



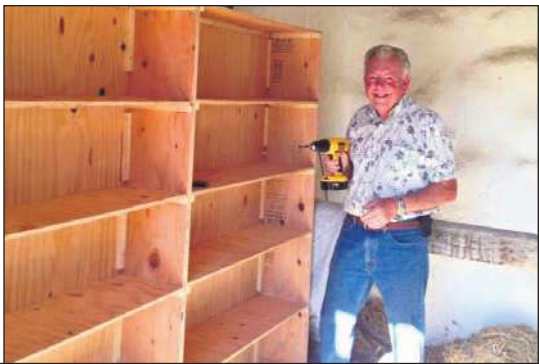
Douglas Morrisson Theatre presents: Mrs. Warren's Profession

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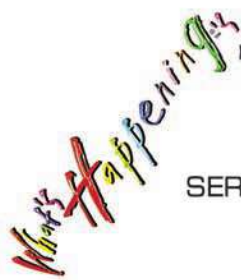
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February 2, 2016

Vol. 15 No. 05

Celebrate Valentine's
with an
Elegant Affaire!



2016

SUBMITTED BY SHIRLEY SISK

Enjoy an evening of fabulous gourmet dining at the 25th annual "An Elegant Affaire" to be held Friday, February 12 at the

Doubletree by Hilton in Newark. This event is the major fundraiser for the League of Volunteers' (LOV) Arts in Schools Program, which last year served 11,600 young people in Fremont, Newark, and Union City schools

through in-school-multi-cultural and performing arts assemblies.

Students have been treated to performances by Axis Dance Company, featuring dancers with and without disabilities; the puppetry of Magical Moonshine Theatre; San Jose Taiko; live animals

from Wildlife Associates; Onye Onyemaechi's tales of African village life with students and teachers playing African drums, Lily Cai Chinese Dance Company and many more.

Chaired by LOV Board Member Betty Cole, this year's event is

themed "Celebrate Valentines with An Elegant Affaire," and is noted for its fine food. Chef Ritz Libaste has assembled a fantastic four-course menu that not only tastes wonderful, but looks beautiful as well. Attendees will enjoy

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Gala Dinner Supports Arts in Schools

Maria Muldaur

"Way Past Midnight"

A Multi-Media Retrospective Concert Celebrating her 5 Decade Musical Journey through Roots, Blues, Pop, Soul and Beyond!

Maria Muldaur's 'Way Past Midnight' comes to Fremont

BY JOHNNA M. LAIRD

Backed by her Red Hot Bluesiana Band, sultry-voiced, six-time Grammy nominee Maria Muldaur brings her 1974 mega-hit song, "Midnight at the Oasis," and her show "Way Past Midnight" to Fremont on Saturday, February 6.

Muldaur rocked Billboard charts with "Midnight at the Oasis," catapulting it into the year's 100 best songs. She gladly includes it in her show's 16-song

repertoire, a musical odyssey reflecting a 50-year career that's still going.

Way Past Midnight reflects Muldaur's journey through American Roots music, as she calls it, music people wrote to entertain themselves; gospel; Appalachian "Old-Timey"; and precursors to jazz and blues. "I refer to Roots music as music 'of and by the people,'" she says. "People wrote Roots music, not thinking they would write a hit. These songs became

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Year of the Monkey

One of the most celebrated holidays around the world is Chinese New Year, or Spring Festival, a celebration at the turn of the traditional lunisolar Chinese calendar. This year's Chinese New Year falls on Monday, February 8 and concludes on Monday, February 22 with the Lantern Festival. Traditionally, Chinese New Year is observed to honor household and heavenly deities, as

well as ancestors. The holiday also brings families together for feasting.

Other customary traditions involve cleaning houses thoroughly to get rid of any ill fortune, as well as decorating windows and doors with couplets (two rhyming poetic lines) on red paper to symbolize good fortune or happiness.

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Washington Hospital Service League Offers Scholarship Opportunities

For today's students, financing college can mean having to cobble together funds from many different sources: subsidized and unsubsidized loans, part-time work, parental help and scholarships. Fortunately, the Washington Hospital Service League offers a chance for eligible students residing in the Washington Township Health Care District to receive some much-needed financial assistance.

The Washington Hospital Service League awards 2 four year scholarships and a single one-time scholarship of \$1,000 annually to students in the Washington Township Health Care District - which includes Fremont, Newark, Union City, and parts of South Hayward and unincorporated Sunol - who are pursuing studies in a health-related field. The scholarships are awarded each year to graduating high school seniors and/or current college students.

By providing scholarships, the Washington Hospital Service League hopes to help students with their education and career goals, and in turn they may be able to give back to the community by providing health care to the residents of the Tri-City Area.



The Washington Hospital Service League awards scholarships to local students pursuing education in health-related fields. Applications for the 2016 scholarships are due by Friday, April 1, 2016. For more information about the scholarship program, call the Washington Hospital Service League at (510) 791-3465.

Each scholarship is for \$1,000 per year and is renewable each year for three additional years as long as the student remains in a health-related program. In addition, the student must continuously remain in good standing with a 2.5 or greater GPA. The scholarship is limited to four years.

To qualify for the Service League Scholarship, an applicant must:

- Be a U.S. citizen/permanent resident and reside in the Washington Township Health Care District;
- Be age 22 or younger as of December 31, 2016;

- Be accepted into an accredited school, college, or university offering a bachelor's or higher degree in a health-related field;
- Be a full-time student and provide an official high school or college transcript
- Contribute to the community by accruing at least 100 hours of volunteer service or working in a health-related field.
- Provide three letters of recommendation from the director of Volunteer Services, employer, counselor/advisor, or teacher.

Since the scholarship's inception, the Service League has donated more than \$290,000 in scholarship money which has helped more than 120 students fulfill their dreams of going to college.

For more information about this scholarship program, please call the Service League office at (510) 791-3465. The deadline to apply for these scholarships is Friday, April 1, 2016.

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	2/2/16	2/3/16	2/4/16	2/5/16	2/6/16	2/7/16	2/8/16
12:00 PM 12:00 AM	Deep Venous Thrombosis	Diabetes Matters: Diabetes & Heart Disease	Sideline by Back Pain? Get Back in the Game	Family Caregiver Series: Driving Safety & Alternative Transportation Resources	Raising Awareness About Stroke	Snack Attack	Heel Problems and Treatment Options
12:30 PM 12:30 AM		Heart Irregularities		Heart Irregularities		Heart Irregularities	
1:00 PM 1:00 AM	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate		How Healthy Are Your Lungs?		Diabetes Matters: Diabetes Meal Planning		Latest Treatments for Cerebral Aneurysms
1:30 PM 1:30 AM	Your Concerns InHealth: Sun Protection	Family Caregiver Series: Legal & Financial Affairs		Prostate Cancer:What You Need to Know		Voices InHealth: New Surgical Options for Breast Cancer Treatment	
2:00 PM 2:00 AM	Keeping Your Heart on the Right Beat	Washington Township Health Care District Board Meeting January 13, 2016	Keeping Your Heart on the Right Beat	Washington Township Health Care District Board Meeting January 13, 2016	Keeping Your Heart on the Right Beat	Family Caregiver Series: Understanding Healthcare Benefits	Washington Township Health Care District Board Meeting January 13, 2016
2:30 PM 2:30 AM		The Weigh to Success		Inside Washington Hospital: Rapid Detection of MRSA	Arthritis: Do I Have One of 100 Types?		
3:00 PM 3:00 AM	What Are Your Vital Signs Telling You?		Voices InHealth: Medicine Safety for Children	Shingles		How to Maintain a Healthy Weight: Good Nutrition is Key	Diabetes Matters:The Diabetes Domino Effect:ABCs
3:30 PM 3:30 AM		Eating for Heart Health & Blood Pressure Control	Voices InHealth: Healthy Pregnancy		Advanced Healthcare Planning	Eating for Heart Health by Reducing Sodium	
4:00 PM 4:00 AM	How to Prevent a Heart Attack		Family Caregiver Series: Coping as a Caregiver	GERD & Your Risk of Esophageal Cancer	Heart Healthy Eating After Surgery and Beyond	Washington Township Health Care District Board Meeting January 13, 2016	Washington Township Health Care District Board Meeting January 13, 2016
4:30 PM 4:30 AM		Heart Irregularities	Sports-Related Concussions	Heart Irregularities	Heart Healthy Eating After Surgery and Beyond		
5:00 PM 5:00 AM	Learn More About Kidney Disease		Family Caregiver Series: Caregiving From A Distance		Diabetes Matters: Key To A Healthy Heart with Diabetes	Heart Irregularities	Voices InHealth:The Greatest Gift of All
5:30 PM 5:30 AM		Reach Your Goal: Quit Smoking	Women's Health Conference:Aging Gracefully	Diabetes Matters: Strategies for Incorporating Physical Activity			
6:00 PM 6:00 AM	Meatless Mondays	Turning 65? Get To Know Medicare	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Diabetes Matters: Gasteroparesis	Eating for Heart Health by Reducing Sodium		
6:30 PM 6:30 AM		Washington Township Health Care District Board Meeting January 13, 2016				Low Back Pain	Knee Pain & Replacement
7:00 PM 7:00 AM	Inside Washington Hospital:The Emergency Department	Getting the Most Out of Your Insurance When You Have Diabetes	How to Prevent a Heart Attack	Family Caregiver Series: Panel Discussion	Inside Washington Hospital: Patient Safety	How to Prevent a Heart Attack	
7:30 PM 7:30 AM	Washington Women's Center: Cholesterol and Women	Family Caregiver Series: Medication Safety					Family Caregiver Series: Nutrition for the Caregiver
8:00 PM 8:00 AM	Diabetes Matters: Protecting Your Heart	Keeping Your Heart on the Right Beat	Diabetes Matters: Diabetes & Stroke:What's the Connection?	Keeping Your Heart on the Right Beat	Keeping Your Heart on the Right Beat	Keeping Your Heart on the Right Beat	
8:30 PM 8:30 AM	Inside Washington Hospital: Stroke Response Team						
9:00 PM 9:00 AM							
9:30 PM 9:30 AM							
10:00 PM 10:00 AM							
10:30 PM 10:30 AM							
11:00 PM 11:00 AM							
11:30 PM 11:30 AM							

Getting to the Heart of the Matter: Understanding Women's Risks and Symptoms of Heart Disease

“National Wear Red Day” Is February 5

Despite the common misconception that heart disease is a “man’s disease,” it also is the leading cause of death for women in the United States. According to the Centers for Disease Control and Prevention’s National Center for Health Statistics, heart disease is responsible for one out of every four female deaths, which is more than for all types of cancer combined.

“Heart disease in women who are pre-menopausal is less common than it is among men of the same age, but that gap narrows quickly after age 55,” says Rohit Sehgal, MD, FACC, a cardiologist with Washington Township Medical Foundation.

The American Heart Association (AHA) notes that in the past, many of the major cardiovascular research studies were conducted on

men, which adversely affected the diagnosis and treatment of women with heart disease. Thanks to educational efforts such as the AHA’s annual National Wear Red Day – observed this year on Friday, February 5 – women and their physicians are becoming more aware of heart disease among women. Also, in the 10 years since the first Wear Red Day, increased gender-based research on heart disease has revealed important differences in women’s risks, symptoms and responses to treatments.

“Overall, women’s risk factors for heart disease are similar to those for men – including age, high blood pressure, high cholesterol, lack of exercise, obesity, diabetes, smoking and a family history of heart disease,” Dr. Sehgal explains. “There are some differences, however. Type 2

diabetes may be a stronger contributing risk factor for heart disease among women. Low blood levels of HDL – the ‘good’ cholesterol – are more associated with cardiac disease in women than in men. In addition, high blood levels of triglycerides and lipoprotein(a) may be stronger predictors of heart disease in women than in men.”

Dr. Sehgal observes that risk factors such as age, menopause and family history are beyond a woman’s control. Risk factors related to lifestyle, such as lack of exercise, poor eating habits and smoking are another matter.

“You really can control many risk factors associated with lifestyle choices,” he emphasizes. “For example, smoking is an important risk factor for heart disease, and yet the number of teens and young



Cardiologist Rohit Sehgal, MD, FACC, with Washington Township Medical Foundation says that heart disease in women can be the result of both controllable and uncontrollable risk factors. Controllable factors, such as lifestyle choices, like exercise, eating habits and smoking, can impact a woman’s heart condition.



Members of the non-invasive cardiology team at Washington Hospital wear red to raise awareness of heart disease among women

women who take up smoking has increased substantially in recent years. Also, using birth control pills might increase the risk of blood clots, and smoking can increase that risk dramatically.”

Women’s symptoms of heart disease, including heart attacks, often differ from men’s, too.

“Men and women often feel chest pain during a heart attack, but women who have heart attacks may describe their pain as more diffuse, rather than as a crushing pain in the chest,” Dr. Sehgal says. “Women having a heart attack may experience pain in the neck, throat, shoulder and upper back in addition to sharp or burning pain in the chest.”

Women suffering a heart attack also may experience a range

of other symptoms, including:

- nausea and dizziness
- acute shortness of breath
- atypical pain in the stomach or abdomen
- unexplained weakness or overwhelming tiredness
- cold, sweaty skin and paleness
- swelling of the ankles or lower legs

“There also are certain types of heart disease that are more common in women than in men,” Dr. Sehgal adds. “For example, women are five to six times more likely to suffer a condition in which the heart suddenly and temporarily takes on

continued on page 5

Ask the Doctor

This is an ongoing column in which Dr. Mary Maish answers your health-related questions. Questions for Dr. Maish should be emailed to Ask the Doctor at: askthedoctor@whhs.com

Link Between Sugar and Diabetes and Fat Consumption

Dear Doctor,
Does too much sugar consumption cause diabetes?

Dear Reader,
The tendency to develop type 2 diabetes is mostly genetically inherited. Still, eating too much sugar (or foods and drinks with sugar, like candy or soda) can cause weight gain, and weight gain can increase a person’s risk for developing the disease.

Dear Doctor,
Which fats are bad for you and which ones are okay?

Dear Reader,
Dietary fats are found in food from plants and animals. The four major types are:

- monounsaturated fats
- polyunsaturated fats (including omega-3s)
- trans fats
- saturated fats

The unsaturated fats from olive, peanut, and sesame oils are considered “good” fats. These include mono and polyunsaturated fats. In contrast, trans fats are considered “bad” fats. Trans fats are fats from mostly vegetable oils that have been put through hydrogenation, a process that uses toxic chemicals. Although saturated fats from animals were once considered bad fats, these fats are now considered acceptable in small quantities and in some cases may help to control weight.

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.

Washington Sports Medicine

Washington Hospital Healthcare System

WASHINGTON SPORTS MEDICINE and the **WASHINGTON OUTPATIENT REHABILITATION CENTER** offer a full range of treatment and rehabilitation services for people who have suffered a sports injury. Our board-certified physicians, physical therapists and athletic trainers are focused on helping injured athletes return to their favorite sport.

We offer a free bimonthly sports medicine education series for coaches, athletes, parents and athletic trainers. Visit whhs.com/sports to learn more.

DATES & TOPICS

February 3	<i>Exercise Injuries: Prevention and Treatment</i>	August 3	<i>Big Changes in Concussion Care: What You Don't Know Can Hurt You</i>
April 6	<i>Prevention and Treatment of Youth Sports Injuries</i>	October 5	<i>Nutrition and Athletic Performance</i>
June 1	<i>Think Running is a Pain? It Doesn't Have to Be</i>	December 7	<i>Why Does My Shoulder Hurt: Shoulder Pain in the Youth Athlete to the Weekend Warrior and Beyond</i>

TIME: 6:30 to 8 p.m.

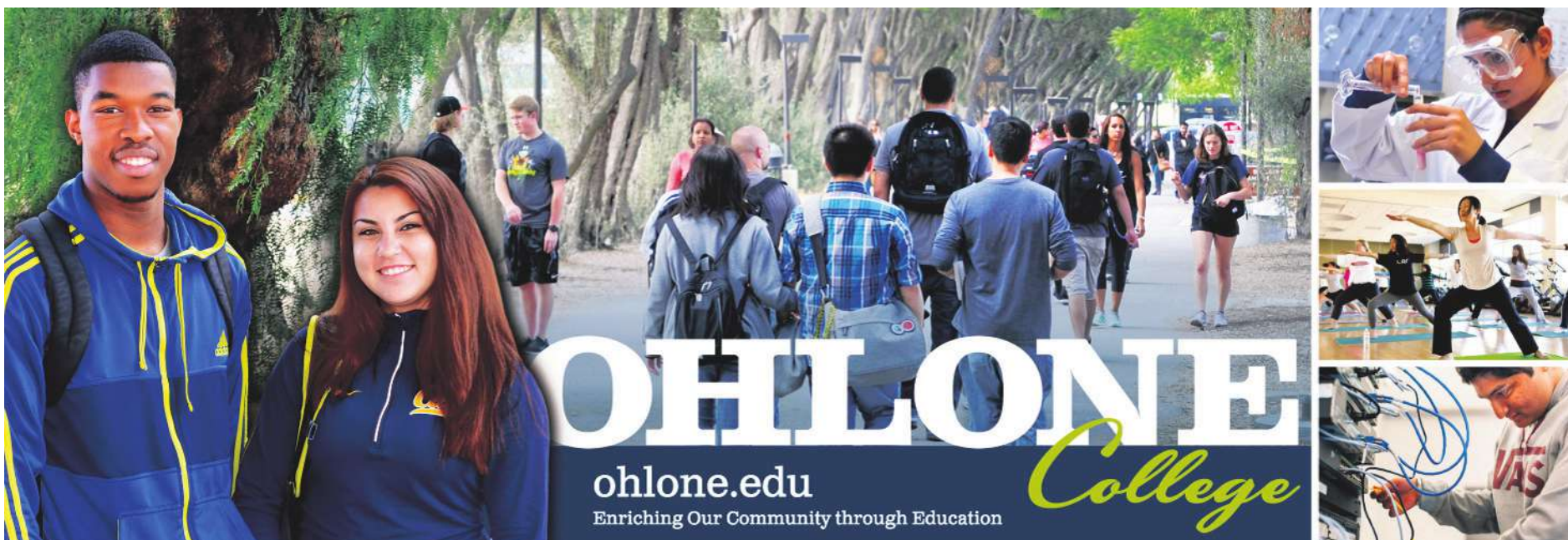
LOCATION: Conrad E. Anderson, MD, Auditorium, Rooms A & B (Washington West, 2500 Mowry Ave., Fremont)

CALL: (800) 963-7070 or visit whhs.com to register or for more information

Washington Sports Medicine
Washington Hospital Healthcare System
2000 Mowry Avenue
Fremont, CA 94538
(510) 797-1111 • whhs.com

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Fremont, CA 94536
(510) 248-1030

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39141 Civic Center Drive, suite 120
Fremont, CA 94538
(510) 794-9672



O-Chem at Ohlone College: Dr. Anu Ganguly

Preparing Students for Careers in Science, Medicine,
Engineering and more



“Everything I point at is organic,” Dr. Anu Ganguly says and then begins to point and name objects around the room. “My lab coat, your leather shoes, that wooden table, the paint on the wall, the countertop, the soap, your hair, and . . .you.” That is how Dr. Ganguly begins her class on the first day of the first semester of organic chemistry. Then she leads students through the rigorous curriculum that prepares these advanced chemistry students for transfer to top universities and eventual careers as doctors, pharmacists, chemical engineers or biotech researchers, among the many

career choices open to them. Most of her students end up in pre-med programs at some of the top universities, she says. “Last year, I sent students to Stanford, UCLA, and Berkeley. We have 100% transfer rate from my program.”

Dr. Ganguly has been teaching chemistry and organic chemistry (or “O-Chem” to insiders) at Ohlone College for over ten years as a full-time professor. Although a scientist and researcher, she felt the call to teach, and has enjoyed her interactions with students tremendously.

She earned her Master’s degree from the Indian Institute of

Science in Bangalore, one of the top institutes in the country. Growing up in India, choosing the path of science was not difficult for her as a female. She had the freedom to follow her passion. When she finished her degree, her parents gave her the option of getting a Master’s in classical Indian music (her mother is a well-known vocalist) or attending school in the US to get a Ph.D. Although the music of India is still very close to her heart, she said, “As a female, I had the option of studying music or pursuing one of the sciences. My brothers, boys, they did not have that option.”

She came to the US to continue her education and graduated with her doctorate from Southern Illinois University, Carbondale. She has taught and conducted research at various research institutions in tenure track positions, most recently at Dominican University in San Rafael. Tired of commuting and wanting to spend time with her son, she accepted a position at Ohlone. Dr. Ganguly has learned to love working with students at the community college level. “I enjoy being involved with my students, helping them with their struggles. I learn every day to be a better teacher.”

Is It Easy Being Green?



Although Ohlone is not a research institution, Dr. Anu Ganguly has not stopped researching in the field of Organic Chemistry. Her latest endeavor is developing greener, safer ways to conduct the organic synthesis processes that make up the majority of her lab assignments, or “labs.” She took a one-year sabbatical in 2013-14 to conduct research on what was happening in the field at other universities with a plan to integrate the “green” activities of the other schools into Ohlone’s curriculum.

What she found surprised her. Most schools were not pursuing the opportunity to convert their general chemistry and organic chemistry labs to being green. The few schools she found that were working on these new methodologies were not achieving the level that she wanted to achieve at Ohlone. Her plan was for Ohlone to become the first “all-green” program in the country.

“To be an all-green program you are only able to convert 70% to 75% of your labs. You cannot change all the lab assignments because transfer universities require that students use certain chemical processes that cannot be converted,” she explains. “But

where I can, I modify the labs to reduce the use of caustic or hazardous chemicals.”

Methods used to “green” her labs began with eliminating solvents in many of the assignments. In other assignments, she significantly reduced the amount of solvent used, or substituted with a benign solvent. Labs requiring heat were microwave-assisted, and therefore more energy efficient. Over the course of her one-year sabbatical, and the subsequent year of testing the lab assignments with students, Dr. Ganguly has converted a total of 35 organic chemistry labs and 23 general chemistry labs into a green curriculum. These new lab assignments significantly lower cost, increase safety, and reduce the need for disposal of the solvents.

Through the new curriculum, insights were attained that will be implemented in the design of the new, green Science Center at Ohlone College. Just as important, these green procedures represent the trend of the future in research. So research-and-development laboratories are eager for students who have learned and tested these greener, safer processing methods.

50th Anniversary

At its January 2016 meeting the Ohlone College Board of Trustees issued a resolution that kicks off the year of planning for Ohlone’s 50th Anniversary celebration in 2017. Ohlone College was established as a result of a special election held in December 1965 when voters created the Fremont-Newark



Junior College District (now known as the Ohlone Community College District).

The year 1966 was a year of planning for the College, hiring the president and faculty, and developing the curriculum in preparation for Ohlone College’s opening semester in fall 1967.

The year 2016 is also a year of planning for the many occasions that will take place during the year-long festivities in 2017. Both current and retired faculty, staff and administrators are involved on the planning committee for the events that will mark Ohlone’s Golden year.

At the January meeting, the Board also recognized the anniversary of the first board meeting, held 50 years ago. These are the first of many memorable dates leading up to the 50th Anniversary year of 2017.

State of the College Address

Dr. Gari Browning delivered the Spring 2016 State of the College Address on Friday, January 22, just prior to the beginning of the semester. In her speech she highlighted some of the construction milestones achieved during the previous semester, including the Ribbon Cutting for the opening of the new parking structure at the south side of campus; completion of the demolition project for the Academic Core Building project; the Athletic Fields project; and modifications to the swimming pool. She reviewed the governor’s budget and its implications for community colleges and ways to increase funding sources that are not reliant on the state legislature. One of Ohlone’s



most successful programs to increase revenues has been to grow our international program.

She discussed the college’s current status in its strategic planning process and highlighted new programs and activities design to improve student success across all student groups. Featured highlights of the past semester included donations for scholarships and equipment to the Deaf Studies Division totaling almost \$20,000; the size of our graduating class, which continues to grow from year to year; and the highly successful Women’s Soccer program with team and individual player awards, and Coach Larry Heslin being named as Coast Conference Coach of the Year.

UPCOMING EVENTS

Smith Center Presents!

Jazz/Rock Guitarist & Composer
Tim Roberts
Performing live with his band, featuring music from his latest CD “Chinese Malibu.”
Fri., Mar. 4, 8pm



Ohlone Wind Orchestra
Tony Clements, director
Sun., Mar. 13, 2pm



High School Theatre Festival
Fri. – Sat., Mar. 18-19
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www.ohlone.edu/go/hstf

Concerts held at the Smith Center at Ohlone College
Tickets: smithcenter.com



continued from page 1

Getting to the Heart of the Matter: Understanding Women’s Risks and Symptoms of Heart Disease

“National Wear Red Day” Is February 5

the appearance of a Japanese octopus fishing pot called a ‘takotsubo.’ Takotsubo cardiomyopathy features the symptoms and signs of an acute heart attack, but there are no blockages in the arteries in the heart.”

Because takotsubo cardiomyopathy occurs predominantly in postmenopausal women soon after exposure to sudden, unexpected emotional or physical stress, it is sometimes called the “broken heart syndrome.”

“The exact cause of takotsubo cardiomyopathy is not known,” Dr. Sehgal says. “Some researchers propose that it may be a result of excess adrenaline – a hormone that is released in the body of a person who is feeling a strong emotion such as fear or anger and that causes the heart to beat faster. The adrenaline may cause spasms in the arteries or smaller blood vessels that mimic the symptoms of a heart attack.”

Dr. Sehgal reports that, fortunately, takotsubo cardiomyopathy can be treated effectively with medications such as beta-blockers and nitrates, and most patients recover completely. Another heart condition that primarily affects women – endothelial dysfunction – is more difficult to treat.

“Endothelial dysfunction is a condition in which the lining of the arteries does not secrete the appropriate levels of the chemicals that keep the blood vessels dilated,” he says. “As a result, a person with this condition may experience spasms in the coronary arteries, causing chronic, ongoing angina – chest pain or pressure that is felt when the heart does not get enough oxygen.

“Because there are no blockages in the arteries, endothelial dysfunction is often misdiagnosed as being psychosomatic – or ‘all in your head’ – but the symptoms are real, and these patients must be taken seriously,” he adds. “Inserting stents or performing bypass surgery won’t help, since there are no blockages in the arteries. Instead, we focus on treating these patients with medications such as nitrates, calcium blockers, statins and ranolazine, which is used to treat ongoing angina, and we are achieving reasonable success with medical treatment.”

Another form of heart disease that can affect both men and

women is heart failure. Men are more likely to develop heart failure due to “systolic dysfunction,” while women are more prone to heart failure resulting from “diastolic dysfunction.”

“Heart failure doesn’t mean your heart has stopped beating,” Dr. Sehgal explains. “Heart failure results from a weakening of the heart muscle or when the heart is stiff and inflexible. When that happens, the heart fails to squeeze hard enough to pump blood through the body. Heart failure also is often called congestive heart failure. ‘Congestive’ means that fluid builds up in the lungs and body since the heart isn’t pumping properly.”

Systolic heart failure occurs when the muscle of the heart’s lower left chamber, called the left ventricle, loses some of its ability to pump the amount of oxygenated and nutrient-filled blood the body needs. Diastolic heart failure occurs when the left ventricle is not able to fill properly with blood during the filling phase, so the amount of blood pumped out to the body is less than normal.

“Most people are aware that systolic refers to the upper number of a blood-pressure reading, which indicates the blood pressure when the heart is pumping,” notes Dr. Sehgal. “Diastolic refers to the lower number of a blood-pressure reading, which indicates when the heart is at rest. Elderly women are most likely to have diastolic dysfunction and a stiff heart, especially if they have a history of high blood pressure. The primary means of treating diastolic heart failure is to treat the underlying high blood pressure with beta-blockers, calcium blockers and statins, as well as with diuretics to eliminate excess fluids.”

Dr. Sehgal acknowledges that there is no explanation, so far, for why women have different symptoms and types of heart disease than men do, but he emphasizes that early treatment for heart disease is important.

“Don’t make the mistake of assuming your symptoms could not possibly be signs of heart disease,” he says. “Insist on being tested. It’s your heart – and your life.”

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

California State Summer School Program for the Arts seeks applicants

SUBMITTED BY GUY ASHLEY

The California State Summer School for the Arts (CSSSA) invites all talented and motivated high school students to apply for admission to the 2016 summer session held from July 9 - August 5. Applications are found online at csssa.ca.gov and are due on February 29.

CSSSA is the only state-supported arts summer school on the West coast. This creative, cutting-edge, and immersive four-week residential program draws the most talented students to learn from college-level faculty and professional working artists. Students have seven artistic disciplines to choose from, including: Animation, Creative Writing, Dance, Film & Video, Music, Theater and Visual Arts.

Held on the campus of the California Institute of the Arts (CalArts) in Valencia, CA, approximately 500 students each year attend from around California. All students are selected by their submission of an application and work sample that is re-

viewed by a panel of educators and professional artists. It is only after the student is accepted into the program, that financial need is considered. CSSSA’s Foundation has made it possible for every young artist to attend so no one is turned away due to financial hardship. Upon acceptance to CSSSA, each student is designated as a California Arts Scholar, the highest designation offered by the State of California for young artists. Last year, forty-seven Alameda County high school students were selected to attend the summer school program.

CSSSA applications may be found online for the CSSSA Summer 2016 Program at www.csssa.ca.gov

Application Deadline: February 29.

For more information visit www.acgov.org/arts (click on “What’s New”) or contact the Alameda County Arts Commission by email artscommission@acgov.org or phone at (510) 208-9646.

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Contact Delilah for more information
delilah@prasadkilaru.com
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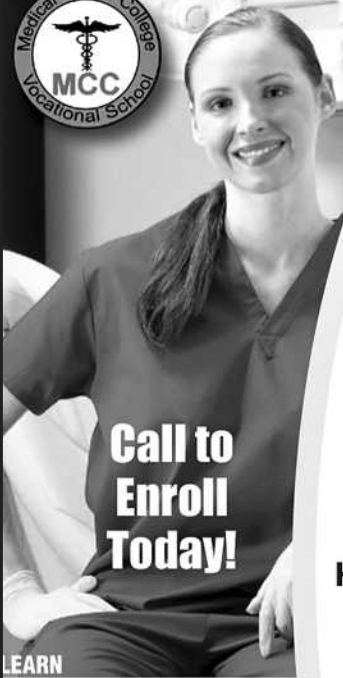
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A mind-body connection approach

SUBMITTED
BY LUCY HERNANDEZ

Do you suffer from symptoms of menopause, such as hot flashes, insomnia, inability to lose weight, unexplained weight gain and mood swings? Studies have shown that menopausal symptoms are made worse by stress and anxiety. At the "Menopause: A Mind-Body Connection Approach" seminar, you will learn how to use stress management techniques, as well as nutrition and exercise, to cope with menopause. The free seminar will be held on Thursday, February 11

at Conrad E. Anderson, MD, Auditorium at Washington West. To register or for more information, visit www.whhs.com/events or call (800) 963-7070.

Menopause: A Mind-Body Connection Approach
Thursday, Feb 11
6 p.m. – 8 p.m.
Conrad E. Anderson, MD, Auditorium Rooms A & B
Washington West
2500 Mowry Ave, Fremont
(800) 963-7070
www.whhs.com/events
Free

STEM bus transportation scholarship program

SUBMITTED BY VICTORIA SANCHEZ DE ALBA

The USS Hornet Museum (Hornet) launched a School Bus Transportation Scholarship Program on Monday, February 1, 2016. The program will offset the transportation costs associated with any Science, Technology, Engineering and Mathematics (STEM) field trip to the Hornet for underprivileged Alameda, San Pablo, San Leandro and Oakland schools. Established in collaboration with the Office of Naval Research and Delta Charter, a total of 15 scholarships will be awarded by the Hornet on an annual basis over the next three years for up to 50 students per school.

"While the USS Hornet Museum offers outstanding education programs to engage kids and spark their interest in STEM, our location can present transportation challenges for some schools. We are thrilled to provide increased opportunities to bring kids from our local schools to this engineering marvel, especially students who otherwise might not be able to afford transportation costs," said Charlotte Rodeen-Dickert, USS Hornet STEM coordinator.

For more information on Hornet STEM programs, please contact Heidi Schave at (510) 521-8448, ext. 224, or EDU@uss-hornet.org.

Join SAVE's Happy Hour to Empower



SUBMITTED BY CHRISTINA FERNANDEZ

SAVE's first Happy Hour to Empower of 2016 will take place at Das Brew in Fremont on Thursday, February 11, 4:30 p.m. – 7:30 p.m.

This fundraising event will benefit two of SAVE's Team Stronger Than You Think's (Team #STYT) anti-teen dating advocacy projects which will debut during National Domestic Violence Awareness and Prevention Month - February). This group of dynamic Fremont high school students, work throughout the year to raise awareness about teen dating violence – an issue that affects one in three teens. Their efforts include providing peer support, and advocating for healthy relationships and against dating abuse through on-campus and community events.

Team #STYT's most recent advocacy efforts include a PSA (Public Service Announcement) they wrote and produced in collaboration with YourMedia2 of Fremont. The PSA will screen continuously throughout February at the Pacific Commons, NewPark AMC, and Hayward Regal theaters. In addition, the teens have created a digital ad that will appear on the billboard at 880 in Newark. While Team #STYT has received very generous sponsorship support from the Fremont Bank Foundation and Cargill, they are still seeking to raise \$6,000 in order fulfill their outreach goals.

Community members are invited to support Team #STYT! Join SAVE at Das Brew! The \$5 admission fee grants guests access to an appetizer buffet and one raffle ticket. Prizes include a "Day with the Brewer" donated by Das Brew (a hands-on day at the brewery plus lunch for two), an A's package that includes eight field-level tickets for the upcoming season, and much more.

SAVE's Happy Hour to Empower
Thursday, Feb 11
4:30 p.m. – 7:30 p.m.
Das Brew
44356 S Grimmer Blvd, Fremont
(510) 574-2250
<https://www.facebook.com/save.dv>
www.save-dv.org
\$5 (Ages 21 and over)

Through the lens of culture

SUBMITTED BY FREMONT UNIFIED STUDENT STORE

Fremont Unified Student Store (FUSS) strongly supports and encourages students to participate in the 2016 "Directing Change Program and Student Film Contest" to give their input about academic, mental, emotional, behavioral, social, and physical issues. Young people are invited to submit 60-second films about how their culture views suicide prevention and mental health.

Films will be used to raise awareness in diverse communities across the state. Winners will receive cash prizes and attend the red carpet award ceremony. Submissions due on Tuesday, March 1. Visit www.DirectingChange.org for contest rules and educational resources.

Interviews are Happening Now to:

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Looking for empathetic Seniors over 50 to participate in the program to offer emotional support for other Seniors in the Tri-City Community.

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Liz Cox, LMFT at 510-574-2064 or

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continued from page 1

*Celebrate Valentine's
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crab cakes with white bean relish appetizers; spinach salad with goat cheese, candied walnuts and dried cranberries in a raspberry vinaigrette; a roasted boneless chicken breast with mushroom sauce and risotto accompanied by fresh seasonal vegetables; and Chocolate Decadence Cake for dessert. The gourmet meal will be accompanied by fine red and white wine and a non-alcoholic sparkling chardonnay.

Retiring Judge Richard Keller will serve as the evening's honorary chair with a special

champagne reception in his honor.

The evening starts with a champagne cocktail hour complete with a wide variety of delicious hors d'oeuvres prepared by Gail Stewart of Mission Coffee. While guests enjoy the cocktail hour they can also taste beer provided by Das Brew. Cocktail hour entertainment will be furnished by Salvador Vazquez on Mexican harp.

Elected officials from Congress, the State Senate and Assembly, mayors and school

boards, county supervisors, school superintendents, Teachers Association presidents and more are providing terrific live and silent auction prizes. Prizes include a basketball autographed by Golden State Warriors Splash Brothers Klay Thompson and Stephen Curry, a week in Club Cascades de Baja resort in Cabo San Lucas, a deluxe skybox for 18 for an A's game, and four all-day Park Hopper tickets to Disneyland and Disney's California Adventure.

The live auction will be presided over by MC and auctioneer Rick Geha of Benchmark Properties. There is also an incredible special drawing where everyone that participates is guaranteed to win.

Tickets for all of this are only \$85 per person or \$750 for a table of 10. The event is semi-formal/black tie optional. Don't miss the opportunity to celebrate with An Elegant Affaire! For reservations, call LOV at (510) 793-5683 or order on line at www.lov.org.

An Elegant Affaire
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6 p.m.
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39900 Balentine Dr, Newark
(510) 793-5683
www.lov.org
Tickets: \$85

Grants for the Arts

SUBMITTED BY LUDMYRNA LOPEZ

Alameda County Arts Commission announces the 2016 ARTSFUND Grants Program for Alameda County-based non-profit organizations. The ARTSFUND Grants Program supports all types of arts programming such as dance, literature, media arts, music, theater, visual arts, and multidisciplinary arts programs presented in Alameda County by Alameda County nonprofit organizations.

Last year's ARTSFUND program awarded grants to 48 nonprofit organizations throughout Alameda County. During the 2016 funding cycle, between 40-50 arts organizations may be awarded grants ranging in size from \$1,000 - \$2,000. Alameda County Arts Commission is dedicated to improving the quality of life in Alameda County by nurturing a thriving environment for the arts, promoting economic opportunities for Alameda County's artists and arts organizations, and encouraging public participation in the arts.

Information can be found at www.acgov.org/arts (click on Programs). The application deadline is Tuesday, March 1. Funding for the ARTSFUND Grants Program is provided by Alameda County, individual contributions submitted with County property tax payments, and donations to the Foundation for the Arts in Alameda County.

Further details are available within the ARTSFUND Grants Program Guidelines and Application available at www.acgov.org/arts (click on "Programs"). Contact Alameda County Arts Commission by email artscommission@acgov.org or phone at (510) 208-9646 for more information.

Volunteers Needed

SUBMITTED BY THE SALVATION ARMY

The Salvation Army Hayward Corps and Tri-Cities Corps seek volunteers for their after-school programs. Build your community service hours or donate your time and skills to youth (Grades 1-8) in your communities. The Kids' Club at The Hayward Corps is held Monday, Tuesday and Thursday (3:00 p.m. - 5:30 p.m.) and will break on Wednesday, June 8. The program focuses on homework, literacy and numeracy (mathematics) and promotes physical health.

Equip children with essential reading tools and build character through Mission Literacy lessons. Math Games combine logic, thinking, arithmetic and fun. In our Computer Lab, students reinforce the Three Rs online. Playworks creates inclusiveness for every child in the playground, promotes healthy activity and develops valuable social and emotional skills while at play. Upcoming activities include guitar lessons and dance classes. Visit <http://on.fb.me/1nkC4Hq>

The Salvation Army Hayward Corps serves Hayward, Castro Valley, San Lorenzo, Dublin, Livermore and Pleasanton. Interested in volunteering as a class monitor/assistant with the After-School Kids' Club in Hayward? Contact Amy Mefford at (510) 581-6444 or Amy.Mefford@usw.salvationarmy.org

The Troopers After-School Program at The Tri-Cities Corps, Newark, is available Monday - Thursday (3:00 - 5:30 p.m.) and will break on Thursday, June 19. Homework support is followed by developmental activities and projects, such as arts/crafts, music, theater, spoken word, sports, ice-breaker games, etc. Visit <http://ow.ly/XzRjy>. If you wish to help tutor a child and/or assist with enrichment programs, please contact Lt. Sharon Kim at (510) 793-6319 or Sharon.Kim@usw.salvationarmy.org

The Salvation Army Tri-Cities Corps serves Fremont, Newark and Union City residents

Both programs close for the school holidays, as per local school district schedules. Online, child-safety training and background checks will be required.

The Salvation Army in Alameda County has many volunteer opportunities (visit AlamedaSalArmy.org), ranging from daily, weekly, and monthly programs that serve all age groups to seasonal, Thanksgiving and Christmas programs. Hayward Corps Helper Amy Mefford and Tri-Cities Corps Officer Lt. Sharon Kim will be glad to discuss areas of volunteer need. Thank you for your support and interest.

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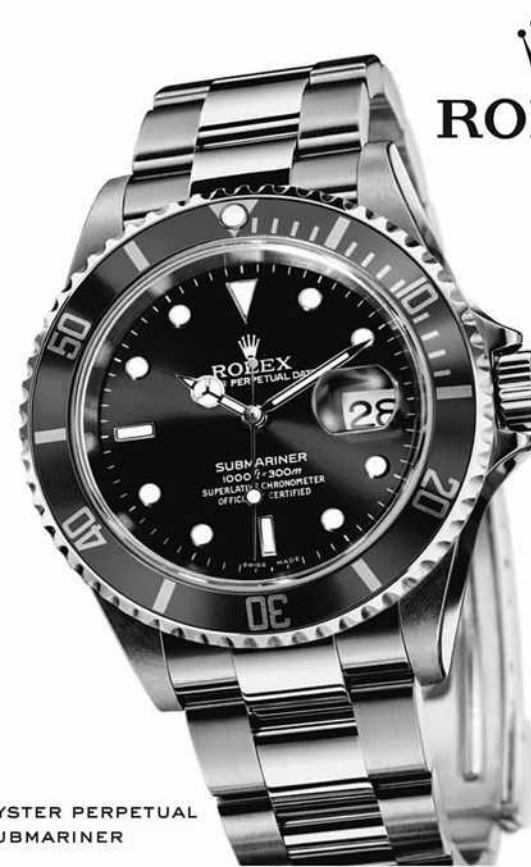
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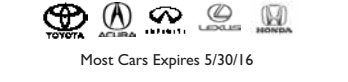
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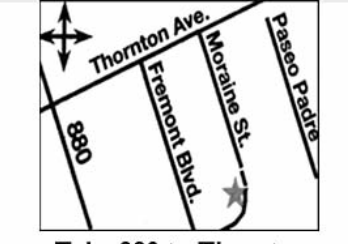


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BUSINESS

AC Transit is immediately hiring

SUBMITTED BY ROBERT LYLES

The Alameda-Contra Costa Transit District (AC Transit) will dramatically expand its transit family by hiring at least 125 new Bus Operators and Journey Level Mechanics in the next 90 days. This is an invitation to the best and brightest who are willing to commit to the largest service enhancement in AC Transit's history. The most talented candidates for Bus Operators and Journey Level Mechanics will directly support the Service Expansion Plan (SEP). The SEP will increase overall bus service by up to 14 percent, making AC Transit a more reliable, convenient and efficient transit network.

We're seeking people who are and want to make a difference in the East Bay. Bus Operator candidates do not require previous experience as a bus operator. Instead, AC Transit will provide all train-

ing including what's necessary to obtain a California Class-B Commercial Driver's license.

Interested Bus Operator candidates should have a valid driver's license for at least seven (7) years, a safe driving record, and pass a criminal background check. Each candidate successfully placed in Operator training course will receive full pay and benefits. AC Transit Bus Operators earn up to \$28.20 per hour and a complete benefits package.

Newly selected Journey Level Mechanics will have the opportunity to work on new technology as well as perform diesel engine maintenance. Journey Level Mechanics earn \$33.31 per hour with full time hours (40 hours per week) and a complete benefits package.

The SEP will roll-out over the next 12-months beginning in June 2016. Interested applicants should apply online at www.actransit.org/careers

Google parent Alphabet may soon top Apple's market value

BY MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP)—As the digital advertising market booms and demand for smartphones wanes, Alphabet Inc. could soon dethrone Apple as the world's most valuable company.

If it happens, Alphabet will move to the head of the class just five months after Google reorganized itself under the holding company.

The Silicon Valley rivals could trade places as early as Friday, given how rapidly the financial gap between them is narrowing. At the end of trading on Thursday, Apple's market value stood at \$522 billion; Alphabet was worth \$515 billion.

That's a dramatic swing from where things stood just 13 months ago. Apple then boasted a market value of \$643 billion, almost twice Google Inc.'s \$361 billion.

Since then, investors have soured on Apple Inc. The company has struggled to come up with another trend-setting product amid slumping sales of its most important device — the nearly 9-year-old iPhone, which accounts for roughly two-thirds of Apple's overall sales.

Apple has already acknowledged the iPhone will begin this year with its first quarterly sales decline since it debuted in 2007. The slowdown helped push down Apple's stock price by 15 percent since the end of 2014.

In contrast, Google has maintained its leadership in the lucrative Internet search and ad market while building other popular products in video, mobile, web browsing, email and mapping. That bundle of Google services brings in most of Alphabet's revenue, and is expected to deliver growth in the 15 percent to 20 percent range as marketers shift even more of their budgets to digital services.

Alphabet also has impressed investors by reining in its spending. Google hired a Wall Street veteran, Ruth Porat, as its chief financial officer last May.

In addition to reversing a long expansion of Google's operating expenses, Porat also persuaded Alphabet's board to spend \$5 billion buying back its own stock. That move signaled a more shareholder-friendly approach to managing the company's cash hoard.

Investors also have applauded the creation of Alphabet, which is structured to provide more information about the cost of the company's experimental ventures into self-driving cars, Internet access services, health science and city management.

All of those factors have helped lift Alphabet's stock — previously Google's — by 41 percent since the end of 2014.

It's a potentially big shift for Apple, which has held bragging rights as the world's most valuable company for most of the past four-and-a-half years. (ExxonMobil seized the high

ground for a brief time in 2013.)

Alphabet would become the 12th company to rise to the most valuable spot, according to Standard & Poor's.

BGP Financial analyst Colin Gillis believes the potential changing of the guard reflects a wider recognition that Alphabet is fostering a "culture of innovation" while Apple has lost some of its magic since the October 2011 death of co-founder and former CEO Steve Jobs. "I no longer see a sense of urgency at Apple," Gillis said.

If Alphabet doesn't surpass Apple's market value on Friday, it could do so early next week after it releases fourth-quarter earnings on Monday. Investors expect a big quarter after Google's closest competitor in digital ads, Facebook Inc., announced that its revenue soared 52 percent in the period.

Of course, Apple isn't just rolling over. It's reportedly working on new products such as self-driving cars, virtual reality and Internet TV that could conceivably re-ignite its revenue growth — as could any resurgence in the iPhone itself. Alphabet has shown no signs of letting up on Google's grip in Internet search or its expansion into other markets.

Which means we could see Apple and Alphabet continue to trade places in the market-value rankings over the next few years, as both race to be the first company worth \$1 trillion.

Fremont's Senior Center

SUBMITTED BY CITY OF FREMONT

Looking for healthy, dynamic, engaged baby boomers and seniors who love to mingle with people of all ages? If so, visit the Fremont Senior Center located in Central Park.

The Senior Center provides services that include excellent breakfast and lunch cooked on-site (Monday through Friday), many fitness and exercise classes, Zumba Gold and Hula classes, free health services, special events and speakers, a local and international trip program, legal and health insurance counseling, and many opportunities to meet new friends and socialize. Everyone is welcome, and can participate in most programs at minimal cost and without an age designation.

For more information, visit our Senior Center webpage or call (510) 790-6600. The Fremont Senior Center is located at 40086 Paseo Padre Pkwy.

Fremont Elks support local non-profits

SUBMITTED BY JOAN WHITE

Fremont Elks Lodge 2121 has generously sponsored events held by local non-profit groups with donations of \$500 each to: Tri-City Health Center (Superhero Run & Health Fair), Tri-City Elder Coalition (Seniors Night Out) and Make A Difference Day. Additionally, the lodge is providing a \$100 Target gift certificate to SAVE (Safe Alternatives to Violent Environments) each month to be used for supplies at the group's emergency shelter. On an as-needed basis, the lodge also provides household necessities to residents moving from Abode Services' Sunrise Village Emergency Shelter into their own homes.

The lodge continues to expand its community involvement as community service and paying it forward are commitments Fremont Elks Lodge 2121 has made in keeping with the motto "Elks Care, Elks Share."

For more information about the Elks, visit www.fremontelks.org

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SUBMITTED BY
SHARON SLYTON

Many Tri-Cities residents are familiar with the League of Volunteers' Holiday Toy Drive and Adopt-a-Family programs. In 2015, LOV assisted more than 100 families with plentiful food and gift packages for the holidays. LOV also facilitated about 50 family holiday adoptions and filled toy requests for thousands of children at 23 different area agencies.

While these programs provide tremendous help during the holidays, there are other struggling families out there – families that are just one or two steps away from putting the scattered jigsaw puzzle pieces of their lives back together. These are families that need short-term, meaningful assistance to climb off the poverty treadmill keeping them in need. Unfortunately, real, but surmountable problems and barriers stand in their way.

Introducing LOV's Angel Fund:

With LOV and special resources from our entire Tri-Cities community, we've committed to helping several of these families leave their dependency on public assistance programs behind. Throughout 2016, LOV and other partnering businesses, individuals and agencies, will be putting their full support and effort behind helping these overlooked and underserved families and individuals. LOV's Angel Fund will be seeking and accepting donations and building community campaigns to help solve these problems.

Join us today! We can't do this without your help - and with your help, we'll be making a difference in the world, in our community, and in the lives of these very special people. Are you interested in helping us meet our first goals?

When a local Fremont teacher heard of our family's situation over the holidays, she mobilized several of the third grade classes at Mission San Jose Elementary School in Fremont. The students exchanged work and chores for money and gifts to help, collecting more than \$1,500 in gift cards, supplies, and needed items for the family! Won't you help us match and exceed their generous donations?

Meet our First 2016 Angel Fund Family!

Our First Family visited LOV the day before Thanksgiving, seeking food pantry assistance over the long weekend. Dad is unable to find employment that will support his wife and children here in the Bay Area. The youngest daughter, age 7, has Williams Syndrome. She's been in and out of hospital with ongoing heart, cardiovascular and related developmental issues since she was born. This family has support waiting for them in Rome, Georgia! We have confirmed that personal and extended family and resources including a home, medical assistance and more, await them there. Together, we can get this family to Georgia!

Angel Fund Family#1:

Two adults, 3 children.
Mom & Dad in their mid-30's and three daughters, ages 13, 11 and 7.

Homeless. Low resources and living "hand to mouth."

Overall needs: Provide 1 month pre-trip lodging and 10-day travel needs for this family to drive from the Bay Area to Rome, GA where support and family await to help.

Donation Goal: \$7,000 in cash, in-kind, services and other contributions – call to customize your support!

Donation Deadlines:

February 20, 2016. ArriveRome, GA, on Feb. 28. Presentation of gifts - late February date to be announced

Donation Suggestions:

Cash donations – visit our Website at <http://www.lov.org> to donate online. Mail donations to: League of Volunteers (LOV), 8440 Central Ave., Suites A/B, Newark, CA 94560. Attention: Angel Fund – Family #1.

In-Kind and Goods Donations:

1 month pre-trip room accommodations: 1/22 – 2/20.

Auto Repairs: electrical, 5 tires, tuneup and brake maintenance for '98 Dodge Caravan.

Trip Expenses: Gift Cards – Best Western Hotels, Walmart, Target, Shell/Exxon/Mobile Fuel Cards. We're seeking national chain gift cards/certificates for needs along the way on their route to GA.

You can learn more about Williams Syndrome here: <https://williams-syndrome.org/what-is-williams-syndrome>

Contact LOV for more information. (510) 793-5683

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Bay East REALTORS recognize outstanding members

SUBMITTED BY
DAVID STARK

Several local real estate professionals have been selected to receive Bay East Association of REALTORS' highest honors for their achievements in 2015. Bay East Association of REALTORS is a professional trade association serving more than 4,500 real estate professionals throughout San Francisco Bay Area by providing programs and services to enhance their ability to conduct business with integrity and competence.

Mike Godfrey with Legacy Real Estate and Associates in Fremont received the REALTOR of the Year award. Godfrey has an interest and passion for politics and serves on several REALTOR committees that track government issues impacting real estate transactions and the profession.

Patrick Flanagan of Coldwell

Banker in Castro Valley was the recipient of Good Neighbor of the Year Award. Flanagan is continually involved in helping people in need, collecting food to help feed the homeless, and raising funds for veterans in wheelchairs.

Bob Henry with Diversified Mortgage Group was selected as Bay East 2015 Affiliate of the Year. He is a member of the Housing Opportunities Committee, serves on the Asian Real Estate Association of America Board, and volunteers with Sandra J. Wing Foundation. Diversified Mortgage Group has offices in Fremont and Pleasanton.

Mike Jacinto of Fremont was honored with Outstanding Leader Award. Jacinto has dedicated his time and energy to the association since he became a member almost 35 years ago. He applies his considerable financial

knowledge serving as the chair of the Investment Advisory Committee for the past eight years.

Nancie Allen of Fremont was selected to receive Bay East's most prestigious award: John Deadrich Distinguished Service Award. Named in honor of the association's first president and founding father, this award is given to a Bay East member who exemplifies the self-sacrifice, vision and accomplishments of the greatest leaders who have shaped the real estate profession. She serves on the board of directors for both Bay East Association of REALTORS and California Association of REALTORS, and is the chair of Bay East Professional Standards Committee. She teaches the Code of Ethics to new Bay East members, bringing the importance of ethics to each new generation of the REALTOR family.

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Applicants should send their resume and a sample of writing to: tricityvoice@aol.com

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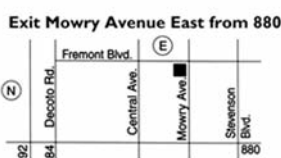
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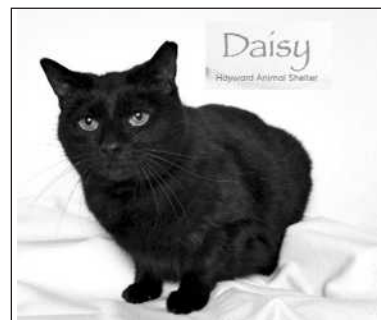


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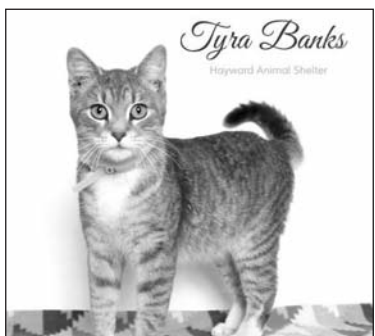
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Daisy, with her sleek black fur, is a sweet, lovable, 10 years young kitty matriarch. She's very laid back and will lean in for head rubs and chin scratches. Daisy is definitely a lap cat and will happily nap on your lap all day if you let her. Info: Hayward Animal Shelter, (510) 293-7200.

Like her namesake Tyra Banks, Tyra Banks Tyra Banks, this 8 month old kitten is not camera shy. She struts her stuff confidently and loves to explore and play. She'll happily accept a head scratch or a cuddle too. She has a gorgeous gray and white Tabby fur pattern. Info: Hayward Animal Shelter, (510) 293-7200.



Enrich Your Life - Become a Volunteer!

Hayward Animal Shelter

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



Azam Khan is a technology and new media consultant, and a researcher in the space of spirituality and geopolitics. He's also a founding member of Facebook.com/compassioncrew

Bring any question that you might have, they will try to answer to the best of their ability. Know that they 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?

Meet a Muslim

Questions and Answers

Monday February 8

7:00 - 8:00 pm
Centerville Round Table Pizza
37480 Fremont Blvd., Fremont

Jehan Hakim is a SF native. Mother of four. Senior at SFSU; Political Science (BA). President of AAYSP (non Profit Yemeni educational organization www.aaysp.org). Teacher at MCC (Rahmah Foundation).

What is the Islamic view of terrorism?
What factors contributed to the rise of Islamic fundamentalism?



Moina Shaiq a Muslim resident of Fremont for the past 33 years, a mother of four and an active member of our community.



continued from page 1

Year of the Monkey

Festivities in different parts of the world become a lavish affair that features lion and dragon dances, music and fireworks.

The greater Tri-Cities are taking part in the festivities as well, including the annual Southwest Airlines Chinese New Year Parade, regarded as the largest celebration of Asian culture outside of Asia. The annual Vietnamese Tet Festival will be held in San Jose, celebrating Vietnamese New Year or the "Tet Nguyen Dan" (Feast of the First Morning of the First Day).

Fremont's Main Library, Citizen for Better Community and South Bay Chinese Club kicked off celebration of Chinese Lunar Year 4713 on January 30th at the Fremont Main Library emceed by Lena Zee with a presentation of cultural song, music, dance and kung fu. Participants included Virtuoso International Flute Ensemble, Azevada Mandarin Immersion Program, Fremont Chinese School Yo-Yo, Legend Kung Fu Academy, California Youth Chinese Symphony, Academy of Chinese Performing Arts and the Friends of Children with Special Needs Choir. In an adjoining room, families enjoyed arts and crafts activities to symbolize New Year greetings.

Chinese Senior Club will celebrate Chinese New Year on Thursday, February 11 at Fremont Senior Center. The program includes Chinese drums and dancing. Lunch tickets are on sale on a first come, first served basis. Purchase lunch tickets at Fremont Senior Center.

Chinese New Year Lunch
Thursday, Feb 11
11:15 a.m.
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont
(510) 790-6600
www.fremont.gov/351/Senior-Center
Tickets: \$5 members;
\$7 non-members

Celebrate Chinese New Year on Saturday, February 13 at Great Mall, featuring lion and dragon dancers, Kidgits arts and crafts, panda photo opportunity, a silk fan caricaturist, and exclusive retailer discounts all weekend long. Beginning at 10 a.m., Great Mall will be distributing lucky fortune cookies (until supplies last), with the chance for shoppers to win 1 of 100 retailer gift cards.

Chinese New Year Celebration
Saturday, Feb 13
10:00 a.m.: Fortune Cookie Giveaway
12:00 p.m. - 3:00 p.m.: Program Starts
Great Mall
447 Great Mall Dr, Milpitas
(408) 956-2033
www.simon.com/mall/great-mall
Free

Celebrate the Year of the Monkey with lion dance and martial arts performances by Jing Mo Athletic Association and the students of Legend Kung Fu Academy. The mall will also offer shoppers a chance to win a \$500-worth NewPark Mall shopping spree, as well as other exclusive offers.

The Chinese Immersion Parents' Council of Fremont will have students sing a couple of songs at the beginning of the event. Legend Kung Fu Academy will be showcasing Chinese martial arts of all levels. Students ages 6 and up, from no belt to black belt, will be displaying the skills and confidence they've been developing through Kung Fu.

Chinese New Year Celebration
Saturday, Feb 20
1:00 p.m. - 3:00 p.m.
NewPark Mall
(lower level near JCPenney)
2086 Newpark Mall, Newark
(510) 794-5523
www.newparkmall.com
Free

Angels Flying over the Pacific Ocean program with six young artists who will present their arts and books. Families are invited to join them to draw a BIG picture. Sponsors include Fremont Main Library, U.S.-China Culture & Communications Association and Wuhan Muma Children's Museum of Fine Arts.

Chinese Kids' Art Exhibition
Saturday, Feb 13
10 a.m. - 12 noon
Fremont Main Library,
Fukaya Rm. B
2400 Stevenson Blvd, Fremont
(510) 745-1421
www.aclibrary.org
Free

Named one of the top 10 parades in the world by International Festivals and Events Association, "Southwest Airlines Chinese New Year Parade" in San Francisco is one of the grandest night-illuminated parades in the

country. Started in the 1860s by the Chinese in San Francisco as a means to educate the community about their culture, the parade and festival have grown to be the largest celebration of Asian culture outside of Asia. Parade highlights include elaborate floats, lion dancers, folk dancers, costumed elementary school groups, marching bands, stilt walkers, Chinese acrobats, and a 268-foot long Golden Dragon (Gum Lung). If you can't watch the parade in person, be sure to watch the live broadcast on KTVU Fox 2 or KTSF 26 (Chinese broadcast) on Saturday, February 20 from 6 p.m. to 8 p.m.

Southwest Airlines Chinese New Year Parade
Saturday, Feb 20
5:15 p.m. - 8 p.m.
Market St & Second St to Kearny St & Jackson St, San Francisco
(415) 680-6297
(415) 982-3000
www.chineseparade.com
Free admission;
Bleacher tickets: \$30

Vietnamese Tet Festival will be celebrated on Saturday, February 13 and Sunday, February 14 at Santa Clara County Fairgrounds. Enjoy a festive day filled with music, lion dances, local entertainers, a carnival, karaoke and more.

Vietnamese Tet Festival
Saturday, Feb 13 & Sunday, Feb 14
10:00 a.m. - 9:00 p.m.
Santa Clara County Fairgrounds
344 Tully Rd, San Jose
tetvietnamsj@gmail.com
www.tetvietnamsj.com
Admission: \$6
Free parking

San Leandro Public Library is hosting a Lunar New Year celebration on Saturday, February 20 at San Leandro Main Library. The celebration will include crafts, music, dancing, and bright costumes. Performances that will delight guests of all ages include dancing by Thai Cultural Center of Berkeley, UC Berkeley's Korean Traditional Drumming Group, and lion dancers of Vovinam Viet-Do-Dao of San Jose. Children and youth can enjoy Asian craft-making sessions hosted by Asian Community Cultural Association of San Leandro.

Lunar New Year Celebration
Saturday, Feb 20
1:00 p.m. - 3:15 p.m.
San Leandro Main Library
300 Estudillo Ave, San Leandro
(510) 577-3971
www.sanleandro.org/depts/library
Free

Weigh in on Community Conversations

SUBMITTED BY CITY OF FREMONT

This winter, the City of Fremont is launching several topical forums on Fremont Open City Hall, our online forum, because we want your feedback! We'll be looking for comments and suggestions on various matters of interest, including: mobility (e.g., traffic

and transportation), sustainability (e.g., water and energy), community character/design compatibility, and public safety. We will also want to get your input on larger development projects. **Sign up at:**
http://www.fremont.gov/1623/Fremont-Open-City-Hall to be notified when new topics are posted.

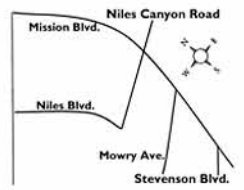
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Zumba with Mimi

SUBMITTED BY
NEW HAVEN UNIFIED
SCHOOL DISTRICT

Cesar Chavez Middle School will host their first annual "Zumba with Mimi" fundraiser to benefit Erica Casarez Lepe Memorial Scholarship Fund on Saturday, February 6. The cost is \$10. Proceeds from the event will be used to fund scholarships for two deserving New Haven Unified School District students from James Logan and Conley-Caraballo high schools pursuing medical careers. All ages are welcome. Donations can also be made through <https://nhsfoundation.org/make-an-impact/foundation-donation>.

Zumba with Mimi
Saturday, Feb 6
9 a.m. - 11 a.m.

Cesar Chavez Middle School
2801 Hop Ranch Rd,
Union City
(510) 909-9263

<https://nhsfoundation.org/make-an-impact/foundation-donation>
\$10

SUBMITTED BY
SHIRLEY SISK

On Sunday, February 21 the League of Volunteers (LOV) and Newark Arts Council present in concert local talent representing dance, vocal and instrumental performers from the community. The February Gala is a tradition with LOV's concert season and is the kick off of what is now the 27th season of concerts showcasing professional talent from around the state and beyond.

World Interfaith Harmony Day Celebration

Tri-Cities faith traditions forge a deeper understanding

SUBMITTED BY TRI-CITIES INTERFAITH COUNCIL

Celebrate diversity. The Tri-Cities Interfaith Council is thrilled to announce that on Saturday, February 6, from 1 p.m. - 4 p.m., they will host the Tri-Cities Third Annual World Interfaith Harmony Celebration.

World Interfaith Harmony Week was proclaimed by the United Nations General Assembly in 2010, in a resolution that states: "mutual understanding and interreligious dialogue constitute important dimensions of a culture of peace" and so they "establish World Interfaith Harmony Week as a way to promote harmony between all people regardless of their faith."

The local lead organizer of the event, Moina Shaiq, is a member of the Alameda County Human Relations Commission and founder of the Muslim Support Network. Shaiq said she wanted this event to happen in Fremont, "To build bridges of understanding, respect and support among diverse people of faith through education, dialogue and socialization and to strengthen family and community in solidarity with others across lines of race, class and religion."

The afternoon event will give space for many different faith traditions to be represented by their local communities. Participants from local communities of Atheist, Baha'i, Buddhist, Christian, Hindu, Jewish, Muslim, Sikh, Unitarian Universalist and more will have booths showcasing their beliefs, traditions and sacred objects. There will also be an hour long moderated discussion about Islam, which is sure to be entertaining and enlightening. The event will take place at the Fremont Veterans Memorial Building in Niles. Everyone is welcome from any or no faith at all!

World Interfaith Harmony Day Celebration

Saturday, Feb 6

1 p.m. - 4 p.m.

Veterans Memorial Building

37154 2nd St, Fremont

moinashaiq@gmail.com

<http://tcicouncil.org/>

LOV celebrates the arts through February Gala

Performers for the
Gala are:

Music For Minors II Children's Choir, under the direction of Lydia Concepcion; Tru Dance, a Union City Studio specializing in ballet, tap and jazz; Salvador Vazquez, virtuoso on the Mexican harp; Dream Achievers, a band made up of talented young musicians; and Autism from Friends of Children with Special Needs, a talented trio who will inspire you with their repertoire of classical music to jazz, rock and hip hop.

LOV's concerts are held at the Thornton Junior High Multi-Purpose Auditorium in Fremont. Doors open at 1 p.m. with the concert at 2 p.m. Complimentary refreshments are served during intermission. For information call (510) 793-5683 or visit www.lov.org

LOV February Gala

Sunday, Feb 21

2 p.m. Concert

(Doors open 1 p.m.)

Thornton Junior High,
Multi-Purpose Auditorium
4356 Thornton Ave, Fremont
(510) 793-5683

www.lov.org

Free and donations gladly accepted



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THEATRE

Douglas Morrisson Theatre presents:

Mrs. Warren's Profession

SUBMITTED BY
 SUSAN E. EVANS
 BOB MILLER

PHOTO BY TERRY SULLIVAN

Douglas Morrisson Theatre in Hayward is excited to announce the third show in their Revelations Season: the witty and provocative "Mrs. Warren's Profession" by George Bernard Shaw, the playwright of Pygmalion and Major Barbara.

The play will have 15 performances, February 11 – March 6, including one preview. The production features an impressive ensemble of local performers: Theatre Bay Area Award Winner Celia Maurice as Mrs. Kitty Warren, Emily Scott as Vivie Warren, Craig Souza as Praed, Nathaniel Andalis as Frank Gardner, John Baldwin as Sir George Crofts and Tom Reilly as the Reverend Samuel Gardner.

Mrs. Warren's Profession tackles subjects as topical today as they were over a century ago – the fate of women in the market-

place, the choices forced upon women by economic and social pressures and the hypocrisies of middle-and upper-class conventions. The play centers on the relationship between Vivie Warren, a thoroughly modern, highly educated young woman, and Mrs. Warren, her mother whom Vivie barely knows. When Mrs. Warren arrives for a surprise visit, Vivie discovers the truth about her mother's "profession," and a battle of wills ensues.

Written in 1893, the play has had a checkered production history – it was banned from public performance on the London stage by England's official censor, not because it involved the issue of prostitution but because it suggested that prostitution as a career choice might be preferable to the so-called legitimate choices available to women in the late 19th century. In 1902, the play was performed for the first time at the New Lyric Club in a private production. When Mrs. Warren's Profession premiered in New York City in 1905, the pro-

ducer and actors were arrested on charges of disorderly conduct. It was not until 1925, 20 years later and 32 years after it was written (and the same year Shaw was awarded the Nobel Prize in literature), that the play received its first public performance in London.

Mrs. Warren's Profession
Thursday, Feb 11 –
Sunday, Mar 6
Preview: Thursday,
Feb 11/ 8 p.m.
Opening Reception:
Friday, Feb 12 / 8 p.m.
Saturday, Feb 27/ 2 p.m.
(Post-play Discussion)
and 8 p.m.
Thursday, Mar 3 / 8 p.m.
Fridays and Saturdays: 8 p.m.
Sundays: 2 p.m.

Douglas Morrisson Theatre
22311 N. Third St, Hayward
(510) 881-6777
www.dmtonline.org
\$29-\$32 / Preview \$10



(Left to right): Emily Scott as Vivie Warren and Celia Maurice as Mrs. Warren

Home & Garden

Illuminating the way with *Outdoor Lighting*

BY DAVID R. NEWMAN
PHOTOS COURTESY OF
PROGRESS LIGHTING

When the sun goes down, is your house left in the dark? Maybe it's time to shine some light on the matter. By adding outdoor lighting to your property, you can create safe and usable nighttime spaces, while improving your home's security and curb appeal. And with a large variety of design choices, there's something for everyone.

Common applications for outdoor lighting include steps, paths, columns, patios, doorways, pools, driveways, and porches. Popular finishes include black, brushed nickel, and bronze, but it's important to pick the one that matches the color of your house. Styles can vary greatly as well, so choosing a design that complements your home's architecture will go a long way in boosting property value and curb appeal.

The front door is the most obvious place for outdoor lighting. Some people prefer one wall-mounted light next to the door. For design purposes, a good rule of thumb is to pick a fixture that is about one-third the height of the door. With matching lights on either side, the rule is one-quarter the height of the door. And recessed lighting can add a nice touch to the front porch.

Outdoor lighting is most commonly used to add home security. Strategically placed floodlights with motion sensors can help deter criminals and wildlife. And landscape lighting can illuminate potential hiding places. It can also be an essential safety feature, lighting up



walkways and steps to prevent falling accidents. Of course, lights should be properly angled so they don't shine in your eyes.

And with the growing popularity of outdoor living spaces, creating a warm and inviting mood through lighting has become a fun goal of many homeowners. Fernando Dinis, President of Affordable Lighting Source in Fremont, says, "There are so many different things you can do with outdoor lighting, especially since they started doing major barbecue areas, seating areas, fire pits, etc. At the same time, you don't want to feel like you're center stage, so it's important to balance it out with some low level lighting as well."

It may be subtle, but lighting can deeply affect our health and mood. Indeed, choosing the right light for your home can be more important than you think. There are even certain medical

conditions caused by bright light, fluorescents in particular. Says Dinis, "A lot of people don't want to come home from being under fluorescent light and feel like they're in the middle of Safeway."

Looking at a Correlated Color Temperature (CCT) chart can help you understand what quality of light you prefer. It shows the spectrum of light measured in degrees Kelvin, from a more orange light with a warmer feel on one end (2000K), to a bluer, cooler light at the other end (9000K). Daylight is somewhere in between, and is in fact a popular choice for those concerned about health issues.

When shopping for lights, it's also important to understand the three main types of bulbs: incandescent, fluorescent, and LED. Traditional incandescents can be found in most older homes

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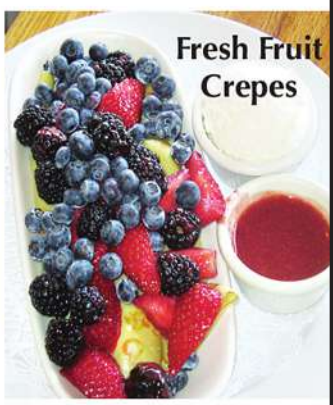
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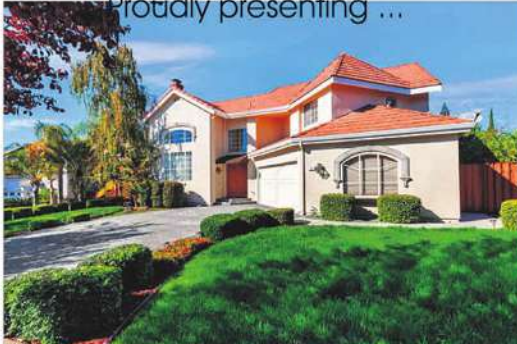
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Illuminating the way with *Outdoor Lighting*

some wireless controllers you can access from your smartphone or tablet. And thanks to Title 24, photo cells and low voltage lights are now the norm.

Most outdoor lighting is fairly straight forward and can be installed by the average DIYer. Just be sure the power is really off and that it's not a faulty light, warns Dinis. Also, most cities require that your address be lit.



and provide a warm glow. Because they've been around the longest they offer the widest array of design choices. They are also the most affordable (outdoor lights vary widely in price, from \$50 to \$900).

LED lights are fairly new but have grown in popularity, primarily due to their energy efficiency and long life. According to the U.S. Department of Energy, residential LEDs use at least 75 percent less energy and last 25 times longer than incandescent lighting.

"The development of LED's has been huge. Now they can copy

a lot of the feel and color of incandescents," says Dinis. And while prices used to be prohibitive for many homeowners, prices have come down in recent years. According to online statistics portal Statista, LED lights are estimated to make up 53 percent of the global lighting market by 2019.

Controlling your outdoor lighting has become easier than ever. Dimming systems come standard on most lights, and timers allow you to set on and off periods, helping you cut back on your utility bill. There are even

Adding outdoor lighting to your home is a great way to modernize and get out of the dark ages, while providing security and safety. And with so many design choices, your house is sure to shine.

For more information, contact Affordable Lighting Source at (510) 226-7200 or visit www.affordablelighting-source.com

Reflection Beads.

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510-793-3660
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NOW HIRING

CONVENIENCE STORE MANAGER

Immediate opening for a Convenience Store Manager in Fremont, California. The Store Manager (SM) will manage, direct, and supervise the daily operations of the store. He/ She will maintain a pleasant and courteous environment for customers and team members according to company goals, policies, and procedures.

Requirements:

- Minimum of 3-5 years management experience including staff management of 5 or more employees; previous convenience store experience preferred
- Excellent communication, organizational, and leadership skills required
- Strong work ethic, energy, and motivation
- Willing to work weekends and night shifts as needed
- Maintain a clean and safe working environment

Compensation: Up to \$25/hr, a performance based bonus structure, and growth opportunities dependent on management experience. Benefit programs including medical and dental insurance, paid vacation, and incentive bonus plan and exciting opportunities for advancement. Equal Opportunity Employer. M/F/D/V. Email resumes to jdecker@eaglecanyoncapital.com, or call 925-402-1217 for information.



Fabulous Events (and Fabulous People, too!)

Chinese New Year Dinner

Monday, February 8, 4:15 p.m.

Ring in the year of the Red Monkey while enjoying food, drinks and a traditional **Chinese Tiger Dance**. Cost of entry is \$15 or free with a tour of the community. RSVP by February 5.

Sweethearts Happy Hour

Friday, February 12, 3:00 p.m.

Grab your sweetheart and come to Carlton Senior Living. Sing and dance to wonderful live music by **Tony Braganza** or sit back and enjoy the romance and refreshments.

Special Arts & Crafts Hour

Monday, February 22, 2:00 p.m.

Get creative with a special **Arts & Crafts Hour** and make wonderful, surprise crafts in a fun environment filled with family and friends.



3800 Walnut Avenue • Fremont
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Lic. No. 015600118

Please
call to
RSVP!



Carlton Senior Living's Rose De La Garza with resident Leonard Armes

Carlton Senior Living in Fremont is a fabulous independent living and assisted living community for seniors!

CASTRO VALLEY TOTAL SALES: 17						
Highest \$:		1,767,000	Median \$:		700,000	
Lowest \$:		310,000	Average \$:		746,029	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2832 Aegean Place	94546	932,500	4	2822	1998	12-31-15
3162 Aylesbury Court	94546	870,000	3	1355	1955	12-30-15
18256 Carlton Avenue	94546	450,000	2	858	1946	12-24-15
18023 Center Street	94546	875,000	4	2803	1985	12-30-15
19069 Gliddon Street	94546	705,000	3	1264	1953	12-24-15
19098 Gliddon Street	94546	650,000	3	1938	1953	12-24-15
4373 James Avenue	94546	589,000	3	1832	1948	12-30-15
18902 Patton Drive	94546	700,000	3	1231	1950	12-31-15
4470 Seven Hills Road	94546	655,000	3	1200	1954	12-24-15
17447 Vineyard Road	94546	825,000	4	2542	1943	12-31-15
17502 Vineyard Road	94546	885,000	-	1614	1948	12-30-15
18901 Walnut Road	94546	640,000	3	1272	1955	12-24-15
2960 Wisteria Lane	94546	495,000	2	1568	1979	12-24-15
5939 East Castro Valley	94552	310,000	-	1390	-	12-29-15
5949 East Castro Valley	94552	549,000	-	976	-	12-30-15
20307 Hunters Knowles	94552	1,767,000	4	5651	1994	12-28-15
21939 Independent School	94552	785,000	4	1840	1997	12-29-15

FREMONT TOTAL SALES: 31						
Highest \$:		1,865,000	Median \$:		690,000	
Lowest \$:		261,000	Average \$:		780,339	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
37283 Ann Marie Terrace	94536	630,000	3	1558	1988	12-31-15
35796 Augustine Court	94536	901,000	3	1523	1970	12-31-15
37428 Gillett Road	94536	350,000	3	1700	1999	12-24-15
291 Hirsch Terrace	94536	527,000	2	1016	1975	12-29-15
446 Maar Avenue	94536	1,135,000	3	2639	1985	12-29-15
4256 Marie Court	94536	660,000	3	1220	1961	12-31-15
35888 Niles Boulevard	94536	600,000	3	2456	1929	12-31-15
37378 Parish Circle #18G	94536	490,000	2	942	1989	12-31-15
36007 Pizarro Drive	94536	690,000	4	1474	1956	12-30-15
4937 Rogers Avenue	94536	261,000	3	1725	1953	12-30-15
38998 Sailfish Common	94536	799,000	3	1610	1995	12-31-15
4023 San Juan Court	94536	1,200,500	5	2326	1964	12-31-15
38608 Sanborn Terrace	94536	439,000	2	840	1972	12-31-15
38 Silk Oak Terrace	94536	640,000	2	1230	2006	12-30-15
39700 Banyan Tree Road	94538	656,000	3	1200	1961	12-29-15
40515 Davis Street	94538	690,000	4	1278	1962	12-31-15
3755 Franklin Avenue	94538	818,500	3	1387	1958	12-30-15
43417 Gatewood Street	94538	835,000	3	1485	1956	12-24-15
39342 Mariposa Way	94538	646,000	2	948	1959	12-30-15
4637 Millbrook Terrace	94538	627,000	3	1242	1971	12-29-15
40744 Robin Street	94538	720,000	4	1556	1963	12-24-15
3695 Stevenson Blvd E305	94538	532,500	2	1040	1991	12-30-15
48495 Arkansas Place	94539	1,125,000	4	1749	1979	12-29-15
2790 Bruce Drive	94539	1,865,000	4	3744	2006	12-30-15
40454 Carmelita Court	94539	1,250,000	4	2115	1966	12-29-15
671 Lonsdale Avenue	94539	1,075,000	4	1430	1961	12-29-15
85 Queso Court	94539	965,000	-	1937	1978	12-24-15
32992 Lake Huron Street	94555	750,000	3	1148	1971	12-29-15
32949 Lake Mead Drive	94555	675,000	3	1060	1970	12-28-15
34800 Potomac River Pl	94555	828,000	4	1496	1975	12-24-15
34770 Wabash River Place	94555	810,000	4	1928	1974	12-31-15

HAYWARD TOTAL SALES: 33						
Highest \$:		1,400,000	Median \$:		542,000	
Lowest \$:		298,000	Average \$:		572,758	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
593 Blossom Way #15	94541	325,000	2	1077	1989	12-24-15
22524 Byron Street	94541	420,000	2	1000	1946	12-29-15
22139 Castille Lane #68	94541	410,000	2	1171	1982	12-24-15
1384 D Street	94541	1,035,000	3	1203	1905	12-31-15
23070 Glenn Ellen Drive	94541	655,000	3	1500	1970	12-24-15
21020 Hathaway Avenue	94541	810,000	4	2152	1948	12-24-15
22736 Olive Place	94541	563,000	3	1930	1996	12-31-15
25648 Paul Court	94541	555,000	3	1810	1969	12-30-15
22592 Pearl Avenue	94541	565,000	2	1762	1947	12-24-15
22172 Peralta Street	94541	575,000	5	2259	1980	12-30-15
18271 Rainier Avenue	94541	500,000	2	1165	1951	12-24-15
3095 Randall Way	94541	508,000	3	1116	1954	12-29-15
91 Arundel Drive	94542	1,400,000	4	4315	2009	12-31-15
27739 Autumn Court	94542	680,000	3	1928	1968	12-30-15
1380 Highland Boulevard	94542	875,000	4	2362	1947	12-31-15
3455 Skyline Drive	94542	700,000	-	1808	1979	12-24-15
279 Bridgehead Lane	94544	810,000	5	2414	1999	12-30-15
31911 Chicoine Avenue	94544	650,000	4	2048	1986	12-24-15
26048 Eldridge Avenue	94544	542,000	3	1587	1954	12-24-15
1348 Sheridan Lane	94544	300,000	3	1210	1956	12-29-15
25549 Tarmen Avenue	94544	350,000	3	951	1949	12-30-15
24615 Traynor Court	94544	445,000	3	1031	1950	12-29-15
171 Turlock Way	94544	480,000	3	1142	1954	12-31-15
24873 Willimet Way	94544	519,000	3	1458	1958	12-29-15
1762 Bobolink Court	94545	350,000	3	1224	1965	12-29-15
2363 Cabrillo Drive	94545	680,000	4	2078	1977	12-30-15
1961 Catalpa Way	94545	507,000	3	1232	1963	12-30-15
1492 Christina Court	94545	685,000	-	2250	1979	12-31-15

25091 Copa Del Oro 102	94545	298,000	2	855	1986	12-31-15
28253 Peachtree Drive	94545	560,000	3	1284	1976	12-24-15
26122 Peterman Avenue	94545	450,000	3	1911	1956	12-29-15
27561 Stromberg Court	94545	349,000	2	988	1970	12-24-15
2734 Grove Way	94546	350,000	2	1065	1947	12-31-15

MILPITAS TOTAL SALES: 10						
Highest \$:		1,260,000	Median \$:		1,054,000	
Lowest \$:		435,000	Average \$:		967,350	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
353 Bixby Drive	95035	680,000	3	1102	1960	01-04-16
165 Coelho Street	95035	705,000	3	1064	1955	01-05-16
193 Evergreen Way	95035	435,000	3	1247	1968	01-06-16
353 Los Coches Street	95035	1,054,000	3	2519	2015	01-11-16
379 Los Coches Street	95035	1,108,000	3	1951	2015	01-07-16
383 Los Coches Street	95035	1,199,500	3	2519	2015	01-11-16
385 Los Coches Street	95035	1,062,000	3	1951	2015	01-07-16
708 Princess Place	95035	1,260,000	4	3084	1986	01-05-16
2180 Sepulveda Avenue	95035	1,020,000	5	2077	1977	01-12-16
799 Valencia Drive	95035	1,150,000	4	2390	1984	01-05-16

NEWARK TOTAL SALES: 10						
Highest \$:		1,140,000	Median \$:		764,000	
Lowest \$:		450,000	Average \$:		753,250	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
7548 Braidburn Avenue	94560	810,000	3	1504	1971	12-30-15
36436 Cedar Boulevard	94560	625,000	3	1144	1962	12-29-15
5628 Chapman Drive	94560	830,000	4	1829	1963	12-30-15
35122 Lido Boulevard #K	94560	450,000	2	1076	1984	12-29-15
8106 Mandarin Avenue	94560	1,140,000	4	3315	2002	12-30-15
36472 Peugeot Place	94560	705,000	-	1535	1978	12-30-15
37804 Taro Terrace	94560	668,000	-	-	-	12-30-15
37808 Taro Terrace	94560	774,000	-	-	-	12-30-15
37810 Taro Terrace	94560	766,500	-	-	-	12-31-15
37802 Taro Terrace #39	94560	764,000	-	-	-	12-30-15

SAN LEANDRO TOTAL SALES: 16						
Highest \$:		1,042,500	Median \$:		530,000	
Lowest \$:		370,000	Average \$:		571,938	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1105 Donovan Drive	94577	438,000	3	950	1942	12-30-15
325 Dutton Avenue	94577	1,042,500	4	1830	1910	12-31-15
286 Estabrook Street	94577	379,000	2	1200	1993	12-31-15
212 Joaquin Avenue	94577	620,000	3	1140	1926	12-29-15
2240 Longview Drive	94577	711,500	3	2320	1959	12-30-15
1881 North Boulevard	94577	464,000	3	1037	1942	12-31-15
7111 Raineer Court	94577	500,000	3	1210	2004	12-29-15
1532 View Drive	94577	905,000	4	3406	1956	12-24-15
488 Warren Avenue	94577	370,000	4	1783	1925	12-28-15
2369 Yukon Street	94577	580,000	3	1008	1950	12-30-15
999 Figueroa Drive	94578	530,000	3	1365	1956	12-31-15
1510 Rake Court	94578	550,000	3	1357	1947	12-24-15
16926 Robey Drive	94578	546,000	4	1845	1950	12-29-15
14636 Saturn Drive	94578	520,000	2	1330	1955	12-29-15
16113 Windsor Drive	94578	615,000	5	1857	1947	12-29-15
730 Fargo Avenue #4	94579	380,000	3	1136	1965	12-29-15

SAN LORENZO TOTAL SALES: 10						
Highest \$:		595,000	Median \$:		523,500	
Lowest \$:		370,000	Average \$:		516,350	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
873 Bockman Road	94580	595,000	4	2048	1966	12-30-15
837 Jan Court	94580	523,500	3	1439	1951	12-24-15
15928 Via Alamitos	94580	461,000	2	925	1945	12-30-15
16069 Via Arroyo	94580	470,000	3	1062	1946	12-24-15
17249 Via Corona	94580	500,000	3	1524	1951	12-30-15
17360 Via Corona	94580	560,000	4	2581	1951	12-30-15
1403 Via Hermana	94580	579,000	3	1400	1955	12-29-15
1447 Via Manzanias	94580	565,000	3	1050	1951	12-31-15
1381 Via Vista	94580	540,000	3	1500	1951	12-30-15
17629 Wickman Place	94580	370,000	3	1170	1971	12-24-15

UNION CITY			TOTAL SALES: 16			
Highest \$:		1,354,500	Median \$:		710,000	
Lowest \$:		375,000	Average \$:		810,031	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
4503 Cabello Street	94587	710,000	4	1880	1975	12-30-15
33098 Calle La Mirada	94587	585,000	3	1212	1998	12-31-15
4509 Ellis Court	94587	1,354,500	-	-	-	12-31-15
4513 Ellis Court	94587	1,243,500	-	-	-	12-31-15
218 Galano Plaza	94587	375,000	2	880	1985	12-31-15
389 Monaco Avenue	94587	640,000	4	1287	1965	12-24-15
30601 Ratekin Drive	94587	725,000	3	1860	1989	12-24-15
32200 Regents Boulevard	94587	1,192,500	-	-	-	12-29-15
32208 Regents Boulevard	94587	1,258,500	-	-	-	12-31-15
351 Riviera Drive	94587	820,000	4	2088	1963	12-31-15
31218 San Andreas Drive	94587	660,000	3	1738	1969	12-29-15
3323 San Lucas Way	94587	617,500	4	1887	1977	12-29-15
1068 Sapphire Terrace	94587	539,000	2	1203	2007	12-24-15
2124 Sunsprite Drive	94587	1,025,000	4	2568	1998	12-30-15
34880 Travertine Way	94587	755,000	3	1551	1997	12-31-15
4709 Valencia Way	94587	460,000	3	1155	1972	12-30-15

Traffic Talk

SUBMITTED BY THE
FREMONT POLICE
DEPARTMENT, TRAFFIC UNIT

**All we need is
just a little patience.**

Those are the words to a popular 1980’s rock ballad. But while the lyric was written as a love song aptly titled “Patience,” the line could be applied to many walks of life – especially traffic safety around schools.

Whether or not you have kids, you’ve likely been impacted by the traffic chaos near schools during the school year. Before and after school, the streets of Fremont near any campus can seem like a free for all.

Pedestrians crossing the street outside of crosswalks, cars stopped in areas they shouldn’t be, upset drivers honking horns and passing stopped vehicles with reckless abandon, people disobeying crossing guards and school officials trying to keep everyone safe. The list of traffic infractions and dangerous activity goes on and on.

While this activity usually lasts in short bursts at the beginning and end of school days, the impact is felt by everyone. We know it’s a problem. And we know you know it’s a problem.

So what’s the solution?

First, let’s discuss facts. Fremont is nearly 100 square miles in size, has a population of more than 200,000 people and no less than 39 public school campuses. Of those school campuses, 28 are elementary schools, most of which serve children, ages 4–10, rushing to and from school each morning. Additionally, almost 30 crossing guards are employed throughout the City of Fremont at 19 locations determined by factors set by the City Council. And to supplement that, the Fremont Police Department routinely sends traffic officers and patrol officers to school campuses when time permits.

In short, not every campus gets the attention it deserves; violations occur quite frequently and the drop-off/pick-up situation ruffles the feathers of parents, school administrators, police and the community as a whole.

So, what can be done to combat the issues? We as a Police Department will continue to enforce traffic rules near schools and deploy crossing guards to schools. We hope that you can do your part to

alleviate the stress by employing some of the following tips.

Safety First: Think about these two words before you react to any situation. Before you decide to abruptly change lanes to get out of the traffic jam near a school, think about why the traffic may have come to a stop. Are there pedestrians crossing the road? Has the vehicle in front of you been instructed to stop for some reason? Is there already a crash? Think before you move. Your actions could be putting yourself or someone else, perhaps even a young child, in danger.

Curb your enthusiasm: Do you know a parent who routinely allows their child to exit the vehicle while the car is stopped in the middle of the roadway because the opportunity presents itself? Let them know that this is not OK. If you’re dropping a child off at school, at the very least do not allow the child to exit the vehicle until the car is stopped and parked with the passenger side next to the curb. No one wants to see a child get hit by a passing motorist.

Don’t block driveways: Raise your hand if you’ve seen this before. We know some children need to be physically walked to class and as such parents or caretakers need to park their vehicles. However, this does not give them carte blanche to park wherever they wish, even if it’s “just for a few minutes,” an excuse officers hear all the time. Their vehicle may be cited or towed. This is your warning.

Leave earlier: Do you find yourself rushing to school to drop off or pick up the kids, or getting mad because you’re on your way to work and constantly get stuck in traffic near schools? There is a very simple solution: leave your house earlier. Yes, it’s easier said than done, but you could make a world of difference if you gave yourself an extra five minutes in the morning. If you’re taking kids to school, this could allow you to park a bit further away and walk your child to school. And if your commute simply takes you past a school, this extra time could allow you to develop an alternate route to bypass the entire situation.

Be Patient: Sometimes life doesn’t allow us to prepare for everything. While we may have good intentions to leave our homes earlier, it’s unrealistic to expect that everyone else has done the same. Somewhere someone is in a rush.

And while you may have done your part to not be that person, there is still something else you can do for your benefit and for that of others – be patient.

**Here are some questions sent
to the Traffic Talk e-mail in-box
this past month:**

Traffic scenario: You are driving normal speed and come up at an intersection with a green light. All of a sudden a pedestrian walks out in front of you, even though a “do not cross red hand” was signaling form them to not cross the street, and you hit the pedestrian. Who is at fault?

**This is a great question and
here is the answer.**

In the above scenario, the pedestrian would be at fault. California Vehicle Code section 21950(b) states: “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.”

Unfortunately, we have seen this happen with tragic results in Fremont recently. Please only cross when the signal allows and look both ways before entering any roadway.

**Are bicyclists allowed to
ride their bicycles on
sidewalks?**

The City of Fremont has a municipal code (FMC 10.10.040) that speaks to the issue of riding bicycles on sidewalks. It states that nobody 16 years of age or over may ride their bicycle on sidewalks. A bicyclist 15 years of age and under may ride their bicycle on a sidewalk, except sidewalks in front of schools, stores, or businesses. However, bicyclists riding on sidewalks must exercise due care, give pedestrians the right of way, and ride in single file.

Please keep those questions coming. We promise to answer them all.

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 @FremontPD on Twitter or facebook.com/FremontPoliceDepartment

Stratford School students qualify for American Mathematics Competition

SUBMITTED BY LEAH TERAUSKIS

Three campuses from Silicon Valley-based Stratford School have received exceptional honors for their performance on the 2015 American Math Competition (AMC) 8 examination. The AMC 8 is a middle school mathematics examination created to stimulate the development of advanced problem solving skills while promoting positive attitude, enthusiasm, and excitement toward mathematics.

The sum of the top three scores ranked Stratford Santa Clara Middle School students in the Honors category. Stratford’s Middle Schools in San Jose and Fremont earned the Merit Certification for having all high-scoring students in 6th grade or above. As a result, these students have qualified for the opportunity to take the AMC 10, a similar examination for 10th graders. Only the highest-scoring students from AMC 8 proceed to take the AMC 10.

Visit www.stratfordschools.com for more information about Stratford School, and www.maa.org/math-competitions/amc-contests/amc-8 to learn more about the AMC.

Upcoming events at Hayward Library

SUBMITTED BY
MICHELLE NOGALES

When a middle-aged man returns to his childhood home, he is drawn to the farm at the end of the road where, as a child, he encountered a most unusual girl. As he sits by the pond (a pond that she’d claimed was an ocean), the unremembered past comes flooding back. It is a past too strange and dangerous to have happened to anyone, let alone a small boy. Written by New York Times best-selling author of more than 20 books and the recipient of numerous literary honors, “The Ocean at the End of the Lane” by Neil Gaiman shows the power of stories to reveal and shelter us from the darkness inside and out. Join the “Mostly Literary Fiction Book Discussion” on Monday, February 8 and Thursday, February 11 at Eko Coffee Bar.

For more information, please call Sally at 510-881-7700 or email sally.thomas@hayward-ca.gov.

**Mostly Literary Fiction
Book Discussion
Monday, Feb 8
6:30 p.m.
Thursday, Feb 11
12 p.m.
Eko Coffee Bar
1075 B St, Hayward
(510) 881-7700
<http://tinyurl.com/mlf-feb-16>
Free**

Be part of the Hayward Library Weekes Branch Teen Activity Group (TAG), and help plan teen library events and meet new people. Help the library better

serve you, and earn community service hours. The next meeting will be held at Hayward Main Library on Tuesday, February 9. Snacks will be available.

**Teen Activity Group
Tuesday, Feb 9
5 p.m. - 6 p.m.
Hayward Main Library
835 C St, Hayward
510-881-7946
annie.snell@hayward-ca.gov
<http://tinyurl.com/mtag-feb-16>
Free**

Get feedback on your original writing in a peer-supported writers’ group on Tuesday, February 9 and Saturday, February 27 at Hayward Main Library. Get the support you need to help you stay on track with your writing, whether it’s fiction, non-fiction, or poetry. Bring 10-15 copies of the piece you wish to share with the group.

Facilitator Rosa del Duca earned an MFA in Creative Writing from St. Mary’s College of California. Her work has appeared in literary magazines like Cutbank, Grain, River Teeth, and CALYX; she is seeking representation for a memoir and a novel. She works as a journalist at NBC Bay Area and makes music with her folk band, Hunters.

**Peer Writers’ Group
Tuesday, Feb 9
6 p.m. - 7:30 p.m.
Saturday, Feb 27
2 p.m. - 4 p.m.
Hayward Main Library
835 C St, Hayward
(510) 881-7700
<http://tinyurl.com/pwg-feb16>
Free**

City of Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

**Summer Job Fair –
Recreation Services**

Are you looking for a summer job that is fun and exciting? Come to the City of Fremont Recreation Services Job Fair on Thursday, February 25 from 5 p.m. to 7:30 p.m. at the Teen Center in Central Park, located at 39700 Paseo Padre Pkwy. Positions include recreation leaders, sports instructors, camp specialists, lifeguards, swim instructors, and more. Be a part of our winning team and apply today!

For information or to download an application, visit www.Fremont.gov/RecJobs. If you are unable to attend the job fair, you may submit an application in person, by mail, or email to City of Fremont Recreation Services, 3300 Capitol Ave., Bldg. B, Fremont, CA 94538 or RegeRec@fremont.gov.

Fremont’s Senior Center

Looking for healthy, dynamic, engaged baby boomers and seniors who love to mingle with people of all ages? If so, visit the Fremont Senior

Center located in Central Park. The Senior Center provides services that include excellent breakfast and lunch cooked onsite (Monday through Friday), many fitness and exercise classes, Zumba Gold and Hula classes, free health services, special events and speakers, a local and international trip program, legal and health insurance counseling, and many opportunities to meet new friends and socialize. Everyone is welcome, and can participate in most programs at minimal cost and without an age designation.

For more information, visit www.Fremont.gov/SeniorCenter or call 510-790-6600. The Fremont Senior Center is located at 40086 Paseo Padre Pkwy.

**Sponsorship Opportunities
for City Events, Programs**

The City of Fremont Recreation Services Division offers a variety of opportunities for corporations and small businesses who seek a unique marketing platform with access to thousands of consumers spanning multiple demographics. Sponsoring a Parks and Recreation event or program will not only improve Fremont’s quality of life but also can meet your organization’s marketing goals. Sponsorships may range from financial support to in-kind donations. Whether the Summer Concert Series, Kids ‘n Kites Festival, the

Water Park scholarship program, or other sponsorship opportunities, our events and programs offer high visibility for businesses.

We know that there are many sponsorship opportunities for worthy causes in Fremont and limited dollars for this purpose. This is why we have created a simple process for sponsorship opportunities. Please contact the City’s Lance Scheetz at 510-494-4331 for more information.

Startup Grind Fremont

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. Join us on February 18 from 6 p.m. to 8 p.m. at DeVry University, 6600 Dumbarton Circle for the Startup Grind Fremont Chapter event. This event will include a fireside chat with Andrew Ponec.

Andrew is a Stanford undergraduate and co-founder and CEO of Dragonfly System, a solar technology company spun out from Stanford’s electrical engineering department. Andrew was also named to Forbes “30 under 30” list in 2014 for his work in solar energy, and is currently focusing on building energy use and affordable housing technologies. To register for this event visit www.StartupGrind.com/Fremont.

New Haven School Board update

SUBMITTED BY NEW HAVEN
UNIFIED SCHOOL DISTRICT
(NHUSD)

At its recent meeting, the Board heard a presentation from Mr. Timothy Allen, Executive Director of the Carlston Family Foundation. Mr. Allen was in attendance to recognize famed Logan Speech, Debate and Forensics teacher, Mr. Tommie Lyndsey, as one of five Carlston Family Foundation Outstanding Teachers of America award winners. All recipients of this honor must be nominated by former students who are successful in their academic and life pursuits. Also that evening, the Carlston Family Foundation donated \$5,000 to James Logan High School that is to be used to support Logan students and educational programs at Mr. Lindsey’s discretion.

The Board also heard a report from Co-Superintendent and Chief Financial Officer Akur Varadarajan regarding the Governor’s proposed 2016-17 budget. Mr. Varadarajan shared that the Governor plans to continue the implementation of the Local Control Funding Formula (LCFF) and increase the financial support of schools

statewide with an additional \$2.825 billion in Proposition 98 revenues. While the Governor’s budget reduces the COLA (Cost of Living Adjustment) for 2016-17 from an earlier estimate of 1.60 percent to 0.47 percent, the Governor’s budget increased the gap funding for schools from earlier estimates of 35.55 percent to 49.08 percent. This will enable school districts to receive the targeted funding estimated by the LCFF formula sooner. NHUSD is set to receive close to 95 percent of the estimated \$103,000,000 in targeted funds from the state ahead of schedule.

Auditor, Terry Montgomery, from the District’s auditing firm, Vavrinek, Trine, Day & Co., LLP, presented the Annual Financial Report. The audit firm’s opinion was that the District’s financial statements “present fairly” in all financial aspects for the fiscal year ending June 30, 2015. The auditor also stated that the audit report issued on the financial reporting was a “clean” and “unmodified” report with no material weakness identified in the financial statements, Federal awards and/or State awards.

Valentine's Day STEM

There are a lot of candies on Valentine's Day. And, to protect your teeth and health, we suggest using some of them for science experiments!

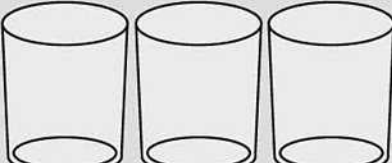
HOW MANY CANDY HEARTS CAN YOU FIND ON THIS PAGE?

EXPERIMENT

WILL IT DISSOLVE?

STUFF YOU'LL NEED:

 water

 clear cups

 Valentine candies

WHAT TO DO:

- Get three or four different kinds of Valentine's Day candy and one cup for each kind.
- Fill each cup halfway with water.
- Drop a different kind of candy in each cup.
- Check the candy every 15 minutes to observe how it has changed. Describe with words or pictures how the candies change each 30 minutes.

15 MINUTES:	30 MINUTES:	45 MINUTES:	60 MINUTES:

WHAT YOU ARE OBSERVING IS SOLUBILITY (There's a great science word!) When something dissolves in water, it is called **soluble**. Different things dissolve at different times. And some things don't dissolve at all.

Extra! Extra!

Details! Details!

Scientists are good observers. Test your powers of observation with this game for three or more players.

- Pick a picture or drawing in the newspaper.
- Players take turns telling a fact or detail about it.
- When a player can't add a new fact, he or she is out.

Standards Link: Reading Comprehension: Follow written directions.

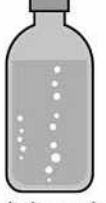
EXPERIMENT

FLOATING HEARTS

STUFF YOU'LL NEED:

 clear cup

 candy hearts

 club soda

WHAT TO DO:

- Fill the cup with club soda (any clear carbonated soda will work).
- Drop a few candy hearts into the cup.
- Do some hearts flip or float? Keep observing.

WHAT'S HAPPENING?

The carbon dioxide soda creates bubbles that form on the hearts. If enough bubbles form, the candy is lifted towards the surface. But as bubbles pop, the candy sinks again until more bubbles form.

What is different between the two pictures?

Why do you think the lollipop looks different in the cup with water?

Hold this paragraph up to a mirror to discover the science behind this experiment!

ותיבולתה של המים היא שיש בהם חמצן. החמצן הזה יוצר בועות קטנות מאוד. כשמים אלו נמצאים בקבוק סודה, הן נשארות שם. אבל כשמים אלו נמצאים בקבוק מים, הן עולות למעלה. לכן, כשמים אלו נמצאים בקבוק סודה, הם יוצרים בועות קטנות מאוד. כשמים אלו נמצאים בקבוק מים, הן עולות למעלה. לכן, כשמים אלו נמצאים בקבוק סודה, הם יוצרים בועות קטנות מאוד.

Kid Scoop Puzzler

Can you find the two identical pictures?

 **A**

 **B**

 **C**

 **D**

 **E**

 **F**

Double Double Word Search

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

EXPERIMENT	S E V L O S S I D E
VALENTINE	E X P E R I M E N T
DISSOLVE	L T S S C R I I S D
OBSERVE	B T R Y I W T D O E
SOLUBLE	B S E A A N N R L N
BUBBLES	U E V R E S B O U S
DENSITY	B T D L C H E P B I
CANDIES	D C A N D I E S L T
HEART	A V B E N D S Y E Y
BENDS	
DRAW	
RAVS	
DROP	
TEST	
AIR	

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

FROM THE Kid Scoop LESSON LIBRARY

Before and After

Find one or more articles that describe a change that has happened or is happening. State the change. What was true before the change? What are the planned and/or unplanned effects of the change?

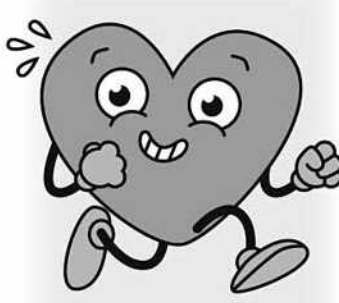
Standards Link: Investigation: Considering cause and effect.

What do you call two birds in love?

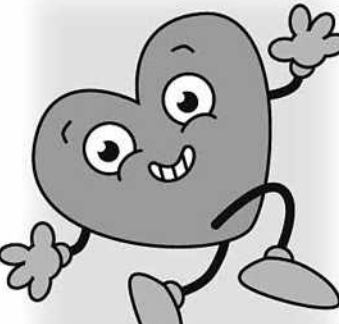
ANSWER: Tweetharts!

February is Heart Health Month

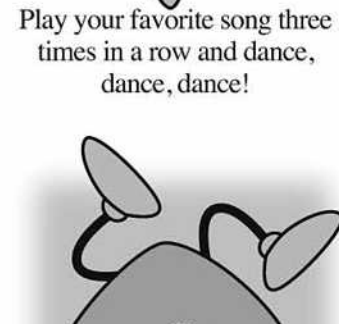
Here's some heart-healthy work outs to try this month! Can you do at least one of these each day for one week?



Run in place for 60 seconds. Rest for 60 seconds. Then run in place for three minutes. Stand very still and place your hand on your chest and feel your heart pumping!



Play your favorite song three times in a row and dance, dance, dance!



Practice cartwheels and hand stands for 5 minutes.

THREE EASY WAYS TO KEEP YOUR HEART HEALTHY

- Get a good night's sleep.
- Get at least an hour of physical exercise every day.
- Don't eat foods that have a lot of sugar, salt or fat.

Kid Scoop VOCABULARY BUILDERS

This week's word: **OBSERVE**

The verb **observe** means to watch something closely.

The scientist was able to **observe** changes in the candy in the glass of water.

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

Write On! Silly Science

Come up with five or more silly reasons to explain why blood is red.

Community Health Education Programs

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



February and March 2016

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

Sensible Snacking Tips

March 8, 6:30 to 8 p.m.

Join registered dietician and certified diabetes educator **Valerie Speir** to learn simple guidelines for healthy snacking and easy-to-prepare snack recipes.



Dublin Center
4050 Dublin Blvd., Dublin
925-875-6464

Is Your Diet Inflammatory?

March 23, 7 to 8:30 p.m.

Learn about the health implications of an inflammatory diet and how to choose foods that protect your body and promote healing. Presented by **Valerie Speir, MPH, R.D., CDE.**



Fremont Center
3200 Kearney Street, Fremont
510-498-2891

Fremont Urgent Care

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

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



Childbirth and Parent Education Classes

650-853-2960

- Breastfeeding Your Newborn
- Childbirth Preparation
- From Hospital to Home: Advice from Your Baby's Doctor
- Baby Basics
- Postpartum Support Group: A Mother's Place 925-875-6429



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

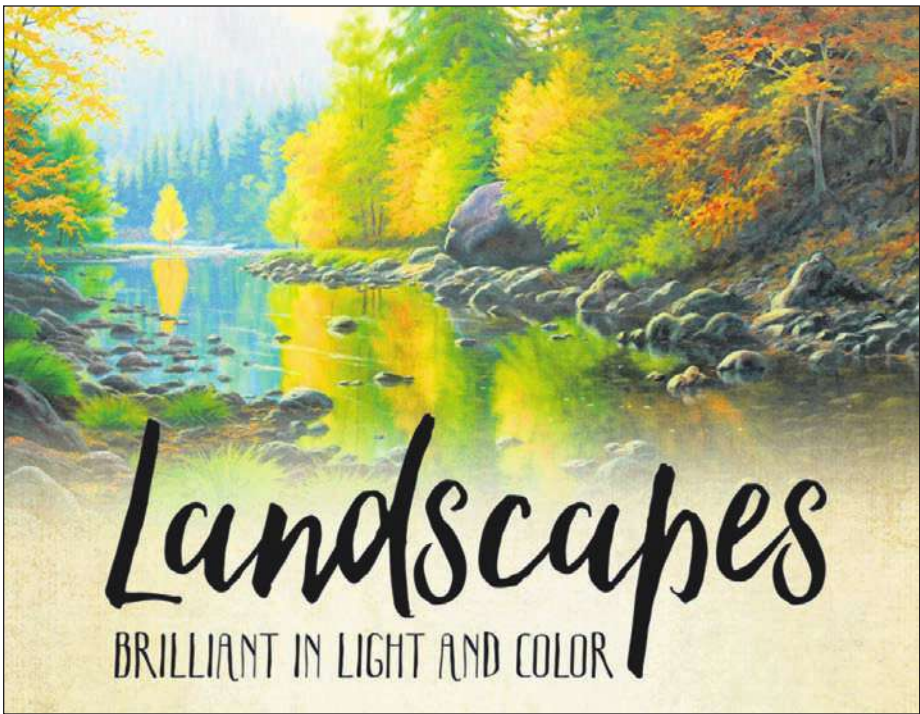
- Carbohydrate Counting Skills
- Heart Smart (cholesterol management)
- Living Well with Prediabetes
- Living Well with Diabetes
- Sweet Success Diabetes and Pregnancy Program
- Eating Well with Diabetes



Living Well Classes

650-853-2960

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



Shangri La-ndscapes

SUBMITTED BY BRUCE ROBERTS

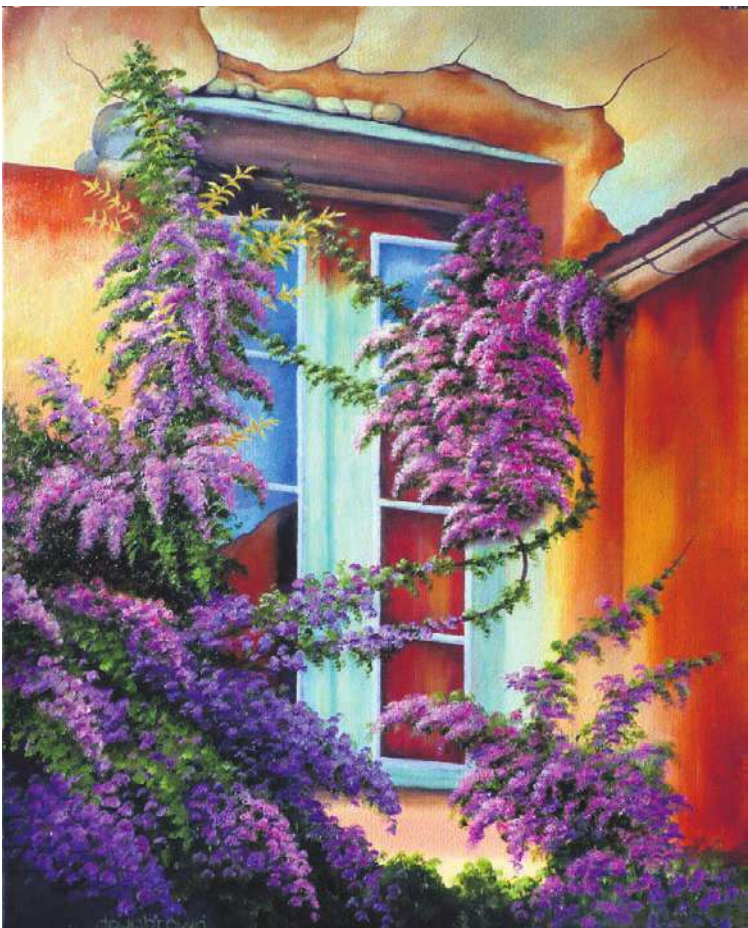
Have you ever vacationed somewhere wonderful and found it so beautiful that you dreamed of living there? This is the feeling when viewing landscapes of professional painters Charles White and Mark Monsarrat and their students in a new show at the John O'Lague Galleria in Hayward City Hall.

Titled "Landscapes, Brilliant in Light and Color," the show's seascapes, hillsides, streams, trees, and flowers all inspire the urge to step into the painting and pitch a tent or build a cabin. Donna Dickey's "Redwoods," for example, brings out the timeless beauty of a redwood forest, while in Charles White's "Reflections on the Merced," golden trees rim a river of enchanting serenity.

Landscapes can include buildings too, all depicted with an ambience that cries out, "Come live here!" "Early Evening" by Doug Brown centers on a small farm of rural harmony, whereas Gayle Grant's "Flowers of Carmel" reflects the peace of a succulent-rich porch overlooking the rhythms of the surf. The beautifully rendered views of local scenes such as the Lake Chabot Marina, Mount Diablo, and the

Japanese Tea Garden in Hayward by Monsarrat reveal the magic all around us.

With 22 different artists, styles vary even when taught by only two teachers. White's students tend toward realistic detail, captured with the sharpest of lines. Monsarrat and his disciples are more impressionistic, sharp outlines blurring slightly, warmly, to create more of a dream-scape. Differing from both groups, though a student of White's, is Jan Lainoff, who takes a more surreal approach to landscape, creating fascinating scenes with slashes of brilliant color.



Such differences are the province of any artist, of course. According to Monsarrat, holder of an M.F.A. from the University of San Francisco, his role as a teacher, "... strive[s] to help each artist to realize his or her own vision in paint, ... what motivates the artist toward a particular creation and mode of expression." This rampant individuality makes for an interesting visual experience.

"Landscapes, Brilliant in Light and Color" is sponsored by the Hayward Arts Council and runs from February 5 to April 4. Meet the artists and discuss their works at a reception held Friday, February 5 from 5:30 a.m. to 7:30 p.m. in the Hayward City Hall Rotunda.

Landscapes, Brilliant in Light and Color
Friday, Feb 5 – Monday, Apr 4
8 a.m. – 5 p.m., Monday - Friday

Reception: Friday, Feb 5
5:30 p.m. - 7:30 p.m.

John O'Lague Galleria
Hayward City Hall
777 B St, Hayward
(510) 538-2787
www.haywardarts.org



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FREE Workshop on Credit!!

**Tuesday, February 17
1-2:30pm**

**Housing & Economic
Right Advocates**

**Tri-Cities One-Stop Career Center
Ohlone College
39399 Cherry Street, Rm 1211, Newark**



Want to Understand:

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or email melisebrown@heraca.org
HERA's Website www.heraca.org



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3300 Kearney St., Fremont, CA 94538 | (510) 775 5822

**CURRICULUM OVERVIEW
Feb. 11, 7:00 PM | Feb. 21, 11:00 AM**

Admissions Office
39650 Liberty St., Fremont, CA 94538



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Holy Spirit Church
37588 Fremont Blvd.
Fremont, Calif.
510-797-1660



Ash Wednesday

Mass & Distribution of Ashes

Wednesday, February 10, 2016

7:00 a.m., 8:15, 11:00,
12:30 p.m., 5:00, 6:30
and 8:00 p.m.



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Many returns.

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TUES-SAT 10AM-5PM
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Outdoor Patio Seating
Live Music Friday & Saturday
Thursday Night DJ
Martini Mondays

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

Try our Sunday Brunch
10am - 2pm \$15



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beer, liquors and champagne including
many from our local wineries.

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Cocktails
& Sunday Brunch**



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and more **510-656-9141**

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Call for information 510-797-2121 ext 4

EventsAtTheLodge@gmail.com

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(1 hour class)

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Sax/Trumpet

Ukulele

Hayward Music Center

124249 Hesperian Blvd., Hayward 510-264-9669

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



CONTINUING EVENTS

**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

Tuesdays, Jan 12 thru Feb 23

Drop-In Advanced Math Help

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

Algebra, geometry, calculus, trigonome-
try and physics

Newark Branch Library

6300 Civic Terrace Ave., Newark

(510) 284-0677

Wednesdays, Jan 13 - Feb 10

Ballroom Dance Classes \$

Beginners: 7:00 p.m. - 8:00 p.m.

Intermediate: 8:15 p.m. - 9:15 p.m.

Cha Cha, Bing Band Swing and
Foxtrot

Ruggieri Senior Center

33997 Alvarado Niles Rd.,

Union City

(510) 675-5357

www.unioncity.org

**Thursday, Jan 21 thru Satur-
day, Feb 27**

A.R.T. Inc. Annual Members'
Exhibit

11 a.m. - 3 p.m.

Fine art from various local artists

Opening reception Saturday, Jan

16 from 1 p.m. - 3 p.m.

Adobe Art Center

20395 San Miguel Ave., Castro

Valley

(510) 881-6735

www.adobegallery.org

Fridays, Jan 22 thru Feb 26

Domestic Violence Counselor
Training - R

9:30 a.m. - 4:30 p.m.

Complies with state guidelines for certi-
fication

Attendance is mandatory at all sessions

Safe Alternatives to Violent

Environments - SAVE

1900 Mowry Ave, Fremont

(510) 574-2256

ashley@save-dv.org

www.save-dv.org

**Thursday, Jan 21 - Sunday,
Feb 13**

And Then There Were None \$

Thurs - Sat: 8:00 p.m.

Sun: 12:15 p.m.

Mystery thriller about strangers lured to
an island

Broadway West Theatre

Company

400-B Bay St., Fremont

(510) 683-9218

www.broadwaywest.org

**Tuesday, Jan 21 - Sunday,
Apr 2**

Children's Book Illustrator Ex-
hibit

11 a.m. - 5 p.m.

Illustrators share their artwork

Artist reception Saturday, Mar12

@ 1 p.m.

Sun Gallery

1015 E St., Hayward

(510) 581-4050

www.sungallery.org

Arts & Entertainment

Fridays, Jan 22 thru Feb 26

Domestic Violence Counselor
Training - R

9:30 a.m. - 4:30 p.m.

Complies with state guidelines for certi-
fication

Attendance is mandatory at all
sessions

Safe Alternatives to Violent

Environments

1900 Mowry Ave, Fremont

(510) 574-2256

ashley@save-dv.org

www.save-dv.org

**Thursday, Jan 23 thru Satur-
day, Feb 27**

AP Studio Show

10 a.m. - 4 p.m.

Students show advanced works

Reception Saturday, Jan 23

@ 1 p.m.

Sun Gallery

1015 E St., Hayward

(510) 581-4050

www.sungallery.org



SMOKING PIG BBQ COMPANY

BY NIGHT

BEST BBQ in Fremont

LIVE MUSIC Friday & Saturday at 9:00 pm

2/5

Tebo's Howlin' Wolf Review

2/6

Lydia Pence and Cold Blood

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

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

M, T, W, Th, Sun 11am-10pm

Expires 1/30/16

Fri & Sat. 11am - 11pm

ANY X-LARGE PIZZA \$3 OFF

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ANY MEDIUM PIZZA \$1 OFF

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

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

Skinny Patch - Fat Liquefying Laser

Fremont Laser Med Spa

Dr. James Kojian, M.D., Owner

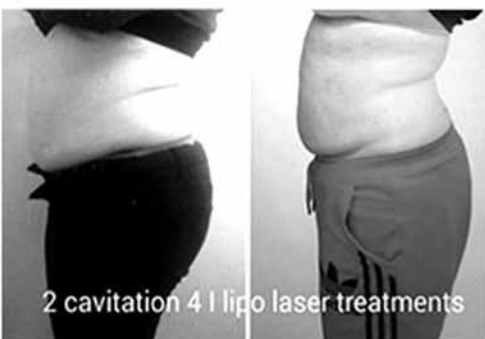
Ultrasonic Cavitation (Minus Lipo suction)

Total tranformation without surgery

Ultrasound cavitation balancing & emulsification of fat cells

5 FREE I-lipo

with purchase
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Cavitation series



- Destroys the
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Helps tighten the pores. Lighten the pigmentation
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Combination of
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Nano Face Lift

- Non Invasive
- Painless
- No Downtime



\$500

Off with Coupon

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

FREE Consultation 510-744-1582

www.fremontlasermedspa.com

210 Fremont Hub Courtyard (Behind Bed Bath & Beyond)

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50% OFF FIRST 2 MONTHS

On selected sizes only. New rentals only.

Excludes RV spaces

www.reevesmgt.com



OPEN 7 DAYS A WEEK

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26869 Mission Blvd., Hayward

(Behind FOOD SOURCE)

510-538-1536

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Program is approved by
UC System. Credits and grades
are accepted by all colleges
and universities.

Hindi For Credit Offerings

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Hindi II

Hindi III

Hindi IV

25% Off

Use this Promo Code
TCV

Expires March 31, 2016

**OPEN HOUSE
Sat. February 27**

1:30 - 2:30pm

43006 Christy St
Fremont

SIGN UP TODAY!
www.mbk hindi.org

MBK

Madhu Bhasha Kendra
501 (c)(3) non-profit organization

info@mbkhindi.org

510-682-4249



Farmers' Markets

FREMONT:

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

Downtown Fremont
Farmers' Market
Wednesdays
3 p.m. – 7 p.m.
May thru October
Capital Ave. between Liberty St.
and State St.
www.westcoastfarmersmarkets.org

Kaiser Permanente Fremont
Farmers' Market
Thursdays
10 a.m. – 2 p.m.
Year-round
39400 Paseo Padre Pkwy.,
Fremont
800-949-FARM
www.pcfma.com

Irvington Farmers' Market
Sundays
9 a.m. – 2 p.m.
Year-round
Bay Street and Trimboli Way,
Fremont
800-949-FARM
www.pcfma.com

Niles Farmer's Market
Saturdays
9 a.m. - 2 p.m.
Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
www.westcoastfarmersmarket.org

HAYWARD:

Hayward Farmers' Market
Saturdays
9 a.m. - 1 p.m.
Year-round
Hayward City Plaza
777 B. St., Hayward
1-800-897-FARM
www.agriculturalinstitute.org

South Hayward Glad Tidings
Saturdays
9 a.m. - 3 p.m.
Year-round
W. Tennyson Rd. between Tyrell
Ave. and Tampa Ave., Hayward
(510) 783-9377
www.cafarmersmarkets.com

SAN LEANDRO:

Kaiser Permanente
San Leandro
Wednesday
10 a.m. - 2 p.m.
June 11, 2014 to
December 31, 2014
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:

Milpitas Farmers' Market at
ICC
Sundays
8 a.m. – 1 p.m.
Year-round
India Community Center
525 Los Coches St.
800-949-FARM
www.pcfma.com

NEWARK:

Newark Farmers' Market
Sundays
9 a.m. - 1 p.m.
Year-round
NewPark Mall
2086 NewPark Mall, Newark
1-800-897-FARM
www.agriculturalinstitute.org

Bayfair Mall
Saturdays
9 a.m. - 1 p.m.
Year-round
Fairmont and East 14th St., San
Leandro
(925) 465-4690
www.cafarmersmkts.com

UNION CITY:

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

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

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



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

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

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Companionship - Alleviating Stress - Free Transportatoin Assistance
Help us raise funds: come to an event
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Please call 510-896-8056
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www.DriversForSurvivors.org

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Academically- Spiritually- Socially



INFORMATIONAL SCHOOL TOURS/OPEN HOUSES

January 19- Kindergarten Information Night- 7pm
January 20- Kindergarten Registration begins
February 6- Open House – 10-2pm
February 25- Tour the School – 9-10am
March 1- Open Enrollment begins

510-797-8186

After-school Care - Small Class Sizes

www.popchristianschool.com

Mondays, Jan 25 thru Mar 14

Diabetes Support Program – R

1 p.m. - 3 p.m.
Type 2 Diabetes education
Participants must attend all
classes
Kenneth C. Aitken Center
17800 Redwood Rd.,
Castro Valley
(510) 881-6738

Monday, Feb 1 - Sunday, Feb 28

Eclectic Art Exhibit

5 a.m. - 9 p.m.
*Featuring works by Jan Schafir and
Kathleen Harrison-Sakane*
Artist's reception Sunday, Feb 14
from 3 p.m. – 5 p.m.
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 409-2836
www.fremontcoffee.com

Tuesdays, Feb 2 thru Apr 12

Free Quality Tax Assistance

10 a.m. - 4 p.m.
Tax help for low income households
Tri-Cities One Stop
39399 Cherry St., Newark
(510) 574-2020

Tuesdays & Thursdays, Feb 2 thru Apr 14

AARP Income Tax Assistance – R

Tues: 1 p.m. - 3 p.m.
Thurs: 9 a.m. - 3 p.m.
Volunteers assist seniors with tax returns
Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 790-6600

Wednesdays, Feb 3 - Feb 24

Yoga for Families

2 p.m. - 3 p.m.
Songs and movement for development
Children ages 2 -5 with an adult
Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-3302
http://tinyurl.com/fam-yoga-
feb16

Wednesday, Feb 3 - Friday, Apr 15

Free Quality Tax Assistance

Wed & Thurs: 4 p.m. - 8 p.m.
Fri: 10 a.m. - 1 p.m.
Tax help for low income households
Fremont Family Resource Center
39155 Liberty St. (at Capitol),
Fremont
(510) 574-2020

Monday, Feb 5 - Friday, Apr 4

Landscapes, Brilliant in Light and Color

8 p.m. - 5 p.m.
22 artists explore landscapes
Reception Friday, Feb 5 at 5:30
p.m.
John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Saturdays, Feb 6 - Apr 16

Free Quality Tax Assistance

10 a.m. - 2 p.m.
Tax help for low income households
New Haven Adult School
600 G St., Union City
(510) 574-2020

CHINA EXPRESS
Restaurant

With Coupon Only Exp. 3/30/16

only \$5
+tax

DAILY SPECIAL

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....

Open Daily 11am - 9pm

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510-623-9393
39473 Fremont Blvd., Fremont
The Crossroads Shopping Ctr. Fremont Blvd. & Walnut

Saturdays, Feb 6 - May 7

Sabercat Creek Habitat Restoration

9 a.m. - 12 noon
*Volunteers remove litter and invasive
plants*
First Saturday every month
City of Fremont Environmental
Services
39550 Liberty Street, Fremont
(510) 949-4570
https://sites.google.com/site/saber-
catcreekrestoration/

Monday, Feb 8 - Friday, Mar 4

Phantom Art Gallery Exhibit

8 a.m. - 5 p.m.
*Art work from Barbara Lee Senior Cen-
ter*
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3210
www.ci.milpitas.ca.gov

Mondays, Feb 8 thru Apr 11

Free Quality Tax Assistance

10 a.m. - 2 p.m.
Tax help for low income households
Tri-City Volunteers
37350 Joseph St., Fremont
(510) 574-2020

Tuesday, Feb 9 - Sunday, Feb 28

Hearts and Flowers

11 a.m. - 5 p.m.
Oil and watercolor showcase
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

THIS WEEK

Tuesday, Feb 2

Mystery Book Discussion

11:30 a.m.
Strangers on a Train
Hayward Main Library
835 C St., Hayward
(510) 881-7980
http://tinyurl.com/strangers-hpl

Wednesday, Feb 3

Transition Information Night

6 p.m. - 8 p.m.
*Discuss employment and independent
living*
For high school students with
disabilities and their families
Fremont Teen Center
39770 Paseo Padre Pkwy.,
Fremont
(510) 657-2350 x12436
rburciaga@fremont.k12.ca.us

Wednesday, Feb 3

Toddler Time \$

10:30 a.m. - 11:45 a.m.
Children meet animals and hear stories
Ages 1 – 4
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Wednesday, Feb 3

Teen Activity Group

4 p.m. - 5 p.m.
Volunteer to plan library events
Earn volunteer hours
Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5366
http://tinyurl.com/wtag-feb-16

Wednesday, Feb 3

Safety Tips for Seniors Work- shop

1:30 p.m. - 3:00 p.m.
*Discuss identity theft, Medicare and in-
ternet scams*
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 670-6283
cheryl.poncini@acgov.org
www.aclibrary.org

Wednesday, Feb 3

Gertrude Stein Presentation

7 p.m.
Discuss various artists inspired by Stein
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Wednesday, Feb 3

Senior Citizens Public Forum – R

9:30 a.m.
*Discuss Alameda County services for
older adults*
Kenneth C. Aitken Center
17800 Redwood Rd.,
Castro Valley
(510) 881-6738
www.lhaywardrec.org

Thursday, Feb 4

Alaska and Orka Presentation – R

6:00 p.m. - 7:30 p.m.
*Wildlife presentation, cruise specials and
door prizes*
La Píñata Restaurant
39136 Paseo Padre Pkwy.,
Fremont
(510) 796-8300
hayley@bjtravel Fremont.com

BRONCO BILLS 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 Expires 1/30/16
Fri & Sat. 11am -11pm

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.

Thursday, Feb 4

Diabetes Matters Workshop – R

7 p.m. - 9 p.m.

Discuss insulin delivery methods

Washington Hospital

2500 Mowry Ave., Fremont

(510) 745-6556

www.whhs.com/diabetes

Friday, Feb 5

Persephone \$

7 p.m.

Mother bent on revenge over missing daughter

Smith Center

43600 Mission Blvd., Fremont

(510) 490-0919

www.smithcenter.com

Friday, Feb 5

Winter Dinner and Dance \$

5:30 p.m. - 10:00 p.m.

Live music, dancing and food

Hayward Area Senior Center

22325 North Third St., Hayward

(510) 881-6766

www.haywardrec.org

Saturday, Feb 6

Willie Davenport Olympian Track and Field Clinic \$R

8 a.m. - 5 p.m.

Track and field training with Olympians

James Logan High School

1800 H St., Union City

(510) 304-7172

lwebb@nhusd.k12.ca.us

Saturday, Feb 6 - Sunday, Feb 7

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, Feb 6

Hens Lay Eggs \$

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

Search the coop for eggs and hear stories

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Feb 6

Wonderful Wool \$

11:00 a.m. - 12 noon

Visit the sheep and hear stories

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Feb 6

Victorian Table Top Games \$

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

Play pick-up-sticks, tops and jacks

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

CASA ROBLES Mexican Cuisine & Cantina



Menudo every Sunday

Mariachi- 8pm Friday Night



Catering and Party Trays

www.casaroblesrestaurant.com

510-770-9572

3839 Washington Blvd.

Fremont (Irvington District)

50%off

Buy one Entree at the regular price
Get the second entree of equal or less value for 50% off
Seafood Excluded
Holidays Excluded
Must present coupon with order
Exp. 3/30/16

Mon-Thurs 11am-9pm
Fri-Sat 11am - 12noon
Sun 10am-9pm

Saturday, Feb 6

Bird Walk

8 a.m. - 10 a.m.

Discover migration patterns and habitats

Ages 8+

Quarry Lakes

2250 Isherwood Way, Fremont

(510) 795-4895

www.ebparks.org

Saturday, Feb 6

Maria Muldaur Concert \$

7 p.m.

Folk, soul, blues and pop music

Mission Coffee Roasting House

151 Washington Blvd., Fremont

(510) 474-1004

www.fremontcoffee.com

www.MariaMuldaur.com

Saturday, Feb 6

India Republic Day Celebration

9:00 a.m. - 3:30 p.m.

Food, dancing and talent competition

Central Park Lake Elizabeth

40000 Paseo Padre Pkwy.,

Fremont

(510) 378-0698

bhutoria.ajay@gmail.com

Saturday, Feb 6

F.U.N. Mother's Club Pre-school Faire

9 a.m. - 1 p.m.

Research over 40 preschool options

Kimber Hills Academy

39700 Mission Blvd., Fremont

(510) 556-7291

www.funmotherclub.org

Saturday, Feb 6

Mega Bingo Marathon \$

11:30 a.m.

Games, cash prizes and food

Ages 18+

Barbara Lee Senior Center

40 North Milpitas Blvd.,

Milpitas

(408) 586-3400

www.ci.milpitas.ca.gov

Saturday, Feb 6

Coffee with a Cop

9 a.m. - 11 a.m.

Neighborhood conversations with police

Snappy's Café

978 A Street, Hayward

(510) 293-7151

Saturday, Feb 6

MLK Day Creek Clean Up Day

9:30 a.m. - 12:30 p.m.

Volunteers pick up trash

Ages 14+

Root Park

Hays and E. 14th Street,

San Leandro

(510) 577-6069

stevenson@sanleandro.org

Saturday, Feb 6

Camp Fremont and World War I Book Signing

1 p.m. - 3 p.m.

Meet author Barbara Wilcox

Costco Fremont

43621 Pacific Commons Blvd,

Fremont

(510) 897-1091

https://www.facebook.com/CampFremont/

Saturday, Feb 6

Black History Month Program \$

2 p.m.

African American Hallowed Ground presentation

Discuss significant sites in Bay

Area history

Hayward Area Historical Society

Museum

22380 Foothill Blvd., Hayward

(501) 581-0223

www.haywardareahistory.org

Saturday, Feb 6

Love Your Wetlands – R

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

Discover the marshes and local wildlife

Alviso Environmental Education

Center

1751 Grand Blvd., Alviso

(510) 792-0222 x141

http://lovewetlands.eventbrite.com

Saturday, Feb 6

Basics of Salt Pond Restoration – R

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

Interactive walk in wetlands

Alviso Environmental Education

Center

1751 Grand Blvd., Alviso

(510) 792-0222 x141

Valentine's Day Brunch

February 14, 9:00am to 1pm

Elks Lodge #2121

38991 Farwell Drive, Fremont, CA

Carving Station (Prime Rib, Pork Loin & Ham)

Eggs Benedict, Custom Omelets, Scrambled Eggs

Linguica, Bacon, Potatoes

Belgian Waffles, Biscuits & Gravy

Assorted Salads, Fruit, Homemade Pastries & Desserts

Coffee, Tea & Orange Juice

Adults: \$19.00, Kids 7-12: \$14.00, Under 7: Free

Reservations Required: 510-797-2121 ext. 2

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, Feb 2

10:00 – 11:15 Daycare Center

Visit – UNION CITY

1:45 – 2:30 Fremont Hills Senior

Living, 35490 Mission Blvd.,

FREMONT

3:50 – 4:20 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

Wednesday, Feb 3

2:00 – 4:00 Warm Springs Com-

munity Center, 47300 Fernald

St., FREMONT

4:15 – 4:50 Lone Tree Creek

Park, Starlit Way & Turquoise

St., FREMONT

6:00 – 6:30 Camellia Dr. &

Camellia Ct., FREMONT

Thursday, Feb 4

9:30 – 10:15 Daycare Center

Visit, UNION CITY

10:30 – 10:50 Daycare Center

Visit, UNION CITY

2:00 – 2:30 Daycare Center Visit,

SAN LORENZO

2:45 – 3:40 Bay School, 2001

Bockman Rd., SAN LORENZO

Monday, Feb 8

10:00 – 10:40 Daycare Center

Visit, FREMONT

10:45 – 11:15 Daycare Center

Visit, FREMONT

1:30 – 2:00 Acacia Creek, 34400

Mission Blvd., UNION CITY

2:45 – 3:45 Ardenwood School,

33955 Emilia Lane, FREMONT

5:15 – 6:45 Forest Park School,

Deep Creek Rd., & Maybird

Cir., FREMONT

Tuesday, Feb 9

9:45– 10:15 Daycare Center Visit

– FREMONT

10:45 – 11:15 Daycare Center

Visit – FREMONT

2:15 – 2:45 Daycare Center Visit

- NEWARK

4:30 – 5:20 Weibel School,

45135 South Grimmer Blvd.,

FREMONT

5:50 – 6:40 Booster Park, Gable

Dr. & McDuff Ave., FREMONT

Wednesday, Feb 10

12:45 – 2:15 Glenmoor School,

4620 Mattos Drive, FREMONT

2:45 – 3:45 Mission Hills Middle

School, 250 Tamarack Dr.,

UNION CITY

4:00 – 4:30 Purple Lotus Bud-

dhist School, UNION CITY

6:00 – 6:30 Camellia Dr. &

Camellia Ct., FREMONT

Milpitas Bookmobile stops

Renew books by phone

(800) 471-0991

For more information

(408) 293-2326 x3060

Wednesday, Feb 3

1:45 – 3:00 Foothill School,

1991 Landess Ave., MILPITAS

3:15-3:45 Friendly Village Park,

120 Dixon Landing Rd.,

MILPITAS

★ ★ DALE HARDWARE ★ ★

CHAMPION OF THE GRILL

FOOTBALL PICKS CONTEST

MAKE YOUR PREDICTIONS
OF NEXT SUNDAY'S BIG GAME & YOU COULD WIN
WIN \$50 DALE GIFT CARDS

Stop By Today! Ends February 6th!

We Sell Propane!

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HARDWARE
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Store & Donation Hours

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Sunday: 10am – 7pm

Have You Gotten Good Deals Lately?

hope station

Your Community Thrift Store

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

Home Day

30% - Off*

furniture, books

toys, electronics

eye/sunglasses

art pictures

frames, lamps

electrical small

appliances

Tue & Fri

Senior Day

30% - Off*

On

Everything

for all customers

age 55 & above

(please show id to receive discount.)

Wed & Sat

Clothing Day

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

Antique Day

30% - Off*

all jewelry

collectibles,books

electronics

eye/sunglasses

art pictures

frames, electrical

furniture, cd/dvd

& housewares

Sun

Happy Day

30% - Off*

On

Every

thing

For

Everyone

except

Bicycles

*Offers subject to change without notices.

37482 Fremont Blvd., Fremont, CA. 94536; 510-795-6100.

www.hopeservices.org

Monday, Feb 8
Hayward Auxiliary Luncheon \$
12 noon
Lunch, bingo and raffle
Eagles Hall
21406 Foothill Blvd., Hayward
(510) 782-8187

Monday, Feb 8
Valentine Making Workshop – R
4 p.m.
Crafts for school age children
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Tuesday, Feb 9
Teen Activity Group
5 p.m. - 6 p.m.
Volunteer to help plan library events
Earn community service hours
Hayward Main Library
835 C St., Hayward
(510) 881-7946
http://tinyurl.com/mtag-feb-16

Tuesday, Feb 9
Peer Writers Group
6:00 p.m. - 7:30 p.m.
Feedback on your original pieces
Bring 10 - 15 copies
Hayward Main Library
835 C St., Hayward
(510) 881-7980
www.library.hayward-ca.gov

Wednesday, Feb 10
Mindfulness Meditation for Healing
10:30 a.m. - 12 noon
Physical and spiritual nutrition
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
www.msjdominicans.org

Friday, Feb 12
An Elegant Affaire \$R
6 p.m.
Dinner, drinks and silent auction
LOV benefit for art in schools
Doubletree Hotel
39900 Balentine Dr., Newark
(510) 793-5683
www lov.org

Friday, Feb 26
Excellence in Education Gala \$R
5:30 p.m. - 9:00 p.m.
Honoring Kristi Yamaguchi and Linda Anderson
Dinner included
Fremont Marriott
46100 Landing Pkwy., Fremont
(510) 659-2561
www.fremont-education.org

Saturday, Feb 6
Nature Walk for Health
10:30 a.m. - 11:30 a.m.
Guided 1.3 mile tidelands trail walk
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222
http://donedwardsranger.eventbrite.com

Saturday, Feb 6
Jr. Refuge Ranger Program
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

Sunday, Feb 7
Farewell to the Monarchs \$
11 a.m. - 3 p.m.
Tour the greenhouse to view butterflies
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 7
Safety Tips for Seniors Workshop
1:30 p.m. - 3:00 p.m.
Discuss identity theft, Medicare and internet scams
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
cheryl.poncini@acgov.org
www.aclibrary.org

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www.Newark-Chamber.com<http://www.Newark-Chamber.com>, then call us at 510.578.4500. BELONG.

Saturday, Feb 6
Art of Love Workshop
3:00 p.m. - 4:30 p.m.
Recognize conflict and improve communication
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464
www.aclibrary.org

Saturday, Feb 6
World Interfaith Harmony Celebration
1 p.m. - 4 p.m.
Moderated discussion, entertainment and refreshments
Fremont Veterans Hall
37154 Second St., Fremont
(510) 938-0536
moinashaiq@gmail.com

Saturday, Feb 6
East Bay Regional Parks Youth Job Fair
9 a.m. - 12 noon
Discover summer job opportunities for youth and students
AC Transit #339 towards Chabot Space and Science Center
Richard C. Trudeau Training Center
11500 Skyline Blvd, Oakland
(888) 327-2757
www.ebparks.org

THEATRE

Students go Greek with
production of ‘Persephone’

SUBMITTED BY PAUL EMMONS

A daughter is missing, kidnapped by a shadowy underworld figure, and her mother is bent on revenge and looking to take her misfortune out on the world. Is it a new “CSI” episode or Masterpiece Theater presentation? No, it is this year’s Montessori School of Fremont performance of “Persephone.”

On Friday, February 5th, students from grades one through six will perform the classic Greek drama explaining the origins of the seasons. This will be the school’s 13th production written, composed, and choreographed by the dynamic team of Sanford and Judy Jones, who do a fantastic job with the children every year.

The opera tells the story of Persephone who is the daughter of Demeter, the goddess of all growing things. One day as Persephone is playing with a group of nymphs in a meadow, she is kidnapped by Hades, lord of the underworld. When Demeter discovers her daughter is missing, she asks everyone about Persephone’s whereabouts. The Sun tells her that she has been taken to the underworld by Hades; but when the River Goddess brings Persephone’s belt from the river, Demeter thinks that she has drowned. Disguised as an old woman, Demeter wanders the Earth looking for her daughter. In frustration, she puts a curse on the Earth, forbidding it to produce new growth until she finds Persephone.

Join elementary students of the Montessori School of Fremont along with teachers and parents to find out what happens to Persephone, Demeter, and Hades, lord of the underworld.



Montessori School of Fremont students in last year’s production of “Pearl!”

Tickets are \$12 for adults and \$10 for children and are available through Montessori School of Fremont by calling (510) 490-0919.

Persephone
Friday, Feb 5
7 p.m.

Smith Center, Ohlone College
Jackson Theatre
43600 Mission Blvd, Fremont

(510) 490-0919
Tickets: \$12 adults, \$10 children

Classifieds Deadline: Noon Wednesdays
(510) 494-1999 | www.tricityvoice.com

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For more information about becoming a patient care volunteer, please contact

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

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continued from page 1

Maria Muldaur



“Way Past Midnight”

A Multi-Media Retrospective Concert Celebrating her 5 Decade Musical Journey through Roots, Blues, Pop, Soul and Beyond!

part of the cultural landscape from the 1920s and 1930s.”

In her show, Muldaur weaves storytelling amid songs, with photos and videos projected onto a screen, offering audiences a

sampling of a musical history performing with dozens of musical artists, including Bonnie Raitt and Linda Ronstadt and opening for bands like The Grateful Dead.

Two years ago, writing the

date on a check, Muldaur says, “It hit me. It had been 40 years since my huge hit was riding at the top of the pop charts. It blew my mind. Time really does fly when you are having fun.” In those 40 years, her aim was to make an album a year, touring afterward and presenting audiences with her latest songs. Instead of rushing back to record a 41st album to mark the occasion, she opted to pause and reflect on her journey.

Asked how many shows a year she does, Muldaur laughs, estimating 150. “I’m working too hard to stop to count.” Showing no signs of slowing down, she has been described as a talent beyond her mega-hit, having “one foot in church and another in a Saturday night juke joint” with vocals that have only gotten better over the years, characterized by a “lusty, full-bodied resonance.”

Muldaur doesn’t write her own songs, but says she has a knack for selecting great ones. “Midnight at the Oasis” landed last-minute as a final song on her first album, “Maria Muldaur.” “It’s a goofy little song about a camel. We put it on the album because we needed another song, a medium tempo song. It’s well written, so a lot of jazz artists per-

form it,” she says.

Though some performers, years later, feel burdened by hit songs, Muldaur professes gratitude. She makes certain to include it and two fan favorites, “It Ain’t the Meat, It’s the Motion” and “Don’t You Feel My Leg” in all her shows.

“The real reason I love singing it is the look on people’s faces. People nudge each other or squeeze hands. The song brings back memories. It’s a real blessing to know that over the years I’ve been doing something that brings joy. When I sing it, I feel gratitude.”

Muldaur views music as a contribution to the world. “At an early age, I realized I was here to serve; I feel like music is a healing art. The world today needs a lot of healing so I try to choose uplifting music.”

Muldaur performed “Midnight at the Oasis” on television in the 1970s on “The Johnny Carson Show” and “Don Kirshner’s Rock Concert.” She’s sung it in Carnegie Hall in New York and traveled throughout the world singing it. Two years ago, she got a request to headline a jazz festival in Borneo. “The people in Borneo went wild for it,” says Muldaur. “And Borneo is

about as far away as you can get.”

How did Fremont make her tour schedule? A friend, a producer and sound engineer, told her about the series at Mission Coffee, coordinated by Wayne and Sue Brask, who launched concerts in their home first before moving to Mission Coffee. Tired of attending concerts in noisy venues where people talked and dishes collided, they found independent artists welcoming an opportunity to play to people intent on listening.

“Mission Coffee sounds like a creative place with serious music lovers and a listening audience who come to hear the music,” says Muldaur. “I have sung throughout the greater Bay Area and this was an opportunity to present the show in that neck of the woods.”

Tickets are \$20 each, sold at the door on a first-come basis beginning at 6 p.m. Mission Coffee has a 90-seat capacity.

Maria Muldaur:
Way Past Midnight
Saturday, Feb 6
7 p.m.
Mission Coffee
151 Washington Blvd, Fremont
(510) 623-6920
<http://braskhouseconcerts.com/>
Tickets: \$20 at the door

Needs assessment public forums

SUBMITTED BY JENNIFER TIBBETTS

The Area Agency on Aging, in conjunction with HealthCare Services Agency, is developing a comprehensive Countywide Plan for Seniors which outlines the overall goals, objectives, and activities of the Social Services Agency and HealthCare Services Agency along with other Alameda County Departments servicing older adults.

The plan includes feedback from seniors through a consumer survey as well as through focus groups and community forums. The purpose of the focus groups and forums is to hear from seniors directly regarding their needs, concerns, and suggestions for developing an age-friendly county.

Are you are an Alameda County Resident age 55 or older? Please take a moment to share your needs and concerns by participating in a public forum. To RSVP, please call (510) 881-6738.

Public Forum – Agency on Aging
Wednesday, Feb 3
9:30 a.m.
Kenneth Aitken Senior Center
17800 Redwood Rd, Castro Valley
RSVP: (510) 881-6738

THEATRE

Narrow Escapes at Douglas Morrisson Theatre

SUBMITTED BY SUSAN E. EVANS / BOB MILLER

The Douglas Morrisson Theatre (DMT) announces “Narrow Escapes,” the third in its 2015-2016 storytelling series, Telling Tales, on Monday, February 22. Tickets are \$5.

Local storytellers are invited to share stories on the theme: Narrow Escapes. We’re looking for stories about times you squeaked out of a “situation,” whether it was a relationship, a job or a literal cliff-hanger. Or perhaps, you’ve escaped from

some situation you wish you hadn’t. We can’t wait to hear your story.

DMT welcomes one and all to contribute and participate. It’s easy to be a Storyteller on February 22 – just send a story idea to tales@dmtonline.org. For complete “Telling Tales Story Guidelines,” visit the DMT website at www.dmtonline.org and click on the Alt. Mondays image.

We’re looking for true personal stories, no scripts in hand, and stories 10 minutes or under in length. Open Mic at the end of the evening for those inspired to share on the spot.

Or just come and listen to some great stories!

Narrow Escapes at Douglas Morrisson Theatre
Monday, Feb 22
Douglas Morrisson Theatre
22311 N. Third St, Hayward
(510) 881-6777
www.dmtonline.org
\$5 / Open seating

Summer Programs Fair vendor registration

SUBMITTED BY FREMONT UNIFIED STUDENT STORE

In addition to summer activities and programs, Fremont Unified Student Store (FUSS) would also like to offer internship opportunities to our youth this summer. Vendor registration is now open for “Summer Programs Fair” to be held on Friday, March 4 at Centerville Jr. High School Gym. If you are interested in offering internship opportunities to our students at the fair, please prepare flyers about these opportunities and display them at your vendor table.

If you are unable to have a table at the fair, but would like to offer internship opportunities to our students, please contact

FUSS at events@fuss4schools.org. To register, visit <http://www.fuss4schools.org/2016-summer-programs-fair-vendor-registration>.

FUSS Summer Programs Fair
Friday, Mar 4
6 p.m. – 8 p.m.
Centerville Jr. High School Gym
37720 Fremont Blvd, Fremont
events@fuss4schools.org
www.fuss4schools.org



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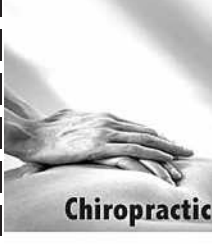
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• Memory/Concentration
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www.atpacupuncture.com Fremont (Behind Bed Bath & Beyond)

SPORTS

Cougar grapplers bring home high scores

Wrestling

SUBMITTED BY TIM HESS

Congratulations to the following Cougar Wrestlers for their performance at The Pound Wrestling Tournament at San Rafael High School on January 30th: Evan Smith (126) 4th place, Kyle Clarno (222) placed 5th and Tim Tuite (184), Michael Salazar (154), Marcos Calvo (162) all ended up in 6th place in their weight class. Brandon Moriguchi (108) took first place in the JV Division.

At the Lady Baler Bash at San Benito HS, Cynthia Celeste (123) and Katie Phelps (174) both placed for the Lady Cougars. Come out to the NM Event Center on Wednesday, February 3rd at 5 pm to watch the Cougars take on the American Eagles.

Cougars end Mariners win streak



Men's Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Newark Memorial Cougars moved up and down the hardwood court with speed and took control of the paint area right from the start of the contest with the Moreau Catholic Mariners on January 26th. The pace was set at super speed as the Cougars rarely looked back as they earned a major Mission Valley Athletic League (MVAL) upset 73-69.

An impressive show of defense under the basket allowed the Cougars to get good looks at the basket as they opened a 14-8 lead in the first quarter and carried that lead into the end of the first half of play. The Mariners fought back to get within two points of the lead at 45-43, but Cougars Decaurey Brown of Newark shifted the momentum for Newark Memorial when he hit a three point shot at the beginning of the fourth quarter. Decaurey added 14 of 22 points in the last quarter and the Cougar defense stepped up to recover two balls that got away from the Mariners. In an exciting and pivotal game for MVAL dominance, Newark Memorial ended Moreau Catholic's win streak at eight.



CSUEB swimming named Scholar All-America Team

SUBMITTED BY STEVE CONNOLLY

Cal State University East Bay (CSUEB) women's swim team has been named a College Swimming Coaches Association of America (CSCAA) Scholar All-America Team for the Fall of 2015, as announced recently. This marks the sixth straight year the Pioneers have captured Scholar All-America honors under head coach Ben Loorz.

The Pioneers accumulated a 3.37 GPA as a team this past Fall, placing them among the top squads in Division II. CSUEB is one of just three Division II institutions in the West to claim Scholar All-America honors, joining UC San Diego and Cal Baptist.



Be an Olympian for a day

SUBMITTED BY LEE WEBB
PHOTOS BY CASSANDRA BROADWIN

James Logan High School opens its running tracks once again for the annual “Willie Davenport Olympian Track and Field Clinic” on Saturday, February 6. This year’s event is dedicated to Reynaldo Brown, an American track-and-field athlete known for the high jump. Brown competed in the 1968 Summer Olympics and was known as one of the last successful jumpers to use the straddle technique, a style in the high jump wherein athletes take off from the inner foot. The event is

dedicated to Brown because of his great involvement and dedication over many years. The event started 30 years ago as a learn-by-doing clinic. It has now grown as one of the largest clinics of its kind in the world. The clinic is what Davenport was and stood for: a leader, a military man, and an Olympian, striving for the best, loving the sport and competing for no money or glory. Participants will take part in activities such as triple jump/long jump, high jump, pole vault, shot put, discus, javelin, hammer, sprints, hurdles, distance/race walking and more. Following the event, a social gathering will take place at Crowne Plaza for a chance



to meet the Olympians and coaches. A silent auction will take place to help with Brown’s upcoming medical expenses. Among the program highlights include special recognition and awards, vendors and tables with track and field information, free bags of assorted track and field materials and more. Participants will be joined by Special Olympians from all over California, as well as this year’s special guests: Dick Fosbury (inventor of Fosbury Flop), Tom Petranoff (inventor of turbo javelin), Eddie Hart (World’s Fastest Human in 1972), Stacy Draglia (Gold Medalist – pole vault), and more record-holder athletes. Former and current Olympians and Olympic coaches will be

gracing the event, along with Bay Area’s most recognizable cheerleader, Krazy George. For more information, call (510) 304-7172 or e-mail lwebb@nhusd.k12.ca.us.

Willie Davenport Olympian Clinic
Saturday, Feb 6
8 a.m.: Registration
9 a.m.: Event Begins
James Logan High School
1800 H St, Union City
(510) 304-7172
lwebb@nhusd.k12.ca.us
www.logantrackandfield.com
Fee: \$10 8th grade and younger,
\$25 9th grade and up



California State University to hold Super Sunday

SUBMITTED BY CHRISTIANNE SALVADOR

California State University (CSU) leaders, including the chancellor, will visit more than 100 churches across the state to deliver a message, directly from the pulpit, to encourage students to pursue a higher education during the 11th annual “CSU Super Sunday.” More than 100,000 congregants, students and families receive this important message each year and also receive CSU resources to help them foster a college-going culture at home. Vital information about preparing for college, applying to a CSU campus and applying for financial aid will be made available to congregants, students and families.

CSU Super Sunday is one of many events coordinated by CSU’s Initiative to increase the preparation and retention of African American students throughout the university. The Initiative, which is a partnership between CSU and leaders in the African American community, provides support through additional outreach and preparation events such as Super Saturday College Fair and Summer Algebra Institute.

SUPER SUNDAY LOCATIONS:

Family Bible Fellowship
Sunday, Feb 28
10:30 a.m.
37620 Filbert St, Newark

Glad Tidings Church of God in Christ
27689 Tyrrell Ave, Hayward
(Date and time to be determined)

Greater Love COGIC
159 Dixon Rd, Milpitas
(Date and time to be determined)

Palma Ceia Baptist Church
28605 Ruus Rd, Hayward
(Date and time to be determined)

Shiloh Baptist Church
Sunday, Feb 28
8 a.m. & 11 a.m.
22582 S Garden Ave, Hayward

Solid Rock Church of God in Christ
5970 Thornton Ave, Newark
(Date and time to be determined)

South Bay Community Church
Sunday, Feb 28
10 a.m.
47385 Warm Springs Blvd, Fremont

Speaker CSU Chancellor Timothy White
Sunday, Feb 28
8:30 a.m. & 11:30 a.m.
Acts Full Gospel
1034 66th Ave, Oakland

Super Sunday takes place over four Sundays in February. For updates and a full list of Super Sunday partner churches, visit <http://calstate.edu/super-sunday/churches>. To RSVP for an event in your area, contact csalvador@calstate.edu, or Toni Molle at tmolle@calstate.edu or (562) 951-4800.

Super Bowl safety

SUBMITTED BY NEWARK PD

Get Super Bowl 50 safety, weather, traffic and emergency alerts! Nixle (emergency notification system) has teamed up with the Bay Area’s Joint Information Center (JIC) to offer our text alert tool to keep locals and visitors safe and informed in the days leading up to and during Super Bowl 50. The opt-in process is simple — residents, visitors, Super Bowl fans and attendees can simply text the keyword SB50 to 888777 to receive the latest information from the JIC throughout the event. Subscribers will receive safety, weather, traffic and emergency alerts. Current subscribers in the affected areas will continue to receive their regular local alerts from Nixle and can choose to opt-in to SB50 for Super Bowl-specific information.

Fremont schools announce increase in lunch prices

SUBMITTED BY BRIAN KILLGORE

To meet rising costs of food, labor and operations, the Fremont Unified School District (FUSD) announced it will increase its lunch prices by \$0.50 in time for the start of the 2016-17 school year. Approved by the FUSD Board of Education at its November 18 meeting, the increase will take place in two stages: a \$0.25 increase will become effective January 1, 2016, raising prices from \$3.00 to \$3.25 at the elementary school-level and from \$3.50 to \$3.75 at the Secondary school-level. An additional \$0.25 increase will go into effect July 1, 2016, increasing prices at the elementary and secondary-level to \$3.50 and \$4.00 respectively. Prices for breakfast at FUSD schools will not change. FUSD participates in the National School Lunch Program. New regulations and meal requirements of the Healthy and Hunger Free Act of 2010 will increase baseline costs to districts by about 8 percent starting with the current school year. The California drought has also contributed to an additional increase in food costs prompting the need for additional revenue. For more information, contact the Child Nutrition Services Department at (510) 659-2587.

Newark Memorial inducts six into Ring of Honor

In an emotional ceremony on January 30th, Newark Memorial High School and its Athletic Booster Club inducted six outstanding personnel into the 2016 “Ring of Honor.” Through opening remarks by Mr. Elie Wasser and a key note address by Mr. Jay Jackson, presenters and inductees relived the accomplishments of Alissa Haber, Marquin Chandler, George Fernandez, Tom Lunceford, Rocky Pamplin and Rich Swift. Each inductee was presented by Newark Memorial staff: Rachel Kahoolii (Haber), Crraig Ashmore (Chandler), Jay Guerin (Fernandez), Joe Canale (Lunceford), Tom Breen Pamplin) and Tim Hess (Swift). Alissa Haber: Softball and Volleyball at NMHS. Stand-out softball player at Stanford University and Pac10. US Gold winner at ISF World Championship in Venezuela. Marquin Chandler: Basketball at NMHS. 1st Team Mission Valley Athletic League Center. Exceptional athlete at George Washington University and San Jose State University. Professional career with Philippine Pro League, Korean Pro League, Bahrain Premier Pro League and Portugal Pro League. George Fernandez: Soccer standout and top draft pick by professional soccer clubs. Silver medalist in world soccer, head coach of Anaheim Splash and member of U.S. Futsal Team. Tom Lunceford: Three sport athlete at NMHS. Recognized for prowess on the basketball court, he scored a record 48 points in a game, a Northern California scoring record at the time. Tom was offered a full scholarship at Santa Clara University for basketball, baseball and academics. Rocky Pamplin: Outstanding football player who attended University of Oregon and University of Hawaii

and played as a running back. Drafted by the New Orleans Saints and later played with Canadian Football League’s Montreal Alouettes. Rich Swift: Varsity Football and Wrestling. Coach Swift was the longest tenured high school football coach

in the East Bay. A Mission San Jose graduate, he was a two time MVAL and North Coast champion wrestler. He is also being inducted into the California Wrestling Hall of Fame.



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

Hayward City Council

January 26, 2016

Presentation:

Certificates of commendation were presented to the 2015 Rotary Scholastic Achievement Award recipients:

- Chris Aaron Basco – 8th grader, Martin Luther King Middle School
- Kevin Go – 6th grader, Southgate Elementary School
- Melanie Flores - 7th grader, Martin Luther King Middle School
- Vanna Van - 5th grader, Park Elementary School

Consent:

- Council approved resolution calling for a general municipal election on June 7, 2016; resolution pertaining to candidates’ statements; and municipal election calendar.
- Council approved resolution awarding construction contract for New Sidewalks FY16 – Don-ald Avenue and Hayward Boulevard Project to Gradetech, Inc. for the amount of \$558,185.
- Council approved resolution stating that the following properties will receive water service from the City: 1818 Hill Ave., 22788 Templeton St., and the parcel on the southwest corner of 2nd Street and Walpert Street, including City-owned parcels. The following properties will receive water service from East Bay Municipal Utility District: 22301

Foothill Blvd. and 1155 Hazel Ave. (old Mervyns property).

- Council approved resolution authorizing city manager to negotiate and execute professional services agreements with Lordy Rodriguez, Rob Ley, Kana Tanaka and We Are Matik to implement structural art installations in the 21st Century Library facility in a total amount not to exceed \$262,500.

Work Session:

- Council and staff discussed the establishing and financing Geological Hazard Abatement Districts (GHAD). A GHAD is an independent public agency to oversee geological hazard prevention, mitigation, abatement and control.

- Assistant City Manager Kelly McAdoo presented the update on potential renewal of the city’s Utility Users Tax (UUT) measure. According to staff report, the city commissioned Godbe Research to conduct a survey of local voters to assess potential voter support for a measure to renew the existing UUT at a new rate; prioritize projects and programs to be funded with the proceeds; identify the rate and duration at which voters will support the measure among other factors.

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

Call for nominations: City of Hayward Annual Environmental Awards

SUBMITTED BY
CITY OF HAYWARD

The City of Hayward is welcoming nominations for businesses, schools, and residents that demonstrate exceptional environmental leadership. Nominations are due February 19.

City of Hayward is accepting nominations for its 33rd annual Environmental Awards to recognize businesses, schools, organizations and residents who show a strong commitment to sustainability. Nominees that demonstrate exceptional environmental efforts in categories such as energy efficiency and conservation, renewable energy, waste diversion (good recycling and composting practices), water conservation, and environmental education will be considered for the award. Exceptional efforts related to sustainability may be demonstrated in the form of internal operations or may be the purpose of the organization such as the manufacturer of renewable energy equipment.

The City is committed to environmental stewardship and is

working to create a more sustainable community and to recognize those who share the desire to reduce Hayward’s environmental footprint. Of the businesses currently participating in recycling and organics collection, more than half have implemented their waste diversion efforts within the last five years. Furthermore, Hayward currently has among the lowest per capita water usage in the Bay Area. As the bar continues to rise for businesses and residents to excel in environmental stewardship efforts, the City aims to support and promote those who are going the extra mile.

Community members are encouraged to fill out a nomination form either for themselves or for someone they would like to recommend for recognition. To make a nomination, access the form at <http://j.mp/hwdenviro2016>. Nominees must be located within Hayward city limits. Nominations will only be considered if submitted by the due date – February 19. Award recipients will be recognized at a special City Council meeting on April 19.

Board rejects proposal to buy land near Milpitas Library
Submitted by Janice Rombeck

The Santa Clara County Board of Supervisors turned down a chance to buy a 1.6-acre property near the Milpitas County Library because of Milpitas residents’ overwhelming desire that the parcel be developed into a city park.

The Board took the unanimous action at its meeting on Tuesday, January 26. The County had been a successful bidder at \$3.5 million for the property at 230 North Main Street, which had been put up on the market by the Milpitas Successor Agency of the former Redevelopment Agency in Milpitas. The property had been transferred to the Milpitas Successor Agency after the Redevelopment Agencies across California were dissolved.

Building affordable housing could have been a possible use for the site, but at public and community meetings, residents voiced their support for their land to become a park. Board President Dave Cortese had hoped that the City of Milpitas and the County could work to-

TAKES FROM SILICON VALLEY EAST



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Capturing a Moment in Time: Fremont 60th Anniversary Celebration



BY BILL HARRISON, MAYOR OF FREMONT

On Saturday, January 23, 2016, the City of Fremont went all out and commemorated one of our City’s biggest milestones yet – its 60th anniversary. This important and celebratory day featured a time capsule ceremony, as well as a festive community picnic.

As I looked out at the crowd of faces who make up our one-of-a-kind community, I couldn’t help but feel proud of all that Fremont has accomplished since its inauguration in 1956. Honestly, it still amazes me that our City was founded just 60 years ago.

What started out as five individual townships – Centerville, Irvington, Mission San Jose, Niles, and Warm Springs – has evolved into a hub for advanced manufacturing and many other innovative companies. We’re developing into a strategically urban ecosystem complete with excellent schools, unique community programs, an Innovation District, and a future Downtown that will serve as the social heartbeat for our city.

Being born and raised in the City of Fremont, I know where our City stood more than 40 years ago, and I’m happy to say that we’ve come a long way since then. Fremont is a place that I am proud to call home. And when I think about my two sons and where they’ll be 40 years from

now, I’m reassured knowing that Fremont is a city that they can thrive in. They’ll have the opportunity to get a great education, to hang out with friends Downtown, to establish their careers, and to make a home for their own families. I’m grateful that our youth will be able to build bright futures in Fremont.

To commemorate the City’s 60th anniversary, we wanted to do something that would not only highlight how far Fremont has come, but would paint a picture of our vibrant community as it exists today. We partnered with the City’s Youth Advisory Commission and the Fremont Unified School District, as well as the City’s Human Relations Commission, to assemble a time capsule, which will be installed at the site of what will be our new Downtown and Civic Center. We envision this spot to be a central location and gathering spot for the future Fremont community.

The time capsule includes a vast array of items, most notably a beautiful collection of student art and essays that represent what Fremont means to our youth, and how they envision Fremont 40 years from now.

When future Fremont residents open the time capsule in 2056, I hope that our city is thriving as an even stronger community because of the foundation that we’ve set today.

Rep. Swalwell announces staff hire

SUBMITTED BY RICKY LE

U.S. Representative Eric Swalwell (CA-15) has announced that Josh Richman will be joining his office as communications director. Josh was previously a reporter for the Bay Area News Group covering state and federal politics. He is taking over the communications role for Allison Bormel, who is joining the Obama Administration as a senior communications advisor. As of February, Josh Richman will be based in Rep. Swalwell’s district office.

gether on a park project, but Milpitas officials did not agree to contribute funding to a partnership.

“I’m disappointed that we never got to work out a joint venture with Milpitas on this property,” Cortese said.

The Successor Agency must now put the property back on the market and make every effort to sell the site.

At the meeting, Steve Munzel, representing Preserve Our Parks, said the group was going to petition the Milpitas City Council to preserve the land for a city park and was also gathering signatures for a ballot measure to designate the property as a park.

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

OPINION



WILLIAM MARSHAK

Where have all the autos gone?

Stuck in gridlock every one...

Where have all the autos gone?

Banned by planners, every one...

When will they ever learn?

Reminiscent of Pete Seeger's anti-war classic song, multiple family automobiles, according to planning gurus, are also hoped to be a thing of the past. Although considered a necessary evil, Fremont planners are trying to ignore their presence and minimize any impact they may have on new developments. Gimmicks that refuse to recognize multi-car families are not realistic. It seems that for planners, the solution to gridlock is mass transit and pruning back retail enterprises to small, compact locations that encourage pedestrian oriented nodes. Hurrah for

Blowin' in the wind

the sentiment but where and how do those living outside a arbitrary radius of these nodes get to and from basic services such as shopping, schools, entertainment and social interaction?

With minimal effective and reliable intra-city transportation, how does a family shop for groceries and carry armfuls of bags back to their residence? Some have solved this problem by "borrowing" carts and littering roadsides, leaving them for someone else to collect. For many in transit oriented developments, it is assumed that those within a quarter or half mile will simply trudge home with groceries in hand, use their own cart or someone else's. The alternative may be vacating a parking spot that will quickly disappear by desperate neighbors. Guess which one will be favored?

In answer to the transportation dilemma, will we opt for continuous battles on roads, limited parking at a residence using tandem, multilevel and other restrictive methods? It may be that planners anticipate a quick transformation from personal vehicles to self-driving pods or Uber-type transportation. In that case, I wonder, how far that scenario is in the future? How many cars do these planning gurus and their families own? For those who are single and using one car, is that pattern to be enforced for everyone else? How would they personally handle tandem parking in which the last one home is parked behind others and must play musical chairs with those who arrived early, and must leave early?

The sentiment behind the theory of mass transportation and transportation oriented development is laudable, but to be practical, families require services including schools and shopping to be close by with adequate intra-city safety and mobility. Many cities that rely on mass transportation have significant local bus and rail corridors that move people from place to place. Fremont does not. It is this type of infrastructure that is necessary for residents to cope with a minimal transportation infrastructure. Without it, current gridlock and "strategically urban" plans for a large suburban city will work in a few places, but fail for a majority of its population.

It's time for our local planners, Planning Commission and City Council to recognize the need for rational and effective techniques to further their goals. If cars are the enemy of development and housing needs, the solution lies in why people have them. Without an adequate system of alternate transportation, simply banning them is wistful thinking.

As Bob Dylan might suggest, "The answer my friend is blowin' in the wind."

William Marshak
PUBLISHER

Niles Boulevard Bridge Replacement Project begins

SUBMITTED BY CITY OF FREMONT

After years of planning, work to replace the Niles Boulevard Bridge connecting the City of Fremont and Union City has begun. The existing bridge was built by BART in the 1970s and spans over Union Pacific and BART rail lines. It is being replaced with a new cast-in-place, pre-stressed concrete box girder bridge that will meet current seismic and design standards.

The new bridge is being built immediately south of the existing bridge, allowing it to remain open during construction. A number of trees and shrubs within the City of Fremont and City of Union City right of way along Niles Boulevard were removed in spring 2015 to prepare the site.

A community meeting was held in October 2015 prior to the start of construction activity. Since then, additional dirt fill has been placed for the embankments on

both sides of the rail lines and survey monitoring points have been established at the project site.

Looking ahead, the following construction activities will be scheduled to take place soon:

Pile driving on the east side of the site in February will involve the use of noise-generating equipment during regular construction hours, Monday through Friday from 7:30 a.m. to 4 p.m.

Excavation work on the west side of the site in February will involve the use of noise-generating equipment during regular construction hours, Monday through Friday from 7:30 a.m. to 4 p.m.

Pile driving on the west side of the site in mid- to late-February will involve the use of noise-generating equipment during night hours on weekends, typically from 1 a.m. to 7 a.m. Scheduled work dates and start and finish times for this activity will be posted

on the project website in advance.

It is important to note that estimated pile driving and excavation work dates and times listed above are subject to change due to weather, unforeseen conditions, and/or the availability of on-site Union Pacific Railroad flaggers and BART safety monitors. Community members should also be aware that train horns may be heard near the project site during regular construction hours. Train operators are required to sound a warning as they pass through a known construction zone.

Additional project information is available online at the Bridge Replacement website: <http://nilesblvdbridge.com/>

For project questions, comments, concerns, or requests to be added to the project email list, send an email to: nilesblvd-bridge@fremont.gov or call the project Construction Info Line at (510) 355-1502.

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Union City City Council Meeting January 26, 2016

Proclamations and Presentations:

- Presentation of awards and certificates to the winners of Union City’s annual recycling art contest
- Abridged State of the City address

Consent:

- Approve the 2014 Measure BB Scoping Agreement with Alameda County Transportation commission for the Union City International Station Project.
- Award contract for police department lobby renovation.
- Adopt an ordinance to annex a portion of land into the city community facilities district to levy a special tax.
- Adopt an ordinance of the city council approving municipal code amendment to prohibit medical marijuana cultivation and deliveries.

- Authorize the economic and community development department to analyze quarterly census employment and wage data for the city of obtained from the California State Employment Development Department.

Item Removed from Consent

- Adopt various ordinances implementing the 2015-2023 housing element.
- Public Hearings:**
 - Adopt a resolution approving site development review of a housing development between Smith Street and Bettencourt Way. Approve second of two options for design.
 - Adopt a resolution approving a modification of Chapel of the Chimes Cemetary. (3 ayes, 1 absent: Ellis, 1 recusal: Navarro)

Mayor Carol Dutra-Vernaci Aye
Vice Mayor Emily Duncan Aye
Lorrin Ellis Absent
Pat Gascos Aye
Jim Navarro Aye, recusal on second public hearing

Volunteer Income Tax Assistance Program has begun

SUBMITTED BY CITY OF FREMONT

VITA (Volunteer Income Tax Assistance) program provides free quality tax preparation and e-filing services for qualified individuals and families with an annual household income of \$54,000 or less. You may qualify for up to \$6,242 of additional refund through the Earned Income Tax Credit. The Volunteer Income Tax Assistance program is sponsored by the Internal Revenue Service and the United Way of the Bay Area Earn It! Keep It! Save It! Coalition.

Paid tax preparers charge anywhere from \$35 to \$500 for tax preparation services. If we can help your clients, family and/or friends save money, please tell them about our free tax services. All tax returns are prepared by trained IRS-certified tax preparers. With electronic filing and direct deposit, customers

receive refunds within 7 to 10 business days.
This year, there are four locations to serve customers:

Fremont Family Resource Center, Fremont (Walk-in only)
39155 Liberty St., Suite A110, Fremont
Jan 27 - Apr 15
Wednesdays and Thursdays: 4 p.m. - 8 p.m.
Fridays: 10 a.m. to 1 p.m.

New Haven Adult School, Union City (Walk-in and Self-prep)
600 G St, Union City
Jan 30 - Apr 16
Saturdays: 10 a.m. to 2 p.m.

Tri-City Volunteers, Fremont (Appointment only)
37350 Joseph St, Fremont
Feb 1 - Apr 11
Mondays: 10 a.m. to 2 p.m.

Tri-Cities One-Stop Career Center Ohlone Newark Campus (Appointment only)
39399 Cherry St., Rm. 1211, Newark
Feb 2 - April 12
Tuesdays: 10 a.m. - 4 p.m.

For the first time this year, we are also offering Facilitated Self Assistance (FSA or Self-Help) services at the New Haven Adult School. This service is available for those taxpayers with incomes of less than \$62,000 who feel comfortable preparing their own taxes. Computers will be provided, and trained IRS-certified tax coaches will be available to answer questions.

For more information about VITA, please contact SparkPoint Fremont at (510) 574-2020, or visit the SparkPoint webpage at: sparkpointcenters.org/fremont/

Habitat restoration days for Sabercat Creek

SUBMITTED BY CITY OF FREMONT

Love nature and serving the community? Join the City of Fremont’s Environmental Services for a day of habitat restoration work on Sabercat Creek the first Saturday of every month from 9 a.m. to 12 p.m. Heavy rain cancels the event.

Volunteers will assist with removing invasive plants, planting new native trees and shrubs, and caring for previously-planted ones by refreshing plant basins and installing browse protection cages. This work will help stabilize soils and creek banks, filter pollutants, increase native plant diversity, and improve food and shelter for wildlife.

No experience is necessary. Volunteers of all ages are welcome, and a signed waiver form is required for each participant. Children under 12 years old must be accompanied by an adult. Habitat stewards will guide you through the projects.

Come dressed for the weather and prepared to get dirty (sturdy, closed-toe shoes/boots, long pants, hat, sunscreen, and long-sleeved shirt are recommended). Bring a signed waiver form, a reusable water bottle, and community service hour forms, if applicable. We’ll provide tools, some gloves, and water to refill bottles. If you wish to bring your own gloves or tools, please label them.

For complete details and to register, visit www.fremont.gov and be sure to check the location on the map, and print the map and waiver form.

For more information, or to arrange a large group work day, call Environmental Services Division at (510) 494-4570.

Obituary

Mary Azzola Beretta

March 2, 1921 - January 26, 2016

Mary Ellen Azzola Beretta, age 94, died of natural causes peacefully at her home with her family at her side.

Born in Renton, Washington on March 2, 1921, Mary was the daughter of Italian immigrants. She traveled to Italy and married Franco Beretta in 1947. Together, Mary and Franco built a wonderful life, eventually settling in California in 1958 to raise their family. She was a devoted wife and loving mother to her four children. She was very involved in the Fremont community and loved cooking and gardening. Her husband Dr. Franco Beretta, a General Surgeon in Fremont, predeceased Mary in 1983.



Mary moved to Hillsborough in 2003, where she became Barbara Way’s beloved grandma—and favorite candy

stop—for all the neighborhood kids.

She is survived by her sister Olga Azzola; her sons Marco (Ilene) Beretta of Fremont, Bruce (Melissa) Beretta of Bakersfield, David (Nancy) Beretta of Pleasanton; and her daughter Sandra (Ron) Duncanson of Hillsborough. She was a wonderful Nonni to eleven grandchildren: Chrissy, Tony, Stephanie, Adriana, Gina, Robert, Michael, Austin, Melissa, Megan and Aiden. Mary was never happier than when her home was filled with family and friends enjoying one of her fabulous Italian meals together.

In lieu of flowers, please keep her in your thoughts.

Newark City Council

January 28, 2016

Study Session: Operating Section of Biennial Budget for 2016-2018.

Although the economy is improving with increasing revenue and reduced expenditures leading to a \$2 million surplus in FY 2014/2015, the City is taking a conservative approach while watching the State Budget, PERS (retirement fund) rates and rising demand for services caused by a development boom. The revenue amendment anticipates growth in property tax, sales tax, transient occupancy (hotel) tax, utility user tax, development and construction fees. An economic downturn is expected within the next few years. A work session of the Capital Improvement Plan (CIP) is scheduled for February 11, 2016, followed by a draft and Budget Work Session in May, then adoption of the 2016-2018 in June. Among increased staff funding, additional library hours are included in the amendment.

Presentations and Proclamations:

Commendation presented to Public Works Director Peggy Claassen on retirement after 12 years of service to the City of Newark.

Quarterly presentation by Branch Manager Adina Aguirre about Newark library programs. Over 70 adult, 75 teen and 170 children’s services at the library during the fourth quarter of



Commendation presented to Public Works Director Peggy Claassen on retirement after 12 years of service to the City of Newark.

2015. One of the most popular services is sewing. Circulation at about 66,000. The library serves approximately 200,000 visitors per year.

Presentation by Newark Soccer Club to begin a dialogue with City regarding the popularity and success of the club, the need and opportunities to develop additional playing fields in Newark.

City Manager Reports:

Second reading amending Newark Municipal Code
Second reading of ordinance amending Newark Municipal Code prohibiting commercial cultivation of medicinal marijuana.
Designation of new depository for City Funds.

Authorize contractual service agreement for on-call engineering services with CSG Consultatnts,

Inc., MNS Engineers, Inc, and Kier & Wright Civil Engineers & Surveyors, Inc.

Non-Consent:

Status report on emergency expenditure for replacement of heater for lazy river and splash pool at Silliman Activity and Family Aquatic Center. Heater has been ordered.

City Council Matters:

Successful Rotary Crab feed. Congratulations to Peggy Claassen.
AMC Theatre NewPark soft opening

Mayor Alan Nagy Aye
Vice Mayor Sucy Collazo Aye
Luis Freitas Aye
Michael Hannon Aye
Mike Bucci Aye

Board action advances future makeover of Santa Clara County Fairgrounds

SUBMITTED BY JANICE ROMBECK

Santa Clara County Board of Supervisors took a step forward in planning the future of its 150-acre Fairgrounds by further defining what needs to be included in any proposal that the Board would eventually approve for the best public uses of the land.

When the County issues its official call for proposals, the Board wants prospective applicants with proposals to include space for a County Fair and other large events, a spacious park and open space and areas for “active recreation,” such as youth sports. The Board also emphasized that future plans for the Fairgrounds be flexible to accommodate a diverse array of events and that the facilities are in full use for 365 days a year.

The action was taken on a motion from Supervisor Cindy Chavez at the Board meeting on Tuesday, January 26.

The Board also approved an extensive outreach plan that will give members of the public a variety of ways to provide input on the Fairgrounds planning, including a workshop for the public to create their visions for the Fairgrounds’ future and another large community meeting.

Staff will bring back to the board, possibly in March, a revised Request for Qualification,

which is a call for interested parties to show that they have the finances, experience and capability of taking on the project.

A presentation was made to the community at a meeting on January 7, with residents voicing concerns about keeping sufficient space for the County Fair and other large events, making rental fees affordable for community uses and allowing small businesses to be included in the planning and opportunities. At the meeting most of the 70 speakers asked the Board not to relocate the annual County Fair.

In taking the vote, the Board affirmed its commitment to keep the County Fair at the Fairgrounds on 30 or more acres that could also be used for other events, with half of the remaining acres to be used for open space and the other half for active recreational space. Another option would have been to move the County Fair to another location and redevelop all 150 acres for recreation and community uses.

In September 2015, the Board directed staff to look at the two scenarios after a presentation from the Johnson Consulting Firm, which was hired to evaluate conditions of the fairgrounds, market opportunities and public preferences for use of the land. The firm reported that a majority of residents favored uses that

would provide open space, trails, sports fields, play spaces and community facilities for the fair and other events.

Proposals also would need to include plans for improving or replacing existing buildings and up-

grading the grounds’ landscaping, drainage, lighting, utilities, parking and other features.

For more information and updates on the plans, visit www.sccgov.org/fairgrounds or contact the Office of Supervisor Dave Cortese at (408) 299-5030.

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Birth Marriage

For more information
510-494-1999
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Obituaries



Fremont Memorial Chapel
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www.fremontmemorialchapel.com

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

Annette M. Stevens
RESIDENT OF FREMONT
December 9, 1958 – January 22, 2016

Harold L. Froidevaux
RESIDENT OF FREMONT
August 14, 1948 – January 22, 2016

Le'Anne Hope Tibbetts
RESIDENT OF FREMONT
April 6, 1956 – January 27, 2016

Salvador Salcedo
RESIDENT OF FREMONT
January 5, 1967 – January 26, 2016

Maria Hildeberta Gonsalves
RESIDENT OF UNION CITY
May 18, 1929 – January 30, 2016

Esther F. Rively
RESIDENT OF NEWARK
February 8, 1927 – January 31, 2016



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RESIDENT OF NEWARK
July 28, 1931 – January 9, 2016

Sister Mary Joanna Connolly
RESIDENT OF FREMONT
March 4, 1914 – January 18, 2016

Aurelio P. Baca
RESIDENT OF FREMONT
July 17, 1924 – January 20, 2106

Jo Ann C. Brause
RESIDENT OF FREMONT
January 30, 1927 – January 20, 2016

Krushnadas C. Desai
RESIDENT OF SAN JOSE
March 15, 1937 – January 10, 2016

Morris R. Close
RESIDENT OF FREMONT
May 28, 1931 – January 22, 2016

Anna M. Fowler
RESIDENT OF FREMONT
November 10, 1927 – January 25, 2016

Gerald "Jerry" A. Rodrigues
RESIDENT OF SAN FRANCISCO
June 18, 1939 – January 22, 2016

Mary D. Simas
RESIDENT OF FREMONT
March 16, 1930 – January 25, 2016

Mary E. Beretta
RESIDENT OF HILLSBOROUGH
March 2, 1921 – January 21, 2016

Deacon Jorge Lara
RESIDENT OF UNION CITY
November 16, 1953 – January 28, 2016

Geraldine P. Leonard
RESIDENT OF UNION CITY
December 13, 1929 – January 28, 2016

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Obituary

Harold Froidevaux

August 14, 1948 - January 22, 2016

Resident of Fremont

Harold Froidevaux, 67, of Fremont, CA passed away on Friday, January 22, 2016. He is survived by his wife, Shirley, and three children; Lee Froidevaux and his wife Susan of Rocklin, CA, Nicole Froidevaux and Briant Certuche of Fremont, CA, and Adam Froidevaux of Newark, CA. His grandchildren; Aaron, Ciera, Cruz and Cooper of Rocklin, CA, and Briant, David, Lawrence, Kenneth, Helena, HavenJoy and Nevaeha, and great-grandchildren of Fremont, CA. His brother, Dennis Froidevaux and his wife Bobbie of Tracy, CA, and sister, Delores Rusich of Montrose, CO. Also survived by many nieces and nephews. He was preceded in death by his parents, Alcide and Evelina Froidevaux, and brothers

Ronald, Ricky and Allen Froidevaux.

He served in the U.S. Army from December 15, 1965 to December 14, 1967. He loved fishing and watching football. He was a long time 49er fan.

A memorial gathering will be held at 2pm on February 6, 2016 at Southlake Mobile Park Clubhouse, 4343 Auto Mall Way, Fremont, CA.

In lieu of flowers, memorial donations may be made to the American Diabetes Association or American Cancer Society.

Condolences may be left on Harold's Tribute Wall at www.fremontchapeloftheroses.com

The family wishes to extend their gratitude to Kaiser and the Livermore VA Hospice for their support in his final days.

Emily Alice Bert

April 2, 1928 to January 25, 2016

Resident of Fremont



Emily Bert moved to Fremont, CA, in 1978 and died here in Fremont following a stroke. She was 87. She was preceded in death by her husband

of 64 years, Joseph Bert, by her brothers Jack Burton and Edward Burton, and by her sister Mildred Linneman. Her parents, John Edgar Burton and Mildred Cleo Kees Burton raised Emily in the mountains of Colorado. She is survived by her son, Paul Bert, his wife Michele Baker, her daughter, Alice Bert, and her brother Eugene Burton (Maudeen).

Emily and Joe moved to Los Altos in 1955 where they met her lifelong friend, Lois Peschel. Later Emily and her family lived in Mountain View, Sunnyvale, and Las Cruces, NM, before moving to Fremont.

Emily graduated from Ohlone College during her 50s.

She volunteered at Ardenwood Historic Farm arranging flowers for many years. Her friendships there led her to join their croquet group. Although never an athlete, she delighted in her rare croquet wins. She loved art and decorating. She was an avid reader.

Emily was a loyal and lifelong friend. She was socially aware and supported many humanitarian and liberal causes. She was a great mother, aunt, and sister showing unwavering and unconditional support. She loved animals and gave to animal protection causes. She fed feral cats in her yard in Fremont for 30 years. Emily will be truly missed by family and friends.

AC Transit Board approves
more frequency, reliability, and service hours

SUBMITTED BY ROBERT LYLES

The AC Transit Board of Directors has approved the largest service enhancement in the District's history. Currently known as the Service Expansion Plan (SEP), bus service will increase by up to 14 percent, creating a more reliable, convenient and efficient transit network for the East Bay. The SEP is primarily funded by the voter-approved Alameda County Measure BB transportation sales tax. Measure BB is projected to contribute almost \$30 million annually to AC Transit. The District plans to invest approximately \$24 million of those funds to improve bus service within Alameda County.

The SEP was designed with improved frequency as its primary focus. As a result, AC Transit created a Frequent Service Network, which provides more buses running every 15 minutes or better along several key corridors. Other lines will undergo a redesign to make those routes more direct, reduce travel time, and offer greater reliability. The SEP also extends service hours on designated lines.

The SEP will roll out over an 18- to 24-month period beginning in June 2016. To execute the SEP, AC Transit is launching a campaign to recruit bus operators and mechanics, and is currently awaiting delivery of new buses.

Jeannie Gee

July 2, 1929 – January 25, 2016

Resident of Fremont

Jeannie Gee was born in Toishan, Guangdong, China on July 2, 1929 and passed away on Monday, January 25, 2016, at San Tomas Convalescent Hospital in San Jose, CA at the age of 86.

She is survived by her loving husband, Tommy Gee, of 69 years; her beloved children: Henry (Hazel), Glenn (Linda), Larry, Raymond (Diane), Julie, Susie (Sam Wallace), and Virginia (Hugh Davey); grandchildren:

Larry (Amy), Bryan Wallace (Brandi), LeeAnn (Mike Jenks), Pamela, and Lisa (Jerad Rood) and 3 great grandchildren.

Services were conducted by Sunset View Mortuary and Mrs. Gee's final resting place is Sunset View Cemetery in El Cerrito, California.



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Hearts & Flowers at Fremont Art Association

SUBMITTED BY SUSAN HELMER

The Fremont Art Association (FAA) welcomes February with a
showcase of work entitled "Hearts and Flowers," presented by the
Tuesday Painters. This show will run from February 9 to March 1.

Tuesday Painters is a casual group of artists who get together to
paint on Tuesdays from 11 a.m. – 3 p.m. at the FAA gallery. They work
in a variety of mediums from oil to watercolor. Everyone is welcome
and it is a very agreeable group with which to paint. The group ranges
from 6 to 12 artists. There is no instructor; but, they all help each
other with the occasional challenges in subject matter or technique.

The Fremont Art Association Gallery welcomes visitors every day of
the week except Monday from 11 a.m. to 5 p.m.

Hearts and Flowers

Tuesday, Feb 9 – Tuesday, Mar 1

11 a.m. – 5 p.m.

Open Tuesday – Sunday (Closed Monday)

Fremont Art Association Gallery

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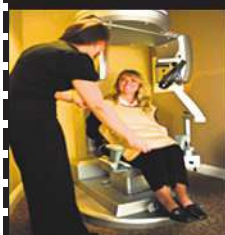
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Hayward Police Community Academy

SUBMITTED BY HAYWARD PD

Learn more about the Hayward Police Department and attend a free-9 week course, March 1 – April 26.

Topics include:

HPD's Patrol Structure/Community Policing, Special Victims Unit, Robbery Prevention & Personal Safety, Vice/Intelligence & Gangs, Homicide & Assault, Evidence Collection, Traffic & Narcotics, Use of Force & Firearms Training Simulator, Active Shooter/SWAT & K-9 Unit and 911 Dispatch.

Due to the sensitivity of the information presented, all participants must be at least 18 years or older. To register you must complete an application and pass a background check. (Seating is Limited)

For an application to register contact: Gale Bleth (510) 293-7151 (gale.bleth@hayward-ca.gov)

Or Mary Fabian (510) 293-1043 (mary.fabian@hayward-ca.gov) or visit <http://www.haywardpd.net/>

Hayward Police Community Academy

**Tuesdays: Mar 1, 8, 15, 22, 29 and
Apr 5, 12, 19, 26
6:45 p.m. - 8:45 p.m.**

Hayward PD North District Office

22701 Main St, Hayward
(510) 293-7151/ (510) 293-1043
<http://www.haywardpd.net/>

Coffee with a Cop

SUBMITTED BY HAYWARD PD

Come have "Coffee with a Cop." Join your neighbors and police officers for coffee and conversation. This is your chance to ask questions, voice concerns and get to know your Hayward Police Officers. For more information, contact Gale Bleth, Crime Prevention Specialist at (510) 293-7151.

Hayward Coffee with a Cop

Saturday, Feb 6

9 a.m. – 11 a.m.

Snappy's Café

**978 A St, Hayward
(510) 293-7151**

Willow Street closed until May 9

SUBMITTED BY NEWARK PD

Willow Street will be closed between Enterprise Drive and Cabot Court as of February 1. Willow Street in this area connects Central Avenue and Thornton Avenue and is frequently used to access the Dumbarton Bridge for commuters. This segment of Willow Street is being improved in advance of upcoming residential development in the area. A signed detour will be established on Enterprise Drive and Filbert Street. Additional alternative routes including Thornton Avenue and Cherry Street are also available.

The work is anticipated to be completed by May 9, 2016.

For additional information please contact the Public Works Engineering Division at (510) 578-4589 or by email at public.works@newark.org

Officer involved shooting

SUBMITTED BY
**CAPT. JARED RINETTI,
UNION CITY PD**

Update:

On January 18 at about 10:20 p.m., the Union City Police Department received a 911 call from a resident on the 3800 block of Amy Place. The resident reported that someone unknown to her was in her backyard and pounding on her bedroom window. When two officers responded to the house, they located a white male adult armed with a claw-style garden tool in the backyard of the resident's home.

The officers ordered the suspect multiple times to drop the



weapon; however, the suspect did not comply and instead, charged the officers with the weapon. Fearing for their safety, both officers shot at the suspect with their firearms in order to stop the threat. The suspect subsequently

dropped the weapon and the officers rendered first aid to him until paramedics arrived. Due to the nature of his injuries, the suspect was pronounced dead at the scene. The deceased subject has been identified as Vasilios Alexander Katsouras of Hayward. As a matter of routine practice and department policy, the officers involved in the shooting have been placed on administrative leave.

Anyone with information in regard to this incident is asked to contact Detective Krista Fraga at (510) 675-5266 or kfraga@unioncity.org or the anonymous Union City Police Tip line (510) 675-5207 or tips@unioncity.org.

Newark Police Log

SUBMITTED
BY CMDR. MIKE CARROLL,
NEWARK PD

Tuesday, January 19

At 12:24 p.m., Ofc. Johnson investigated a residential ransack burglary that occurred on Normandy Drive between 8:00 a.m. and 2:00 p.m.

Wednesday, January 20

At 4:25 a.m., Ofc. Geser took a theft report of two Fuji Brand mountain bikes from a residence in the 5300 block of Edgewater Drive. One was white and the other gray.

Friday, January 22

After responding to a domestic violence incident at the homeless encampment to the rear of the Residence Inn, Ofc. Losier arrested a 58-year-old transient male for misdemeanor domestic

violence and a restraining order violation. He was later booked at Santa Rita Jail.

Saturday, January 23

At 3:17 p.m., Ofc. Katz accepted the citizen's arrest of a 49-year-old female of Oakland after she was apprehended by loss prevention officers at Macy's. She was arrested and released on a citation.

At 6:20 p.m., Community Service Officer (CSO) Parks investigated a theft of a white 2000 GMC Sierra C3500 work truck containing various pieces of construction equipment from Quince Place. The theft occurred between Friday, January 22, 2016 at 6:00 p.m. through Saturday, January 23, 2016 at 4:30 p.m.

At 6:02 p.m., Ofc. Smith accepted a shoplifter in custody from Macy's Loss Prevention. A 45-year-old female of Hayward was apprehended after she was observed placing lower priced tags on various clothing merchandise and paying significantly less than the items were worth. She

was issued a citation and released.

At 2:18 a.m., Ofc. Mavrakis investigated a window smash auto burglary in the BJ's parking lot which occurred between 8:15 p.m. and 2:18 a.m. Loss was a set of golf clubs and Air Jordan shoes.

Sunday, January 24

At 8:41 p.m., Ofc. Losier investigated a window smash auto burglary that occurred in the alley behind Simply Thai, located at 6295 Jarvis Ave. Losses include a MacBook Air, a Coach purse and wallet, a yellow backpack, and miscellaneous personal items including credit cards.

Monday, January 25

At 11:04 p.m., officers responded to a robbery that had just occurred at the Wing Stop, located at 35030 Newark Blvd. Two suspects entered the business, one with a pistol and the other holding a knife. Newark Police Department detectives are working with neighboring police agencies to try and identify these robbers.

Arrest in December fatal collision

SUBMITTED BY SGT. JASON CORSOLINI,
HAYWARD PD

On January 29, 2016, Hayward Police arrested 45-year old Newark resident Elias Ladnay for vehicular manslaughter for a collision that occurred on December 28, 2015 which killed 65-year old Hayward resident Aurora Bermudez. Ms. Bermudez was struck while legally crossing Hesperian at Tahoe in a lighted and marked crosswalk. Ladnay originally told investigators that it was another vehicle that initially struck Bermudez and that he was the second vehicle that struck her. He also stated after con-

fronting the other driver, the occupants returned to their vehicle and fled the scene and even went on to provide a specific vehicle and occupant description. However, after reviewing the physical evidence, re-interviewing witnesses and reconstructing the collision, the Traffic Bureau investigators determined that Ladnay was the only driver that struck Bermudez. There was no other vehicle involved in this incident.

Ladnay wasn't under the influence of drugs or alcohol at the time of the collision. He was booked at the Hayward Police Department Jail for vehicular manslaughter.

COMMUNITY BULLETIN BOARD

FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont All are welcome, come join us www.fremontcoinclub.org 510-792-1511	National Alliance on Mental Illness (NAMI) FREE confidential 10 week informational course - Adults living with mental health challenges Focused on Recovery 2 hrs Tuesdays Call Kathryn Lum 408-422-3831 for time and location	The League of Women Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance.		Payment is for one posting only. Any change will be considered a new posting and incur a new fee. The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV
Tri-City Society of Model Engineers The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas. We meet Fridays 7:30-9:30pm. Please visit our web site: www.nilesdepot.org	Tri-City Ecology Center Your local environmental leader! Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects. www.tricityecology.org Office open Thursdays, 11am-2pm 3375 Country Dr., Fremont 510-793-6222	Fremont Cribbage Club teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues. 6:15pm at Round Table Pizza 37480 Fremont Blvd., Centerville Email: Accgr43@gmail.com American Cribbage Congress www.cribbage.org	Help with Math & Reading You can make a difference by helping Newark children with Math and reading. If you can give one hour a week, you can give a life-long gift of learning to a child. Contact 510-797-2703 momwalk77@gmail.com		Sun Gallery FREE Art Saturday Classes For families on the 2nd & 4th Sat. of each month and Summer Art Camp Gallery Shows & Exhibits FREE admission to all shows 1015 E. St. Hayward 510-581-4050 www.SunGallery.org
Come Join Us Tri Cities Women’s Club Meets on the third Tuesday Elk’s Club on Farwell Dr. 9:30 – Cards, 12:00 – Lunch 1:00 – Program and Meeting We also have bridge, walking, Gourmet dining groups, And a book club. For info. Call 510-656-7048	Afro-American Cultural & Historical Society, Inc. Sharing ur culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec & Feb 5:30pm Newark Library 510-793-8181 www.aachsi.com We welcome all new members	SparkPoint Financial Services FREE financial services and coaching for low-income people who want to improve their finances. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center To reserve a seat: 574-2020 Fremont.gov/SparkPointFRC	First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all services. Reading Room Open Monday - Friday 1-3pm 1351 Driscoll Rd., Fremont 510-656-8161	The American Assoc. of University Women AAUW advances equity for women and girls through advocacy, education, philanthropy and research We are all inclusive, welcoming, smart and fun. fremont-ca.aauw.net	
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TOPS TAKE OFF POUNDS SENSIBLY It is weight loss support group that meets weekly in San Leandro. We meet Wed 9:30am -11am at Mission Bay Mobil Home Park 15333 Wicks Blvd., San Leandro contact Judy 510-581-5313 www.TOPSort Annual fee \$32	VOLUNTEERS WANTED MUSEUM OF LOCAL HISTORY GUILD No experience needed! Enjoy helping students on school tours - work on exhibits Accession artifacts flexible days & hours Call Dianne: 510-673-4813 www.museumoflocalhistory.org	Most Joyful Volunteer work LIFE ElderCare – VIP Rides Drive seniors to appts/errands 4 hrs/month Flexible scheduling. Call Valerie 510-574-2096 vdraeseke@fremont.gov www.LifeElderCare.org	Newark Demonstration Garden Join a group of Newark residents to spearhead a demonstration garden in Newark. We're currently selecting a site. We need your help! Angela at info@newarkparks.org https://www.facebook.com/groups/NewarkDemonstrationGarden/	Tri-City Youth Chorus Winter Session January 7- March 24 \$130 - Grades 5-8 No Auditions Meets Thursdays 4-5 PM 36600 Niles Blvd. Have fun singing contemporary & multi-cultural music & learn from gifted director Register on our website www.tricityyouthchorus.weebly.com	
FOOD ADDICTS IN RECOVERY - FA • Can't control the way you eat? • Tried everything else? • Tired of spending money? Meeting Monday Night 7pm 4360 Central Ave., Fremont Centerville Presbyterian Church Family Ed. Bldg. Room E-204 www.foodaddicts.org	The Friendship Force San Francisco Bay Area Experience a country & its culture with local hosts; meet global visitors here. 2016 Travel to Brazil in June Japaneese visitors here in October www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	Deliver a smile and a meal to homebound seniors LIFE ElderCare – Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@fremont.gov www.LifeElderCare.org	Newark Skatepark Join a group of Newark skaters and parents of skaters to spearhead a skatepark in Newark. We have a business plan. Now we need your help to execute on it! Angela at info@newarkparks.org https://www.facebook.com/groups/NewarkSkatepark/	Fremont Area Writers Like to write? Meet other writers? Join us from 2-4 p.m. every fourth Saturday except in July and December at DeVry University, 6600 Dumbarton Circle, Fremont. www.cwc-fremontareawriters.org	
SAVE's Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE's 24-hr Hotline (510) 794-6055 for details www.save-dv.org	SAVE's Empowerment Ctr. Services FREE for domestic violence survivors. If you're seeking healing, strength, support or referrals, SAVE can help! Yoga, therapeutic art, advocacy 24-hour Hotline (510) 794-6055 Empowerment Ctr (510) 574-2250 1900 Mowry Ave, #201 Fremont. www.save-dv.org	SAVE's Domestic Violence Support Groups FREE, compassionate support Domestic violence survivors Drop-in, no reservations needed Every Tues & Thurs 6:45-8:45 pm Every Friday 9:15 to 11 am 1900 Mowry Avenue, Fremont (510) 574-2250 or 24-hour Hotline (510) 794-6055 www.save-dv.org	Newark Parks Foundation The Foundation mobilizes financial and community support to deliver thriving, accessible, supported, and varied parks, open spaces, and recreational opportunities for a healthy and united Newark. Seeking Board of Directors and Honorary Board members. info@newarkparks.org	CRAB & PASTA FEED ALL YOU CAN EAT! Mission San Jose HS Boosters Club Sat. February 27 6-10pm Tickets \$50 - Vegetarian options offered. Plus pasta,Fresh salad, Garlic Bread. Proceeds support Athletics, Visual & Performam-ing Arts Programs. 41717 Palm Ave., Fremont Main Gym Email msjhsrabfeed@gmail.com	
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	NARFE National Assoc. of Active & Retired Federal Employees Meet 4th Friday of Month Fremont Senior Center Central Park @ Noon All Current or Retired Federal Employees are welcome Call Ellen @ 510-565-7973 donodo@comcast.net	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	
		Give a Child A Voice Become a friend, mentor, and advocate for a foster child. Attend our next Volunteer Open House Orientation session to get started. For more information: info@cadvocates.org or visit: www.BeMyAdvocate.org	FLEA MARKET Sat. April 9 9am-3pm Hayward Veterans Bld. 22727 Main St. Hayward Hosted by AMERICAN LEGION AUXILIARY For more info contact Dorothy Castillo 510-581-1074 Dorothycastillo61@yahoo.com	42nd Black History Month Observance Saturday - Feb 13 12noon - 6pm ALL ARE WELCOME NO ADMISSION FEE Newark Community Center 35501 Cedar Blvd., Newark Call: 510-792-3973	

COMMUNITY BULLETIN BOARD

FREE QUALITY INCOME TAX PREPARATION
IRS-Certified Tax Preparers
\$54,000 or less annual household income. Other restrictions may apply. Saturdays: Jan 30 to Apr 16, 2016. 10 am – 2 pm (Closed Mar 12th) At New Haven Adult School 600 G Street, Union City, CA 94587 Walk-in and self-prep services available
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

FREMONT STAMP CLUB
SINCE 1978
Meets 2nd Thurs.
each month 7pm
Cultural Arts Center
3375 Country Dr., Fremont
Everyone is welcome. Beginners to Advanced. For questions or more information:
www.fremontstampclub.org/
or call Dave:
510-487-5288

Hayward Art Council
22394 Foothill Blvd., Hayward
510-583-2787
www.haywardarts.org
Open Thurs. Fri. Sat. 10am-4pm
Foothill Gallery, John O’Lague
Galleria, Hayward Area Senior
Center Exhibit Hall, Alameda
County Law Library
Hayward branch
All open to the public

English Conversation Café
Improve your Conversation Skills
Small groups with
native speakers
Tuesdays 7-8:30p
Next Session Starts 2/23
Only \$20 for 10 Weeks
@ Bridges Community Church
505 Driscoll Rd. Fremont
ESL@bridgescc.org
510 651-2030

Union City
Police Log

SUBMITTED BY
UNION CITY PD

Monday, January 18

At around 10:20 p.m., officers responded to a disturbance on the 3800 block of Amy Place. An unknown suspect was in the resident’s backyard, pounding on their bedroom window. Officers contacted the subject in the backyard. He refused to comply with commands to drop a three-pronged gardening tool. When he attempted to attack officers with it, he was shot. The subject was pronounced dead at the scene. Alameda County District Attorney’s office is currently conducting an independent investigation of the incident.

Wednesday, January 20

At around 10:30 a.m., Ofc. Paul was dispatched to a theft report at a gas station. Sometime between 5:40 a.m. and 5:45 a.m., someone stole two cases of cigarettes worth about \$4,000 from a delivery truck.

Thursday, January 21

A residential burglary attempt occurred on the 32600 block of Endeavour Way around 11:15 a.m. A suspect entered an open garage and began walking toward a tool chest. The victim yelled that she would call the police, and the suspect fled on foot toward Solar Circle.

Friday, January 22

A residential burglary occurred on the 2600 block of Royal Ann Drive between 10:00 a.m. and 9:30 p.m. Several doors had been left unlocked. The loss is unknown at this time.

A commercial burglary occurred on the 31000 block of Courthouse Drive around 5:45 p.m. An unknown suspect opened the locked cash drawer via unknown means and stole \$42.

Saturday, January 23

At around 11:45 p.m., Ofc. Ziya was dispatched to the report of an attempted robbery that occurred in the area of Fredi Street and Queensboro Way. The victim was walking from his car with his cell phone in his hand when two suspects approached him. One of them demanded his cell phone, but the victim refused. Both suspects then pointed knives at the victim, at which point he turned and ran away. He fell to the ground, and the second suspect kicked him in the face. They both fled on foot toward Fredi Street. There was no loss. The first suspect was described as a black male, 15-18 years old, 5’0” and 120 lbs. The second suspect was described as a black male, 15-18 years old, 5’2” and 130 lbs.

At around 11:50 p.m., Ofc. Rivas responded to the 30 block of Union Square on reports of a robbery attempt. The victim was walking from the BART station when someone hit him on the back of the neck and yelled some-



Sedano



Melgoza

thing that was not in English. The victim ran to a nearby vehicle for help, and the suspect fled on foot toward the BART station. There was no loss.

A residential burglary attempt occurred on the 4300 block of Cortez Court between Saturday, January 23, 2016 at 9:30 p.m. and Sunday, January 24, 2016 at 7:00 a.m. A suspect entered the garage via an unlocked door and rummaged through a vehicle. No loss was reported.

A residential burglary occurred on the 4200 block of Las Feliz Court between Saturday, January 23, 2016 at 11:00 p.m. and Sunday, January 24, 2016 at 5:20 a.m. A door was unlocked. The losses included purses, debit and credit cards, and a vehicle. The vehicle was later recovered unoccupied on Smith Street.

Sunday, January 24

At around 12:15 a.m., Sgt. Holt was in the area of 27 Union Square when he observed a male suspect punch or push a victim to the ground, while a female suspect appeared to act as a look-out. Both suspects were immediately taken into custody. There was no loss. Erica Sedano, a Union City resident, and Sebastian Melgoza, a Union City resident, were both arrested for robbery.

There were two incidents of “shoulder surfing” at Bank of America on Alvarado Boulevard. Both victims lost \$1,000. A possible suspect vehicle was described as a silver Toyota Prius.

At around 8:15 p.m., Ofc. Jensen responded to the 34800 block of Starling Drive on the report of a battery. During a verbal argument about a car the victim sold to the suspect, the suspect punched the victim in the face and then pointed a handgun at him. The suspect is known to police officers, and there is currently an active felony warrant for his arrest.

A residential burglary occurred on the 34200 block of Myrtle Lane between 1:00 p.m. and 2:15 p.m. The exterior door to the garage was forced open, and the interior door to the house was unlocked. The losses included cash and jewelry.

Fremont
Police Log

SUBMITTED BY GENEVA
BOSQUES, FREMONT PD

Thursday, January 21

At approximately 4:00 p.m., officers were dispatched to a possible explosive device in the 37000 block of Third Street in Niles. Officers learned that a gardener located a coconut in the front yard of a residence that was filled with black powder and had a fuse sticking out of it. The gardener removed the fuse and placed the coconut in a plastic bag before calling police. Alameda County Sheriff’s Office (ACSO) Bomb Squad responded and neutralized the explosive device, causing a loud noise that could be heard throughout the neighborhood. Ofc. Gigliotti and Field Training Officer (FTO) Loughery are investigating.

Friday, January 22

At 12:36 p.m., Ofc. Navas investigated the theft of a purse and wallet from a grocery store on the 3340 block of Mowry Avenue. The victim tracked a bank card to a restaurant, where the suspects were still present after their attempt to use the victim’s card was denied. The victim confronted the suspects, who fled before Ofc. Navas arrived. The suspects were described as a black male adult wearing a grey sweater with a hood and a black and orange scarf; and a black female with a silver tooth and large black purse, wearing a black jacket and green Starbucks apron. The suspects fled on foot westbound on Mowry Avenue.

At 9:13 p.m., while patrolling on the 43000 block of Pacific Commons Boulevard, Ofc. Hanrahan was flagged down and advised of an auto burglary that just occurred. The suspect vehicle was described as a red Mazda with

three suspects inside. Ofc. Hanrahan located the vehicle on Auto Mall Parkway, and it fled onto I-880. A pursuit traveled on northbound I-880 until officers lost sight near Mowry Avenue; the pursuit is terminated. Officers came upon a three-car accident on the freeway near Thornton Avenue and located the disabled suspect vehicle further up the road. Four suspects were seen running from the vehicle by witnesses east into Fremont. A large perimeter was set but none of the suspects were located. Multiple pieces of stolen property were found inside the Mazda. There were minor civilian injuries from the accident.

Suspect 1: black male adult in his 20s, wearing a dark hoodie with white writing on it and a black baseball cap with red emblem

Suspect 2: black male adult, 30-35 years old, wearing a True Religion shirt, white shoes and curly hair

Suspect 3: black male adult, heavy set, wearing a blue jacket and blue jeans

Saturday, January 23

FTO Foster and Ofc. Birch responded to a disturbance at Food Maxx in the 39400 block of Fremont Boulevard. Ofc. Birch learned that a male juvenile and a female juvenile shoplifted from Radio Shack at Fremont Hub, then went to Food Maxx. An employee at Food Maxx recognized the female juvenile as a prior theft suspect who had been banished from the store, and tried to escort her out. The girl fought back and a third juvenile in the group punched the employee in the face. Ofc. Birch ended up issuing Notice to Appear (NTAs) to the two for shoplifting and the third for battery.

Sunday, January 24

At 4:53 p.m., officers investigated a vandalism to a storage area on the 46000 block of Landing Parkway. Security reported

seeing a suspicious male in the building via video surveillance. Officers arrived and found the suspect damaged a surveillance camera and cut two locks on roll up doors. A search of that building did not locate anyone inside. A second building under construction in the area was also found to have been entered, but the suspect was not located. It appears copper was the primary target. Thank you to Newark Police Department for the use of their K-9 in both buildings.

Monday, January 25

At 9:58 a.m., Ofc. Ramsey investigated a residential burglary in the 500 block of Woodview Terrace. A witness saw two males knock on the neighbor’s door, heard a heavy thud and saw the suspects walk out of the home with a TV. The suspects were described as follows:

Suspect 1: white male adult, approximately 20 years old, approximately 5’10”, thin build, wearing a black hooded sweatshirt, blue jeans, and gray gloves

Suspect 2: black male adult, approximately 20 years old, approximately 5’10”, medium build, wearing a blue baseball cap, blue jacket, blue jeans, and gray gloves

At 2:40 p.m., officers responded to a residential burglary that occurred in the 3200 block of Bruce Drive. Based on video surveillance the suspect was inside the residence from approximately 11:42 – 11:49 a.m. The suspect was described as a male, possibly Hispanic or Asian Indian, approximately 25-30 years of age, 5’10” - 6’01”, 180 to 200 lbs., with short black hair (faded), possibly brown eyes, and a long full beard. The suspect had an illegible tattoo on the right side of his neck. The suspect was last seen wearing a long sleeve black t-shirt, black pants and black shoes. The suspect was wearing gloves, one that appeared black and the other was either red or orange.

Incarcerated youth make huge gains in reading

SUBMITTED BY PATRICK GANNON

Recently, students at Camp Wilmont Sweeney Educational Center, a court school run by the Alameda County Office of Education (ACOE), performed original poems as they graduated from the Write to Read literacy program. Created by the Alameda County Library, the award-winning program has boosted reading levels of Camp Sweeney student participants by an average of nearly six grade levels.

ACOE and the Alameda County Probation Department collaborate to bring programs like Write to Read to Camp Sweeney students to help them successfully transition back into society, on track to graduate high school. Write to Read’s success stems from its focus on reading and writing as tools for self exploration, as well as a way to examine social, economic and political issues. Students work in small groups and receive one-on-one tutoring while reading and reflecting on a variety of texts.

“The impact on our students’ reading comprehension as well as their confidence and ability to express themselves as a result of this program is striking,” said Alameda County Superintendent L.

Karen Monroe. “For our incarcerated youth dealing with personal trauma, writing is an important vehicle to deepen their awareness of themselves and others.”

Write to Read literacy specialist Cyrus Armajani has worked with hundreds of Camp Sweeney students through the program since 2003. Armajani grew the program at Camp Sweeney from two, four-month sessions per year to a year-round model that engages students four times per week.

“The students are yearning for opportunities to talk about texts, to express themselves through writing and more broadly to be challenged intellectually,” explained Armajani. “A big reason why we see such big gains in students’ reading comprehension is because Write to Read is providing them with exactly these kinds of opportunities.”

ACOE’s Camp Wilmont Sweeney Educational Center serves youth ages 15-18 who have had run-ins with the juvenile justice system. The school provides personalized instruction from ACOE teachers and innovative programs such as Write to Read through community partnerships to rehabilitate youth to enter back into the community. For more information, visit www.acoe.org

California legislators move to ban powdered alcohol

SUBMITTED BY MICHAEL SCIPPA

Alcohol Justice is pleased to report the introduction of two bills to ban powdered alcohol in California, and the launching of the California Alcohol Policy Alliance

(CAPA). “Every year California loses nearly 10,000 lives and over \$22 billion dollars to alcohol-related harm,” stated Richard Zaldivar, spokesperson for CAPA and Alcohol Justice. “Powdered alcohol products would add significantly to the danger, especially to young people. Our new

statewide alliance, CAPA, is committed to passing these two bills to stop powdered alcohol.” California bills AB 1554 (Irwin) and SB 819 (Huff) will create a powerful barrier to a litany of health and safety concerns associated with powdered or crystalline alcohol.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
MUNICIPAL CODE AMENDMENTS PACKAGE (PLN2015-00307)

APPLICANT: City of Fremont

PUBLIC HEARING: Notice is hereby given that the Fremont City Council will consider the Planning Commission recommendation to approve a package of amendments to the Fremont Municipal Code (FMC) that incorporate the following changes:

- Update zoning references and park dedication procedures in the Utility Underground and Subdivision Titles, respectively.
- Amends the City Center, Commercial/Mixed Use, Downtown, and Warm Springs Innovation Districts to revise list of permitted, conditionally permitted and prohibited uses and standardize the terminology including references to the North American Industrial Classification System (NAICS).
- Clarifies and amends various definitions.
- Repeals Chapter 18.177 on Mixed Use developments and Chapter 18.115 on the Centerville Specific Plan as they are no longer operative.
- Amends the City Center Districts chapter to incorporate a requirement for art.
- Clarifies landscaping requirements in the Commercial/Mixed Use Districts chapter.
- Amends the Downtown District Chapter to utilize the same design review process as used elsewhere in the City and to make changes to other provisions and standards.
- Amends Residential District standards to:
 - o Clarify setback measurement requirements and introduce step back requirements.
 - o Allow for tandem and mechanical parking for up to 30% of units within a project.
 - o Clarify that the second story size limitation also applies to understories.
 - o Modifies lot coverage requirements to correspond to height allowances.
- Clarifies rules for accessory structures.
- Clarifies that uncovered parking required for residential uses may be provided as covered parking and clarifies landscape requirements in parking lots.
- Amends various sections and regulations to delete obsolete zoning district references, update terminology, standards and/or requirements within zoning districts and for miscellaneous uses.
- Clarifies park land dedication and park land impact fee provisions.

The City Council will also consider the following additional amendments to the FMC that did not require Planning Commission consideration:

- Adds permitting standards for electric vehicle chargers.
- Adds a City Center art fee and medical marijuana cultivation extension fee deposit.

The City Council meeting will be held on Tuesday, February 16, 2016, at 7 p.m. in the Council Chambers at 3300 Capitol Avenue, Fremont, California, at which time all interested parties may appear and be heard.

ENVIRONMENTAL REVIEW: The project is exempt from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15061(b)(3) in that it does not have the potential for causing a significant effect on the environment.

Any questions or comments on the project should be submitted to:

Kristie Wheeler, Planning Manager
Location: 39550 Liberty Street, Fremont
Mailing: P.O. Box 5006, Fremont, CA 94537-5006
Phone: (510) 494-4454
E-mail: kwheeler@fremont.gov



CNS#2840569

FICTITIOUS BUSINESS NAMES

STATEMENT OF WITHDRAWAL
FROM PARTNERSHIP
OPERATING UNDER FICTITIOUS BUSINESS NAME

The following person(s) has (have) withdrawn as a general partner(s) from the partnership operating under the fictitious business name of **Jashn Events, 4336 Pickeral Dr., Union City, CA 94587**. The fictitious business name statement for the partnership was filed on 10/22/2015 in the County of Alameda.

The full name and residence of the person(s) withdrawing as a partner(s): Kavitha Ramesh, 4336 Pickeral Dr., Union City, CA 94587

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

S/ Kavitha Ramesh
This statement was filed with the County Clerk of Alameda County on January 21, 2016.

2/2, 2/9, 2/16, 2/23/16

CNS-2840075#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513701

Fictitious Business Name(s): **TGD Engineering, 4557 Niland St., Union City, CA 94587**, County of Alameda
Mailing address: 33108 Alvarado Blvd., Union City, CA 94587, County of Alameda
Registrant(s): Sermask Outangoung, 4557 Niland St., Union City, CA 94587

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

S/ Sermask Outangoung
This statement was filed with the County Clerk of Alameda County on January 21, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16, 2/23/16

CNS-2840073#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS NAME

File No. 489800

The following person(s) has (have) abandoned the use of the fictitious business name: **Forced Perspective, 35798 Blair Pl., Fremont, CA 94538**

The Fictitious Business Name Statement being abandoned was filed on 4/1/14 in the County of Alameda.

Gabriel Medeiros, 35798 Blair Pl., Fremont, CA 94536
Cameron Cross, 1000 Bordona Lane, Tracy, CA 95376
Chad Bice, 1000 Bordona Lane, Tracy, CA 95376
S/ Cameron Cross
Chad Bice

This statement was filed with the County Clerk of Alameda County on January 22, 2016.

2/2, 2/9, 2/16, 2/23/16

CNS-2839464#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513524

Fictitious Business Name(s): **CAHPsYS, 33261 Palomino Commons, Fremont, CA 94555**, County of Alameda
Registrant(s): California Healthcare Providers Solutions, Inc, 33261 Palomino Commons, Fremont, CA 94555; California

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

S/ Herlina I. Ratti - President
This statement was filed with the County Clerk of Alameda County on January 14, 20th subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2838069#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513146

Fictitious Business Name(s):

SG Transport Lines, 34819 Starling Drive Unit-1 Union City, CA 94587, County of Alameda

Registrant(s): Sukhiwan Singh, 34819 Starling Drive Unit-1 Union City, CA 94587

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

S/ Sukhiwan Singh
This statement was filed with the County Clerk of Alameda County on January 5, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2837379#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513370

Fictitious Business Name(s): **Welch Travel Service, 37600 Central Court Ste 251, Newark, CA 94560**, County of Alameda
37600 Central Court Ste 251, Newark, CA 94560
Registrant(s): Wahab Ali, 6871 Fontaine Ave, Newark, CA 94560

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on Jan 2016

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

S/ Wahab Ali
This statement was filed with the County Clerk of Alameda County on January 11, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836891#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513141

Fictitious Business Name(s): **Liquid Media, 37168 Aleppo Drive, Newark, CA 94560**, County of Alameda

Registrant(s): Nizar Ahmed, 37168 Aleppo Drive, Newark, CA 94560

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

S/ Nizar Ahmed
This statement was filed with the County Clerk of Alameda County on January 5, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836637#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513302

Fictitious Business Name(s): **Bay City Cab, 39398 Sutter Dr Fremont CA 94598**, County of Alameda; 39398 Sutter Dr Fremont CA 94598

Registrant(s): Fereidoun Nourafkan, 39398 Sutter Dr Fremont CA 94598

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

S/ Fereidoun Nourafkan
This statement was filed with the County Clerk of Alameda County on January 8, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county

clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836627#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513529

Fictitious Business Name(s): **Basra Transport, 16219 Via Arriba, Apt. 208, San Lorenzo, CA 94580**, County of Alameda

Mailing address: Same as above
Registrant(s): Harpreet Singh, 16219 Via Arriba, Apt. 208, San Lorenzo, CA 94580

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 01/14/2016

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

S/ Harpreet Singh
This statement was filed with the County Clerk of Alameda County on January 14, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836183#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513481

Fictitious Business Name(s): **Liberty PCBest, 5178 Mowry Avenue, Suite 136, Fremont, CA 94538**, County of Alameda

Mailing address: 5178 Mowry Avenue, Suite 136, Fremont, CA 94538

Registrant(s): Andrew Beckwith, 35002 Clover Street, Union City, CA 94587

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

S/ Andrew Beckwith
This statement was filed with the County Clerk of Alameda County on January 13, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836177#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513165

Fictitious Business Name(s): **Core Life Photography, 6754 Normandy Drive, Newark, CA 94560**, County of Alameda

Mailing address: 6754 Normandy Drive, Newark, CA 94560

Registrant(s): Justin Thomas Hannah, 6754 Normandy Drive, Newark, CA 94560

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

S/ Justin Hannah
This statement was filed with the County Clerk of Alameda County on January 5, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/26, 2/2, 2/9, 2/16/16

CNS-2836171#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS NAME

File No. 512830

The following person(s) has (have) abandoned the use of the fictitious business name: **Uptime, 5178 Mowry Avenue Fremont CA 94538**

The Fictitious Business Name Statement being abandoned was filed on 12/22/2015 in the County of Alameda.

Andrew Beckwith, 35002 Clover Street, Union City CA 94587

S/ Andrew Beckwith
This statement was filed with the County Clerk of Alameda County on January 13, 2016.

1/26, 2/2, 2/9, 2/16/16

CNS-2836168#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS NAME

File No. 499262

The following person(s) has (have) abandoned the use of the fictitious business name: **California Milan Medical Center, 35638 Dee Pl., Fremont, CA 94536**

The Fictitious Business Name Statement being abandoned was filed on 12/17/2014 in the County of Alameda.

ChengJun Xu, 35638 Dee Pl., Fremont, CA 94536

S/ ChengJun Xu
This statement was filed with the County Clerk of Alameda County on January 14, 2016.

1/19, 1/26, 2/2, 2/9/16

CNS-2835968#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS NAME

File No. 445508

The following person(s) has (have) abandoned the use of the fictitious business name: **Happy Kid Shuttle, 2355 Sueno Way, Fremont, CA 94539**; 2355 Sueno Way, Fremont, CA 94539

The Fictitious Business Name Statement being abandoned was filed on 12/02/2010 in the County of Alameda.

Egil Stover Rosten, 2355 Sueno Way, Fremont, CA 94539

S/ Egil Rosten
This statement was filed with the County Clerk of Alameda County on December 16, 2015.

1/19, 1/26, 2/2, 2/9/16

CNS-2835689#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513118

Fictitious Business Name(s): **Claspy Kids, 522 Crystalline Place, Fremont, CA 94539**

Registrant(s): Vanessah Liu, 522 Crystalline Place, Fremont, CA 94539

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section

17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

S/ Vanessan Liu
This statement was filed with the County Clerk of Alameda County on January 5, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/19, 1/26, 2/2, 2/9/16

CNS-2834908#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 513359

Fictitious Business Name(s): **Pose, Pick and Print Photography, 37801 Fruitwood Ct., Fremont, CA 94536**, County of Alameda

Registrant(s): Michael K. Lee, 37801 Fruitwood Ct., Fremont, CA 94536

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 3/19/2015

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

S/ Michael K. Lee
This statement was filed with the County Clerk of Alameda County on January 11, 2016

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/19, 1/26, 2/2, 2/9/16

CNS-2834595#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS BUSINESS NAME

File No. 490568

The following person(s) has (have) abandoned the use of the fictitious business name: **7 Hills Food & Liquor, 101 Appian Way, Union City, CA 94587**

The Fictitious Business Name Statement being abandoned was filed on 04/21/2014 in the County of Alameda.

Mill

PUBLIC NOTICES

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: Candice E. Stoddard, Law Offices of Candice E. Stoddard, 1350 Treat Blvd., Suite 420, Walnut Creek, CA 94597, Telephone: 925-942-5100 1/26, 2/2, 2/9/16

CNS-2836592#

NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHERYN ELLEN BURKE CASE NO. RP16799629
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Katheryn Ellen Burke
A Petition for Probate has been filed by Susan Kim Burke in the Superior Court of California, County of Alameda. The Petition for Probate requests that Susan Kim Burke be appointed as personal representative to administer the estate of the decedent. The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant

the authority. A hearing on the petition will be held in this court on 2/17/2016 at 9:30 am in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner/Attorney for Petitioner: Brian F. Connors, Law Offices of Brian F. Connors, 466 Green Street, Ste. 300, San Francisco, CA 94133, Telephone: 415-896-6000 1/19, 1/26, 2/2/16

CNS-2836105#

NOTICE OF PETITION TO ADMINISTER ESTATE OF KARL D. FELPERIN A.K.A. KARL DAVID FELPERIN CASE NO. RP15793143
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Karl D. Felperin a.k.a. Karl David Felperin
A Petition for Probate has been filed by Amnon Igra in the Superior Court of California, County of Alameda. The Petition for Probate requests that Amnon Igra be appointed as personal representative to administer the estate of the decedent. The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal

representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on February 23, 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. Petitioner/Attorney for Petitioner: Serra Falk Goldman, Esq., Falk, Cornell & Associates, LLP, 350 Cambridge Avenue, Suite 130, Palo Alto, CA 94306, Telephone: (650) 463-1550 1/19, 1/26, 2/2, 2/9/16

furniture, and / or other household items stored by the following people:
Name Unit # Paid Through Date
Shomari Evans AA5060A 10/17/2015
Shomari Evans AA6769E 10/17/2015
Barbara Rutcheva B162 11/27/2015
Melva Yearby B212 12/06/2015
Jamie Marks B246 12/02/2015
Joseph Clifton B321 12/17/2015
Adrian Sr. Vargas B334 12/06/2015
Robert Agorastos C114 11/30/2015
Robert Agorastos C119 11/29/2015
Teresa Haimowicz C224 11/07/2015
Oscar Nava C244 12/03/2015
2/2, 2/9/16

CNS-2839627#

TRUSTEE SALES

T.S. No.: 2014-05590-CA A.P.N.:525-0962-004-00 Property Address: 40233 Fremont Boulevard, Fremont, CA 94538 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE SECTION 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED 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 TO THE RECORDED COPY OF THIS DOCUMENT. NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/12/1995, 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: Mohammad F. Ahmed, An Unmarried Man, And Mohammad H. Ahmed, A Married Man, As Sole And Separate Property Duly Appointed Trustee: Western Progressive, LLC Recorded 08/25/1995 as Instrument No. 95194024 in book ---, page--- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 02/16/2016 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: \$ 182,577.59 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: 40233 Fremont Boulevard, Fremont, CA 94538 A.P.N.: 525-0962-004-00 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 of 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: \$ 182,577.59. 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 owed. 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.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2014-05590-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: January 6, 2016 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.altisource.com/MortgageServices/DefaultManagement/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. 1/19, 1/26, 2/2/16

CNS-2833312#

Newark Memorial holds on to share league first place



Women's Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Lady Cougars of Newark Memorial survived a close game with the Lady Huskies of Washington to retain a hold on first place in Mission Valley Athletic League action on January 29th. Although the game ended with 57-48 victory, the game was close throughout as the huskies are regaining a full start roster after many pre-season injuries. Both teams fought hard under the basket but the Lady Cougars finally took control to feed their guards with open shots, giving them a 25-20 lead at half. They never looked back.



Men's Basketball

Ohlone Report

SUBMITTED AND PHOTOS BY DON JEDLOVEC

Wednesday, January 27 Chabot 98, Ohlone 91



Park It

BY NED MACKAY

Once again it’s the time of year when the Castle Rocks near Walnut Creek are closed to public access in order to protect nesting peregrine falcons. The Castle Rocks are actually located within Mt. Diablo State Park. However, visitors often climb up into them from the Stage Road Trail, which runs along Pine Creek through Castle Rock and Diablo Foothills Regional Parks. Pine Creek is essentially the boundary between the regional and state parks. The closed off area is bounded by Pine Creek, the Sunset Trail and North Gate Road. The Stage Road Trail itself remains open.

The closure will be in effect from Feb. 1 through July 31, to cover the falcons’ nesting season. Signs are posted at the start of trails leading into the rocks. Trespassing can result in citations and fines. Peregrine falcons prey mostly on other birds. They are considered the fastest animals in the world, because they can achieve speeds as high as 200 miles per hour when diving after prey. They were an endangered species for a time, because ingestion of the pesticide DDT caused eggshell thinning. A ban on DDT seems to have been effective. A nesting pair of peregrine falcons has been seen at the Castle Rocks in recent years. If nests are disturbed, the birds won’t reproduce. So please stay away.

As long as we’re talking about birds, there’s a good opportunity to learn more about our feathered friends during a program from 2 to 3 p.m. Saturday, Feb. 6 at Big Break Regional Shoreline in Oakley. The park’s interpretive staff will talk all about the birds that inhabit the Delta and beyond. There’s also a bird program focusing on migrating waterfowl from 9 to 11 a.m. Sunday, Feb. 7 on the Marsh Creek Regional Trail in Brentwood, and at the same time on Feb. 21 at the Big Break Regional Trail Jordan Lane Trailhead in Oakley. These two programs will take place rain or shine. Bring binoculars and bird books to help the naturalist record sightings and soundings for an international citizen science project.

Big Break is at 69 Big Break Road, off Main Street in Oakley. For more information on all three programs call 888-327-2757, ext. 3050.

Round Valley south of Brentwood is really beautiful this time of year. It’s wild and remote, long a gathering place for Native Americans. Wildlife abounds, too, including golden eagles, kit foxes, tiger salamanders and coyote. Naturalist Kevin Dixon will lead a hike there from 9 a.m. to 3 p.m. on Saturday, Feb. 6. It’s a bit strenuous, designed for ages 11 and older. Meet Kevin at the Round Valley staging area on Marsh Creek Road about two miles east of Deer Valley Road. For information, call 888-327-2757, ext. 2750.

Apparently there’s some kind of football game scheduled for Sunday, Feb. 7. Well, if you’d like to get some exercise yourself before watching other

people’s exertions, join naturalist Eddie Willis from 9 to 11 a.m. that day for a hike of at least two rugged miles up and down the hills at Black Diamond Mines Regional Preserve in Antioch. The distance depends in part on how muddy the trails are.

Meet Eddie in the parking lot at the upper end of Somersville Road, 3½ miles south of Highway 4 in Antioch. For information, call 888-327-2757, ext. 2750.

Naturalist aide Morgan Evans will lead an annual newt hike from 2 to 4:30 p.m. on Saturday, Feb. 6 at Tilden Regional Park near Berkeley. The group will follow the newts’ rainy season migration route from woods and fields down to Wildcat Creek, where the amphibians reproduce. Morgan’s program is for ages nine and older. Meet at the Steam Train overflow parking lot, which is off Lomas Cantadas next to the intersection with Grizzly Peak Boulevard.

And butter making is the objective from noon to 1 p.m. on Sunday, Feb. 7 at Tilden Nature Area’s Environmental Education Center. Interpretive student aide Sharona Kleinman will show you how to turn heavy whipping cream into butter. You can take home some of the results. The center is located at the north end of Tilden’s Central Park Drive, accessible via Canon Drive from Grizzly Peak Boulevard in Berkeley. For information on either the newt or butter program, call 510-544-2233.

“Tracks and trails” is the theme of family nature fun hour from 2 to 3 p.m. on Saturday and Sunday, Feb. 6 and 7, at Crab Cove Visitor Center in Alameda. The interpretive staff will guide a search for footprints and animal evidence. The visitor center is at the end of McKay Avenue off Central Avenue. For information, call 510-544-3187.

The monarch butterfly overwintering season is winding down at Ardenwood Historic Farm in Fremont. Naturalist Christina Garcia will host a “farewell to the monarchs” program from 11 a.m. to 3 p.m. on Sunday, Feb. 7. The program will include a slide or puppet show, a tour of the greenhouse, and a short walk to the eucalyptus grove where the butterflies cluster for the winter. Chris also will discuss how we can help to ensure the beautiful insects continue to return each winter.

Ardenwood is located at 34600 Ardenwood Boulevard, just north of Highway 84. For information, call 510-544-2797.

A reminder: East Bay Regional Park District has scheduled a **job fair for youth ages 15 through 24, from 9 a.m. to noon on Saturday, Feb. 6** at the Trudeau Training Center, 11500 Skyline Boulevard, Oakland. It’s free, and a chance to learn about job opportunities in the regional parks this summer and beyond. For more information, visit the park district web site, www.ebparks.org. Click on “Youth Job Fairs” on the right side of the home page.

CSUEB students learn about solar energy and giving back

SUBMITTED BY KIMBERLY HAWKINS

In a partnership with Hayward Promise Neighborhood and We Care Solar, Cal State East Bay is using solar energy education to promote social justice and environmental sustainability at home and abroad.

Piloted last quarter, Cal State East Bay students, in a physics-environmental studies course, learned solar energy design for social impact. The curriculum was centered on building stand-alone solar power and lighting systems (We Share Solar suitcases) destined for energy-deficient schools and orphanages in the developing world. Students shared their knowledge in solar suitcase building workshops in local low-income middle and high schools within the Hayward Unified School District, inspiring the younger students to higher education, solar careers, and global citizenship. The schools’ teachers themselves are also trained in the curriculum, and use it to motivate learning in science, technology, engineering, and mathematics.

The first suitcases built in the partnership are now heading for orphanages in Kenya. By the end of the year, the Solar Suitcases built by the program will provide light and power for thousands of students in the developing world. The University is currently seeking funding to continue the program next year.

To read more about CSUEB’s involvement with the We Care Solar project visit:

<http://www20.csueastbay.edu/news/magazine/archive/fall-2015/stories/Light%20After%20Dark.html#column-center>

Newark sailor serves in Western Pacific



SUBMITTED BY RICK BURKE,
NAVY COMMUNITY OUTREACH

Fire Controlman 2nd Class Jon Schaak, from Newark, loads a Mk-38 25mm machine gun aboard the guided-missile cruiser USS Mobile Bay (CG 53). Providing a combat-ready force to protect collective maritime interests, Mobile Bay, assigned to the Stennis strike group, is operating as part of the Great Green Fleet on a regularly scheduled Western Pacific deployment.

Breshers breaks scoring record in 60-39 win



SUBMITTED BY STEVE CONNOLLY

Cal State University East Bay (CSUEB) senior Tori Breshers became the all-time leading scorer in the history of Pioneer women’s basketball on January 28 with a 20-point effort to lead CSUEB in a 60-39 victory over visiting Cal State San Marcos. Breshers notched her 1,211th career point in the 21st game of her fourth season at East Bay, passing Pioneer Hall of Famer Antoinette Goode, who held the program record for 28 years.

“Tori had a great all-around game tonight, and she has had a wonderful four-year career at East Bay,” said head coach Suzy Barcomb. “Her growth from her first season until now has been tremendous.”

Junior Katrina Bacovcin turned in an impressive effort, scoring 10 points on 5-for-6 shooting to go along with seven rebounds in just 13 minutes off the bench. Junior Remy Puou pulled in nine rebounds for the Pioneers, and seniors Madison Craig and Shannon Bland scored six points apiece. Bland also posted seven rebounds and dished out a team-high five assists. Senior Laci Effenberger added seven points and three assists, including her 61st three-point field goal of the season.

Home Maid Ravioli Company recalls beef ravioli products

SUBMITTED BY U.S. FOOD SAFETY
AND INSPECTION SERVICE

Home Maid Ravioli Company, Inc., a San Francisco establishment, is recalling approximately 34,200 pounds of beef ravioli products due to misbranding and undeclared allergens, as recently announced by the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS). The products contain whey, a known allergen, and pork, neither of which are declared on the product labels. The products were also produced without the benefit of federal inspection.

The Home Maid ravioli items were

produced on various dates between September 20, 2015, and January 15, 2016. The following products are subject to recall:

- 15-oz. cardboard boxed packages containing 54 pieces of “Ravioli”
- 12-oz. cardboard boxed packages of “Ravioli”
- 5-lb. bagged and boxed packages of “Ravioli with Sauce”
- 10-lb. bagged and boxed packages of “Ravioli with Sauce”
- 12-oz. cardboard boxed packages containing 24 pieces of “Deluxe Ravioli”
- 12-oz. cardboard boxed packages containing 24 pieces of “Jumbo Deluxe Ravioli”

12-oz. cardboard boxed packages containing 24 pieces of “Jumbo Ravioli”

12-oz. cardboard boxed packages containing 48 pieces of “Ravioli Seasoned w Sausage”

12-oz. cardboard boxed packages containing 24 pieces of “Ravioli Seasoned w Chicken”

12-oz. plastic containers of “Ravioli and Spaghetti Italian Style Sauce”

1-qt. plastic containers of “Italian Style Pasta Sauce”

1-gal. plastic containers of “Italian Style Pasta Sauce”

These items were shipped to retail locations in California.

There have been no confirmed reports

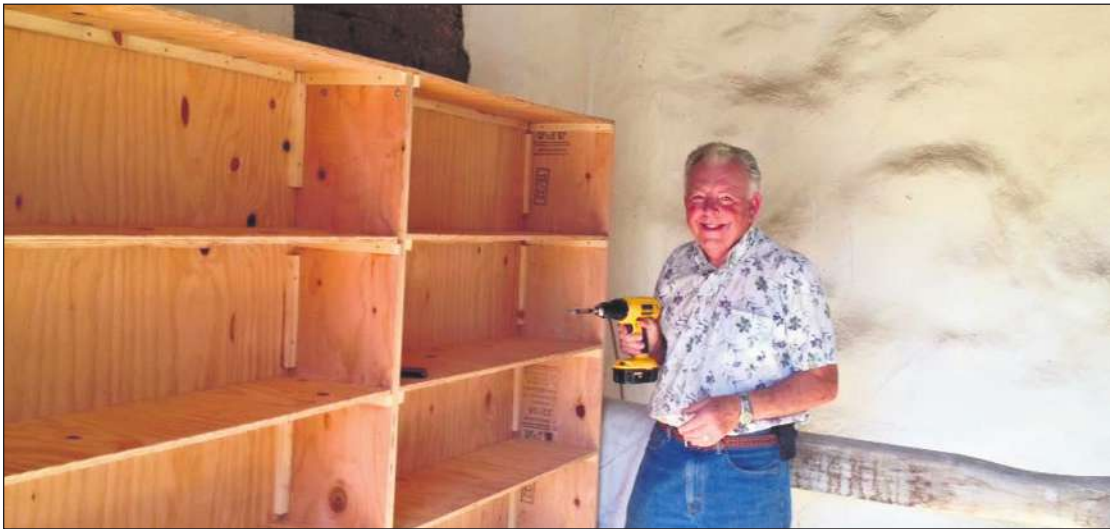
of adverse reactions due to consumption of these products. Anyone concerned about an injury or illness should contact a healthcare provider.

Consumers who have purchased these products are urged not to consume them. These products should be thrown away or returned to the place of purchase.

Consumers and media with questions about the recall can contact Richard Cresci, President, at (650) 588-0600.

Online Electronic Consumer Complaint Monitoring System can be accessed at: <http://www.fsis.usda.gov/reportproblem>

Galindo Higuera Adobe projects



SUBMITTED BY GIL GARZA

The Rotary Club of Mission San Jose (RCMSJ) is like that special and wonderful neighbor that has a garage full of tools and a lot of know-how - you couldn't feel luckier being neighbors.

RCMSJ has been busy helping make the Galindo Higuera Adobe in the Mission San Jose area a great place to learn about local history. The Rotary team - Bob Tavares, Herald Westendorf, Larry Anderson and Rosemary Peterson - have spent much of their own time and money on several important upgrades these last few months. As caretakers of the Adobe, our Rotary friends with help from Washington Township Museum of Local History volunteers - Dianne Holmes, Gerry Curry, Marjory Begley and Lila Bringham - have made substantial improvements to the site.

Storage of material for student programs at the Adobe has been a constant problem. Now Rotary has put in a set of shelves that will help organize those things needed for various activities, such as candle making, hide branding and adobe brick making.

The Adobe has a fence and entry gate that keep critters away. The previous gate had a failed hinge, which made lifting and pulling it open a huge pain. This problem went away with a strong, new post and hinge set. Now we have easy access and reduced chances of injuries, a benefit for both Museum volunteers and city staff working at the Adobe.

On the more artistic side, Anderson has helped craft a saddle rack for the display of horse saddles. The fit and finish of the rack look great and show off our fine examples of locally used horse saddles.

Health and Resource Expo a great success



SUBMITTED BY ANGELA EHRLICH

The Health and Resource Expo held at Lincoln Elementary School in Newark on January 22 was a wonderful success! The event was well attended by students and families from Newark Unified School

district and its community. Forty agencies hosted booths and the Expo was opened by the Mayor of Newark, Mr. Alan Nagy. This event was sponsored in part by New Haven Unified School District (NUSD) and Newark Betterment Corporation.

Thank you to all who participated or attended!

East-west connector project

SUBMITTED BY
SUPERVISOR RICHARD VALLE

Alameda County District 2 Office and Alameda County Transportation Commission cordially invite you to attend a town hall meeting about the I-880 to Mission Boulevard East-West Connector project on Thursday, February 11 at Union City Council Chambers.

The project will construct an improved east-west connection between I-880 and Route 238 (Mission Boulevard) and is a combination of new roadways,

improvements to existing roadways, and improvements to intersections along Decoto Road, Fremont Boulevard, Paseo Padre Parkway, Alvarado-Niles Road and Route 238. For more information on the East-West Connector project, go to www.AlamedaCTC.org/projects.

East-West Connector Town Hall Meeting
Thursday, Feb 11 6 p.m. - 7:30 p.m.
Union City Council Chambers
34009 Alvarado-Niles Rd, Union City
(510) 208-7400
www.AlamedaCTC.org/projects

Broadway West Theatre Company Agatha Christie's mystery "And Then There Were None" DIRECTED BY ANGIE HIGGINS AND TOM SHAMRELL January 15 – February 13



In this superlative mystery thriller, eight guests who have never met each other or their apparently absent host and hostess are lured to an island on the coast of Devon England, and, along with two house servants, become trapped there. One by one they are accused of murder; one by one they start to die. The suspense never lets up!

4000-B Bay Street in Fremont

Performance times are 8 pm on Thursdays, Fridays and Saturdays. There are three Sunday matinees: Jan 24 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 pm. The Jan 31 and Feb 7 performance starts at 3 pm with refreshments during intermission (included in price of ticket)

Regular ticket prices are \$27 general and \$22 for Students, Seniors and TBA members.

Special pricing:
Thursday, Jan 21, Feb 4 and 11, 8:00 pm performances - \$20 for all.
Thursday, Jan 28, 8:00 pm (no reservations – first come, first seat!) - \$10 for all.
Saturday, Jan 16, 8:00 pm performance - \$15 for all
Sunday, Jan 31 and Feb 7, 3:00 pm matinees - \$20 for all.
Sunday, Jan 24, 1 pm brunch matinee - \$27 for all.

All ticket prices include refreshments.
Call 510-683-9218 for reservations, or purchase tickets on line at www.broadwaywest.org



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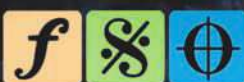
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Fremont Symphony Orchestra
PRESENTS

Valentine's Day

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38451 Fremont Blvd. (at Eggers), Fremont



Jason Klein,
conductor



Marie Plette,
soprano



Alex Boyer,
tenor



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All are invited to the post-concert reception hosted by the Fremont Symphony Guild to meet the musicians and artists.

Tickets: **www.fremontsymphony.org** | **(510) 371-4859**
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Wildlife in the fast lane



SUBMITTED BY
STEVE GAYLE

Hayward's latest mural welcomes visitors with lifelike local wildlife peeking out from their niches as if to say, "Hi! Welcome to where we live!"

Local artist Suzanne Gayle transformed a 275-foot-long industrial concrete retaining wall to look like natural materials – marble, granite, and verdigris copper – to complement City development of the Mission corridor.



The mural theme, "Small World," features animals that visitors can see just blocks away at Garin Regional Park: foxes, turkeys, quail, deer, bobcats and others. "The coyote and skunk images used are actual residents at Sulphur Creek here in Hayward as well," says Gayle.

Part of the City of Hayward Mural Art Program, Gayle began working on the mural in late Au-

gust 2015 and recently completed it over the holidays. "I met many wonderful people stopping to get a closer look and offering a cool drink," she says. "I was even given flowers from a couple kids saying thank you."

"Small World" is located along the Industrial/Mission entry to South Hayward.

To learn more about the City of Hayward Mural Art Program, visit www.hayward-ca.gov/mural/. For more information on Suzanne Gayle's art, visit www.starartsstudio.com/ or e-mail Suzanne@StarArtsStudio.com.



Elementary school receives technology donation



SUBMITTED BY SABRINA ARANDA

Special needs students at Southgate Elementary School in Hayward are stepping into the digital world thanks to a generous donation from Autism Yesterday and Today. On Monday, January 11, 2016 Southgate received ten personal mini iPads, ten protective cases, and one Mac computer for their teacher, one digital camera, and one color printer; a package valued at \$8,000.

"We are extremely grateful to Autism Yesterday and Today for this generous donation," said Stan "Data" Dobbs, Superintendent and CEO of the Hayward Unified School District. "These computers will allow our students to expand their skills, explore new course material, and prepare for college and careers."

Non-profit Autism Yesterday and Today was started by parents of an autistic child 17 years ago to supply technology equipment to special education classes in Bay Area public schools. "We want to make sure that the special needs classes have an equal opportunity to learn and to make the most out of their learning potential," said founder and parent Jessica Pincilotti.

To learn more or to contribute, visit www.autismyesterdayandtoday.org.