket. The bullet from a Korean “Burp gun” hit him near his



hip, hitting the wallet, yet deflecting out his leg without hitting bone or artery.

A second bullet got his arm, spreading shrapnel throughout. Those two wounds earned him two Purple Hearts.

The pain and shock, of course, were there, but the worst factor was that while being carried off the battlefield on a stretcher, more gunfire broke out. The two stretcher bearers dropped him and ran. He said he prayed for 20 minutes, sure that the North Koreans were going to find him and do him in. Soon though, the gunfire passed, and the bearers crept back and got him to the hospital.

He recovered in Japan—with an arm that could no longer hold a rifle, and in what must have been a classic scene of joyous reunion, he was met by his entire family at the San Francisco airport. One uncle had a store that he never ever closed,

for anything. But on Ernest’s return, he closed it.

His four Marine years were finished at the Alameda Naval Air Station. Upon discharge, he planned to learn a trade at Laney College, but United Can in Hayward called and offered him a career working their machines.

About that time, an aunt had a friend in Hanford, out in the valley. She urged him to go out with them and meet this lady, but he refused. No blind dates. Then in church one day, he saw her. Ok, a not-so-blind date. He got four speeding tickets driving to Hanford to see her before he finally said, “You have to marry me. If I get caught again, they’ll take my license!”

Sixty-one years and five children later, he’s still happily married to Guadalupe’ (Lu) Orozco, a very charming lady.

Ernest is proud of his family, his home, and his service to his country, especially of setting the people of South Korea free. He’s also proud of living in Hayward, California for 58 years: great location, great climate, and great people.

He has wonderful memories of shopping downtown, with a variety of local stores and droves of happy, friendly shoppers. That all changed, of course, with the opening of Southland Mall. He knows why it happened, but feels it was a bad move for downtown. Now, he watches with interest every Hayward move to revive that vibrant, historic shopping area.

Ernest Orozco, an American and Hayward hero!



continued from page 1

Sharing is caring – especially with Cars

To join in on car sharing, one must first become a member of a car sharing service. Upon application acceptance, members receive a key card, usually in the mail, that unlocks any car door within the car sharing company. Once a key card is received, members can reserve a car online or with an app, arrive at the car’s parking location, unlock, and take off on an errand or adventure. Cars are strategically placed near public transit and active areas with their own reserved parking spot. Once a member is done driving, they simply return the car to its original parking location and lock the door.

While every car sharing service has its own particular rates, costs are similar among competitors. Members either pay a monthly or yearly fee, ranging from \$7 to \$10/month and \$60 to \$70/year, depending on their needs, and some new companies are free to join. Daily rates range from \$6 to \$10 per hour, or \$50 to \$80 a day, contingent on membership kind.

Insurance is included in member fees, and coverage ranges among companies. Although every car sharing organization has insurance meeting its state’s minimum requirements, many services have insurance coverage up to one million dollars. Fuel is often included in rates as well. Cars themselves are bought and maintained by car sharing companies.

Many, if not all, car sharing services have similar rules. Users must be 21 years or older, hold a valid driver’s license for at least two or more consecutive years, and possess a relatively clean driving record with none to little accidents in the last year or so.

Car sharing is slowly developing in the Tri-City area, trickling down from the car sharing rich areas of Berkeley, Oakland, and San Francisco. Zipcar has three vehicles in Fremont, two at Fremont BART

and one at Fremont Amtrak, and six cars in Hayward, located at CSU East Bay. City CarShare has one car at Fremont BART.

Zipcar, based in Massachusetts, is one of the most well-known car sharing services in the country and abroad, with over 900,000 members and over 10,000 cars. City CarShare, a nonprofit based in San Francisco, offers a wide range of programs for low-income individuals and families, discounts for nonprofits, and nearly half of their 400 vehicles are all-electric, plug-in hybrid, or hybrid. City CarShare also provides accessible vans for people with disabilities.

Car sharing app Getaround, launched in 2011, is a new take on car sharing in the Bay Area. Instead of sharing company cars,



Getaround is a peer-to-peer service, connecting car owners with carless drivers directly in their own neighborhood. Car owners are able to make some money on the side – Getaround reports car owner members can make upwards of an extra \$10,000 a year.

Although car sharing has yet to blossom in the Tri-Cities, the addition of Warm Springs BART station could help things along greatly. “It’s important to our mission to place our cars in locations at or near BART stations so that members can use other forms of public transit to supplement

City CarShare driving. This is the kind of behavior we’re trying to encourage – multi-modal mobility options other than private car ownership,” explained Megan Libby, Marketing Associate for City CarShare.

Those interested in City CarShare expanding to the Tri-City area are encouraged to e-mail podwatch@citycarshare.org.

To learn more about car sharing available in the Bay Area, visit www.citycarshare.org, www.zipcar.com, and www.getaround.com.



Teachers and Students Brighten Homeless Shelters



SUBMITTED BY MIKE MYSLINSKI

In an ongoing effort to help local homeless shelters, Fremont Unified School District (FUSD) educators are paying to brighten up the shelters by installing local photographs of nature, fountains and other city scenes taken by a high school photography club.

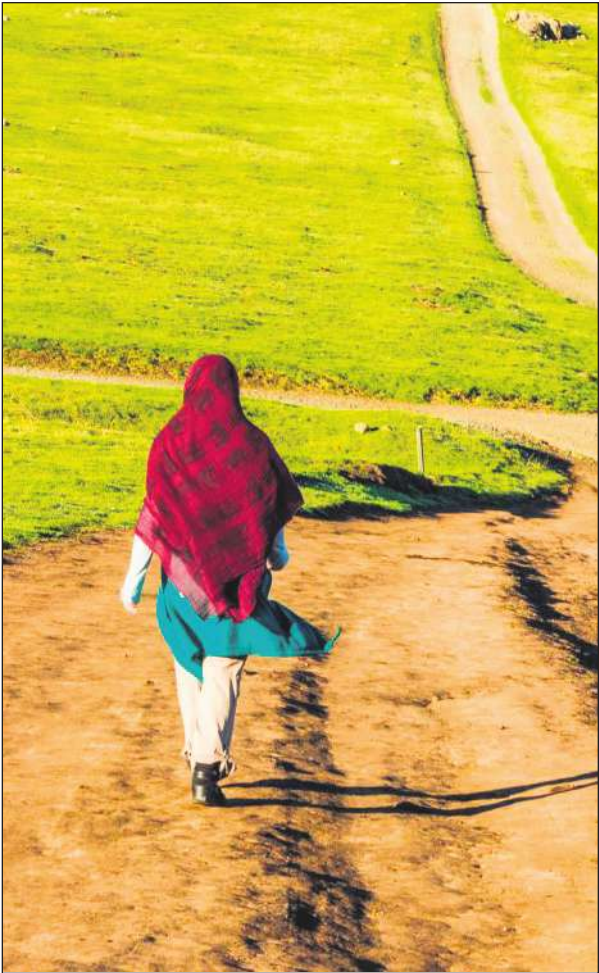
The Fremont Unified District Teachers Association (FUDTA) began working last year with Abode Services of Fremont by donating books for homeless families, according to FUDTA President Sherea Westra. The union has also shared information about the new California Common Core academic standards with some of the volunteers who work with students in the shelters.

“In talking with our contacts there at Abode, they mentioned how two rooms they have at homeless centers are very boring and dull,” Westra says. “They would like to brighten them up, add some artwork, so they have more of a welcoming and warm feeling for the families that use the facilities. So, we decided to help out.”

Westra was at FUSD’s Irvington High School recently and pitched the idea to Photo Club advisor, Shiloh Burton. Her students were excited to help out. FUDTA selected eight photos and will pay to have them framed and installed sometime this holiday season in two Fremont shelters.

This was a team effort that included Emily Blackburn, the FUDTA 2nd vice president, and student Daniel Ho, president of the Irvington High School Photo Club.

View the student photos on the FUDTA website at: <http://www.fudta.org/#!fudtacares/cbds>



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SUBMITTED BY DONNA LOU MORGAN

Bay Area Showcase Chorus invites women of all ages to join them at their annual guest program, "Wild About Singing." Starting January 21, this four-week program provides free group vocal lessons where guests will learn two songs in a contemporary, a cappella style.

Have you been told your voice is too low or too high? We have a place for you! No experience is necessary and reading sheet music is not required. All you need is a love for singing and the ability to carry a tune. Women from all walks of life have joined the chorus because they are wild about singing 4-part harmony. An optional performance for friends and family will conclude the program.

Start your year off right and attend the Wild About Singing guest program every Thursday night from 7 p.m. to 9 p.m. (arrive at 6:30 p.m. the first night). There is a nominal fee of \$10 to cover the cost for music and learning materials. For more information, call the chorus hotline at (408) 973-1555 or visit www.SingHarmony.org.

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SUBMITTED BY
SARA MITHRA

Olive Children Foundation, a non-profit education center dedicated to empowering children to change the world, invited Google to pilot their virtual reality EX-PEDITIONS program on Friday, November 12. Ever wish you could take a field trip far into space, deep underwater, or high in the wilderness? Participants explored the Galapagos Islands, Madagascar, and Meso-American ruins without leaving their classroom! Thanks to Google's inno-

vative technology, students simply had to hold goggles up to their face and they were immersed in a three dimensional, panoramic scene, such as Aztec temple ruins, shark infested coral reef, or tortoise breeding center.

Olive Children, in partnership with Ashley McGrath, adapted curriculum for this pilot program for second to seventh graders. Instructors Phoebe Jen, Sara Mithra, and Shawna Naga led groups in reading articles, presenting facts about rare animals, and sharing information about the history of endangered tor-

toises. However, no pen-and-paper learning can compare with the transportive experience of "being there," via virtual reality technology. Students pointed out curiosities to one another and zoomed in on details, amidst a chorus of "oohs" and "aahs."

We look forward to offering more free educational events for the Mission and Warm Springs communities. To join our mailing list and participate in future events, please email info@olivechildren.com.

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