



All Fur Love
pet adoption

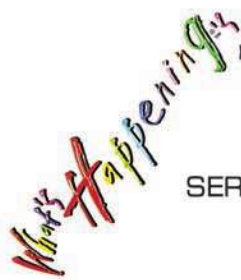
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Is Fremont
Creating Parking
Problems?

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East Bay Regional Parks
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February 9, 2016

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Love, Music, & Passion Come Together

SUBMITTED BY CARYL DOCKTER

Following the huge popularity of Fremont Symphony's last Valentine's Day Concert, guest conductor Jason Klein returns to the podium on Sunday, February 14 with another evening of passionate symphonic music celebrating the power of love. The evening will feature Borodin's "Polovtsian Dances," Wagner's

"Prelude and Love Death" from "Tristan and Isolde," and Puccini's "Mario, Mario" from "Tosca" with soprano Marie Plette and tenor Alex Boyer; Fauré's "Pavane," selections from Bernstein's "West Side Story," and Ravel's hypnotic and sensuous "Boléro."

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Angels Flying over the Pacific Ocean

Art is a universal language which speaks across all perceived barriers. Spanning years, cultures, and experiences, art has the power to unite and move, creating understanding and connection. And sometimes art's ambassadors come in the smallest of forms.

Fremont Main Library welcomes six young artists from China (ages six to 12)

who will be sharing their artwork in "Angels Flying over the Pacific Ocean," on display in the Children's Area outside the Storytime Theatre from February 13 through March 13. Five of the artists also wrote and illustrated their own storybooks, copies of which will be donated to the Alameda County Library System.

The opening ceremony and reception on February 13 will introduce the artists and their 24 drawings, and kids can join them in creating a five-foot long piece of artwork as well as participate in reading stories.

The event is sponsored by the Newark-based US-China Culture & Communication Association, the Wuhan

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Mia's Dream Comes True

PHOTOS COURTESY OF
LAURA CORREA-HERNANDEZ

To make a child's wish come true is one of the greatest achievements of parenthood. The pure bliss that a wish granted could bring to a child is incomparable to any hardships along the way. That is why when Hayward Area Recreation and Park District (HARD) Board Members voted to rename a play area in Ruus Park as "Mia's Dream Come True," a family in Hayward left the Board meeting ecstatic.

Hayward resident Daniel Vasquez, along with his wife, conceptualized an idea for an all-abilities play area in Hayward, incorporating some of his 7-year-old daughter's favorite places to visit in the city. At the HARD Board Meeting held Monday, January 11, 2016, RRM Design used Vasquez's sketch and drafted what he described as a "beautiful, amazing concept."

"Her mom decided to reach out to Make-a-Wish Foundation, and so we were thinking about what would be a great wish that Mia would enjoy. We know Mia - even though she's non-verbal, we know what stuff she loves and doesn't like. And



one of the things that she does love the most is exploring and being in the park. She loves swinging and running around, but around here in the surrounding cities, there really isn't any park where she can really enjoy," said Mia's father.

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Is Your Head Spinning?

Dizziness and Vertigo: Learn the latest about the causes and treatments of these annoying and distressful symptoms at a free community seminar

Many people know what it's like to be dizzy, but they often describe it in different ways. They may feel lightheaded, faint, woozy, weak, nauseous, unbalanced or unsteady. Up to 40 percent of us will experience some type of dizziness one or more times during our life. It is a common reason people go to the doctor.

Vertigo is a type of dizziness that feels like you are spinning or the world is spinning around you. Each year, about 5 percent of us experience vertigo. Vertigo is more common in women and more likely to happen as we age.

“Having symptoms of dizziness or vertigo can be confusing, and it may be hard for you to describe what’s going on,” said Dale Amanda Tylor, MD, MPH, an ear, nose and throat specialist with Washington Township Medical Foundation. “If you feel a passing lightheadedness when you get up too fast, that is not concerning. However, persistent dizziness for no

apparent reason can be a sign of something as serious as a stroke.”

You can learn more at an upcoming free community seminar, “Dizziness & Vertigo: What You Need to Know” on Tuesday, March 1 at 1 p.m. in the Conrad E. Anderson, MD Auditorium in the Washington West building next to Washington Hospital in Fremont. For more information or to reserve your spot, go online to www.whhs.com and click on events, or call (800) 963-7070.

Dr. Tylor will lead the seminar, along with local neurologist Charan Singh, MD.

There is a wide range of reasons why you may feel dizzy or have vertigo. Most of the time, the cause is not serious or life-threatening. However, if you also have any of the following, you should see your doctor:

- Episodes of dizziness that keep happening for no apparent reason
- Dizziness that starts around the time you have a head injury

- Headache, neck ache, blurred vision, hearing loss or difficulty moving
- Chest pain, irregular heartbeat or loss of consciousness

Any of these can signal a more serious condition.

“Dizziness or vertigo can be a sign of inner ear dysfunction or brain dysfunction, such as a brain tumor or a stroke,” explained Dr. Singh. “The symptoms of these conditions can be quite similar. In addition to examining the patient, we use variety of tests to help clarify the cause.”

Other problems can also contribute to dizziness, such as low blood sugar, low sodium in the blood or low blood pressure.

At the seminar Drs. Tylor and Singh will describe some of the latest tests and methods used to pinpoint the cause of dizziness and vertigo. They will share a list of questions that can help patients describe what they are experiencing and help doctors determine the most effective treatment.



Learn more about dizziness and vertigo at an upcoming seminar featuring ear, nose and throat specialist Dale Amanda Tylor, MD, MPH and neurologist Charan Singh, MD. The seminar is scheduled for Tuesday, March 1, at 1 p.m. in the Conrad E. Anderson, MD Auditorium in the Washington West building at 2500 Mowry Avenue in Fremont. For more information or to reserve your spot go to whhs.com or call (800) 963-7070.

“If you have bouts of dizziness or vertigo, it can sometimes be useful to keep a mini-diary of certain behaviors, such as sleeping patterns and diet, which may help the doctor understand what is happening,” adds Dr. Tylor.

The doctors will also discuss the most common diseases that cause vertigo, including benign paroxysmal positional vertigo (BPPV), Meniere’s disease and labyrinthitis.

BPPV involves the crystals in the part of our inner ear that affects balance. If the crystals become loose, they can send the wrong information to our brain, leading to a vertigo attack when we

move. Doctors can perform a maneuver that can shift the crystals and stop the episode of vertigo.

Learn more.

To find out more about dizziness and vertigo and how these conditions are diagnosed and treated, come to the free seminar on March 1. To register, go online to www.whhs.com and click on events, or call (800) 963-7070. For more information about Washington Township Medical Foundation, go to www.mywtmf.com. To learn about the Washington Outpatient Rehabilitation Center, visit www.whhs.com.

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



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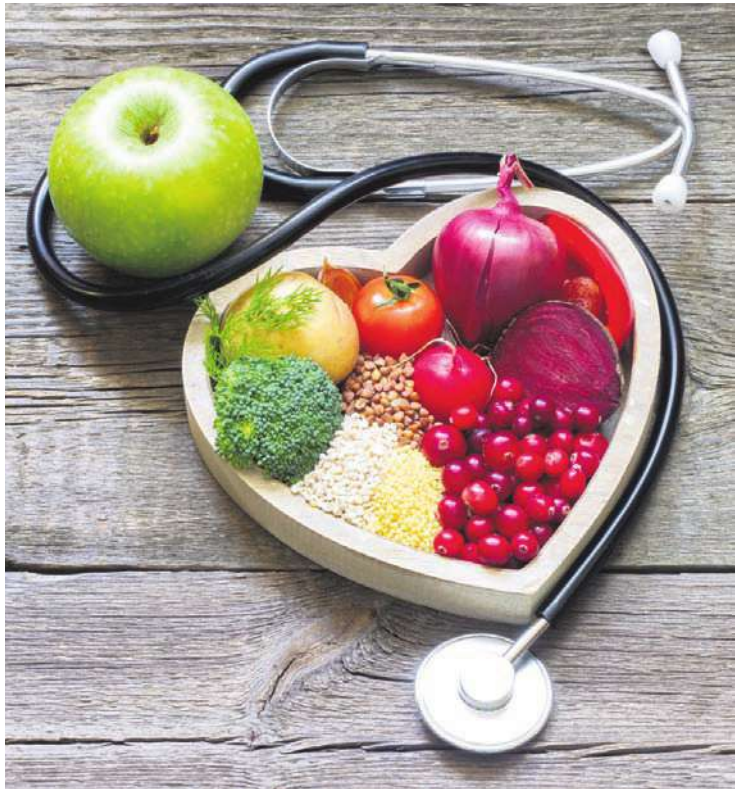
InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	2/9/16	2/10/16	2/11/16	2/12/16	2/13/16	2/14/16	2/15/16
12:00 PM 12:00 AM	Radiation Safety	What You Should Know About Carbs and Food Labels	Partnering with Your Doctor to Improve Diabetes Control	Superbugs:Are We Winning the Germ War?	Women's Health Conference: Food and Mood: How One Can Affect the Other	Hip Pain in the Young and Middle-Aged Adult	Diabetes in Pregnancy
12:30 PM 12:30 AM	Heart Irregularities		Your Concerns InHealth: Decisions in End of Life Care		Heart Irregularities		Getting the Most Out of Your Insurance When You Have Diabetes
1:00 PM 1:00 AM		Arthritis: Do I Have One of 100 Types?		Inside Washington Hospital: Stroke Response Team		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	
1:30 PM 1:30 AM	Advanced Healthcare Planning		Washington Township Health Care District Board Meeting January 13, 2016		Family Caregiver Series: Understanding Healthcare Benefits		Washington Township Health Care District Board Meeting January 13, 2016
2:00 PM 2:00 AM		Lunch and Learn:Yard to Table		Hip Pain and Arthritis: Evaluation & Treatment		What Are Your Vital Signs Telling You?	
2:30 PM 2:30 AM	Kidney Transplants		Acetaminophen Overuse Danger		Learn More About Kidney Disease		Inside Washington Hospital: Rapid Detection of MRSA
3:00 PM 3:00 AM		Prostate Cancer:What You Need to Know		Surgical Treatment of Obstructive Sleep Apnea		Cough and Pneumonia: When to See a Doctor	
3:30 PM 3:30 AM	Turning 65? Get To Know Medicare		Skin Cancer		How Healthy Are Your Lungs?		Voices InHealth:Washington's Community Cancer Program
4:00 PM 4:00 AM		Keeping Your Heart on the Right Beat		Deep Venous Thrombosis		Keeping Your Heart on the Right Beat	
4:30 PM 4:30 AM	Latest Treatments for Cerebral Aneurysms		Keys to Healthy Eyes		Kidney Transplants		Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment
5:00 PM 5:00 AM		Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate		Diabetes Matters: Gasteroparesis		Washington Township Health Care District Board Meeting January 13, 2016	
5:30 PM 5:30 AM	Washington Township Health Care District Board Meeting January 13, 2016		Heart Irregularities		Washington Township Health Care District Board Meeting January 13, 2016		Heart Irregularities
6:00 PM 6:00 AM		Diabetes Matters: Strategies for Support		Strengthen Your Back! Learn to Improve Your Back Fitness		Inside Washington Hospital: The Emergency Department	
6:30 PM 6:30 AM	Minimally Invasive Surgery for Lower Back Disorders		New Treatment Options for Chronic Sinusitis		Family Caregiver Series: Legal & Financial Affairs		Diabetes Matters: Insulin: Everything You Want to Know
7:00 PM 7:00 AM		Diabetes Matters: Key To a Healthy Heart with Diabetes		Community Based Senior Supportive Services		Dietary Treatment to Treat Celiac Disease	
7:30 PM 7:30 AM	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate		Diabetes Matters: Gasteroparesis		Kidney Transplants		Get Back On Your Feet: New Treatment Options for Ankle Conditions
8:00 PM 8:00 AM		Keeping Your Heart on the Right Beat		Deep Venous Thrombosis		Keeping Your Heart on the Right Beat	
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Heartfelt Advice for Heart Health

February Is American Heart Month



According to cardiologist Sangeetha Balakrishnan, MD, the more you know about heart disease, the more you can do to reduce your risk. Know your numbers related to heart disease to target areas that need improvement

Since 1964, the first year when February was designated “American Heart Month,” a lot of progress has been made in reducing the incidence of death from heart disease. That progress has accelerated in recent years, thanks to greater awareness of heart disease risks, earlier detection, new medications and minimally invasive procedures for treating blood vessel blockages caused by coronary artery disease.

According to the American Heart Association (AHA), the death rate from heart disease fell about 38 percent between 2003 and 2013 (the last year for which statistics have been reported). Yet heart disease is still the number one cause of death in the United States, killing more than 370,000 people a year.

“The more you know about heart disease, the more you can do to reduce your risks,” says Sangeetha Balakrishnan, MD, a cardiologist with Washington Township Medical Foundation.

“The first thing you need to know is your ‘numbers’ that relate to heart disease risks,” she explains. “Those numbers include your blood pressure, your cholesterol levels, your body mass index (BMI) that is based on your height and weight, and your blood sugar levels, since diabetes is a risk factor for heart disease, too. Once you know your numbers, then you can target those areas that need improvement.”

High Blood Pressure

Blood pressure is the force of blood against the walls of the arteries that carry oxygen-filled

blood from the heart to the body. Blood pressure is generally recorded as two numbers, with the top number measuring the pressure in the arteries when the heart contracts. The lower number measures the pressure in the arteries when the heart is at rest. The AHA recommendation for healthy blood pressure is 120/80 or less. High blood pressure (hypertension) is defined as 140/90 or higher. A blood pressure reading that is consistently higher than 140/90 needs to be brought under control.

“When there is increased tension or pressure in the arteries, the heart has to work harder,” Dr. Balakrishnan says. “Because high blood pressure usually has no symptoms, getting periodic blood pressure measurements is the only way to catch the problem early.”

Cholesterol

There are two types of cholesterol: LDL, sometimes called the “bad” cholesterol that cases fatty buildup in the arteries called atherosclerosis, and HDL or “good” cholesterol that carries blood cholesterol back to the liver where it can be eliminated. High total and LDL cholesterol levels along with low HDL cholesterol can increase heart disease risk. Triglycerides are another type of fat in the blood. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol also is associated with atherosclerosis.

Cholesterol is measured in levels of milligrams per deciliter of blood (mg/dL). In general, total cholesterol – which includes LDL, HDL and 20 percent of

triglycerides, should be less than 200 mg/dL. The optimal guideline level of LDL cholesterol is less than 100 mg/dL. For HDL, the recommendation is a level greater than 45/ mg/dL, and the higher the better.

Obesity and BMI

BMI is a useful measure of being overweight or obese. BMI is calculated based on your height and weight. The normal range for BMI is between 18.5 and 24.9. A person is considered overweight with a BMI between 25.0 and 29.0. A person is considered obese with a BMI of 30.0 or above.

“Being overweight or obese can make the heart work harder,” says Dr. Balakrishnan. “It also can increase your blood pressure and your LDL cholesterol and triglyceride levels, as well as your risk for type 2 diabetes.”

Blood Glucose Levels

Because diabetes can contribute to heart disease, controlling high blood sugar (glucose) levels is an important step in reducing your heart disease risks. High levels of blood sugar can cause changes that lead to a hardening of the blood vessels. A normal sugar level is less than 100 mg/dL after not eating (fasting) for at least 8 hours. A normal A1C level is below 5.7 percent.

“Most doctors today consider the A1C test a better indicator because it measures average blood glucose over the past two to three months,” Dr. Balakrishnan observes. “The A1C test measures what percentage of hemoglobin — a protein in red blood cells

that carries oxygen — is coated with glucose. The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications, including heart disease.”

Lifestyle Changes Can Improve Your Numbers

“Some of the risk factors for heart disease are beyond your control, such as your age, gender and family history of heart disease,” Dr. Balakrishnan admits. “Still, many risk factors can be managed through various lifestyle changes. Lifestyle changes that can help reduce blood pressure include stopping smoking, reducing alcohol consumption, losing weight and reducing salt intake.”

Lifestyle changes to reduce “bad” cholesterol numbers would include a diet that is high in fiber and low in caloric density, saturated fats and “transfats.”

“In recent years, there have been changing opinions on the health hazards associated with consuming dietary cholesterol,” Dr. Balakrishnan notes. “Although high LDL cholesterol in the blood

is an important risk factor for heart disease, dietary cholesterol – found in eggs, meat and other food sources – is not as important as limiting consumption of saturated fats and sugars in controlling your blood cholesterol.

“You really have to watch out for trans fats, which were added to many processed foods to increase their shelf life,” she adds. “Trans fats have been removed from many processed foods, but they still can be found on labels of some processed foods, although they might be labeled as ‘hydrogenated oil.’ It’s important to note that you do need some fat in your diet, but I recommend the ‘good’ fats found in foods such as avocados and nuts. Also, the American Heart Association recommends eating fish, such as salmon, twice a week for the benefits of omega-3 fatty acids and because fish is much lower in saturated fat than red meat and poultry.”

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@wbhs.com

Safe Mercury Levels in Seafood and Omega-3 Fatty Acids

Dear Doctor,

How much mercury from fish is too much?

Dear Reader,

The concentration of mercury and other pollutants increases in larger fish, so it’s best to avoid eating large fish like shark, swordfish, tilefish, and king mackerel. Most adults can safely eat about 12 ounces (two 6-ounce servings) of other types of cooked seafood a week, including tuna. Due to its higher mercury content, however, you should eat no more than 6 ounces (one average meal) of albacore tuna per week. Women who are pregnant, nursing mothers, and children aged 12 and younger, should consume fish and shellfish that are lower in mercury, such as shrimp, canned light tuna, salmon, pollock, or catfish.

Dear Doctor,

How much omega-3 should I add to my daily diet?

Dear Reader,

There are three main types omega-3 fatty acids and they include:

- EPA (eicosapentaenoic acid)
- DHA (docosahexaenoic acid)
- ALA (alpha-linolenic acid)

For most people, two 6-ounce servings of fatty fish a week as well as regular servings of ALA-rich foods such as flaxseed or walnuts provides a healthy amount. If you opt for fish oil supplements, look for 700 - 1,000 mg of EPA and 200 - 500 mg of DHA per day.

When choosing foods and supplements high in omega-3 fatty acids, consider the following:

- Avoid products that don’t list the source of their omega-3s.
- Look for the total amount of EPA and DHA on the label. The bottle may say 1,000 mg of fish oil, but it’s the amount of omega-3 that matters, expressed in milligrams of EPA and DHA.
- Choose supplements that are mercury-free, pharmaceutical grade, and molecularly distilled.

Mary S. Maish, M.D.

Dr. Maish is a board certified thoracic and general surgeon. She holds a Master’s degree from Harvard University and completed her thoracic surgery training at Baylor/MD Anderson in Houston, Texas. Dr. Maish currently serves as the Chief of Thoracic and Foregut Surgery at Washington Township Medical Foundation and is on the Medical Staff at Washington Hospital.



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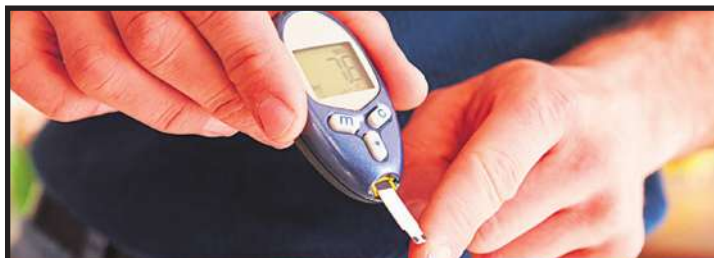
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“Even losing 10 or 15 pounds has health benefits!” These benefits include: lower blood sugar, reduced blood pressure, improved cholesterol levels, lightens stress and strain on hips, knees, ankles, and feet” - Amer. Diabetes Assoc.

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continued from page 1

Angels Flying over the Pacific Ocean

Muma Children’s Museum of Fine Arts, and the Fremont Main Library Children’s Department. The mission of the US-China Culture & Communication Association states: “To build a better future for Chinese-Americans, we strive to promote the exchange of culture, arts and enhance communications between the US and China.”

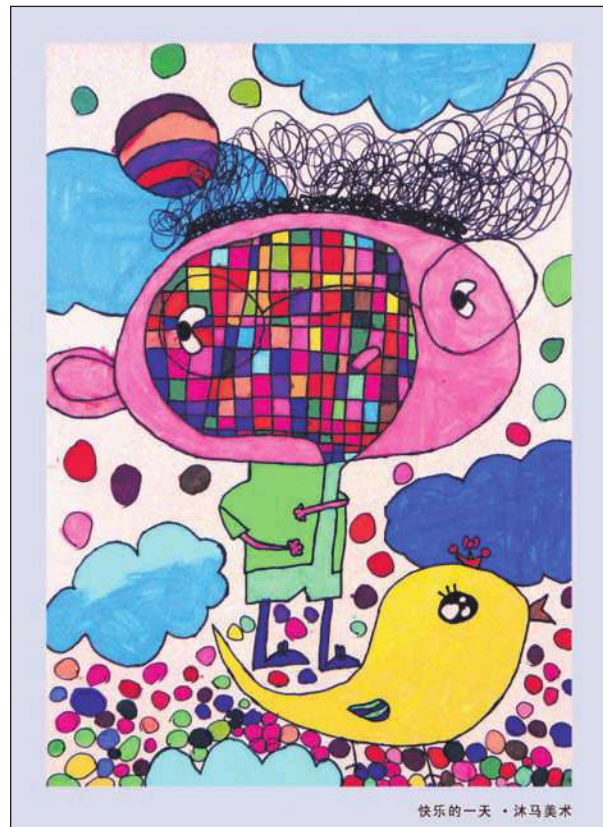
“This is our association’s first time to organize such an art exchange among kids in the US and China. We have successfully organized many adult artists’ exhibits in the US and China,” says Min Zhou, secretary of US-China Culture & Communication Association and curator of the exhibition. “This time we think it is a good experiment for the kids stepping outside of China and to observe the world with their own eyes while bringing themselves into a new world. We also think it is a good opportunity to introduce the American audience to the Chinese kids’ arts and their true stories.”

“Angels Flying over the Pacific Ocean” is only on display in Fremont; Zhou says they will be organizing more children’s art exhibits this summer.



**Angels Flying over the Pacific Ocean
Saturday, Feb 13 - Sunday, Mar 13
Viewing during library hours
Fremont Main Library
Children’s Area**

**Opening Ceremony & Reception:
Saturday, Feb 13
10 a.m. – 12 p.m.
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continued from page 3

Heartfelt Advice for Heart Health

These same dietary practices also can help with weight loss and controlling your blood sugars.

"The other side of the equation is to get plenty of exercise," Dr. Balakrishnan suggests. "On average, you should get 30 to 40 minutes of cardiovascular exercise for three to four days a week. To get a general target for your heart rate, take the number 220, subtract your age, and then shoot for 70 to 80 percent of that number for 'strenuous' exercise. If you are not accustomed to strenuous exercise, start by shooting for 50 percent of the target rate and then build up gradually. You should always consult your doctor before starting any new exercise program."

When Lifestyle Changes Aren't Enough

If making changes in your lifestyle doesn't control your risk factors for heart disease, various medications may help:

- Medications for lowering blood pressure might include beta blockers to slow the heartbeat, ACE (angiotensin-converting enzyme) inhibitors to keep blood vessels from narrowing, calcium channel blockers to prevent calcium buildup in the heart and blood vessels, and diuretics to flush excess water and sodium from the body.
- Statins are usually the drugs of choice to reduce the production of cholesterol, but some people cannot tolerate statins. Other medications might include niacin, "resins" such as Questran and Colestid, and fibric acid derivatives to lower triglycerides and increase HDL cholesterol levels.
- Medications that might be used for controlling high blood glucose could include drugs that increase the production of insulin, increase the body's sensitivity to insulin, or that help reduce the body's resistance to insulin.

Watch for Symptoms of Heart Disease

Dr. Balakrishnan cautions that if you do experience any symptoms of heart disease, you should consult a doctor right away.

"The most prevalent form of

heart disease is coronary artery disease, in which atherosclerosis decreases blood flow to the heart and other parts of the body," she says. "Coronary artery disease symptoms, which might be induced by exercise or happen at rest, could include pain, tightness or pressure on the left side of the chest; shortness of breath, or profuse sweating. Women also may experience atypical pain in the shoulder, jaw, neck or upper abdomen."

Diagnosing heart disease typically would involve a thorough physical exam, including an EKG. Other tests for heart disease might include an echocardiogram – an ultrasound of the heart – to assess the pumping and valve function of the heart, and a treadmill stress test if the patient can exercise. Patients who cannot exercise may have pharmacological testing to induce stress on the heart with medications. If blocked arteries are suspected, an angiogram would be performed to locate and possibly treat the blockages.

"In some cases, surgery might be necessary to treat the blockages in the arteries, but it is much more common today to treat patients with minimally invasive procedures such as angioplasty and the insertion of stents," Dr. Balakrishnan says. "Angioplasty and stenting, usually performed under minimal sedation in about an hour as an outpatient procedure, involve dilating a narrowed or blocked blood vessel by using a balloon catheter and a metal stent -- a mesh tube -- to act as 'scaffolds' to keep the blood vessel open.

"While these procedures are much less invasive than surgery, it's still better to avoid coronary artery disease in the first place," she adds. "You need to take good care of your heart. It's the only one you've got."

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

For more information about heart disease risks, symptoms and treatments, visit the American Heart Association website at www.heart.org. A BMI calculator also is available at the AHA website.

Doctors are ill prepared to talk about death

SUBMITTED BY NILES DISCOVERY CHURCH

"All of us will do it," the Rev. Jeffrey Spencer said. "All of us will die. With any luck, we'll have a doctor who is ready to talk clearly, compassionately, and honestly with us as that time approaches."

Counseling people and families as death approaches is an important part of his work, Spencer said, as it is for all clergy serving a local church. "All too often, no one has talked about the dying process - what to expect and what one's wishes are to make it as comfortable and comforting as possible," he said.

This is one of the reasons Being Mortal was picked for the Second Saturday Documentary Series. This Frontline documentary will be screened on Saturday, February 13, at 1:30 p.m., at Niles Discovery Church, where Spencer is Senior Pastor. The screening is free and open to the public.

Being Mortal follows renowned Boston surgeon Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life. The film investigates the practice of caring for the dying,

and shows how doctors himself included are often remarkably untrained, ill-suited, and uncomfortable talking about chronic illness and death with their patients.

A discussion will follow the screening, led by Ron Adamson, a community member of the Washington Hospital Bioethics Committee. "Accepting death is almost impossible and talking about it is even harder," Adamson said. "This film may help us and our families break the silence and explore what matters most in preparing for the inevitable."

The Second Saturday Documentary Series is co-sponsored by Niles Discovery Church and the San Jose Peace & Justice Center. This screening is also co-sponsored by Washington Hospital Healthcare Systems, who arranged for the rights to screen the film.

Being Mortal Documentary
Saturday, Feb 13
1:30 p.m.

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BY NANCY LYON, OHS
SPECIAL ASSISTANCE
DIRECTOR

On Valentine's Day, with so much love in the air many of us want to show our appreciation for our animal companions that enrich our lives so much by including them in the celebrations. It may be surprising to know America's salute to its furry, feathered and finned sweethearts include more than 100 million people who want to acknowledge the affection they hold for their non-human family with gifts. At the risk of dampening the festive nature of the holiday it's important to be aware of the hazards that come with this annual love fest.

Home hazards are most often the result of forgetting that there are watching eyes waiting for an opportunity to share in the tasty treats and other amusements. Here are a few potential dangers to keep in mind:

Chocolate - As delicious as it is to humans, chocolate can be toxic to dogs because it contains theobromine and caffeine, stimulants which can be hazardous — and even fatal — to "pets". Chocolate toxicity is one of the most common poisonings seen by vets. Raisins covered in chocolate carry a double whammy — even small amounts of raisins and grapes can kill dogs.

Lethal sweets - keep you animal friends away from treats sweetened with xylitol. If ingested, gum, candy and other treats that include this sweetener can result in hypoglycemia (a sudden drop in blood sugar). This can cause depression, loss of coordination and seizures.

Jewelry - Sparkling gems are appealing to our four-legged and feathered friends, too. Fido, Kitty

or Molly's instincts may tempt them to "taste" the jewelry, causing stomach ailments and possible breathing difficulties. Don your new bling immediately, or place it safely away.

Flowers - Some flowers and plants are dangerous if munched on by our animal friends. The list is long including many traditionally given on Valentine's Day plants — many from the lily family, tulips, azaleas, and daffodils to name but a few. The packaged plant food that accompanies some floral arrangements can lead to stomach problems as well. Unless you know they are safe, keep them out of reach and check online or at your local library to see if they are toxic to "pets."

Skip the spirits - Sweet alcoholic drinks can be a temptation to our animal companions. Whether spilled on the carpet and sampled or in an available half-finished glass, alcoholic spirits can do more harm than you might think. Even a bit of alcohol ingested by a small animal can cause vomiting, diarrhea, lack of coordination, central nervous system depression, tremors, difficulty breathing and even coma. Potentially fatal respiratory failure can also occur if a large amount is ingested.

Curiosity can kill - Romance is wonderful — as long as you remember that the glowing and dancing candlelight can easily become a serious fire by a simple pounce on the table from a curious cat. Prevent burned noses or worse by putting out candles when leaving unattended animals in the room.

The clean-up crew — Leaving out wrapping paper from gifts, balloons, ribbons and bows often present a serious health hazard if swallowed. These new "chew toys" can cause throat and stomach prob-

lems and a not-so-cheery emergency trip to your veterinarian.

Puppy love for puppies, kitties and more

Companion animal experts recommend keeping our "pets" content and out of trouble by presenting them with suitable presents of their own. From heart-shaped plush toys to Valentine's Day bones and pink and white "puppy popsicles", there are a variety of suitable toys and treats from which to choose that will safely provide fun for most animals.

It's never a good idea to give live animals as gifts. Once the momentary rush is over, that adorable fuzzy critter bestows the reality of lifelong care and commitment on the part of the recipient. Too many live impulse holiday gifts end up unwanted and neglected or turned into an animal shelter.

By being aware and staying alert to potential dangers, it will help your animal family stay happy and healthy - and keep Valentine's Day a festive and fun occasion.

* If you think your companion animal has ingested a toxic or dangerous substance contact your veterinarian immediately.

*** The ASPCA National Poison Control Center is open 24 hours daily and offers help with all animals. Phone: 1-888-426-4435 (\$65.00 consultation fee) then call 1-888-299-2973 for no additional charge follow-up calls). Phone: 1-888-426-4435 (\$65.00 consultation fee) then call 1-888-299-2973 for no additional charge follow-up calls).**

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continued from page 1

Mia's Dream Comes True

Mia has a life-threatening condition, which also requires her to be in a wheelchair. Vasquez shares that they have to drive to Concord or Palo Alto to visit an all-abilities play area. "[The play area] wouldn't be just for Mia, it would be for other kids as well," he adds.

Key features included in the sketch are Sulphur Creek accessible house; accessible interactive Fire House, Mission Boulevard and I-880 accessible walkway, Eden Landing Shoreline roundabouts for accessible spinning, Executive Airport accessible swings, Russell City Blues music area, and Hayward Loop raised accessible walkway. For someone who loves music, using her imagination and being outdoors, the all-abilities play area is more than the Vasquez family could ask for.

"We understand that now the hard work starts. We get that part, but I think children like Mia deserve a place like that. That's why I'm glad HARD really embraced this," Vasquez said. According to a press release from HARD, the next steps would be for the District to secure a bid for conceptual design, as well as create a funding and fundraising plan.

Mia's Dream Come True

"Where the heart of the Bay Comes to Play"

ILLUSTRATION BY
DANIEL VASQUEZ

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Counseling Corner

A Secret to Love

BY ANNE CHAN, PhD, MFT

You cannot escape the pink and red inevitable. Valentine's Day is almost here – the one day we devote to over-the-top celebrations of love. It's the one day when lovers are compelled to offer small and grandiose romantic gestures.

Now I'm a sucker for grand romance, but I'm also a realist. I've attended weddings that didn't turn out to have happily-ever-after endings. I've been a witness to couples fighting bitterly in my office. I've seen real love turn to real despair.

Grand gestures of love on Valentine's Day are impressive, but a gift that is more enduring is the every day gestures of love that keep your relationship going. One gesture, in particular, might not even be noticed by your partner, but can make all the difference between all-out war and peace. You can perform this simple gesture of love all by yourself, without paying a single cent. But before I get to this simple gesture, here's a question to answer as honestly as you can:

How do you treat others when you are angry?

Do you unleash your anger like a Class 5 hurricane, scaring everyone into submission? Or do you give them the silent treatment, punishing them with an icy silence? Or do you do a passive-aggressive combo and act like everything is okay and slam them later in some unpredictable direction?

The bad news, of course, is any of the above are highly destructive to personal and work relationships. Overuse of any of the above tactics will likely lead to great unhappiness, division, and worse. I know of people who have been fired because they couldn't control their anger. You've probably known couples who have split because of anger issues.

Anger is an equal opportunity agent. Humans of all ages, races, and religions feel angry. Even the Dalai Lama has discussed feeling angry. Our anger can be triggered

in all sectors of life, whether it's at work, at home, or with your extended family and friends. Perhaps you are struggling to control your temper when your boss does something unfair, say he or she denied your justly earned vacation time. Or you are about to explode because your colleague at work is once again taking "sick" leave, meaning that she is not sick and that you will have to cover for her. Or perhaps you have not been able to respond well to your mouthy, eye-rolling teenager who treats you worse than yesterday's dirt. Or perhaps your partner is causing you to explode because he or she pushed your buttons yet again.

This is not to say that anger itself is a bad thing. Scientists have studied anger as one of six basic human emotions (the others being fear, surprise, disgust, joy, and sadness). Given that anger has been identified as common across cultures, I see it as a natural human emotion that signals when something is wrong. It's natural and normal to get angry – anger itself isn't the problem. It's how one expresses one's anger that can sometimes become problematic.

It isn't easy to deal with one's anger in a constructive, productive way. But it CAN be done. The good news is that anger can be handled in ways that aren't destructive and that can be actually helpful and healing in the long run.

There are some basic steps that most everyone can follow to help temper the flames and facilitate better outcomes. The next time you feel yourself flaring up, try the following in order:

1. Stop – don't do or say anything when you are in the heat of the moment. Just stop for several seconds, minutes, or however long it takes for you to get a grip of your anger. You need to master this before moving to the next step.

2. Acknowledge, rather than deny, your anger. There's no shame in being angry and it's counterproductive to tell yourself that you are not angry when you are boiling with rage. This step gives you the space simply to

acknowledge that your anger exists.

3. Understand the roots of your anger, starting from earliest childhood. The angrier you are, the more crucial this step is. Your anger may have deep, deep roots – you may be angry in the present moment at your boss, but this anger may be linked to how you were treated by authority figures when you were a child. Understanding the roots of your anger can help you untangle them and to loosen their hold on you.

4. Recognize your typical pattern of how you act when you get angry. Connect the dots, e.g. "I start getting red in the face, then I feel my blood boiling, then my voice rising, then I start hitting."

5. Use strategies for self-calming and self-soothing to calm your anger down, e.g. counting to ten, praying, meditating, taking deep breaths, and squeezing something in your fists. These are just a few of the many things you can do to talk yourself down from an angry place, but you might have to try several before hitting on the ones that work for you.

Remember, anger is a normal human emotion – there's nothing to feel ashamed about when you feel angry. But it takes superhuman effort to control one's anger. So if your loved one does something to tick you off on Valentine's (or any other) day, be sure to take this opportunity to manage your anger in a wiser, more constructive, and ultimately more loving fashion.

Have a very happy Valentine's Day, one and all!

Anne Chan is a career counselor and licensed psychotherapist in Union City. She specializes in helping people find happiness in their careers, lives, and relationships. She can be reached at 510-744-1781.

© Anne Chan, 2016

Wrestling Jerusalem

SUBMITTED BY KIMBERLY HAWKINS

Cal State East Bay's College of Letters, Arts and Social Sciences is co-sponsoring a live dramatic solo performance about multiple perspectives on the Middle East conflict. "Wrestling Jerusalem" is presented one day only on February 10 in the University Theatre on the CSUEB campus in Hayward. It is free and open to the public as part of the Jewish Culture and History Series at CSUEB.

Based on research over several years of travel and study in the Middle East, writer and performer Aaron Davidman explores the complexities of the region through a physical theater performance that embodies the voices of the many living that reality. "To understand the Middle East, one has to be able to hold a simultaneity of truths," Davidman said.

Directed by Michael John Garcés, artistic director of Los Angeles' Cornerstone Theatre Company, the short and tightly structured piece embodies the many different voices, points of view and opinions that Davidman encountered on several trips to the

much-disputed region. He based "Wrestling Jerusalem" on real events and people he interviewed and recorded, plus composite and invented characters based on people he met and conversations he had. Most of the real people's stories are repeated verbatim, with only their names changed to protect their privacy.

For more information, call the university box office at (510) 885-3118 or go to <http://www.wrestlingjerusalem.com/>.

Wrestling Jerusalem
Wednesday, Feb 10
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Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

Is Fremont CREATING PARKING PROBLEMS?

The topic of how Fremont may be creating parking problems came up during the Planning Commission meeting on January 28. One item on the agenda was a proposal to change the Fremont Municipal Code to allow tandem parking or mechanized stacked parking for up to 30 percent of required spaces in all new developments.

Tandem parking involves parking two vehicles in a single stall with one behind the other. It

requires moving the outer vehicle out of the way to let the inner vehicle enter or exit. Mechanized stacked parking involves parking two vehicles in a single stall with one above the other. It requires a computer-controlled lift system to shuttle vehicles into place, then retrieve them as requested by the owners. Both types of parking can be inconvenient and time-consuming to use.

Problems in the Codes

Some people say there are other places where regulations in the current Fremont Municipal Codes are creating parking problems.

For example, the minimum number of parking spaces re-

quired for multi-family housing (apartments, condominiums, and townhouses) not within a transit oriented development (TOD) district is only 1.0 space per unit for residents in one-bedroom units — even if those units are occupied by working couples with two vehicles. Parking for guests is 0.5 spaces per unit. Although some developers choose to offer more parking, others provide only the minimum required. The result is often an overflow of vehicles into the surrounding neighborhood. The situation is worse for multi-family housing within a TOD, where parking is restricted to no more than 1.5 spaces per unit for residents, no matter how many bedrooms and how many people are in each unit. Parking for guests is no more than 0.25 spaces per unit. The City established the maximum limits in TODs to encourage residents to walk or use public transportation instead of driving. Critics contend people will still own vehicles, and the restrictions just mean they will have to be parked elsewhere.

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quires moving the outer vehicle out of the way to let the inner vehicle enter or exit. Mechanized stacked parking involves parking two vehicles in a single stall with one above the other. It requires a computer-controlled lift system to shuttle vehicles into place, then retrieve them as requested by the owners. Both types of parking can be inconvenient and time-consuming to use.

In response to the proposal, one resident noted that both tandem and mechanized stacked parking have significant drawbacks and will cause residents to park on nearby streets. One commissioner agreed and commented that the inner space in tandem parking garages was often used for storage. Another commissioner wondered if the proposal might actually encourage these types of parking. Staff countered that they could not meet their density goals for new developments without using tandem or mechanized parking. After consideration, the commission recommended approval of up to 30 percent tandem or mechanized

parking for multi-family housing developments, but not for single-family developments. The code change needs to be reviewed by the City Council, and public comments are welcome.

Many people feel the City's goal of maximizing housing density by minimizing parking spaces hurts the quality of life for residents in new development as well as those in the surrounding neighborhoods. They say that growth should not ignore the need to have good places to live. Critics also say the City's goal of getting people to walk or use public transportation instead of driving is unrealistic. At a meeting for the controversial Walnut Residences apartment project near the Fremont BART station, one nearby resident summed it up by saying "I take BART to work, but there are other places I want to go that aren't easily accessible by bus or on foot. I need a car."

To express your comments or concerns about the pending code change to allow up to 30 percent tandem or mechanized stacked parking in new developments, contact Kristie Wheeler by emailing kwheeler@fremont.gov or speak at the City Council meeting on Feb. 16, 2016 at 7:00 p.m.

To express your comments or concerns about the City's goal to get people to walk or use public transportation instead of driving personal vehicles, contact Jeff Schwob by emailing jschwob@fremont.gov

To learn more about residential developments in Fremont, go to www.ShapeOurFremont.com



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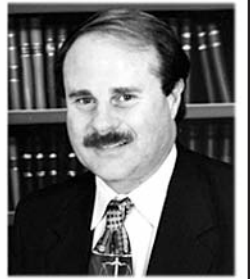
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Retirement Doesn't Mean Inactive

So, you've punched that 8:00 to 5:00 time clock for the last time and you are ready for retirement. Retirement should mean no more time clocks, but it shouldn't mean you just stop all activity!

Now is the time to do those things you have always wanted to do, make new friends, try new things, associate with like-minded men, catch up on the things that interest you.

Why not join your local SIR organization?! Sons In Retirement is a state-wide organization of local branches for men to meet and mutually enjoy the benefits of retirement. SIR conducts a monthly luncheon meeting where you can associate with other retired men, listen to topical speakers, sign up for activities of interest, make new friends, and keep happily active.

Fremont/Newark/Union City Branch 59, meets the third Thursday of the month at the Newark Pavilion on Thornton Ave and Cherry St in Newark. Socializing is from 11:00 to 12:00, and there is time to look over an extensive library of books, sign up for activities, and meet new people or shoot the breeze with old friends. The formal meeting starts at 12:00 with club announcements, birthday wishes, a sing-a-long, and lunch, followed by a selected speaker. Meetings usually end about 1:30.

Activities run the gamut from golf, bowling, computers, wine tasting, bridge, bocce, and couples dining out, and more are being added as interest dictates.

There are also activities which can include your wives or girlfriends, and the ladies seem to enjoy getting their retired men out of the house on occasion.

SIR Branch 59 is looking for new members. Visit their website at www.sirinc.org or call Jim Ulam at (510) 797-9357 or email time4golf@snakebite.com for more information.

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Innovative housing idea

Local Group Explores Innovative Housing Idea

HOUSING IS A HOT TOPIC in the Bay Area right now. It's in short supply, it's expensive, and for many people, it's a troublesome distance from work. During wintertime, many commuters leave home before sunrise to drive the Bay Area's crowded highways and return after sunset. No wonder they find it difficult to know their neighbors! Peace and privacy is nice, but when it means living among people you don't know, a family can feel isolated in its own home.

For more than a year now, finding a way to balance privacy and community has been the prime topic of discussion for a southern Alameda County group of friends. Members have hit upon an innovative housing idea that they think will work for them. Known in the U.S. and Canada as "cohousing," it is a concept that was introduced to North America in a book called Cohousing: A Contemporary Approach to Housing Ourselves, written by the architect team of Charles Durrett and Kathryn McCamant in 1988. The book grew from the team's own investigation as a young couple into a better way to combine their professional careers with raising a family.

"Often we would come home

from work exhausted and hungry, only to find the refrigerator empty," they said. "Between our jobs and housekeeping, where would we find the time to spend with our kids? Relatives lived in distant cities, and even our friends lived across town. Just to get together for coffee, we had to make arrangements two weeks in advance."

Their investigation led them to think about the new developments they had visited while studying architecture in Denmark. They decided to return to Denmark and take a closer look at how the principles might be translated to the United States. The first cohousing community to be built in the U.S., Muir Commons in Davis, CA, was completed in 1991 and celebrates its 25th anniversary this year.

The south county discussion group has now adopted the name Mission Peak Cohousing and has begun the process of formalizing itself as an organization. Their vision is to create an intentional community in which the members live in their own private homes and stimulate interaction with their neighbors by sharing activities and amenities. In California, the typical cohousing community has a site design that encourages the sense of community, including

a common house or community center for daily use that may include such resources as a workshop, craft area, lounge, coffee bar, laundry, pool table, home theater, library, guest quarters, or swimming pool. The community is planned, owned, and managed by the residents, who also share activities such as cooking, dining, child care, and gardening. Neighborhoods may be multi-generational and include families with children as well as seniors, or they may be seniors only.

Mission Peak Cohousing is arranging to bring McCamant and Durrett to Fremont in April to conduct a weekend workshop entitled "Getting It Built." The evening beforehand, April 8, the group is seeking a place it can host a free public presentation to enable others in the area to learn about cohousing and ask questions of the experts. The time and place will be announced soon.

Next week: Adapting the cohousing concept to address changing lifestyles in California.

Mission Peak Cohousing is a group of friends forming a cohousing community in Fremont. For information, contact MissionPeakCohousing@gmail.com.

Should cities allow marijuana cultivation and commercial delivery?

Fremont says no

At a Fremont City Council meeting held January 5, 2016, an ordinance to prohibit cultivation and delivery of medical Marijuana in all zoning districts was considered and approved. Public speakers, many in favor of the Eaze delivery system, focused on retaining commercial marijuana delivery.

Fremont Police Chief Richard Lucero supported a total ban on cultivation and commercial delivery, noting potential problems of increased potency of marijuana, vulnerability to crimes of violence in all cash businesses and protection of adolescents. He said that high level of active ingredient available in marijuana today is very incapacitating and alarming, stating "Anything that makes this available and accessible is very problematic for our community."

Chief Lucero added that for those who are receive legitimate benefits from marijuana use, the ban on cultivation and commercial distribution does not prevent purchase and use in legal quantities, allowing patients or caregivers to use another source of supply. Other local jurisdictions have considered similar restrictions and have supported different regulations; some with allowances for personal cultivation and/or delivery.

In a letter to the City of San Leandro, Eaze Chief Marketing Officer Scott Dunlap said that Eaze "provides safe medical marijuana delivery services to 1,200+ patients in your community." He added that, "Many of our patients are the most vulnerable in the community with limited mobility due to age, income, or medical issues."

Tri-City Voice asked Keith McCarty, founder and CEO of Eaze about his company and why he believes Eaze services should be allowed in local communities:

TCV: What is Eaze? Is it a delivery service?

McCarty: Eaze is the leading technology company that delivers medicine to patients safely and professionally. Through the Eaze technology platform, patient's

order directly from licensed dispensaries and deliveries are completed by the dispensary

TCV: Who delivers marijuana for Eaze?

McCarty: Eaze works with a handful of compliant dispensaries. Deliveries are made by our dispensary partner drivers in an average of 15 minutes.

TCV: If a dispensary is out of the area, how is a delivery person able to fill a wide variety of orders quickly?

McCarty: Eaze is a technology company and thus has created smart algorithms in our app that equip dispensaries and drivers to optimize their routes based on orders.

TCV: Who is eligible to use Eaze services?

McCarty: California residents who have valid medical marijuana recommendations in any city Eaze operates in (almost 100).

TCV: What is Eaze MD? How are people able to qualify for medicinal marijuana possession using this service? A \$30 video chat is advertised.

McCarty: EazeMD is an on demand video conferencing service connecting independent, board certified physicians to new or renewing patients. Patients logon, fill out a medical and social history form and then connect with a doctor to discuss the possibility of a recommendation.

As California board certified physicians, many of these doctors have begun working in the medical marijuana recommendation field due to past professional and personal experience around the positive medical benefits of marijuana. Consultation sessions include doctors going over patient medical history and discussing individualized best practices should they deem the patient requires medical marijuana. The cost is \$30 for the recommendation and \$10 for a mailed hard copy of the rec.

TCV: Is this an all cash business? If so, don't Eaze deliveries become a high profile robbery target?

McCarty: Currently, all transactions are done in cash simply because of the federally imposed restrictions on banking and cannabis businesses. Patient and driver safety are of utmost concern to Eaze. We take extra precautions including real time contact with the dispensary during transactions, carrying the medicine in locked containers, and application of our algorithms that flag questionable transactions. In the event anything seems amiss, a driver can elect not to make the delivery. Similar to any business that employs open cash transactions is at risk of robbery, such as ATMs dispensing hundreds of dollars in cash hourly, Eaze find ways to make them safer. Eaze is working at the epicenter of making delivery to patients via use of our technology platform, safer.

TCV: The City of Fremont recently rejected all cultivation and commercial delivery services of marijuana? According to the Police Department, such activity promotes undesirable behavior. What is your response?

McCarty: Safe and professional delivery from licensed medical cannabis dispensaries to patients with verified recommendations is a substitute for the undesirable behavior. When patients cannot access their medication safely, illegal networks move into neighborhoods, endangering patients and the public.

TCV: Those registered for medical marijuana use, family members and their caregivers can travel to a dispensary for the product. What is wrong with that?

McCarty: Dispensaries are often far away, in dangerous neighborhoods, or are not accessible to the acutely ill or home-bound patients. Often the patients are not willing to send their caretakers to these neighborhoods either. Today's consumer can access almost everything via delivery, why is it that a patient with a verified recommendation cannot access medical cannabis, legal in California, by delivery?

A multi-cultural celebration



On Thursday, February 4, 2016, students of Ellen Grossman's ESL (English as a Second Language) class at Fremont Adult School took part in a multi-cultural potluck lunch in anticipation of Chinese New Year on Monday, February 8, 2016. The room became festive as dishes from a variety of countries such as Mexico, Afghanistan, Colombia, Vietnam and China were served.

For some students, it was their first time tasting a dish from another country. Student Heru Guan distributed three red envelopes to students picked

via drawing. As a traditional practice, red envelopes are distributed at special gatherings and holidays to symbolize good fortune.

First-time student at Grossman's class, Haseibe Aguirre, who hails from Mexico, said, "I like [the class] because she's a good teacher. She tries to explain everything, and everybody learns as much as possible." For more information about Fremont Adult School, visit www.fremont.k12.ca.us/Page/643.



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Home & Garden

Getting the Dirt on Soil

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL
SOIL TYPES:
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In the gardening world there are always interesting and simple observations. A nectarine is a peach without fuzz, a slug is a snail without a shell, and dirt is soil where it is not wanted. Dirt may seem simple on the surface, but it becomes clear when digging deeper into the structure and components that create it, that dirt is more deserving of the term soil.

Soil has three primary components characterized by their particle size. Sand has the largest, clay the smallest, and silt particles measure in the middle. The

particle sizes and the relative percentage of sand, clay, and silt help determine how soil will behave. A high percentage of larger sand particles in a sandy soil allow water and air to flow more freely than in a soil with a high percentage of smaller clay particles.

Health of a plant begins with the soil. Plants have adapted over hundreds and sometimes thousands of years to survive in their native soil characterized by the percentage of clay, silt, and sand. Saguaro cacti have evolved to retain large quantities of water quickly because the sandy desert soil does not. California poppies have developed a long tap root to access water molecules deep in the soil protected from evaporation by dense clay as the ground closer to the surface dries out.

It is a bit more of a challenge for plants in an urban



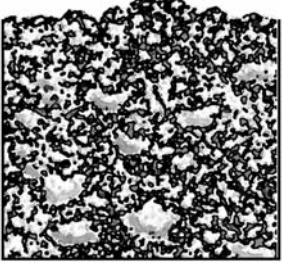
environment. Ten to twenty percent of a healthy soil should be organic material. This is the most important component for creating a healthy soil. Much of the soil in residential and especially commercial landscapes has been compacted, contaminated, and depleted of life. Soil organisms such as microbes, bacteria, nematodes, fungi, and worms are the first component of the organic material needed for a healthy soil. Many live symbiotically with plants and trees, performing a specific function and benefitting from each other.

The second and largest component of organic material includes the compounds that come from the waste of animals and soil organisms or from plant debris. Manures, leaf litter, and wood chips are examples of organic materials that will be broken down by the various organisms in the soil into a food source for plants and trees. Referred to as the "soil food web," the waste or decaying of one organism becomes the energy

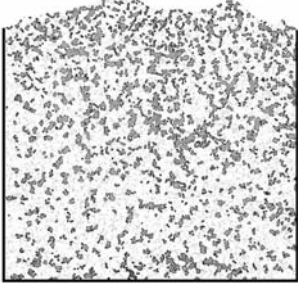
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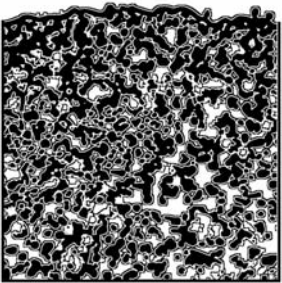
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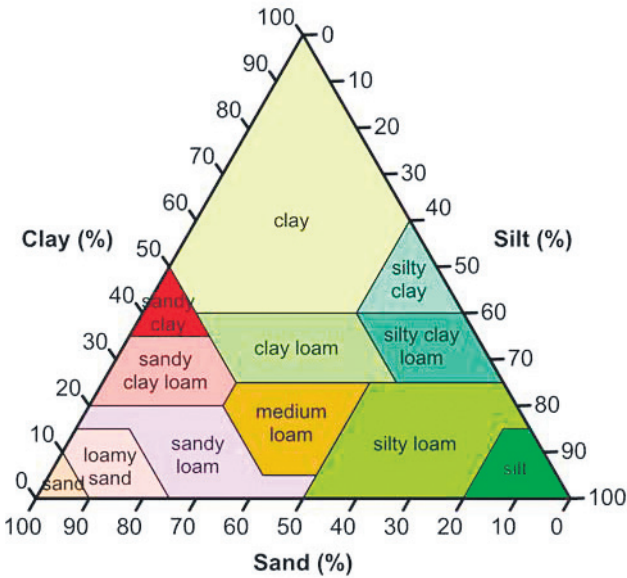
for life of the others. There is no need for synthetic fertilizers in a healthy soil teeming with life.

Air, water, and minerals complete the profile of a healthy soil. Organic materials such as nut

and egg shells, coffee grounds, banana skins, and fish meal can return valuable minerals back to the soil. Organic material will also help a sandy soil hold more water by absorbing moisture. Air pockets created by decomposed organic particles will help silt and clay soils to drain better.

Getting enough organic material to prepare a soil for planting, or amend an entire yard, or just a couple of trees can seem daunting and even impossible. How many banana skins, coffee grounds, and egg shells can one household produce? There is a single golden ticket. Compost, referred to in horticultural circles as "the new California gold," has all of the organic material, bacteria, microbes, minerals, and

continued on page 14



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continued from page 13

nutrients to sustain plant life for a year. It is easy to find and inexpensive to get. Two bags can be picked up for free every year at Fremont's compost giveaway or bags can be purchased at any nursery or garden center. Landscape supply yards can load larger quantities into a truck, or even larger amounts can be delivered to your home.

An important principle of proper soil care is not to disturb the soil ecosystem that lives beneath our feet. It is a network of roots, fungal mycelia, worm



holes, and bacterial pathways that work in tandem to create a sustainable ecosystem. Applying a

three inch layer of compost to the ground annually is all that needs to be done. Spreading a couple of

inches of wood chips on top of the compost can delay the annual reapplication for a year. Nature will do the rest.

A plant takes nutrients from the ground to feed its leaves. The leaves fall to the ground and feed the soil organisms. The soil organisms breakdown the leaves into nutrients the plant can use. Concrete, asphalt, and the continuous clearing of plant debris from our soil impedes the natural cycle of life in our gardens. A yearly layer of compost restores that process. A nectarine botanically might not be a peach without fuzz, but growing it in healthy dirt will always make it taste better.



Love, Music, & Passion Come Together

Making an encore appearance as guest conductor, Jason Klein served as Fremont Symphony's music director in the 1970s after receiving his doctorate degree from Stanford University. Following several successful seasons, Klein left Fremont Symphony to pursue other teaching and conducting opportunities nationally but maintained close ties to the local community. Upon his return to the Bay Area, he held long tenures as music director of the Youth Orchestra of Southern Alameda County (YOSAC) and the Saratoga Symphony, where he garnered wide attention as an innovative conductor. He also served as associate conductor of the Oregon Coast Music Festival in addition to appearing as a guest conductor with numerous professional and community orchestras across the United States.

The concert will be held at Prince of Peace Lutheran Church beginning at 8 p.m.; plenty of free parking is available. A post-concert reception will provide refreshments and an opportunity to meet and mingle with the musicians and other concertgoers. Tickets are \$55 or \$65 for adults and \$20 for full-time students with ID.

For tickets or more information, please visit www.fremontsymphony.org or call (510) 371-4859. First-time patrons can receive an introductory discount by entering the coupon code "FREMONT10" on the website or by asking for the "First-Timer" discount on their phone order.

Fremont Symphony Orchestra's current season is supported by a grant from the Fremont Bank Foundation. The Valentine's Day Concert is sponsored by the new Total Wine and More store in Fremont. Proceeds from the store's grand opening weekend will also support Fremont Symphony Orchestra's educational programs.

**Valentine's Day Concert
8 p.m.**

**Prince of Peace Lutheran Church
38451 Fremont Blvd, Fremont
(510) 371-4859**

**www.fremontsymphony.org
Tickets: \$55 or \$65 adults,
\$20 full-time students with ID**



Renowned soprano Marie Plette returns to Fremont for her second Valentine's Day appearance with the Symphony



Young tenor Alex Boyer makes his Fremont Symphony debut opposite soprano Marie Plette in a selection of love songs on Valentine's Day

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CASTRO VALLEY TOTAL SALES: 10									
Highest \$:		980,000		Median \$:		652,000			
Lowest \$:		375,000		Average \$:		682,700			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
20052 Center Street	94546	652,000	4	1589	1948	01-08-16			
18420 Crest Avenue	94546	485,000	2	726	1952	01-08-16			
2537 Grove Way	94546	495,000	3	1290	1946	01-07-16			
19364 Langon Place	94546	980,000	4	3124	1988	01-08-16			
2505 Miramar Ave #117	94546	375,000	2	856	1988	01-08-16			
17526 Parker Road	94546	765,000	3	1643	1952	01-06-16			
4457 Stanford Avenue	94546	680,000	3	1608	1950	01-07-16			
20350 Wisteria Street	94546	639,000	3	1557	1951	01-05-16			
6076 Castlebrook Drive	94552	881,000	4	2039	1986	01-05-16			
25761 Silver Canyon Ct	94552	875,000	4	2092	1998	01-05-16			

FREMONT TOTAL SALES: 32									
Highest \$: 3,000,500		Median \$: 830,000							
Lowest \$: 360,000		Average \$: 969,844							
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
35257 Aquado Court	94536	790,000	4	1387	1966	01-07-16			
116 Black Mountain Circle	94536	950,000	3	1700	1999	01-08-16			
5396 Brophy Drive	94536	798,000	4	1588	1963	01-08-16			
3550 Buttonwood #111	94536	550,000	2	1125	1985	01-05-16			
4479 Central Avenue	94536	1,272,500	8	3540	1964	01-05-16			
38623 Cherry Lane #140	94536	417,000	2	789	1974	01-07-16			
37454 Church Avenue	94536	525,000	2	805	1935	01-11-16			
3381 Foxtail Terrace	94536	373,000	2	750	1986	01-06-16			
4551 Logan Court	94536	1,125,000	3	1884	1960	01-04-16			
36680 Reynolds Drive	94536	920,000	3	1480	1972	01-07-16			
4338 San Juan Avenue	94536	895,000	4	1740	1962	01-08-16			
35253 Santiago Street	94536	829,000	4	1399	1965	01-05-16			
38780 Tyson Lane #209C	94536	390,000	1	880	1982	01-05-16			
851 Uinta Court	94536	715,000	3	1110	1957	01-07-16			
39617 Banyan Tree Road	94538	650,000	3	1220	1961	01-07-16			
4718 Boone Drive	94538	955,000	5	2629	1959	01-07-16			
39641 Bruning Street	94538	550,000	3	1064	1964	01-08-16			
39993 Fremont Blvd #30	94538	469,000	2	1360	1987	01-08-16			
39109 Guardino Dr #129	94538	360,000	1	693	1987	01-11-16			
5550 Roundtree Terrace	94538	440,000	2	945	1970	01-06-16			
44973 Gardenia Way	94539	1,235,000	3	1695	1962	01-05-16			
3704 Monte Sereno Terr	94539	3,000,500	5	5169	1997	01-07-16			
4096 Piedmont Terrace	94539	2,400,000	4	3374	1998	01-08-16			
48780 Sedum Road	94539	1,055,000	-	1542	1978	01-08-16			
46936 Shale Common	94539	685,000	3	1150	1987	01-05-16			
42690 Sully Street	94539	1,500,000	4	1916	1964	01-04-16			
790 Tangelo Court	94539	2,036,000	-	-	-	01-08-16			
46676 Windmill Drive	94539	1,575,000	3	3509	1985	01-05-16			
34686 Allegheny Court	94555	830,000	3	1372	1972	01-08-16			
3925 Dryden Road	94555	875,000	-	1633	1977	01-06-16			
34383 Mimosa Terrace	94555	1,000,000	3	1597	1991	01-06-16			
32871 Tule Lake Lane	94555	870,000	3	1460	1976	01-07-16			

HAYWARD TOTAL SALES: 20									
Highest \$:		950,000		Median \$:		515,000			
Lowest \$:		369,000		Average \$:		586,600			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
24733 Garwood Glen Dr	94541	431,000	3	1620	1981	01-11-16			
135 Medford Avenue	94541	515,000	2	1743	1940	01-08-16			
3285 Monika Lane	94541	395,000	2	1284	1980	01-08-16			
21839 Prospect Street	94541	440,000	2	1331	1959	01-04-16			
1251 Sandy Bridges Court	94541	411,000	3	1532	1988	01-07-16			
28039 Dobbelt Avenue	94542	750,000	4	2060	1978	01-11-16			
27196 Hayward Boulevard	94542	650,000	4	2048	1991	01-05-16			
2719 Markham Court	94542	650,000	3	2168	1985	01-08-16			
715 Alquire Parkway	94544	805,000	4	2183	1987	01-04-16			
296 Gloria Street	94544	494,000	3	1130	1952	01-05-16			

30528 Hoylake Street	94544	486,000	3	1419	1955	01-08-16			
29856 Ventnor Court	94544	450,000	3	1415	1986	01-11-16			
30034 Woodthrush Place	94544	950,000	5	2951	2002	01-08-16			
2767 Breaker Lane	94545	930,000	5	3712	2004	01-06-16			
29071 Caravan Lane	94545	555,000	2	1526	2010	01-08-16			
1242 Homestead Lane	94545	516,000	3	1285	1956	01-05-16			
2781 Journey Lane	94545	530,000	2	1526	2010	01-05-16			
27883 Norwich Way	94545	465,000	3	1444	1955	01-07-16			
2562 Spindrift Circle	94545	940,000	4	2853	2004	01-08-16			
21109 Gary Drive #102	94546	369,000	2	1070	1981	01-08-16			

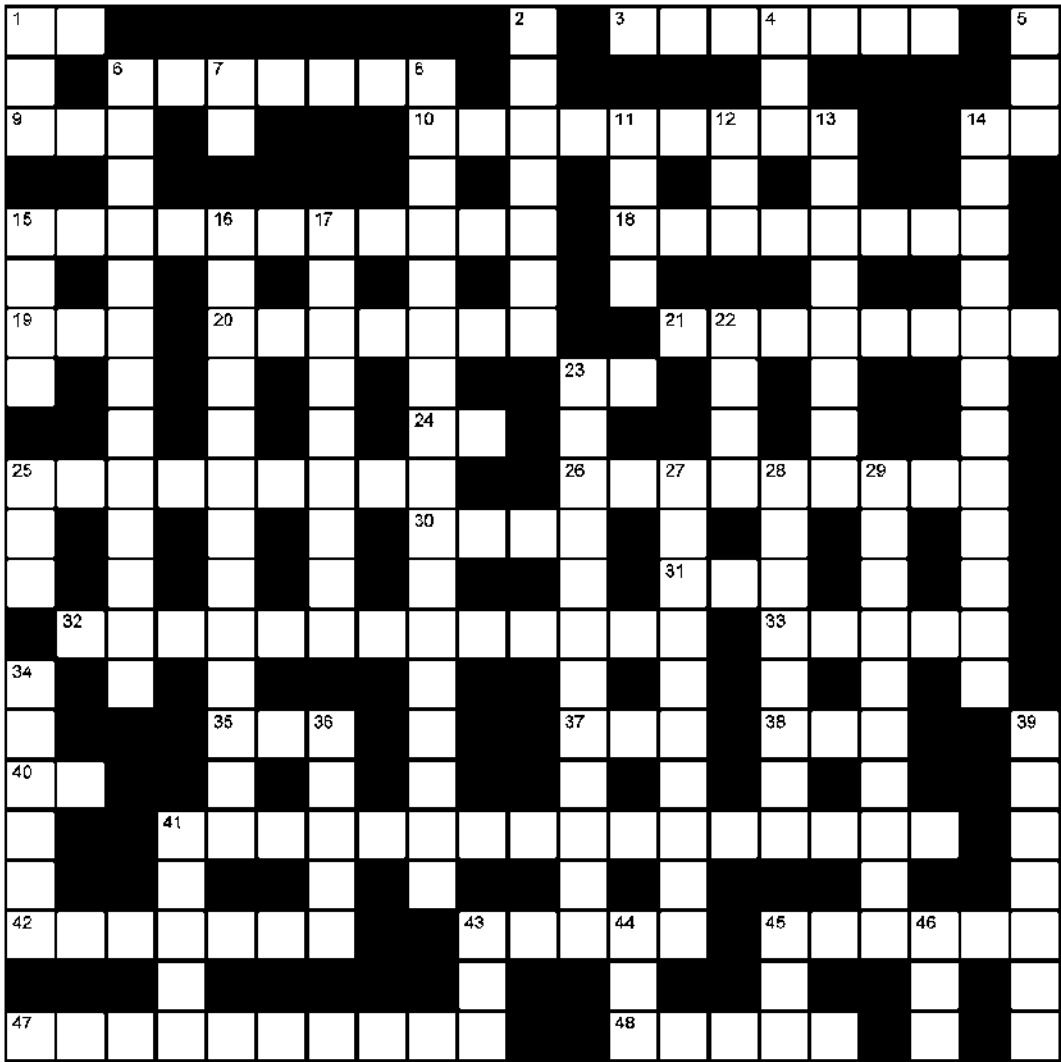
MILPITAS TOTAL SALES: 11									
Highest \$:		1,188,000		Median \$:		855,000			
Lowest \$:		500,000		Average \$:		858,591			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
850 Berryessa Street	95035	795,000	3	1133	1960	01-14-16			
2163 Calle Vista Verde	95035	855,000	3	1528	1992	01-15-16			
172 Cobblestone Loop	95035	1,061,000	3	1951	2015	01-13-16			
1224 Glacier Drive	95035	1,000,000	4	2349	1970	01-14-16			
1589 Larkwood Court	95035	500,000	2	1165	1992	01-15-16			
1046 Matterhorn Court	95035	795,000	2	1430	1977	01-15-16			
60 Smithwood Street	95035	648,000	3	1160	1961	01-15-16			
103 South Milpitas Blvd	95035	1,027,500	3	2038	2015	01-15-16			
123 South Milpitas Blvd	95035	1,188,000	3	2038	2015	01-19-16			
240 Summerfield Drive	95035	1,075,000	4	2316	1998	01-19-16			
122 Woodland Court	95035	500,000	3	1240	1969	01-15-16			

NEWARK TOTAL SALES: 5									
Highest \$:		680,000		Median \$:		471,500			
Lowest \$:		430,000		Average \$:		512,300			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
39821 Cedar Blvd #110	94560	430,000	2	1071	1986	01-08-16			
39843 Cedar Blvd #124	94560	435,000	2	1071	1986	01-07-16			
36262 Enfield Drive	94560	545,000	3	2214	1995	01-07-16			
35214 Lido Boulevard #B	94560	471,500	2	1076	1984	01-04-16			
5750 Sunrose Avenue	94560	680,000	4	1512	1973	01-05-16			

SAN LEANDRO TOTAL SALES: 10							
Highest \$:		740,000		Median \$:		450,000	
Lowest \$:		375,000		Average \$:		519,150	
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED	
872 Broadmoor Boulevard	94577	585,000	2	1581	1936	01-11-16	
1621 Graff Court	94577	740,000	3	2312	1972	01-07-16	
660 Lee Avenue	94577	715,000	4	2355	1936	01-04-16	
14272 Nassau Road	94577	550,000	3	1126	1962	01-05-16	
14001 Outrigger Drive #1	94577	450,000	1	962	1985	01-08-16	
1657 162nd Avenue	94578	450,000	3	1424	1947	01-07-16	
14786 Harold Avenue	94578	461,500	3	1107	1953	01-08-16	
1255 Margery Avenue	94578	415,000	2	1389	1947	01-06-16	
1642 Purdue Street	94579	450,000	3	1456	1953	01-04-16	
14528 Wiley Street	94579	375,000	3	1076	1953	01-07-16	

Mind Twisters

Crossword Puzzle B 354



- Across

1

get ___ (2)

3

Made fit (7)

6

oldies (7)

9

dos (3)

10

family (9)

14

greeting (2)

15

organization (11)

18

University in New York (8)

19

Blue (3)

20

cooking method (7)

21

state of flowering (8)

23

above the horizon (2)

24

sharp tool (2)

25

pieces (9)

26

transmit from TV or radio (9)

30

"___ Like It Hot" (4)

31

Aloof (3)

32

similar in purpose (13)

33

Panthera leo (5)

35

After expenses (3)
- 37

Delivery vehicle (3)

38

Breach (3)

40

disagree (2)

41

accountabilities (16)

42

midday meals (7)

43

"___ Heartbeat"

(Amy Grant hit) (5)

45

One of the Seven Dwarfs (6)

47

interrogated (10)

48

Fret (5)
- Down

1

"Wanna ___?" (3)

2

Blown away (7)

4

"___ say!" (3)

5

Schuss, e.g. (3)

6

kept in mind (13)

7

I ___ (2)

8

holiday item (9,8)

11

every one (4)

12

Black gold (3)
- 13

Housekeeper (8)

14

woman in charge (12)

15

"Not to mention ..." (4)

16

distance around a circle (13)

17

having knowledge (9)

22

___ lamp (4)

23

extraordinary (12)

25

___ Tuesday (Mardi Gras) (3)

27

primarily (10)

28

daytime (8)

29

dominant mood (10)

34

Kind of block (6)

36

Varieties (5)

39

examine (7)

41

coat ___ (5)

43

Armageddon (3)

44

Brouhaha (3)

45

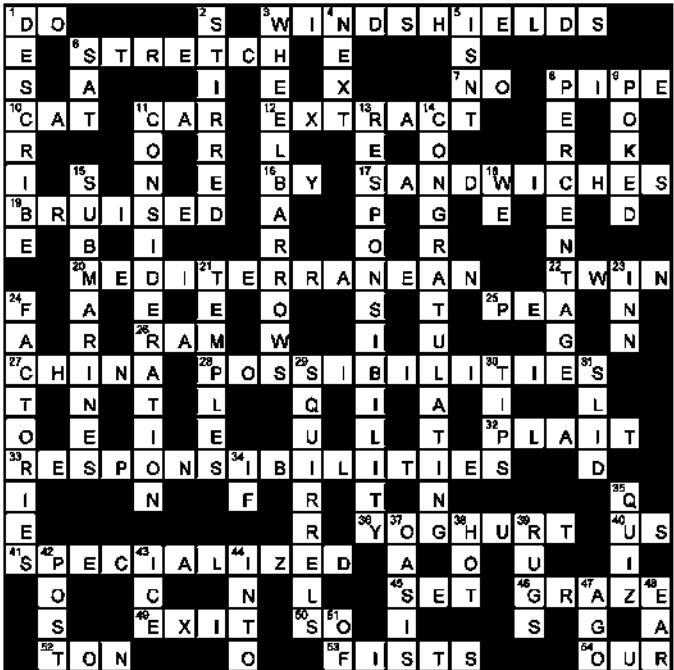
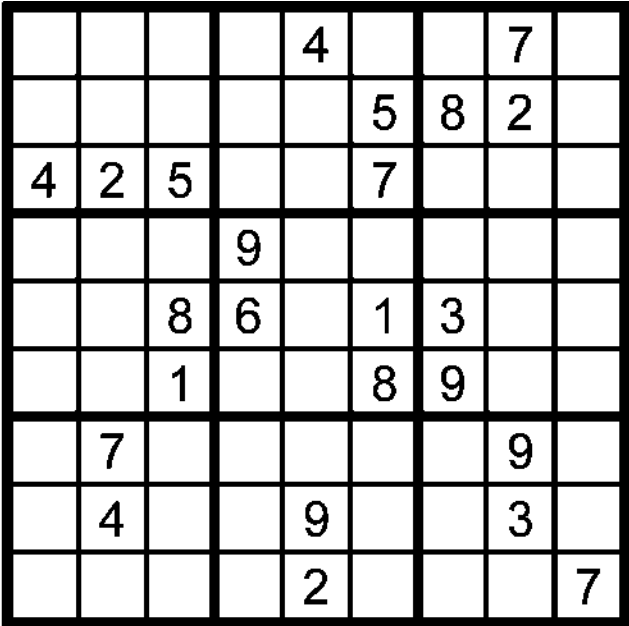
"Dear" one (3)

46

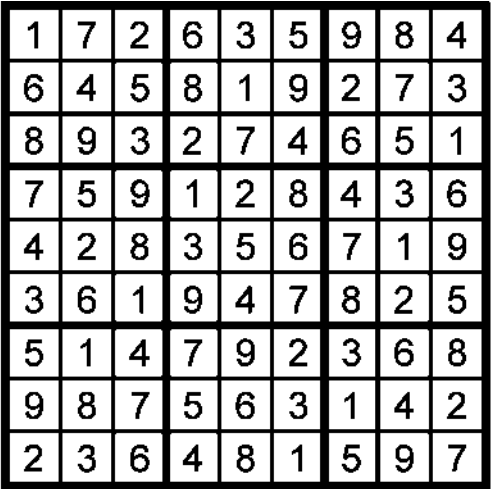
"Thank You (Falettinme Be Mice ___ Agin)" (#1 hit of 1970) (3)

Sudoku:

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



B 355



Tri-City Stargazer FEBRUARY 10 - FEBRUARY 16, 2016

For All Signs: On February 14 Mercury returns to its original position after making an apparent retrograde loop in our sky that began on December 19, 2015. This often symbolizes a time in which those things that became complex and full of chuckholes at the beginning have finally come to a point of resolution. It is easier to arrive at conclusions and make decisions once this initial retrograding point has been crossed. If it were graphed, it would resemble the breakout point on a given stock at the New York Stock Exchange, showing a leap upward.

Aries the Ram (March 21-April 20): A fresh beginning in October is now beginning to yield a reward or two. You may be seeing a stronger sense of self-esteem or some extra pocket change. This aspect is really helpful for students or those on a physical self-improvement program because self-discipline is stronger.

Taurus the Bull (April 21-May 20): Early in the week an opportunity to expand your social life brings smiles. You may be invited to a party or meet someone new. This aspect is from Venus, goddess of love and creativity. Your romantic side is cooperating well with your nurturing side at this time. This is especially good for female friendships. Make a date for lunch and reconnect with people you like.

Gemini the Twins (May 21-June 20): Early in the week you will be finishing projects that were delayed by the recent Mercury retrograde. On February 13 you shift your attention. The new focus will be mind expanding. You may be researching a new in-

terest, gazing over travel brochures for your next adventure, or pursuing an interest in philosophy or religion.

Cancer the Crab (June 21-July 21): Your energy level is good. Positive outcomes related to your creativity and/or children are reflecting well upon you. Aspects are favorable regarding lovers. Almost anything you set out to accomplish is handled in unusually quick time. You have what it takes to be a warrior on behalf of yourself or others. People will listen to you.

Leo the Lion (July 22-August 22): Beware the obsessive thoughts about things beautiful that you can ill afford. They could make you feel that you cannot move forward, but this is a trick of the ego. Look deeply into your thoughts. What is really keeping you running in place? The pride of the lion(ess) can play tricks on the mind.

Virgo the Virgin (August 23-September 22): Early in the week you will be finishing the details on a creative project that took longer than you expected to complete. Then you will

focus your attention on new habits that will support your physical body and strengthen your mind. Meditation and yoga would be excellent.

Libra the Scales (September 23-October 22): Changes may be occurring in your primary relationship. You or your partner is probably trying to hang onto what is familiar. Changes and growth must be allowed to happen or the relationship will become stale. Let things flow naturally. Don't jump to conclusions or make problems bigger than they are.

Scorpio the Scorpion (October 23-November 21): Friends and circles of associates are willing to help you with your projects. You continue to feel strong and capable. You have an intense need to break free from whatever or whoever seems to have power over you. That which has you trapped is not someone else as much as it is your own thought processes and belief systems.

Sagittarius the Archer (November 22-December 21): Your optimistic and happy attitude causes others to join your band-

wagon and support your projects. You can envision a grand result and are able to express it in a way that others can understand. The reward will be great enough that everyone will benefit.

Capricorn the Goat (December 22-January 19): For any number of reasons, circumstances may leave you out of the social loop this week. Astrologically this is a time for self-reflection and not self-condemnation. Having a quiet week is appropriate at this time. Don't turn this into a negative belief about yourself. Enjoy the time to be still and quiet.

Aquarius the Water Bearer (January 20-February 18): You are harboring a secret attitude about a loved one. You may think

it is not visible, but it erodes the core of the relationship. The probability is high that it is critical of yourself or the other. Maybe a change does need to happen, but it is not useful to pressure its creation with blame.

Pisces the Fish (February 19-March 20): Partners and clientele are complimentary and give you the sense of being loved this week. You are interested in whatever feels luxurious, looks beautiful, or tickles the senses. Going overboard would be all too easy. You may be looking for a beautiful object to have around you at home or work.

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Save Our Water and Our Trees campaign

SUBMITTED BY DAVE DAVIS

The Local Government Commission (LGC) has partnered with California ReLeaf, Save Our Water and a coalition of urban forest and other concerned organizations to raise awareness about the importance of proper tree care during this historic drought.

“Cities are taking critical steps to reduce their water use, but these measures need to be implemented with consideration of important community resources. For example if we’re encouraging residents to let their lawns die, we also need to provide information about how to keep trees alive,” said Kate Meis, Executive Director of the Local Government Commission.

With potentially millions of urban trees at risk, this campaign focuses on a simple yet urgent message: Save Our Water and Our Trees! The campaign’s partnership is highlighting tips for both residents and agencies on how to water and care for trees so that they not only survive the drought, but thrive to provide shade, beauty and habitat, clean the air and water, and make our cities and towns healthier and more livable for decades to come.

Save Our Water is California’s official statewide conservation education program. California ReLeaf, a statewide urban forest nonprofit, provides support and services to more than 90 community nonprofits that plant and care for trees.

“While Californians cut back on water use during the drought, it is critical to community health to save our lawn trees by setting up alternative watering systems once you turn off the regular sprinklers,” said Cindy Blain, Executive Director of California ReLeaf.

“Watering trees to keep them alive during drought doesn’t waste water. It is a prudent use of our limited resources to preserve an important community investment. Trees provide multiple benefits for the economy, the environment, public health and general well-being,” Meis said. “Urban trees require little water and minimal care, but they provide a significant return on investment.”

Lawn trees can and must be saved during the drought. What you can do:

1. Deeply and slowly water mature trees one-two times per month with a simple soaker hose or drip system toward the edge of the tree canopy – NOT at the base of the tree. Use a hose faucet timer (found at hardware stores) to prevent overwatering.
2. Young trees need five gallons of water two-four times per week. Create a small watering basin with a berm (narrow ledge/rise) of dirt.
3. Shower with a bucket and use that water for your trees long as it is free of non-biodegradable soaps or shampoos.

4. Do not over-prune trees during drought. Too much pruning and drought both stress your trees.

5. Mulch, Mulch, MULCH! Providing four -six inches of mulch around a tree helps retain moisture, reducing water needs and protecting your trees.

Trees, in irrigated landscapes, become dependent on regular watering and when watering is reduced – and especially when it’s stopped completely – trees will die. Tree loss is a very costly problem: not only in expensive tree removal, but in the loss of all the benefits trees provide: cooling and cleaning the air and water, shading homes, walkways and recreation areas as well as human health impacts.

Save Our Water has been urging Californians to “Let It Go” this summer by limiting outdoor water use and letting lawns fade to gold, while preserving precious water resources for trees and other important landscapes.

“To save our water and our trees, it will take all of us working together – state agencies, local governments, residents and community groups – to ensure immediate drought relief and long-term drought resilience,” said Danielle Dolan, who manages the LGC’s water programs.

For more information, visit <http://saveourwater.com/>

Pat Kite’s Garden

BASIL windowbox

BY PAT KITE

Basil is native to Africa, Asia and parts of Central America. It has been cultivated for over 4000 years. More people in North America grow basil than any other herb.

The formal Latin name is Ocimum basilicum. The Genus, or main grouping, is “Oza” meaning “to smell,” for its spicy leaf aroma. Some believe the word “basil” comes from “basileus” the Greek word for “king.” Loosely translated, the aroma of basil is “fit for a king’s house.”

There are over 160 basil species or types. Because they make such good windowsill container plants, you can grow several kinds:

Cinnamon basil: stalks are purple-red, flowers pink, and leaves are a glossy deep green. Spicy cinnamon flavor goes well with fruit... height 24 inches.

Genovese basil: large leaves, spicy flavor and full aroma. Pesto usually uses this basil... height 18 inches.

Lemon basil: petite basil with small green leaves and white flowers. A strong citrus aroma commonly used in vinegar and seafood recipes... height 15 inches.

Lettuce Leaf basil: its 3-inch green leaves are semi-crinkled with white flowers. There is also a dark red variety... height 20 inches. Seeds sold as “sweet basil” are often lettuce leaf.

Purple Dark Opal basil: stems are dark red, flowers pale lavender. Used in salads as a decorative garnish, or for adding color to basil vinegars.

Thai basil: has a spicy anise-clove aroma and flavor used primarily in Vietnamese and Thai cooking. Purple stems and flowers among medium-green leaves... height 15 inches.

Some other varieties include Lime, Siam Queen, Spicy Globe, Fino Verde Compatto, Finissimo Verde A Palla, Sweet Dani, Green Bouquet, Aussie Sweetie, Piccolo, Purple Ruffles, African Blue, Profumo, Mammoth Sweet, Christmas, Pesto Perpetuo, and Licorice.



Place the tiny seed not more than one-half inch deep. Sprouts appear in five days to two weeks. Thin the sprouts to about eight-inches apart. Use the thinned sprouts in foods, keeping in mind basil’s strong flavor.

You can also grow basil from cuttings. Cut a four-inch piece of stem. Remove lower leaves. Place the stem in a small glass of water. Put this on a windowsill and try to change water daily until roots form. Then move cutting to a small pot. Do not allow basil to flower. Keep pinching out the flower buds. Flowering completes the growth cycle, after which the plant will die.

If you plan to dry or freeze excess basil, be careful when handling the leaves. The essential oils in basil leaves are what give it fragrance. Bruising releases oils, causing leaves to turn black. Freeze in small batches. Frozen basil will keep for about six months.

Pioneer housewives gave potted basil as gifts. It was used as a strewing herb along floors to deter insects and add a pleasant smell. Pots placed on windowsills were to discourage flies.



PAT KITE

L. Patricia [Pat] Kite’s several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore* and *Silkworms*. They may be found at Amazon.com and Alibris.com.

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BEFORE



AFTER

Reduce the production of melanin, brown spots, and acne
\$500 COUPON towards recommended package

Liquid Face lift with Fillers



BEFORE



AFTER

Liquid Face Lift
Done by Dr. James Kojian
1.Fill your tear trough (under eye area)

2.Lift your cheekbone area
Look 10-15 years younger
\$150 COUPON towards recommended package

Interest Free CareCredit Available

FREE Consultation 510-783-2277

www.fremontlasermedspa.com

210 Fremont Hub Courtyard, Fremont

Are you caring for someone with Alzheimer’s or other memory disorders?

EMERITUS SENIOR LIVING

Our Family is Committed to Yours.



We understand that each family’s experience in caring for someone with memory loss or Alzheimer’s is unique.

Our memory care program, Join Their Journey®, was designed to provide a personalized, familiar and secure setting tailored to each resident’s unique needs.

EMERITUS
at Atherton Court
(877) 251-3751

38035 Martha Avenue, Fremont • www.Emeritus.com
Lic. #015601255

Call us to schedule a visit!



Sousa’s Discount FOOD & LIQUOR

9AM to 9PM daily

Largest selection of Portuguese and Brazilian Foods in the area

Linguica - Guarana - Bacalhau - Azeite - Cod Fish - Olive Oil
A variety of Portuguese breads including Sweet Bread

Rombauer Chardonnay 750ml ONLY \$26.⁹⁹

Largest selection of wine beer and portos from all over the world



\$59.⁹⁹
Silver Oak 2011 Cabernet Sauvignon

\$4.⁹⁹lb
Linguica

\$6.⁹⁹ Loaf
All Sweet Breads

Best Prices in the Bay Area

510-659-8366

1584 Washington Blvd. Fremont

Ohlone Village Shopping Center
(near the Washington Blvd. exit on the 680 freeway)

TRI-CITY GARDEN CLUB MEETINGS:

Friends of Heirloom Flowers

Work Parties - Every Tuesday - at Shinn Park, 10 a.m. - 12 p.m.
1251 Peralta near Mowry, Fremont (510) 656-7702
Bring gloves and tools. - Social Hour afterward
Every Thursday, 10 a.m. - 12 p.m.
Niles Rose Garden - 36501 Niles Boulevard, Fremont
Bring gloves and tools.

[Across Driveway from Mission Adobe Nursery]
Contact Joyce Ruiz: 659-9396
Meetings are held quarterly. Call for details

Fremont Senior Center Garden Club

First Friday of each month, 1-2 p.m.

Tanya Mendoza, Program Coordinator 510-790-6602

Fremont Garden Club

The Fremont Garden Club meets the third Wednesday of each month, February - October, in members’ homes & gardens, 6:30 p.m. - 8:30 p.m. Locations are posted on the Fremont Garden Clubs’ web site at www.fremontgardenclub.org or email: fremontgardenclub@hotmail.com

You are sweet enough!

The average American eats about 22 teaspoons of added sugar every day. This adds up to over 70 pounds of sugar a year!

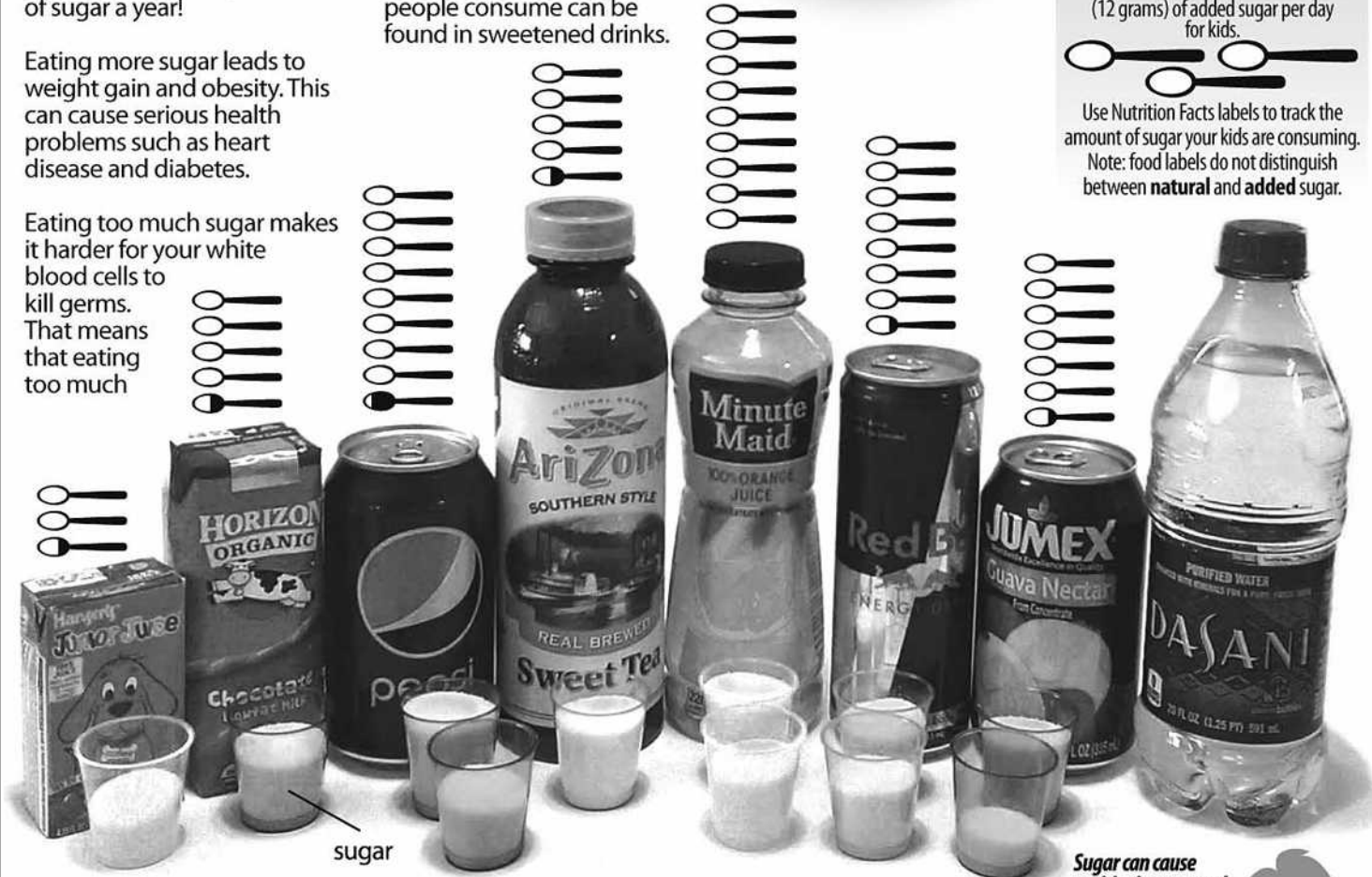
Eating more sugar leads to weight gain and obesity. This can cause serious health problems such as heart disease and diabetes.

Eating too much sugar makes it harder for your white blood cells to kill germs. That means that eating too much

added sugar can lead to getting sick more often.

A lot of the added sugar people consume can be found in sweetened drinks.

Count how many teaspoons of sugar each of these drinks contain.



SUGAR SMART

PARENTS: New government guidelines say that no more than 10% of our daily calories should come from added sugar. For kids that is less than about 10 teaspoons per day.

The American Heart Association recommends a maximum of 3 teaspoons (12 grams) of added sugar per day for kids.

Use Nutrition Facts labels to track the amount of sugar your kids are consuming. Note: food labels do not distinguish between **natural** and **added** sugar.

Exercise Story

Have a parent or friend read this story aloud. Each time one of the fruits below is mentioned, do that motion for 30 seconds. Then, trade places as you read the story aloud.

-  = hopping in place
-  = stand on one foot
-  = jumping jacks
-  = run in place
-  = sit ups
-  = somersault
-  = touch your toes

Mr. Citrus' food truck was very popular. The truck was designed to look like a giant **orange** and each day he'd drive to business parks at lunch time. People would buy fresh **watermelon** slices, bunches of **grapes**, **apples** and more.

One day, Mr. Citrus parked on a steep hill. When he opened the truck's customer window, fruit began rolling off the counter and down the hill.

Strawberry after **strawberry** rolled alongside **oranges** and **apples**. Luckily, Mr. Citrus was able to catch a large box of **grapes** before it also tumbled away.

The rolling fruit picked up incredible speed. At the bottom of the hill sat Officer Stan, enjoying a slice of **watermelon** at the park.

Suddenly, poor Stan was pelted with **strawberries**, **lemons**, **apples** and **oranges**, knocking him off the park bench.

As he wiped smashed **apple** bits off his uniform, he called his sergeant on his radio.

"You're not going to believe this, Sgt. **Pear**, but I was just attacked by an escaped fruit salad!"

Standards Link: Physical Education: Use a variety of basic and advanced movement forms.

Be a sugar detective!

Did you know that some brands of canned tomato soup have 20 grams of sugar? That's as much as two doughnuts!

Always read the Nutrition Facts labels before taking a bite or sip.

Look at these examples. Which food has the most sugar per serving?

Which had more sugar than you thought?

		
Total Fat 16g 24%	Total Fat 0.5g 1%	Total Fat 1g 25%*
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 1%*
Sodium 135mg 6%	Sodium 480mg 20%	Sodium 720mg 37%*
Sugar 3g	Sugar 12g	Sugar 6g *as prepared

		
Total Fat 4g 6%	Total Fat 0g 0%	Total Fat 9g 14%
Cholesterol 15mg 5%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 105mg 4%	Sodium 45mg 2%	Sodium 250mg 10%
Sugar 22g	Sugar 39g	Sugar 2g

Extra! Extra!

Sugar Adjectives

Look through the newspaper for 10 words that describe sugar. Write them here:

Standards Link: Reading Comprehension: Follow written directions.

Kid Scoop Puzzler

SECRET SUGAR CODE

Did you know that there are more than 50 names for sugar that can be found on food labels? Use the Secret Sugar Code at right to reveal some of the most common.

24 = A	16 = I	8 = R
23 = B	15 = J	7 = S
22 = C	14 = K	6 = T
21 = D	13 = L	5 = U
20 = E	12 = M	4 = V
19 = F	11 = N	3 = X
18 = G	10 = O	2 = Y
17 = H	9 = P	1 = Z

7 5 22 8 10 7 20 21 20 3 6 8 10 7 20

17 16 18 17 19 8 5 22 6 10 7 20

22 10 8 11 7 2 8 5 9

12 24 13 6 10 7 20 18 24 13 24 22 6 10 7 20

22 24 11 20 15 5 16 22 20 21 20 3 6 8 16 11

Double Double Word Search

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

DETECTIVE

DOUGHNUTS

SWEETENED

MAXIMUM

AVERAGE

TOMATO

LABELS

SUGAR

HEART

GERMS

BLOOD

SYRUP

CELLS

SOUP

SICK

D D C S M R E G D D

E S E R B L O O D M

N Y L T A H U K E A

E R L E E G T C G X

T U S A H C U I A I

E P R N P E T S R M

E T U C T U I I E U

W T O M A T O V V M

S L E B A L E S A E

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

FROM THE Kid Scoop LESSON LIBRARY

Round It Out

Clip five money amounts out of the newspaper and glue them to a sheet of paper. Next to each number, write the number rounded to the nearest dollar. Write a sentence explaining why it is useful to round to the nearest dollar.

Standards Link: Math: Round money amounts.

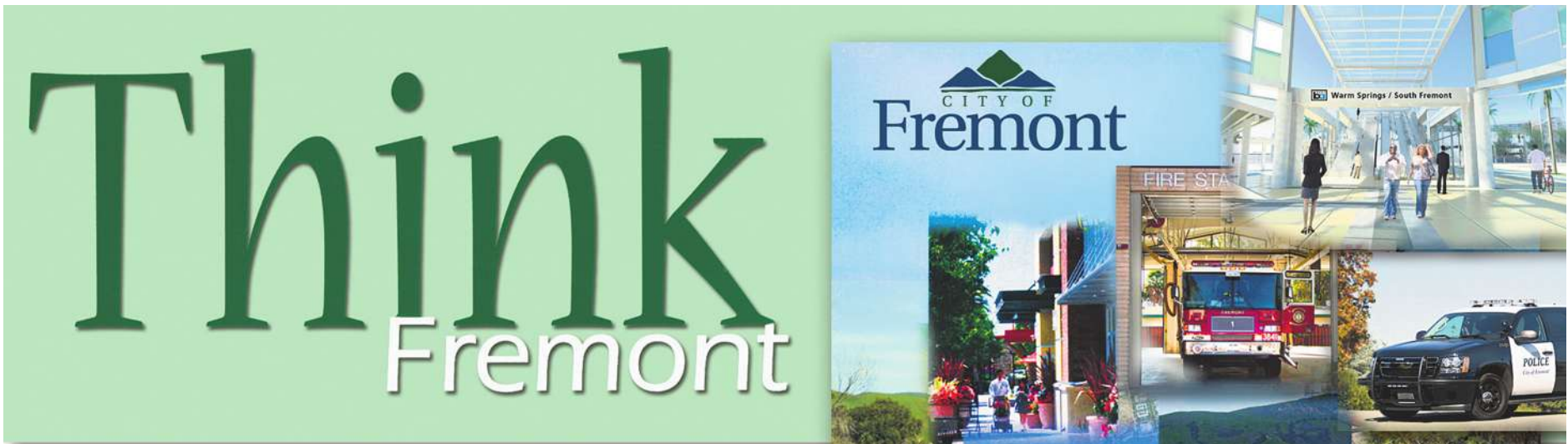
Why did the little kid put sugar under his pillow?



ANSWER: So he could have sweet dreams.

Write On! Alliterations

Write a sentence in which all or nearly all of the words start with the same letter. Example: Sarah's six sisters sucked sugary sweets.



Fremont's Senior Center

It's Not Your Grandma's 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 it's 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 that will give you an overview of how our sponsorship opportunities are set up.

Please contact the City's Lance Scheetz at 510-494-4331 for more information on how you can get involved and create community through Parks and Recreation.



Sign up for a Free Personal Emergency Preparedness Class



Special Saturday classes will be held from 9 a.m. to 12 p.m., with hands on training starting at 12:15 p.m., on the following dates:

- May 14
- August 27

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

To register for a free PEP class, please call 510-494-4244 or send an email to FirePubEd@fremont.gov.

If you are part of a group and would like to schedule your own personal group PEP class at your location, please contact Chuck Guaraglia, Public Education with the Fremont Fire Department, at 510-792-3473 or guaraglac@comcast.net.

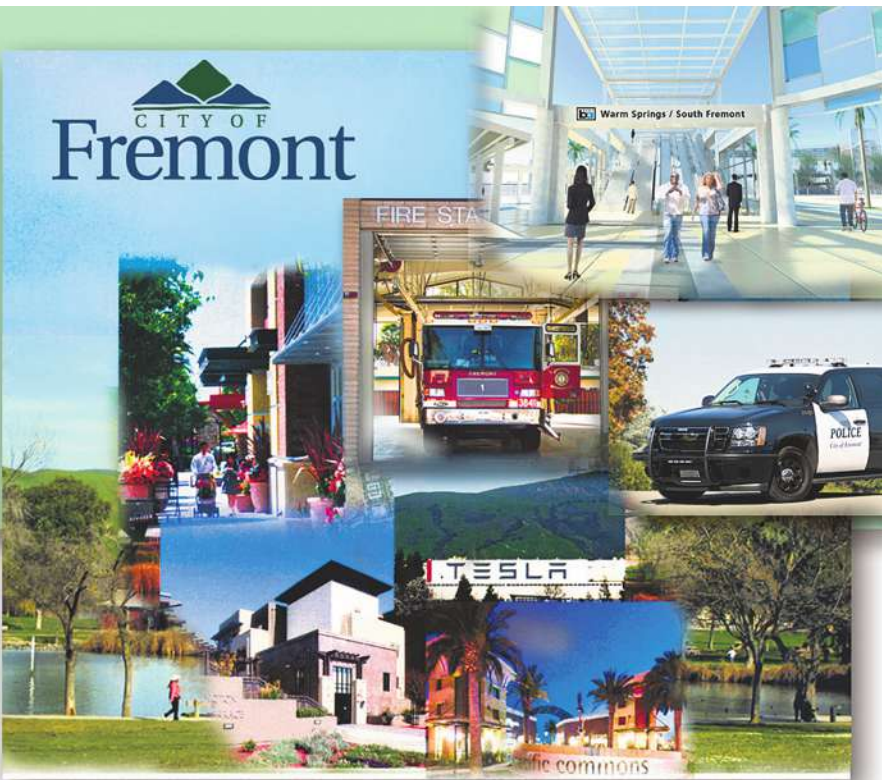
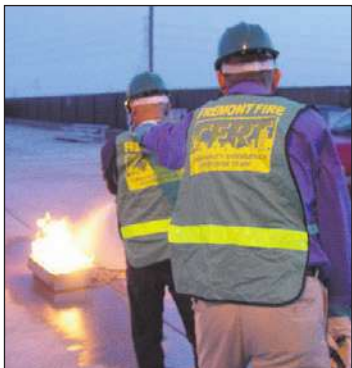
The City of Fremont's Fire Department is offering a free Personal Emergency Preparedness (PEP) class, which will teach you how to take care of yourself and your family before, during, and after a disaster.

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

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

Classes are held from 7 p.m. to 10 p.m. on the following dates:

- Wednesday, February 17
- Tuesday, May 3
- Thursday, August 18
- Wednesday, November 9



Volunteer Income Tax Assistance Program

The Fremont Family Resource Center's (FRC) free tax preparation service is now available. Since 2002, the FRC has helped more than 19,000 families receive over \$29 million in refunds!

The 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, we have four locations to serve customers:

• **Fremont Family Resource Center, Fremont (Walk-in only)**
39155 Liberty St., Suite A110
January 27 to April 15
Wednesdays, 4 p.m. to 8 p.m.
Thursdays, 4 p.m. to 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.
January 30 to April 16
Saturdays, 10 a.m. to 2 p.m.



• **Tri-City Volunteers, Fremont (Appointment only)**
37350 Joseph St.
February 1 to April 11
Mondays, 10 a.m. to 2 p.m.

• **Tri-Cities One-Stop Career Center, Ohlone Campus, Newark (Appointment only)**
39399 Cherry St., Rm. 1211
February 2 to April 12
Tuesdays, 10 a.m. to 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, contact SparkPoint Fremont at 510-574-2020, or visit www.Fremont.gov/SparkPointFRC.

CITY OF FREMONT - RECREATION SERVICES

SUMMER JOB FAIR

Thursday, February 25

5:00pm-7:30pm

DON'T WAIT
APPLY TODAY!

BE A PART OF OUR WINNING TEAM!



Positions include: Summer Camps Staff, Aqua Adventure Staff, Food Services Staff, & More!

Teen Center

(39770 Paseo Padre Pkwy.)

- ✓ BE PREPARED FOR AN INTERVIEW
- ✓ DRESS PROFESSIONALLY
- ✓ GAIN VALUABLE EXPERIENCE

www.Fremont.gov/RecJobs



This is a perfect opportunity for students, teachers, or anyone looking for a summer job! Learn about our available positions, submit an application, and receive a screening interview. Visit www.Fremont.gov/RecJobs and get a **FASTPASS** by completing your paperwork ahead of time. For information, email RegeRec@fremont.gov or call (510) 494-4300.

Connect with Us:



Having an affair - Have it here

Banquet Facility

Weddings - Receptions - Luncheons
Company Parties - Dances
Indoor and Outdoor Facilities
Catering Available
Capacity 300

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

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



CONTINUING EVENTS

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, trigonometry and physics

Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677

Thursday, Jan 21 thru Saturday, 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 certification

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 Exhibit

11 a.m. - 5 p.m.

Illustrators share their artwork

Artist reception Saturday, Mar 12 @ 1 p.m.
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Fridays, Jan 22 thru Feb 26

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

Complies with state guidelines for certification

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

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

Arts & Entertainment

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

TECHNOLOGY MUSIC ACADEMY

FREE (\$25 Value)
*Registration with this ad!
*First time registration only

Ages 4 & up • Exams & Recitals • Certified Diplomas

PIANO LESSONS

\$10 per week
(1 hour class)

Piano/Keyboard

Singing/Vocal

Guitar/Bass

Conga/Drums

GUITAR LESSONS

\$15 per week
(1 hour class)

Flute/Trombone

Violin/Clarinet

Sax/Trumpet

Ukulele

Hayward Music Center

124249 Hesperian Blvd., Hayward 510-264-9669

**Dear Chocolates,
She'll eat you up.
And you're finished!**

And we've just started!

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OPEN 7 DAYS A WEEK

CAL SELF STORAGE

**26869 Mission Blvd., Hayward
(Behind FOOD SOURCE)**

510-538-1536

Thursday, Jan 21 thru Saturday, 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.
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Type 2 Diabetes education

Participants must attend all classes
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738

SMOKING PIG BBQ COMPANY

BY NIGHT

**BEST BBQ
in Fremont**

LIVE MUSIC
Friday & Saturday at 9:00 pm

**2/12 Kings Five
Swing Dance Band**

2/13 Taryn Donath

2/19 Lucky Losers

**2/20 Trickbag
Sweden's #1 Blues Band**

**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
Fri & Sat. 11am - 11pm

Expires 1/30/16

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

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

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Hindi For Credit Offerings
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Hindi II
Hindi III
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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

Wednesdays

10 a.m. - 2 p.m.

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

MILPITAS:

Milpitas Farmers' Market at ICC

Sundays

8 a.m. - 1 p.m.

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

NEWARK:

Newark Farmers' Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

UNION CITY:

Kaiser Permanente Union City Farmers' Market

Tuesdays

10 a.m. - 2 p.m.

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

Union City Farmers' Market

Saturdays

9 a.m. - 1 p.m.

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

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

Prince of Peace Christian School

School of Choice| Preschool-8th Grade

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

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

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

Tuesday, Feb 9 - Friday, Feb 16

Chinese Lunar New Year Paint-
ing Exhibit

8 a.m. - 5 p.m.

Year of the Monkey art works

Santa Clara County Offices

70 West Hedding Street, San Jose

(408) 299-5151

www.sccgov.org

Thursday, Feb 11 - Saturday, Feb 27

AP Studio Show

10 a.m. - 4 p.m.

Students show advanced works

Foothill Arts of the Bay

22394 Foothill Blvd., Hayward

(510) 538-2787

www.haywardarts.org

Thursday, Feb 11 - Sunday, Mar 6

Mrs. Warren's Profession \$

Thurs - Sat: 8 p.m.

Sun: 2 p.m.

Provocative story of prostitution

in the 1800's

Douglas Morrison Theatre

22311 N Third St., Hayward

(510) 881-6777

www.dmtonline.org

Fridays, Feb 12 thru Apr 29

Senior Sing Along Chorus \$

2 p.m. - 3 p.m.

Enjoy singing and socializing

Kenneth C. Aitken Center

17800 Redwood Rd.,

Castro Valley

(510) 881-6738

www.haywardrec.org

Saturday, Feb 13 - Sunday, Mar 13

Angels Flying over the Pacific
Ocean

Viewing during library hours

Artwork from young Chinese artists

Opening Ceremony & Reception:

Saturday, Feb 13

10 a.m. - 12 p.m.

Fremont Main Library, Fukaya

Room B

2400 Stevenson Blvd, Fremont

(510) 745-1421

www.aclibrary.org

http://us-chinaculture.com

Computer Lab

Science Lab

Fine Arts

Spanish

Athletics

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Sweet & Spicy Port Ribs
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Broccoli Beef
(Sml size) Chicken Corn Soup
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www.chinaexpressfremont.com

510-623-9393

39473 Fremont Blvd., Fremont

The Crossroads Shopping Ctr. Fremont Blvd. & Walnut

THIS WEEK

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

Tuesday, Feb 9

Stem Cell Research Discussion

6:30 p.m. - 8:30 p.m.

Discuss treatments and research funding

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Wednesday, Feb 10

Successful Interview Tech-
niques

3:30 p.m. - 5:00 p.m.

Discuss and practice interview skills

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Wednesday, Feb 10

Wrestling Jerusalem

2 p.m.

*Solo performance about multiple per-
spectives on Middle East conflict*

California State University,

East Bay

University Theatre

25800 Carlos Bee Blvd, Hayward

(510) 885-3118

http://www.wrestlingjerusalem.co
m/

Wednesday, Feb 10

Ash Wednesday

7 a.m. - 8 p.m.

Mass and distribution of ashes

Fremont Holy Spirit Church

37588 Fremont Blvd., Fremont

(510) 797-1660

www.holyspiritfremont.org



Saturday, Feb 13
Fun with Felting \$
10:30 a.m. - 11:30 a.m.
Transform sheep’s wool into felt for a craft
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Feb 13
Beginning Embroidery \$
12:30 - 1:30 p.m.
Decorate cloth with basic stitches
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Feb 13
Learn the Ropes \$
2 p.m. - 3 p.m.
Use antique machines to hoist hay
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Feb 13
Microhike \$
11 a.m. - 12 noon
Investigate the world of insects
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Feb 13
All Fur Love Pet Adoption Event
11 a.m. - 5 p.m.
Kittens, cats, puppies, dogs and bunnies available
Spay and neuter vouchers available
Hayward Animal Shelter

16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org
http://asmdc.org/members/a20

Saturday, Feb 13
Laughter Yoga
11:30 a.m. - 12:30 p.m.
Reduce stress and improve happiness
Hayward Main Library
835 C St., Hayward
(510) 881-7975
http://tinyurl.com/ly-feb16

Saturday, Feb 13
Get Your Fit On with Zumba – R
11:30 a.m. - 12:30 p.m.
Low and high intensity moves for fitness
Hayward Main Library
835 C St., Hayward
(510) 881-7946
http://tinyurl.com/mtag-feb-16

Saturday, Feb 13
Chinese New Year Celebration
10 a.m. - 3 p.m.
Dragon dancers, arts, crafts and panda photos
Great Mall
447 Great Mall Dr., Milpitas
(408) 956-2033
www.simon.com/mall/great-mall

Saturday, Feb 13
Courtship to Cupid a Valentine Tradition \$
10 a.m.
History of courtship, engagement and marriage
McConaghy Victorian House
18701 Hesperian Blvd., Hayward
(510) 581-0223
www.haywardareahistory.org

Saturday, Feb 13
Valentino for Valentine’s Day \$
7:30 p.m.
Son of the Sheik, Rudolph Valentino and His Beauties

Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Feb 13
Marshland of Dreams
10 a.m. - 11 a.m.
Docent led 1 mile walk thru tidelands
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Feb 13
Volunteer Orientation
1 p.m. - 2 p.m.
Discuss goals and mission of refuge
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Sunday, Feb 14
Ohlone Village Site Tour
10 a.m. - 12 noon
Tour shade structure, pit house and sweat house
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Feb 14
Math for Adults
2 p.m. - 4 p.m.
All about fractions
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Sunday, Feb 14
Meet the Chickens \$
11:00 a.m. - 11:30 a.m.
Discover where they lay eggs and sleep
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont

(510) 544-2797
www.ebparks.org

Sunday, Feb 14
Beautiful Trees \$
1:30 p.m. - 2:30 p.m.
Stroll the grounds and discover special trees
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 14
Love in the Wilderness
8:30 a.m. - 11:30 a.m.
Steep 3.2 mile hike up to High Valley
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Feb 14
Newts Do It Too
10:00 a.m. - 11:30 a.m.
Hike 1.5 miles to view newt’s habitat
Ages 12+
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

Sunday, Feb 14
Fremont Symphony Valentine’s Day Concert \$
8 p.m.
Variety of passionate and romantic music
Prince of Peace School
38451 Fremont Blvd., Fremont
(510) 371-4859
www.fremontsymphony.org

Sunday, Feb 14
Valentines or Not Dinner \$R
6 p.m.
Dinner and music
BYOB
Niles Pie Company

32990 Alvarado-Niles Rd,
Union City
(510) 324-4743
www.nilespie.com/products/vale
ntines-or-not-dinner

Sunday, Feb 14
Record Swap Meet \$
7 a.m. - 1 p.m.
Vinyl records, CD’s and 45’s
Newark Pavilion
6430 Thornton Ave., Newark
(510) 793-4617
jazzbo.2@netzero.net

Sunday, Feb 14
Lauren and Hardy Talkie Matinee \$
4 p.m.
Mail and Female, Men O’ War, Twice Two
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Feb 14
History of the National Wildlife Refuge System
1:00 p.m. - 1:30 p.m.
Walk and discuss the marshlands
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Thursday, Mar 3
Call to Artist Fiber Art Show
1 p.m. - 5 p.m.
Fiber and needle art submissions for March show
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Remembering Hallowed Grounds

Black History Month celebrates the achievements and contributions of African Americans, recognizing that they are an integral part of United States history and culture. Selected by the Association for the Study of African American Life and History (ASALH), the national theme for 2016, “Hallowed Grounds: Sites of African American Memories,” serves to bring attention to sites throughout the country where significant African American events took place.

Black history celebrations first began in 1926 with national Negro History week, established by ASALH. As participation grew, the week turned into an entire month, officially recognized in 1976 by President Gerald Ford, who urged the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Through movies, African drumming, storytelling and other events, the Tri-City area offers several ways to learn more about African Americans and how they’ve impacted our nation and the world.

Cal State East Bay’s Center for Sport & Social Justice (CSSJ) will host Olympians John Carlos and Wyomia Tyus for a special event February 10. Dave Zirin, an award-winning sports journalist for “The Nation,” will moderate a question-and-answer session with the athletes who famously protested against racial injustice at the 1968 Mexico City Games. A private reception and fundraiser will be held at 4:30 p.m., followed by the public Q&A session at 7 p.m. in the University Theatre; seating is limited.

1968 Olympians and Social Activists John Carlos and Wyomia Tyus

Wednesday, Feb 10
7:00 p.m. – 9:00 p.m.
California State University, East Bay
University Theatre



25800 Carlos Bee Blvd, Hayward
(510) 414-2336
Rita.liberti@csueastbay.edu
http://www20.csueastbay.edu/ccas/cssj/

Supported by the City of Newark Cultural Arts Program, the Afro-American Cultural & Historical Society, Inc. presents the 42nd annual Black History Month Observance on Saturday, February 13. The event will feature educational displays, university representatives, Soul Food station, drummers, vendors, arts & crafts, choirs, poets, children’s black history games, R.J. Reed Inventors exhibit, and Colonel Allensworth State Park exhibit. A.T. Stephens, director of Hayward Area Historical Society, will serve as the keynote speaker.

Black History Month Observance
Saturday, Feb 13
Newark Community Center
35501 Cedar Blvd, Newark
12 p.m. – 6 p.m.
Program: 1 p.m.
Keynote speaker: 3 p.m.
(510) 792-3973
(510) 793-8181
www.aachsi.com
Free admission

Celebrate Black History Month with drums, dancing and more! Onye Onyemaechi, founder of Village Rhythms, shares the joy and soul of African culture, music, and village life through rhythm and dance. Born in Nigeria, Onyemaechi is a world-renowned master percussionist, educator, and performing

musician, who engages children and families in a participatory experience of African Village life. Onye uses captivating music, native dress and instruments presented in a historical/cultural context.

Village Rhythms African Drumming
Saturday, Feb 13
2:00 p.m. – 3:00 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org

In 1963 civil rights leader Medgar Evers was murdered in his own driveway. For 30 years his assassin remained free. Alec Baldwin and Whoopi Goldberg star in this true murder story, “Ghosts of Mississippi,” showing at Fremont Library.

“Ghosts of Mississippi”
Sunday, Feb 14
2:00 p.m. – 4:00 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org

Onye Onyemaechi brings the joy and soul of African culture, music, and village life to Union City Library on February 17.

Village Rhythms
Wednesday, Feb 17
6:30 p.m. – 7:30 p.m.
Union City Library
34007 Alvarado-Niles Rd, Union City
(510) 745-1464
www.aclibrary.org

Kirk Waller is an award-winning storyteller who combines spoken word, rhythm, music and movement to create an unforgettable experience. Join us in the Community Room for this wonderful event as part of our Black History Month programming.

Storytelling with Kirk Waller
Saturday, Feb 20
3:00 p.m. – 4:00 p.m.
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640
www.aclibrary.org

Keke Palmer, Laurence Fishburne, and Angela Bassett star in the story of 11-year-old Akeelah, a smart girl with a difficult home life who turns out to have a great aptitude for spelling. When she receives coaching from English professor Dr. Larabee and keeps winning spelling bees, Akeelah has the opportunity to go all the way to the Scripps National Spelling Bee.

“Akeelah and the Bee”
Sunday, Feb 21
2:00 p.m. – 4:00 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org

Calling for poets! Join us for an Open Mic event that welcomes writers at all ages and levels. In honor of Black History Month, we’re offering a prize for the best African-American themed poem and a cash award for audience favorite. Sign-ups will occur on a first come first serve basis, so please arrive early.

Tickets are limited, so have your friends arrive early too.

Black History Month Poetry Open Mic Night
Friday, Feb 26
6:00 p.m. – 8:00 p.m.
HAHS Center for History & Culture
22380 Foothill Blvd, Hayward
(510) 581-0223

Set in Alexandria, Virginia, in 1971, this fact-based story begins with the integration of black and white students at T. C. Williams High School. This effort to improve race relations is most keenly felt on the school’s football team, and bigoted tempers flare when a black head coach is appointed and his victorious predecessor reluctantly stays on as his assistant.

“Remember the Titans”
Sunday, Feb 28
2:00 p.m. – 4:00 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org

The American Association of University Women (AAUW) One Book, One Community Read Program presents “Disgruntled,” a novel by 2001-02 AAUW American Fellow Asali Solomon. The book is an elegant, vibrant, startling coming-of-age novel, for anyone who’s ever felt the shame of being alive. In celebration of Black History Month, featured presenters are AAUW members Sylvia Ginwright and Zakiya Khalfani who will share their observations and experiences growing up black in America.

Disgruntled
Monday, Feb 29
7:00 p.m. – 8:30 p.m.
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org

Classifieds Deadline: Noon Wednesdays
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Life Springs Hospice serves the Alameda, Contra Costa, Santa Clara and San Mateo county communities.
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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dba JLA Home in Fremont, CA. Support computer systems.
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Senior Scientist - Newark CA to work on imaging/x-ray systems for security/medical apps.

MS Physics or foreign equiv + 1 yr exp.

Resumes to careers@tripleringtech.com

We, Father Vishnu Mulliappa and Mother Rajalakshmi Mani, residing at 36000 Fremont Blvd, APT 110, Fremont, CA 94536 have changed our minor Son's name from AARYA VISHNU SHANKAR RAJALAKSHMI to AARYA VISHNU

QA Analyst, Fremont, CA: Test using SOAP UI. Load testing. Use Rational & Agile methodology. MS in CS/related field w/1 yr exp. Travel involved. Fax: Compuga Inc @ (201) 604-5402

Startup Grind Fremont

SUBMITTED BY
CITY OF FREMONT

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. The Thursday, February 18 Startup Grind Fremont Chapter event, will include a fire-side chat with Andrew Ponec. He is a Stanford undergraduate and cofounder & 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: <https://www.startupgrind.com/fremont/>

Startup Grind Fremont
Thursday, Feb 18
6 p.m. – 8 p.m.
DeVry University
6600 Dumbarton Circle,
Fremont
Register: <https://www.startupgrind.com/fremont/>
Free

Upcoming events at Hayward Library

SUBMITTED BY
MICHELLE NOGALES

See how silliness is great for your health by joining "Laughter Yoga" on Saturday, February 13 at Hayward Main Library. Studies show that laughter can reduce stress, increase happiness, and improve respiration.

Laughter Yoga
Saturday, Feb 13
3 p.m. – 4:30 p.m.
Hayward Main Library
835 C St, Hayward
(510) 881-7975
<http://tinyurl.com/ly-feb16>
Free

Join Dora Saldana for a free Zumba class on Saturday, February 13 and February 27 at Hyaward Main Library. Zumba fitness mixes low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. It's a total workout, combining all elements of fitness

(cardio, muscle conditioning, balance and flexibility) for boosted energy and a serious dose of awe-some each time you leave class.

Wear comfortable workout clothes and shoes; bring a bottle of water and a small towel. If you have any physical or health issues, please consult your physician before trying Zumba Fitness or any other exercise. A waiver must be signed before class.

Classes are for ages 13 and up. Registration is required. Call (510) 881-7946 or email annie.snell@hayward-ca.gov to register.

Get Your Fit On with Zumba!
Saturday, Feb 13 & Feb 27
11:30 a.m. – 12:30 p.m.
Hayward Main Library
835 C St, Hayward
(510) 881-7946
annie.snell@hayward-ca.gov
<http://tinyurl.com/zumba-feb16>
Free (registration required)

League of Women Voters program reveals higher education crisis

SUBMITTED BY SAM NEEMAN

Higher education in California is at risk. You read about it in newspapers, hear it on the news and know it firsthand if your children or grandchildren are trying to get into our universities.

The League of Women Voters of Fremont, Newark and Union City (LWVFNUC) and the Alameda County Library invite you to hear Dr. S. D. Noam Cook, Professor Emeritus at San Jose State University, on Monday, February 22 at the Fremont Main Library. Come early for networking at 6:30 p.m., with the program at 7 p.m.

Dr. Cook will examine the nature, purpose and funding of higher education. Signs of change include mounting student debt, inability of the university to meet enrollment demands with limited space, and industry's need for more university-trained applicants. Cook will discuss the underlying assumptions of why we are approaching a crisis in Higher Education.

Cook has trained in both philosophy and social science, and holds a Ph.D. from M.I.T., and BA and MA degrees from San Francisco State. He spent two years on the research staff of Harvard Business School working in the area of business ethics and was also for ten years a consulting researcher at Xerox PARC (Palo Alto Research Centre).

LWVFNUC meetings are free to the public and are wheelchair accessible. An ASL interpreter will be provided if requested at least seven days in advance. Voice (510) 745-1401 or TDD 888 663-0660.

League of Women Voters Program
Monday, Feb 22
6:30 networking / 7:00 p.m. program
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1401 / (510) 745-1424
Free

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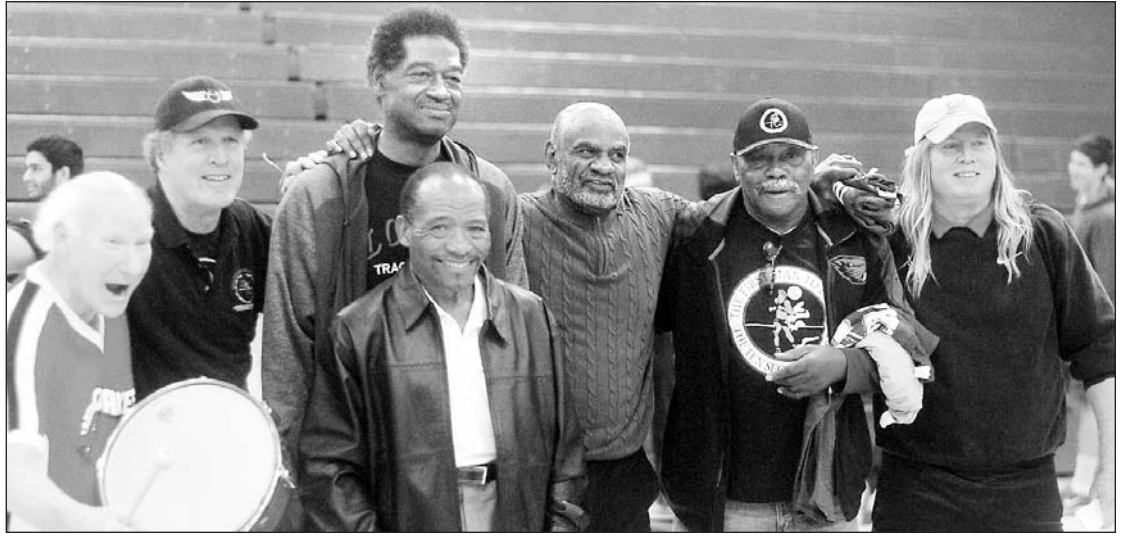
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510-713-9086 230 Fremont Hub Courtyard
www.atpacupuncture.com Fremont (Behind Bed Bath & Beyond)



Olympians visit Irvington High School



SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

on wed 3 Four prior Olympic champions visited Irvington High School in Fremont on February 3rd. A discussion led by Coach Lee Webb of James Logan High School in Union City, the athletes shared their experiences and how lessons learned in sports can be applied to future challenges of life after high school. In an emotional setting filled with stories of fear of defeat and overcoming obstacles, local celebrity and comic Crazy George lightened the mood with his patented antics. Participants included: Mel Pender, Reynaldo Brown, Jim Hines, Leon Coleman, Lee Webb, Crazy George and Steve Thomas.

CSUEB Hosts 1968 Olympians and Social Activists

SUBMITTED BY KIMBERLY HAWKINS

Cal State University East Bay's (CSUEB's) Center for Sport & Social Justice (CSSJ) will host Olympians John Carlos and Wyomia Tyus for a special event on Wednesday, February 10 in the University Theatre. Dave Zirin, an award-winning sports journalist for "The Nation," will moderate a question-and-answer session with the athletes who famously protested against racial injustice at the 1968 Mexico City Games.

"John Carlos and Tommie Smith's selfless act against racial injustice atop the medal stand in 1968 is one of the more iconic images surrounding racial politics of the period," said Rita Liberti, CSSJ's director. "At great personal risk both athletes stood on the medal stand with raised, gloved fists in the air, in silent protest against racial injustice. They used sport and its increasingly powerful place in society as a site of political resistance in challenging the racial status quo."

Carlos and Smith won bronze and gold medals, respectively, in the 200-meter dash in the 1968 Olympics. But the sprinters from San Jose State University gained international fame at the podium after raising black fists to support human rights.

Gold medalist Wyomia Tyus, Carlos's teammate on the 1968 Olympic team dedicated her medals to Carlos and Smith. Tyus won two medals for the 100m and relay.

Carlos, Tyus and Zirin will be on the Hayward campus to speak to students before the formal events. A private reception and fundraiser will be held at 4:30 p.m., followed by the public Q&A session from 7 p.m. - 9 p.m. in the University Theatre. Seating is limited.

For further information about this event contact Rita Liberti, director and professor of kinesiology at CSUEB: Rita.liberti@csueastbay.edu or webpage: <http://www20.csueastbay.edu/ceas/cssj/>

Olympians at CSUEB
Wednesday, Feb 10
7 p.m. - 9 p.m.
CSUEB, University Theater
25800 Carlos Bee Blvd, Hayward
Rita.liberti@csueastbay.edu
<http://www20.csueastbay.edu/ceas/cssj/>
Free but seating is limited
Parking /\$2/hour at Lot K (next to the theater)

Men's Basketball Ohlone Renegades Report

SUBMITTED BY DON JEDLOVEC

Friday, February 5
Ohlone 80, Foothill 61

Renegades Head Coach Scott Fisher is a retired American-Australian basketballplayer and formerhead coach of the National Basketball League's Perth Wildcats. He attended Mission San Jose High School.

Head Coach Scott Fisher




City of Fremont
News Briefs

SUBMITTED BY CHERYL GOLDEN

50-50 Street Tree Program

Do you have a hazardous or dying tree? The City of Fremont wants to help you care for it. That's why the City Council authorized \$100,000 to help property owners pay for some of the costs for street tree removal and replacement for trees with an approved tree removal permit. Healthy street trees help to beautify the entire city and are typically located between the curb and sidewalk or five feet behind the sidewalk. In 2010 due to significant budget and staffing cuts, the responsibility for maintaining street trees returned to property owners. Reimbursement covers 50 percent of the cost for street tree removal and replacement up to a maximum contribution of \$750 per tree and up to two trees per property.

Get information about requirements and fill out a free tree permit at www.fremont.gov/Trees. For additional information contact treepermits@fremont.gov, or call (510) 494-4730.

Senior Helpline

The City of Fremont has always had a special place in its heart for its senior residents. And one of our unique services is the Fremont Senior Helpline, available in English, Farsi, Spanish, and Mandarin. The Fremont Senior Helpline offers information and referral to a wide array of programs specifically for those over the age of 60, including care management services for frail seniors, caregiver support and emotional and mental health services. Hours of operation are Monday through Friday from 9:30 a.m. to 4:30 p.m. If you cannot reach someone immediately, please leave a voice message and your call will be returned in less than one business day. To reach Fremont's Senior Helpline, call 510-574-2041.

Home Sharing Offers Creative, Affordable Housing Solutions

In an effort to create more affordable housing options for its residents, the City of Fremont reached out to HIP Housing, the San Mateo based nonprofit that runs one of the nation's largest Home Sharing programs and has been around for more than 40 years. As of August 1, 2015, the organization now serves those who are seeking housing who live or work in the City of Fremont and persons with a room to rent who live in Fremont, Newark and Union City. In San Mateo County, HIP

provides affordable housing for more than 1,400 people each year.

Since sharing a home can come with occasional conflicts, HIP Housing has developed a system to help prevent and mitigate any problems. A "Living Together Agreement" outlines the rules, details, musts, and deal-breakers for cohabitating. For more information about HIP Housing's Home Sharing Program, please contact HIP Housing Coordinator Laura Moya at (510) 574-2173, check out their website at www.hiphousing.org or visit Fremont's Human Services Department at 3300 Capitol Ave., Building B in Fremont.

The Positive Effects of Playing Basketball

Did you know that over 450 million people play basketball across the globe? Start your little one on the path to a healthy lifestyle by getting them involved in sports. Join us for a fun-filled night of basketball every Monday and Wednesday. Classes are taught by experienced basketball coaches. Boys and girls will be divided into age groups to work on fundamentals such as dribbling, passing, shooting, footwork, and defense. They will then participate in games. This basketball clinic will benefit all skill levels. For more information, contact Joe at 510-494-4334 or jbenjamin@fremont.gov.

Spring into Skateboarding

Did you know that world-famous professional athletes include skateboarding in their training routines? The City of Fremont offers skateboarding lessons taught by the Jordan Richter Skateboarding Academy. Their teaching methods help create a strong foundation of skills and confidence, which give each rider a safe and positive skateboarding experience. Rest assured, there is never a dull moment with skateboarding, so pad up and get on over to the Fremont Skatepark! For more information, contact Rena at (510) 790-5546 or rkiehn@fremont.gov.

Game, Set, Match! – February Session

Check out our tennis classes with the City of Fremont. Lessons are held throughout the week at the Fremont Tennis Center, Warm Springs Community Park, and Sylvester P. Harvey Community Park. Whether you are a beginner or a pro we have a tennis class for you. Private lessons for a 1-on-1 experience are also available. All City of Fremont tennis staff has certifications in CPR, First Aid/AED, and USTA Coach Youth Tennis. For more information, contact the pro-shop at (510) 790-5510 or Tennis@fremont.gov.

Breshers wins third CCAA
Player of the Week award



Women's Basketball

SUBMITTED BY
STEVE CONNOLLY
PHOTO BY KELLEY COX

Cal State University East Bay (CSUEB) senior Tori Breshers has been named the California Collegiate Athletic Association (CCAA) Women's Basketball Player of the Week for the third time this season after leading the Pioneers to a perfect 2-0 week and entering the program's record books.

Breshers patrolled the interior for a pair of dominant defensive performances by CSUEB, then she scored 20 points at the January 28 game, to break a 28-year-old record and become the all-time leading scorer in the history of Pioneer Women's Basketball. She matches UC San Diego's Farrah Shakoor with three CCAA awards this season.

East Bay held both its opponents to 40 points recently and

now ranks No. 2 in the nation in scoring defense at 52.1 points allowed per game. At the January 28 game, the team limited Cal State San Marcos to just six points and 6.9 percent shooting (2-for-29) in the first half. Breshers was outstanding in both contests, posting two double-digit rebound performances and totaling 21 boards, five blocks, and two steals.

Breshers was also CSUEB's best offensive player last week, earning her a spot in the school record books. Against San Marcos she posted her third double-double of the season. Her final basket of the night brought the four-year senior's career point total to 1,211—passing Hall of Famer Antoinette Goode for first place in the all-time rankings.

For the week, Breshers averaged 14.5 points, 10.5 rebounds, and 2.5 blocks per game, while shooting 50 percent from the field and going seven-for-eight from the free throw line.

CSUEB graduate student featured on
Grammy nominated album



SUBMITTED BY KIMBERLY HAWKINS

Cal State University East Bay (CSUEB) graduate student Mario Silva is like most musicians. He says he doesn't play to get paid or "make it big" or win awards. He plays for the love of music.

But when the Grammys air on February 15, he might just win some major bragging rights to go along with that love. That's because you can hear Silva's trumpet on several of the tracks off Morgan Heritage's "Strictly Roots," which is up for best reggae album of the year.

"I remember recording it and thinking, wow, this sounds pretty amazing," said Silva, who is earning his master's degree in jazz performance. "It sounds really unique."

It's the kind of gig 36-year-old Silva has earned through a lot of work. He picked up trumpet at 16 and was playing professionally by 19. "I started getting calls, because I could sight read really well, to play in a

lot of salsa bands," Silva said. Last year, he decided to build on what he'd learned as an undergraduate student and pursue his master's degree at CSUEB.

"The director of jazz studies is an amazing musician and amazing teacher," said Silva. "I thought I would take advantage of the time Dr. Mitch Butler was there. And I love that Cal State East Bay is the most diverse campus in the United States."

Silva recently co-produced the album "Borderless" by La Gente, an international recording group based in San Francisco. He currently plays with multi Grammy-nominated Chuchito Valdes, a Cuban-Latin jazz pianist, and traditional Cuban band Pellejo Seco. But his next big recording project will likely be his own. The musician is starting to write his own material, with the goal of laying down the tracks himself.

You can catch Silva performing locally with Rupa and the April Fishes, Pellejo Seco, and The Lucky Devils.

Officers of AMVETS
Hayward Post 911



SUBMITTED BY AMVETS POST COMMANDER
MICHAEL L. EMERSON

Officers of AMVETS Hayward Post 911 presented a framed Certificate of Appreciation at Post meeting at the Hayward Veterans Memorial Building on Thursday, January, 7 to Kenneth A. Kremer, broker and owner of Kremer & Company Realtors. Ken flies a huge U.S. Flag every day in front of this business on Redwood Rd. in Castro Valley, CA.

Breakfast program receives grant



Julie Moore (2nd from left) of Fremont Bank Foundation delivered a generous holiday grant check of \$5,000 to Tri-City Free Breakfast Program (TCFBP). The check was received by TCFBP board members (L-R) Jeane Garrett, Brook Mantia and Gerlinde Mardirosian.

SUBMITTED AND PHOTO BY RONNIE FONG

The Tri-City Free Breakfast Program (TCFBP) received a \$5,000 holiday grant from Fremont Bank Foundation to help feed those in need.

"This helps a lot towards getting us out of our current deficit," said TCFBP Board President Jeane Garrett. "We will serve over 32,000 free breakfasts this year, 100 percent done by volunteers and financed completely by donations from generous individuals and organization."

Julie Moore of Fremont Bank Foundation said, "Fremont Bank Foundation is overjoyed to support the Tri-City Free Breakfast Program and other food programs during this holiday season. They do so much with so little. It is impressive to see their dedication and compassion for others. The Holiday Grants Program is one way we help serve the families in need throughout our communities."

People interested in helping donate or volunteer with TCFBP should contact TriCityFBP@gmail.com or leave a message at (510) 657-3133. Visit the Facebook page at <http://bit.ly/tcfbpFB> for more information.

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

Free Personal Emergency Preparedness class

SUBMITTED BY CITY OF
FREMONT

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

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

Earthquake and Disaster Awareness

Gas, Electric and Water Shut-off

Hazardous Material Awareness

Fire Extinguisher Types

Smoke Detector Placement

Sheltering In-place

Classes are held from 7 p.m. to 10 p.m. on the following dates:

Wednesday, February 17,
Tuesday, May 3, Thursday, August 18, Wednesday, November 9

Special Saturday classes will be held from 9 a.m. to 12 p.m., with hands on training starting at 12:15 p.m., on May 14 and August 27.

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

To register for a free PEP class, please call (510) 494-4244 or send an email to:

FirePubEd@fremont.gov

If you are part of a group and would like to schedule your own personal group PEP class at your location, please contact Chuck Guaraglia at (510) 792-3473 or email: guaraglia@comcast.net

Seismic Retrofit Incentive Program

SUBMITTED BY SBEYDEH WALTON

The San Leandro City Council announced that for the second year in a row, up to 75 San Leandro homeowners are eligible to receive as much as \$3,000 to help strengthen their homes in the event of a major earthquake. Qualified homeowners in the 94577, 94578 and 94579 zip codes can now apply for the Earthquake Brace + Bolt program before the February 20 registration deadline via www.earthquakebracebolt.com. A random drawing of eligible homeowners will be conducted to select recipients.

The houses must meet certain criteria, including being built on a

level or low-slope site and sit on a raised foundation with a four-foot (or less) cripple wall under the first floor. Qualifying dwellings are typically pre-1979 houses that aren’t bolted to their foundations, are built atop a crawl space and have unbraced “cripple walls” surrounding that crawl space.

The Brace + Bolt Program complements the City of San Leandro’s award-winning Earthquake Home Strengthening Course. This four session course assists “do-it-yourselfers” in developing a plan to strengthen their home.

For more information, please contact the City of San Leandro’s Building Division at (510) 577-3405.

TAKES FROM SILICON VALLEY EAST



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

Fremont Startup Grind Digest:

Andrew Ponec and Preetish Nijhawan

BY SHILPI SHARMA,
STARTUP GRIND FREMONT
CHAPTER DIRECTOR

At the first Startup Grind event of the New Year on January 19th, Preetish Nijhawan, Managing Director of Cervin Ventures talked about his experiences as an entrepreneur and venture capitalist. Nijhawan shared many of his funny, painful, and interesting personal stories about funding startups.

At the end, he provided three lessons that entrepreneurs across all industries can apply:

1. Be wary of building a business where you have to educate the market
2. Reduce your burn rate in order to maximize your flexibility
3. Learn more from your failures than successes

During the audience Q&A portion of the event, Nijhawan brought up a semi-controversial idea stating that not all startups must have (or should have) VC funding. He encouraged entrepreneurs to think about lifestyle oriented companies that allow for more autonomy without the stresses of public reporting, IPO paperwork, or corporate board management. Sorry you missed it? No worries, there is another one coming up!

Join us on February 18th to talk with our youngest entrepreneur yet, Andrew Ponec, Co-founder of Dragonfly Systems, about renewable energy, Clean-tech incubation, and startups. Dragonfly System created small electronic devices to improve efficiency and reduce installation costs for large commercial and utility-scale solar power installations. Dragonfly Systems was acquired in 2014 by SunPower Corporation, a US-based solar company, and is currently ramping up the production of the Dragonfly devices. Ponec was also named to Forbes “30 under 30” list in 2014 for his work in solar energy, and is currently focusing on smart buildings, and affordable housing technologies.

Get your tickets

www.eventbrite.com/e/startup-grind-fremont-hosts-andrew-ponec-forbes-30-under-30-tickets-17726415185.

It is never too early to mark your calendar for the next StartupGrind event!

On March 15, 2016, Fremont Grind will feature Aaron Carpenter, Chief Customer Officer at HubNami, a social media management startup.

You can follow Startup Grind Fremont on Twitter, @Fremont-Grind and Facebook at Startup Grind Fremont.



Song presentation in honor of Chinese New Year by Mandarin Immersion Class from Azevada Elementary School.

Fremont City Council

February 2, 2016

Consent:

- Award contract for on-call construction special inspection and materials testing consultant services to BSK Associates and Consolidated Engineering Laboratories in an amount not-to-exceed \$150,000 per year for three years.
- Adopt Impact Fee Annual Report for FY 2014/15.
- Approve Final Map and Improvement Plans for Tract 8054 at 41482 Fremont Boulevard (Villas at Florio).
- Approve and authorize and agreement with San Francisco Bay Area Rapid Transit District (BART) in connection with design, construction, ownership, operation and maintenance of the Warm Springs/Fremont Station West Side access Bridge and Plaza Project.
- Authorize the submittal of a housing-re-

lated parks program grant application to State Department of housing and Community Development; appropriate funds for large group picnic area project in Central Park.

Ceremonial:

- Song presentation in honor of Chinese New Year by Mandarin Immersion Class from Azevada Elementary School.

Public Communications:

- East-West Connector Project Town Hall Meeting on Thursday, February 11 from 6:00 p.m. to 7:30 p.m. at Union City Council Chambers.
- World Harmony Day will be celebrated February 6th.

Council Referrals:

- Appointments
- Senior Citizens Commission: Paul Miller, Denise Churchill
- Youth Advisory Commission: Albert Sun, Shrey Kapoor,

Tara Bhatia, Bhavya Malladi, Divya Prakash, Sonia Sachar, Anirudh Prabhu

- Historical Architectural Review Board: Thomas McLauchian, David Price, Moina Shaiq
- East Bay Regional Park District Liaison Committee: Pavan Vedere
- Economic Development Advisory Commission: Karen Burns, Matt Ebner, Daniel Cardenas
- George W. Patterson House Advisory Board: Laura Calvillo, Christopher Williams
- Human Relations Commission: Sonia Khan, Patricia Montejano, Julie Moore
- Library Advisory Commission: Habib Khan, Yan Liu
- Recreation Commission: Larry Thompson
- Art Review Board: Carol Lawton
- Planning Commission: Ed Pentaleri, Roman Reed

OPINION



WILLIAM MARSHAK

Growth of Greater Tri-City infrastructure is visible in recently completed and planned restoration and replacement of our civic structures. Some, including Newark and Fremont, are preparing for enhanced City Halls. Plans and construction of enhanced libraries in Hayward and Newark as well as completed role models in surrounding cities demonstrate the central role of these services. All are examples of civic pride and sense of worth. Our cities are expanding while hopefully retaining a strong and intimate network of neighborhoods.

Heart and Soul

The heart and soul of a city resides in its citizens who feel love and affection for their city and region. Just as a Valentine's Day greeting to a significant other is filled with unspoken sentiments, neighborhoods and cities often receive that same hope from inhabitants for their future. Poets have tried to capture the feeling with a similar attitude, Robert Browning wrote:

"Grow old with me! The best is yet to be."

The Greater Tri-Cities are maturing and whether a city incorporated over 100 years ago or half that, they need the guidance and care from their citizens to watch, protect and even scold them as they attempt to integrate a wide variety of efforts toward a bright and satisfying future. We are entering a critical phase of growth and while slogans such as Fremont's mantra, "strategically urban," are easy to say and convenient rhetoric, what does this really mean and what consequences for neighborhoods and unified city?

As plans for development - civic and private - come to fruition during meetings and workshops of planning commissions, other boards and commissions or city councils, sparse attendance can be seen as a signal of indifference. Most meetings are televised, but there is no interaction; the

audience is silent. In order for citizens to demonstrate their love and care for city business, feedback is critical. Since meetings can be viewed and reviewed on the internet and through meeting minutes, it is possible for all, even those with busy schedules that preempt attendance, to listen and observe the actions of their elected and appointed officials. A quick email or call to your representatives can be a critical component of their decisions.

Just as Valentine's Day signals a renewal of the love and affection between those who care for each other, each citizen can also signal their affection and attention for civic doings. Send an email or leave a valentine message to your representatives and let them know how you feel or at least that you value your city. Citizens are the heart and soul of our cities; they provide strength and resolve to create a healthy and happy tomorrow.

William Marshak
PUBLISHER

FUSD crowns 2016 Spelling Bee Champions



(L to R) - Sanmeet Lohokare, Elementary Education Director Debbie Amundson, Danielle Barrido, Emily Lung, Megha Govindu, Board Trustee Desrie Campbell, Abinayaa Murugupandian, Board Trustee Yang Shao, Aaryan Shah, FUSD Superintendent Jim Morris.

SUBMITTED BY BRIAN KILLGORE

Fremont Unified School District (FUSD) crowned another batch of champions at its 2016 District Spelling Bee held January 29, at Weibel Elementary School. The top six spellers were:

1st - Aaryan Shah, 6th-Grade, Warm Springs Elementary School
2nd - Abinayaa Murugupandian, 6th-Grade, Ardenwood Elementary School

3rd - Danielle Barrido, 6th-Grade, Glenmoor Elementary School
4th - Megha Govindu, 6th-Grade, Forest Park Elementary School
5th - Sanmeet Lohokare, 5th-Grade, Brookvale Elementary School
6th - Emily Lung, 6th-Grade, Ardenwood Elementary School

All six will represent FUSD at the Alameda County Spelling Bee on March 12.

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Sharon Marshak

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Stephen F. Von Till, Esq.

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You help create a world with less cancer and more birthdays.

Thanks to your donations and purchases, the American Cancer Society's Discovery Shop raises money and awareness to finish the fight against cancer.

We need kitchen donations!ations!

The Fremont Discovery Shop is looking for cookware donations for our annual kitchen event. We would love your gently used or new cookbooks, pots and pans, small appliances, and kitchen décor. Help us make our kitchen event a success!

All donations are accepted 7 days a week and are tax-deductible.

American Cancer Society®

Discovery Shop
A Unique Quality Resale Experience™

40733 Chapel Way, Fremont 510.252.1540
Mon.-Thurs. 10 a.m.-7 p.m., Fri.-Sun. 10 a.m.-5 p.m.
cancer.org/discovery | 1.800.227.2345

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510-697-7750

Monica Gupta
Home Loan Specialist
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702 Brown Road, Fremont
510-520-7770

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www.realtytrain.com CA Lic. Broker

LETTER TO THE EDITOR

A reflection on naming a school after Filipino-Americans

I was born and raised in the Central Valley, also known as the nation's "salad bowl" because one third of the nation's produce is grown in this fertile California region. My parents came to California from the Philippines. My father, Santiago Rivera Balanon, arrived in 1928 and my mother, Alepia Hullana Baladad, joined him in 1930. They left their poor villages, where they realized they had no opportunity to better their lives, for the lure of America. Like most young people, they had dreams of a better future for themselves and future generations. California held that dream for them.

In California, they both worked as laborers on various farms in the Valley and beyond. They worked very hard "from sun-up to sun-down" as my mom used to describe it, picking tomatoes, bell peppers, and other vegetables in the hot, desert-like summers and the bitterly cold winters. Their hands were always rough and calloused from this backbreaking work. They toiled unceasingly to fulfill their dream and saved their money with the goal of buying their own farm. They finally scraped up enough money to buy a 15-acre farm in Merced in 1942.

My parents eventually had a family of six kids. We were firmly rooted as a large family in the Merced area of the Valley. We attended local schools, and it was not an option to get bad grades. We were told we should appreciate education because my father had just finished fourth grade, and my mother was not even able to attend school. Our hardworking parents were our role models. It was pounded into our heads that the only way we could become successful was to be good students and learn. They could not afford any luxuries for us, but their one big expense was to buy us a set of World Book encyclopedia. I loved reading those books and escaped to them whenever I could. I eventually went on to earn a master's degree in Educational Leadership.

Fast forward to the present: The local newspaper reported a middle school in Union City (New Haven Unified School District) was officially named Imlong-Vera Cruz Middle School. I read the article with pride. These two men, Larry Imlong and Philip Vera Cruz, were labor leaders who worked with Cesar Chavez, organizing the United Farm Workers and subsequently improving the

lives of Filipino and Mexican workers in the 60s. In fact, Imlong and Vera Cruz actually started the Delano Grape Strike in 1965. Their pivotal role was overshadowed by Cesar Chavez's eventual leadership of the farm worker movement; their contributions to American history has been largely unrecognized.

How fitting that the first school in the nation to be named after Filipinos was to honor these two men. Renaming the school also pays tribute to those Filipino immigrants, like my parents, who came here and worked the fields, raising their children to work hard to become productive citizens.

Imlong-Vera Cruz Middle School can stand proudly along with the other schools I attended as a child in Merced: Joseph LeConte, Luther Burbank, John Muir, and Herbert Hoover. Not only is it a name change, it validates and recognizes our Filipino heritage and our agricultural contributions to this country. To me, it symbolizes my farmer parents' struggles and accomplishments. I attended the dedication, silently representing them.

Gloria Balanon Gates
Fremont

Obituary

John Wayne Steinert

April 4, 1950 - December 3, 2015

Resident of Fremont

John Wayne Steinert passed away at home from his long term battle with liver failure on the morning of December 3, 2015 in Fremont, California at the age of 65.

Wayne was born in San Francisco, California on April 4, 1950. He was the middle child, and second son, of Elizabeth Ione and John Morris Steinert. He spent most of his youth living in Pacifica before moving to Fremont in 1964. He graduated from Washington High School in 1967. In 1968 he married his high school sweetheart, Kathy Webb, and had son Paul Brian in 1969. Soon after, he joined the Army, and served a tour in Vietnam working in warehouses. Professionally, Wayne was a man of many hats and worked as a manager in various restaurant and warehouse establishments. His favorite job by far was working 10+ years as a manager at the Canteen and the Brew Pub on the Green in Fremont, California.

Wayne married his current wife, Sally Nissen, in 1983, and had twin daughters, Megan Elizabeth and Kristin Michele in 1984. His children remember him as a prolific story teller with



a great sense of humor. He was known for his tremendous sweet tooth, as well as his passion for cooking, baking, bartending, and watching films especially those starring his idol John Wayne. He was always in the mood for a good cheeseburger, lasagna, poker game, or smoking a fine cigar.

Wayne is survived by his mother, Elizabeth Steinert-Dimmick, wife, Sally, son, Paul, daughters, Megan and Kristin; brothers, Rick and David; and his three grandchildren: Jessica, Keith, and Blake. Wayne is preceded in death by his father John Morris Steinert of Fremont, California. He will be deeply missed by all those who loved him.

Hayward City Council

February 2, 2016

Consent:

- Council approved resolution pertaining to a public hearing regarding a Geological Hazard Abatement District (GHAD) Resolution for Formation to be held on the council meeting scheduled Tuesday, March 1. According to staff report, the draft GHAD Plan of Control "describes potential geologic hazards within the territory to be included in the Hayward GHAD for the La Vista development and addresses the prevention, mitigation, abatement and control of such hazards."
- Council approved resolution pursuant to an initiative petition "amending the Charter and Municipal Code of the City of Hayward to change the City's General

Municipal Election from June of even-numbered years to November of even-numbered years, and if approved, to extend temporarily the terms of incumbents whose terms expire in 2018 and 2020," according to staff report.

- Council approved resolution regarding a request of Hayward Area Recreation and Park District for appropriation of park dedication in-lieu fees for a total amount of \$1,408,540.31 from Zone A for Greenwood Park expansion and Kennedy Park shade structure; and a total amount of \$254,520.18 from Zone C for Weekes Park master plan and Bret Harte Field ADA restroom project.

Work Session:

- Council and staff discussed progress on Transit Connector (Shuttle) Feasibility Study. According to staff report, Council authorized Fehr & Peers to assess the feasibility of implementing shuttle services from BART and Amtrak stations to neighbor-

hoods around Cannery Park, Upper B Street and downtown; neighborhoods around Fairway Park, businesses along Industrial Parkway and Huntwood Road; and industrial area west of I-880 between Winton Avenue and Industrial Boulevard.

Legislative Business:

- Council and staff discussed authorization of issuance of multi-family housing revenue bonds (acquisition and rehabilitation of four Eden Housing-owned affordable housing developments) and execution of related documents. These four properties are 742 Harris Ct. Apartments, Harris Court Apartments, Cypress Glen, and Huntwood Commons.
- | | |
|------------------------------|-----|
| 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 |

Newark Council mulls plans for new civic center

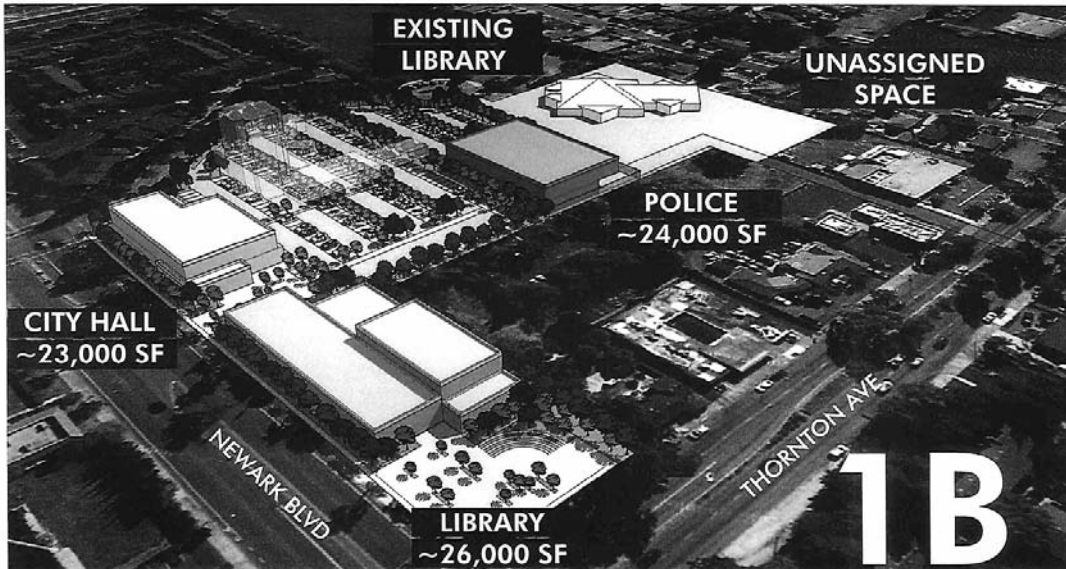
In a special meeting of the Newark City Council on February 4th, a presentation of several options to replace or renovate civic buildings including administration, police and library were presented by Group 4, a strategic research-centered design firm. Although the community center site at Newark and Cedar Boulevard was considered, the council voted unanimously in favor of the existing location at the intersection of Newark Boulevard and Thornton Avenue for further study. Discussion centered on architectural factors, heritage concerns, traffic, land value and life/safety issues.

Several rough plans and building configurations were presented; councilmembers were unanimous in their preference for new construction and site plan labeled 1B but with an altered configuration that allows the library to remain close to parkland and create a public plaza. During the discussion, councilmembers were notified that Newark Unified School District may be interested in exploring the use of existing or new buildings for district headquarters within the proposed civic center. Plan 1B was rated as "excellent" in an evaluation summary that considered: visibility/access; community placemaking; parking; operational synergy; and flexibility.

Group 4 representatives responded to council comments and will return to continue the discussion with additional information regarding costs, space and a phasing plan to allow current services to continue during construction if and when council decides to proceed.

SITE OPTIONS

EXISTING CIVIC CENTER SITE – NEW LIBRARY



BART Police Log

SUBMITTED BY
LES MENSINGER

Tuesday, February 2

At 7:09 p.m., a victim reported the theft of their white 1997 Chrysler van while it was parked in Hayward Station's parking structure (stall 891). An officer responded and completed a report.

At 6:49 p.m., a victim reported the theft of their pink Panasonic brand women's bicycle while it was cable locked at Union City Station between 10:00 a.m. and 6:45 p.m. An officer responded and completed a report.

At 4:15 p.m., a victim reported that their white 2000 Nissan Frontier was burglarized while parked in stall 430 at Union City Station between 4:00 a.m. and 3:15 p.m. The vehicle's rear passenger door window was pried to gain entry. While the vehicle's interior was ransacked, no items were taken. The investigating officer completed a report.

Wednesday, February 3

At 12:07 a.m., a victim reported the theft of their 1996 Plymouth Voyager from Bayfair Station between 10:00 a.m. and 11:50 p.m.

At 3:25 a.m., officers responded to a report of two subjects vandalizing two train cars at Hayward yard. Officers searched the area for the suspects but they fled from the area. Video was requested.

Milpitas City Council Meeting February 2, 2016

New Business

- Receive report on wholesale water supply outlook.
- Receive financial status report for the later half of 2015. The city was 1.6% above budget at \$1.2 million.

Ordinance

- Adopt interim urgency ordinance prohibiting marijuana dispensaries, cultivation and other activities related to marijuana in Milpitas.

Resolution

- Per request from Santa Clara

County Housing Tasking Force, adopt a resolution finding that the problem of homelessness constitutes a crisis.

Agreements

- Approve plans and specifications for curb ramps for people with disabilities.
- Approve amendment to purchase and sale agreement with Lyon Communities for a portion of Capitol Avenue. (1 recusal: Barbadiello)

Mayor José Esteves:	Aye
Vice Mayor Carmen Montano:	Aye
Debbie Indihar Giordano:	Aye
Greg Barbadiello:	Aye, 1 recusal
Marsha Grilli:	Aye

Hayward survey

SUBMITTED BY CITY OF HAYWARD

In 2009, Hayward voters approved a Utility Users Tax (UUT) to protect Hayward from devastating cuts to public services — especially vital police and fire services — in the wake of the Great Recession. The UUT has helped us do incredible things in Hayward, including protecting services important to our community. This essential revenue is set to expire soon.

The City Council is now considering asking the Hayward community to support the renewal of the UUT at the same rate as before. Approval of such a measure, as currently being discussed, would secure and continue this critical local funding source for an additional twenty years.

Before making such a decision, it is important to know what Hayward citizens think. Please provide your input, by February 19, via our quick, five-question survey at: www.haywardlistens.com

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Obituaries



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

Tony F. Carreiro
RESIDENT OF FREMONT
January 10, 1937 – January 31, 2016

Jeffry A. Graves
RESIDENT OF NEWARK
June 3, 1953 – January 31, 2016

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

Connie L. Beat
RESIDENT OF FREMONT
March 4, 1948 – February 6, 2016

Robert L. Rice
RESIDENT OF NEWARK
August 18, 1928 – February 2, 2016

Xingzhu Shi
RESIDENT OF SAN JOSE
February 22, 1946 – February 1, 2016

Jorge E. Alvarado
RESIDENT OF FREMONT
April 24, 1956 – February 5, 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, 2016

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

Geraldine Higgins
RESIDENT OF HAYWARD
January 24, 1942 – January 30, 2016

Edith A. Piskel
RESIDENT OF FREMONT
December 16, 1921 – January 31, 2016

Tyrone Winn
RESIDENT OF DISCOVERY BAY
January 28, 1957 – February 6, 2016

Katherine John
RESIDENT OF BAKERSFIELD
August 22, 1940 - February 6, 2016

Dorothy A. Elward
RESIDENT OF FREMONT
July 13, 1922 - February 7, 2016

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Obituary

Tony Franclim Carreiro

January 10, 1937 – January 31, 2016

Resident of Fremont

Born on January 10th, 1937 in Portugal, and entered into rest on January 31st, 2016 in Fremont, CA at the age of 79. Survived by his fiancée Maria Umali; children: Frank Carreiro (Elizabeth), and Linda Simon (Anthony); grand-children: Tiffany, Steven, Devin, Brian, Jordan, Diana, Katelynn, Gracie, Alicia, Juliette, and Sloane; sister Filomena Avila; and Maria's children: Marissa (Leonardo), Feliciano (Vivian), Gerry (Janice), Mac (Liza) and their children.

Tony was very active and enjoyed helping neighbors and friends at Niles Canyon Mobile Home Park.

Visitation will be held on Friday, February 5th, from 11-11:30am (open casket) and from 11:30am-12pm (closed casket) at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Funeral Mass will be celebrated on Friday, February 5th, 1pm at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. Burial will follow at Holy Sepulchre Cemetery in Hayward, CA.



Obituary

Rosmarie Imholz

January 11, 1926 – December 30, 2015

Resident of Fremont

Rosmarie Imholz passed away peacefully surrounded by her family on December 30th, 2015 at the age of 89. She is survived by her loving children: Kathi (Rene) Mathys, Thomas (Linda) Imholz Jr., and Alex (Debbie) Imholz; beloved grandchildren: Nicole (Ben) Basque, Alexis Imholz, and Paris Imholz; and great grandson Wyatt. She is also survived by several nieces, nephews, and cousins in California and Switzerland. She was preceded in death in 2009 by her husband Thomas J. Imholz and daughter Heidi.

Rosmarie was born on January 11th, 1926 in Netstal-Glarus, Switzerland and became a Swiss licensed pediatric nurse, working in Switzerland



and then California after immigrating to the USA in 1954. She was also a nurse's assistant. Her medical career spanned thirteen years. She was one of the founding group of parents of the Dawn School for special needs children

and adults as well as the Special Olympics in Fremont, CA. She was very active in Aelpler Gruppe Swiss Club in Newark, CA.

A memorial service and luncheon will be held for Rosmarie on Saturday, March 5th, 2016 at 12pm at Swiss Park, 5911 Mowry Ave., Newark, CA 94560.

Rosmarie loved flowers and equally loved helping others. In lieu of flowers, donations may be sent in Rosmarie's name to the Special Olympics, The Aelpler Gruppe Swiss Club, 5911 Mowry Ave., Newark, CA 94560 or to your local animal shelter.

Fremont Chapel of the Roses
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Marin Pasta Works recall pork products

SUBMITTED BY
USDA FOOD SAFETY &
INSPECTION SERVICE

Marin Pasta Works, a San Rafael establishment, is recalling approximately 491 pounds of pork ravioli products that were produced without the benefit of federal inspection, as recently announced by the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS).

The sausage, parmesan and spinach ravioli items were produced from January 4, 2016 to February 4, 2016. The following products are subject to recall: 12-oz. vacuum-packaged packages containing pieces of "Sausage, Parm and Spinach Ravioli" with "Best By" dates of February 4 to March 4, 2016.

These items were distributed to retail locations in California. The

problem was discovered during FSIS surveillance activities conducted at a retail store in San Rafael.

There have been no confirmed reports of adverse reactions due to consumption of these products. Anyone concerned about a reaction 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.

FSIS routinely conducts recall effectiveness checks to verify recalling firms notify their customers of the recall and that steps are taken

to make certain that the product is no longer available to consumers.

Consumers with questions about the recall can contact John Sarrran, Owner of Marin Pasta Works, at (877) 263-2332 ext 310.

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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
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Hoverboard Fire

SUBMITTED BY ALAMEDA COUNTY FIRE DEPARTMENT

On Saturday, January 30, at 2:59 p.m., Alameda County firefighters responded to a report of a house fire on the 800 block of Glen Drive in San Leandro.

Firefighters arrived quickly to find heavy smoke coming from the rear and sides of the two-story residence. Firefighters knocked down the fire on the first floor within 10 minutes of arriving at the scene, preventing extension to the second floor and neighboring homes.

Alameda County Fire Department (ACFD) Fire Investigators have determined the cause of the

fire to be accidental. A hoverboard was located in the area of origin, and based on statements from the homeowner, the hoverboard had been charging in a first floor room since the evening of Friday, January 29.

Though the exact cause of the fire is not known at the present time, the U.S. Consumer Product Safety Commission (CPSC) is actively investigating various companies that sell or make hoverboards. ACFD Fire Investigators will be contacting the CPSC regarding this incident.

The ACFD would like to urge our community members with hoverboards or those considering the purchase of a hoverboard to:

Check with your retailer regarding the safety of the hoverboard you are purchasing.

Read and follow all manufacturer directions, including recommended charging times.

Do not leave the hoverboard unattended while charging.

Charge the hoverboard in an open area away from combustible materials.

Have a working fire extinguisher nearby while charging or using a hoverboard in and around your home.

If you notice the hoverboard is hot, stop using it immediately. Call 9-1-1, and if it is safe to do so move the hoverboard outside and away from anything that can burn.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Thursday, January 28

At 2:20 p.m., Community Service Officer (CSO) Baca was detailed to the area of Rabbit Court and Lynx Drive regarding the theft of cable and wire from utility polls. The theft is believed to have occurred between 7:00 p.m. and 7:30 p.m. on Wednesday, January 27, 2016. The victims were various phone companies and the City of Fremont. The loss and damage were in excess of several thousand dollars.

Friday, January 29

At 1:23 p.m., officers were dispatched to take a residential burglary report in the area of 5700 Spry Common. Officers found the door had been kicked in, which is believed to have occurred between 7:00 a.m. and 1:00 p.m. Loss was cash.

Ofc. Richards was detailed to a local hospital to take a report of an attempted robbery, where the victim was being seen by medical personnel for an injury she sustained. The victim advised the crime took place on Monday, January 18, 2016 at approximately 4:00 p.m. while she was walking across from a shopping complex located on the 4600 block of Thornton Avenue. The suspect approached the victim and began striking her with his fists, attempting to get her phone and speaker. The suspect was un-

successful and fled on foot. The suspect was described as a black male adult, mid-40s, 5'5" - 5'7", average build, wearing a dark baseball hat and a dark or plain black short-sleeve t-shirt. Investigation is ongoing.

At 3:29 p.m., Ofc. Gigliotti and Field Training Officer (FTO) Zargham were dispatched to a suspicious circumstance call where a male reportedly stashed a bike in some bushes on Farwell Drive then left the area on another bike. The officers located the bike, which was of high value, and took it as found property. About a half hour later, a female victim reported her bike was stolen from the front of a hair salon, which matched the description of the bike the officers located. The female was able to identify her bike and it was released to her. The suspect was only described as a male teenager. Investigation is ongoing.

Saturday, January 30

A victim was talking on his cell phone on the sidewalk in the 39000 block of Bidwell Drive when he was approached by an unknown suspect, who punched him and grabbed his cell phone. The suspect fled the scene in an unknown direction. The victim suffered a cut lip as a result of the robbery. Loss was a gold iPhone5. The suspect was described as a black male adult, 20-25 years old, and wearing a black hoodie. Investigation by Ofc. Stiers and FTO Lobue is ongoing.

At 12:44 a.m., a couple of citizens called to report they heard several gunshots in the area of Florence Bar in Niles and G

Street. There was a concert at the bar, and foot traffic in the area was heavy. Officers located shell casings along the curb in front of the bar and along the sidewalk in the southbound direction. Officers received general information that a male was involved but were otherwise uncooperative. Investigation by Ofc. Allsup is ongoing.

Sunday, January 31

Fremont Fire Department called from Station 9 (Stevenson Place), advising they found a backpack in their rear parking lot that contained a firearm. We responded and determined the firearm was actually a pellet gun, but it looked real and was in a holster. Case is documented by Ofc. Liu.

At 12:29 p.m., someone witnessed a petty theft at Lucky store at Brookvale Shopping Center. As the witness entered, he could see the manager chasing someone out of the store for stealing alcohol. The witness actively watched/followed the suspect until patrol units could arrive. The 51-year-old adult male suspect was arrested.

At 3:11 p.m., a strong-arm robbery occurred in the area of Morrison Canyon and Mission Boulevard. A female victim was walking in that area when a male passenger exited the suspect vehicle and took her purse from her. The suspect was described as Hispanic male adult in his early 20s, 5'6", medium build, fair complexion, clean cut, wearing a black jacket with a red vertical stripe on the arms and blue jeans. The suspect vehicle was a silver, four-door sedan similar to a Toyota Camry. The driver was a white female with short hair.

BART police sergeant teaches G.R.E.A.T. life lessons

SUBMITTED BY BAY AREA RAPID TRANSIT

Before he even stepped into the classroom on a sunny Monday morning, BART Police Sgt. Ja'Son Scott was swarmed by children giving him hugs, telling him about their weekend, waving in greeting, or giving a fist-bump hello. These were fourth- and fifth-graders at Tom Kitayama Elementary School in Union City, and Scott was there as part of the G.R.E.A.T. (Gang Resistance Education and Training) program. The program has an important goal: to prevent youth violence like bullying and gang activity through positive interactions with law enforcement personnel at an early stage of children's educational development.

School Assistant Principal Allison Sayavong said the program fits into Kitayama's overall values and mission to encourage good character traits such as respect and honesty. "We are very involved with community," she said. "We want the children to see community leaders like police, firefighters, and others who are out there protecting our cities and our homes." Other partners, such as officers from Union City Police Department, also helped out.

The program, funded by the Department of Justice, works with children nationwide and has



trained about 2,200 officers, including Scott, to teach the curriculum. Ron Doyle, a senior manager of the national program, said it is evidence-based. "Gang research shows that the average age kids get involved with gangs is 14 to 15," he said. "We're trying to influence them before that happens and teach them good decision-making skills that they can use in other aspects of their lives as well." Doyle said officers applying to teach through the program go through extensive training, as well as screening, to be sure they are a good fit for working with kids.

For more information on the G.R.E.A.T. program, visit www.great-online.org/GREAT-Home.

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	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			
ABWA-Pathfinder Chap. American Business Women’s Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. Spin A Yarn Rest. (Fremont): 6:30-9:00 pm Call Karen 510-257-9020 www.abwa-pathfinder.org		FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport various Saturdays www.vaa29.org Please call with questions (510) 703-1466 youngeagles29@aol.com			
Troubled By Someone's Drinking? Help is Here! Al-Anon/Alateen Family Groups No cost program of support for people suffering from effects of alcoholism Call 276-2270 for meeting information or email Easyduz@gmail.com www.ncwsa.org	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	Ohlone Humane Society Love animals & want to help? OHS is a nonprofit, volunteer supported animal welfare organization. Includes wildlife rehabilitation, companion animal rescue, animal assisted therapy, spay/neuter assistance and more. For info call 510-792-4587 www.Ohlonerhumanesociety.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		
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	Scholarships for Women Our Fremont philanthropic organization, PEO, offers many scholarships for women entering college, earning another degree or returning to school after 2+ years. Low interest education loans available, also. 510-794-6844 www.peointernational.org		Newark Toastmasters Club Build Self Confidence Great for Job Seekers Early Risers/Guest welcome Meets Every Tuesday Morning 7am-8am at Newark Library 6300 Civic Terrace Ave. Newark http://1118.toastmastersclubs.org Bill 510-796-3562	TROPICS BINGO EVERY WEDNESDAY Doors Open 4:30pm Flash games start 6:30pm All Games pay over \$100 Tropics Mobil Home Park 33000 Almaden Blvd., Union City Snack Bar Open 5pm Door Prizes & Free Coffee Contact Richard 408-839-3358	
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.TOPSorg 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 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		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	Mission Peak Fly Anglers Fishing Club Meets 4th Wed. each month @7pm - Silliman Aquatic Center 680 Mowry Ave., Newark Call Steve 510-461-3431 or 510-792-8291 for more information www.missionpeakflyanglers.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 Dorothycastle61@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	

continued from page 34

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
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		First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all serv-ices. 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

Officer involved shooting on Bridgepointe Drive

SUBMITTED BY
NEWARK PD

On January 31, 2016 at 3:08 p.m., Newark Police Communications Center received a 9-1-1 call from a female reporting an adult male who was depressed and threatening to commit suicide at a residence in the 36500 block of Bridgepointe Drive in Newark. Officers immediately responded and safely evacuated the female from the residence. Officers observed a 52 year-old Newark resident inside the residence holding a gun to his head and attempted to negotiate with him, without success, for approximately 40 minutes.

Eventually, the male came out of the house and stood near the front door with a handgun. The male repeatedly threatened to commit suicide while officers tried to talk with him. An on-scene crisis negotiator continued to try and resolve the situation, but the male refused to put down the handgun; either holding it to his head, to his chest, or placing it in his mouth. After 20 tense minutes, the male put the gun down between his feet on the ground. The crisis negotiator believed the situation had de-escalated from an imminent crisis, but unfortunately, the male refused to move away from the gun and continued to make suicidal

threats. The male sat down beside the gun, picked it up, and became more agitated and demonstrative with the firearm. The male stood back up while the negotiator continued to try and de-escalate the situation. The male again threatened to commit suicide and then pointed the handgun at officers and nearby citizens.

One officer fired his department-issued patrol rifle striking the male. Officers provided immediate medical treatment, but the male did not survive. None of the involved officers or neighboring residents were injured.

The officer who fired his weapon has been a law enforcement officer for more than 28 years. He has been placed on paid administrative leave, which is following our department policy. The Alameda County District Attorney’s Office has been notified and is conducting an investigation into the incident.

Newark Police Detectives are investigating the shooting with the assistance of the Union City Police Department and the Alameda County Sheriff’s Office.

Police are continuing to investigate this incident. Please contact the Newark Police Department Investigations Unit Detective Sergeant David Higbee at (510) 578-4247 or information can be left anonymously on the “Silent Witness” hotline at (510) 578-4965.

Arrest of man in possession of stolen UC Berkeley crew statue

SUBMITTED BY LT. ROBERT
McMANUS, SAN LEANDRO PD

The statue of UC Berkeley’s Crew Team coach, Carroll Ebright, valued at more than \$80,000 that was stolen from the UC Berkeley Boathouse in Oakland on January 12 was recovered by San Leandro Police officers on January 16.

At 10:10 p.m., SLPD officers were on patrol, when they saw a suspicious vehicle parked in the StorQuest Storage parking lot located in the 1100 block of Davis St. The storage facility was closed, so the officers began to investigate. They saw the upper torso of the readily identifiable statue that they recognized from previous news broadcasts and police bulletins in the bed of the truck, missing its head and feet.

The officers were aware that 46 year-old Dean Gamaza of San Leandro lived on Dabner St., behind the parking lot where the statue was discovered, and knew Gamaza to be on searchable probation for previous criminal convictions.

Officers went to Gamaza’s residence, where they found a 3 foot wide by 3 foot deep hole in the backyard. The statue’s head and feet were lying in the base of the hole.

Officers located several power tools, including reciprocating saws at Gamaza’s house. It is be-



lieved that those saws may have been used to cut the head and feet from the statue. The rest of the statue had several cuts in it, as if someone tried to cut the 300 pound statue into smaller pieces or into pieces so that it was unidentifiable.

“We are extremely happy to have located this iconic statue,” stated Lt. Robert McManus. “However, we are disappointed that the statue was mutilated. We hope that it can be repaired and restored to its original condition, so that it can again stand and represent the history of Cal’s crew team.” he said.

Please contact the San Leandro Police Department’s Criminal Investigation Division with any information regarding this case or any other case at (510) 577-3230.

Information may also be submitted anonymously by:
Phone: Anonymous Crime Tips at (510) 577-3278
Text Message: Text “TipSLPolice” to 888777

Reward increased for information in murder of Joel Ramirez

SUBMITTED BY LT. ROBERT McMANUS,
SAN LEANDRO PD

On February 1, the San Leandro City Council unanimously approved an increase in the reward to \$50,000 for information regarding the unsolved homicide of San Leandro resident Joel Ramirez, who was shot to death in his driveway after returning home from his girlfriend’s house on the morning of December 14, 2014.

Since that day, detectives have worked towards solving the case and seeking justice for Joel Ramirez, his family, friends and the San Leandro community.

In February 2015, an initial reward of \$25,000 was approved by the City Council for information leading to the identity and criminal charging of the suspect responsible for this senseless act of violence.

One year later, the case remained unsolved, so San Leandro’s City Council calendared a discussion about doubling the initial reward amount to \$50,000, hoping that the increased reward will bring someone forward to police. This is the largest reward that San Leandro has ever offered.

Ramirez was born and raised in San Leandro. He was a 2012 graduate of San Leandro High School and was attending Chabot College, when he was killed. He worked at San Leandro’s El Torrito Restaurant at the Marina.

Joel’s neighbors have established a memorial scholarship in his name that will be awarded to a



San Leandro High School senior. For more information, please visit the San Leandro Scholarship Foundation’s website at www.slsf.us

Please contact the San Leandro Police Department’s Criminal Investigation Division with any information regarding this case or any other case at (510) 577-3230.

Information may also be submitted anonymously by:
Phone: Anonymous Crime Tips at (510) 577-3278
Text Message: Text “TipSLPolice” to 888777

Union City Police Log

SUBMITTED BY
UNION CITY PD

From Monday, January 25, 2016 through Sunday, January 31, 2016, there were eight reported vehicle thefts. At the time of this report, five of the vehicles have been recovered. One of the victims witnessed the theft of her vehicle and called the police. Gene Arciniaga, a Union City resident, was arrested after a short vehicle pursuit and felony car stop.

Monday, January 25

A residential burglary occurred on the 32200 block of Regents Boulevard around 4:40 p.m. A witness called police and described a suspicious person in the area, covering his face with a t-shirt. Officers responded and contacted the suspect, who had entered the residence via a side window and was in possession of stolen property. James Delacruz, a Union City resident, was arrested.

Tuesday, January 26

Ofc. Young responded to James Logan High School for a robbery that had occurred the day prior. Two students had robbed another student of his Nike shoes. Two 16-year-old males, both Union City residents, were arrested and released to their guardians with a Notice to Appear.

At around 3:45 p.m., Ofc. Willson responded to a business in the Marketplace shopping center (corner of Decoto Road and Alvarado-Niles Road) on the report of a male exposing himself inside the business. The suspect was identified and contacted by police officers, but the victim did not desire prosecution.

A residential burglary occurred on the 20 block of Union Square between 8:30 a.m. and 6:00 p.m. The method of entry is unknown, and the loss included electronics.

Wednesday, January 27

Officers responded to the area of Osprey Drive and Skylark Drive on reports of a potential mail thief. A suspect was contacted and in possession of stolen mail from several different victims. Trevor Garske, a Fremont resident, was arrested.

A residential burglary occurred on the 34800 block of Skylark Drive between 8:30 a.m. and 6:30 p.m. The method of entry is unknown, and the losses included electronics, checkbooks and cash.

A residential burglary occurred on the 5100 block of Sloan Way between 8:30 a.m. and 8:10 p.m. The glass rear sliding door was smashed, and the losses included electronics, jewelry and designer handbags.

Thursday, January 28

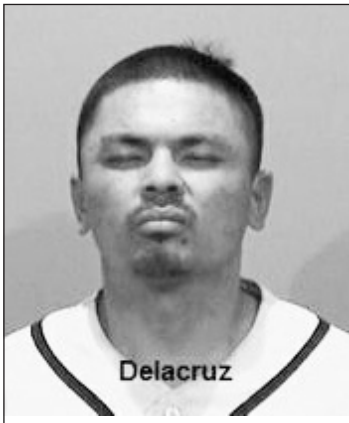
A residential burglary occurred on the 4200 block of Comet Circle between 7:30 a.m. and 2:00 p.m. A rear window was left open, and the losses included electronics and a pit bull puppy.

Friday, January 29

A residential burglary occurred on the 2200 block of Eric Court between 8:00 a.m. and 9:00 p.m. Storage sheds were pried open, and the losses included work documents and collectible figurines.

Saturday, January 30

At around 1:15 p.m., Ofc. Seto was dispatched to the 34700 block of Alvarado-Niles Road for a just-occurred robbery. The victim was walking on the sidewalk when a suspect walked by her and pulled a gold necklace off her



neck. He got into the back seat of a vehicle that drove eastbound on Alvarado-Niles Road. The suspect was described as an Asian male, 30-35 years old, 6’0” and 180 lbs., with short black hair, black eyes and a clean-shaven face. The vehicle was described as a silver or gray Volkswagen Jetta.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
PLANNING COMMISSION

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 7:00 P.M., ON THURSDAY, FEBRUARY 25, 2016, AT THE COUNCIL CHAMBERS, CITY HALL, 3300 CAPITOL AVENUE, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

OLD WARM SPRINGS BOULEVARD SOUTH - 44710 Fremont Boulevard - PLN2016-00072 - To consider a Master Plan and Tentative Parcel Map to facilitate development of 785 residential units that includes a combination of townhomes, flats and live-work units, and 325,000 square feet of commercial floor area including office space, hotel and a restaurant on a 28.7-acre project site bounded by Travis Place, South Grimmer Boulevard, Fremont Boulevard, and the Union Pacific Railroad within Planning Area 3 and a portion of Planning Area 1 of the Warm Springs/South Fremont Community Plan, and consider a recommendation that no further environmental review is required to meet the requirements of the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15183 as the project is consistent with the density and intensity of development established by the Warm Springs/South Fremont Community Plan for which a Final Environmental Impact Report (SCH#2013032062) was previously prepared and certified. Project Planner – David Wage, (510) 494-4447, dwage@fremont.gov

HOUSING ELEMENT ANNUAL REPORT – Citywide – PLN2016-00226 - To consider an annual report on the status of the General Plan and Housing Element implementation, and to consider a finding that the annual report is not subject to the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15378, definition of a project. Project Planner – Hong Zhou, (510) 494-4545, hzhou@fremont.gov

For further information on any of the above items, call (510) 494-4440 and request to speak with the project planner in charge of the particular project.

* NOTICE *

If you challenge the decision of the Planning Commission in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Planning Commission at, or prior to, the public hearing.

WAYNE MORRIS, SECRETARY
FREEMONT PLANNING COMMISSION



CNS#2842386

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15789686
Superior Court of California, County of Alameda
Petition of: Sripriya Devarajan, Ramesh Santhanakrishnan, on behalf of minor for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Sripriya Devarajan, Ramesh Santhanakrishnan filed a petition with this court for a decree changing names as follows:
Arjun Sharanav Ramesh to Arjun Shraavan Ramesh
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 03/03/2016, Time: 1:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: Oct 16, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
2/9, 2/16, 2/23, 3/1/16

CNS-2841543#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 514236
Fictitious Business Name(s):
Jeannie's Tax Services, 374 Bartlett Ave., Apt. 1, Hayward, CA 94541, County of Alameda
Registrant(s):
Jeannie Pacheco, 374 Bartlett Ave., Apt. 1, Hayward, CA 94541
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/ Jeannie Pacheco (Owner)
This statement was filed with the County Clerk of Alameda County on February 4, 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).
2/9, 2/16, 2/23, 3/1/16

CNS-2844418#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514242
Fictitious Business Name(s):
Shusen Productions, 6683 Flanders Dr., Newark, CA 94560, County of Alameda
Registrant(s):
Fernando Shusen, 6683 Flanders Dr., 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/ Fernando Shusen
This statement was filed with the County Clerk of Alameda County on February 4, 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).
2/9, 2/16, 2/23, 3/1/16

CNS-2844157#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514232
Fictitious Business Name(s):
Christine Lo Accounting And Tax Services, 137 Black Mountain Circle, Fremont, CA 94536, County of Alameda
Registrant(s):
Ofalo USA Inc., 137 Black Mountain Circle, Fremont, CA 94536, CA
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2016
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/ Liching Lo, Secretary
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a)

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/ Harcharanpreet Sangha

This statement was filed with the County Clerk of Alameda County on January 22, 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).
2/9, 2/16, 2/23, 3/1/16

CNS-2841785#

STATEMENT OF WITHDRAWAL
FROM PARTNERSHIP
OPERATING UNDER FICTITIOUS
BUSINESS NAME

FILE NO. 510863
The following person(s) has (have) withdrawn as a general partner(s) from the partnership operating under the fictitious business name of **Lash Events, 4336 Pikerel 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 Pikerel 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 Outangoun, 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 Outangoun
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).
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 94536**
The Fictitious Business Name Statement being abandoned was filed on 4/11/14 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
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):
CAMPUS, 33261 Palomino Commons, Newark, 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/ Ricardo Dominguez
This statement was filed with the County Clerk of Alameda County on February 1, 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).
2/9, 2/16, 2/23, 3/1/16

CNS-2842438#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513821
Fictitious Business Name(s):
Mechanic, 31141 Alvarado Niles Rd., Union City, CA 94587, County of Alameda
Registrant(s):
Jasen George Wise, 31141 Alvarado Niles Rd., Union City, CA 94587
Vanessa Linan Wise, 31141 Alvarado Niles Rd., Union City, CA 94587
Business conducted by: Married Couple
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/ Jasen George Wise / Vanessa Linan Wise
This statement was filed with the County Clerk of Alameda County on January 25, 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).
2/9, 2/16, 2/23, 3/1/16

CNS-2842104#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513777
Fictitious Business Name(s):
Glamorous Décor, 34843 Starling Drive, Apt. #1, Union City, CA 94587, County of Alameda; Mailing address: 34843 Starling Drive #1, Union City, CA 94587
Registrant(s):
Harcharanpreet Sangha (Ruby), 34843 Starling Drive #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

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):
Ferozoud 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/ Ferozoud 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):
Sasra Transport, 2019 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. 512630
The following person(s) has (have) abandoned the use of the fictitious business name: **Uptime, 5178 Mowry Avenue Fremont CA 94538**
5178 Mowry Avenue, Suite 136 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. 499322
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.
Egli Stover Rosten, 2355 Sueno Way, Fremont, CA 94539
Veronica Diane Rosten, 2355 Sueno Way, Fremont, CA 94539
/s/ Egli Rosten
Veronica 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/ Vanessah 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. 490599
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.
Milin Sharma, 4326 Coventry Ct., Union City, CA 94587
/s/ Milin Sharma
This statement was filed with the County Clerk of Alameda County on December 28, 2015.
1/19, 1/26, 2/2, 2/9/16

CNS-2833970#

GOVERNMENT

CITY COUNCIL OF THE CITY OF UNION CITY
NOTICE
PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the City Council will hold a public hearing for the purpose of considering the following applications.

Site Development Review, SD-15-005, and Use Permit, UP-15-009

The applicant, Graybar Electric Co., Inc., has applied for Site Development Review and Use Permit approval to utilize the rear yard of its property for accessory outdoor storage and construct a 10-foot tall enclosure for the purpose of screening equipment and merchandise to be stored outdoors. The project site is a ±696-acre lot at 3089 Whipple Road (Assessor's Parcel Number 463-0045-045-02), located at the northwest corner of Whipple Road and Ahern Avenue. The project site is located within the Special Industrial (SI) zoning district. At its public hearing held January 21, 2016, the Planning Commission voted 5-0 to recommend approval of the project to the City Council.

NOTICE IS ALSO GIVEN that this project is considered exempt under Section 15301, Class 1, Existing Facilities, of the California Environmental Quality Act (CEQA).

This item will be heard at a public hearing

New classroom buildings approved for American High attendance area



Rendering of proposed additions at American High

SUBMITTED BY ROBIN MICHEL

On January 30, the Fremont Unified School District (FUSD) Board of Education took important action to address overcrowding in the American High School Attendance Area by approving design-build contracts for the construction of new classroom addition buildings. Elementary schools Brookvale and Patterson will each receive buildings comprised of eight general classrooms, and American High School will receive eight general classrooms and ten science labs.

“We have a critical overcrowding issue throughout the District,” said FUSD Superintendent Dr. Jim Morris.

“Through Measure E, we have added new four-classroom buildings at elementary schools Mattos and Azeveda, with twelve-classroom buildings under construction at Warm Springs Elementary School and Irvington High School. As fast as we build these classrooms, we are filling the seats.”

Measure E is the \$650 million school facilities bond passed by voters in 2014. The Mattos, Azeveda, Warm Springs elementary schools and Irvington High School Classroom Addition Projects are all part of Series A, the first bond issuance. On November 18, 2015, the Board of Education approved the Measure E - Series B Implementation Plan and the three new Classroom Addition Projects.

“We are using the same design-build delivery model used for the new classroom buildings at Mattos Elemen-

tary and Azeveda Elementary School,” said FUSD Facilities Director Therese Gain. “Both of these buildings were constructed and occupied less than sixteen months after Fremont voters passed Measure E.”

Five design-build teams submitted seven proposals. Rodan Builders, SVA Architects, and Project Frog were evaluated as giving the district best value on the proposed projects. For American High School, the conceptual designs and proposed building locations were brought before a special design review committee comprised of American High staff, parents, and district staff to review and rank.

The new classroom buildings at all three schools are anticipated to be ready for the 2017-2018 school year. To address the classroom shortage within the attendance area for the 2016-2017 school year, the Board approved installation of nine temporary classrooms at Oliveira Elementary School. The additional temporary classroom spaces will be required until the permanent classrooms are fully constructed. Funding for the temporary classrooms is through the District’s Developer Fee Fund (Fund 25) and not Measure E.

More about Measure E, the \$650 million school facilities bond addressing critical health and safety issues throughout the district, including overcrowding, may be found on the District’s website at www.fremont.k12.ca.us, click on Measure E.

Union City Historical Museum celebrates 15 years

SUBMITTED BY MYRLA RAYMUNDO

A commemorative reception will honor 15 years of saving history with the Union City Historical Museum on Saturday, February 20. Join Museum Founder/CEO Myrla Raymundo, Museum Officers/Directors, Assembly Member Bill Quirk and Union City and Fremont Officials, as the museum celebrates the preservation and promotion of the heritage and culture of Union City.

Established February 23, 2001, the Union City Historical Museum strives to maintain a presentation of city artifacts and historical documents, record oral histories from local community members, and encourage the preservation of historical homes and buildings. They serve to educate the community about their

rich history and leave a legacy for future generations.

The museum is enjoying increasing recognition in the community. To help mark the museum’s 15 year milestone, the public is invited to help celebrate the occasion and enjoy finger foods, drinks, speeches, and a PowerPoint presentation entitled “Walk into Union City History.”

Union City Historical Museum is open Thursdays through Saturdays from 10 a.m. – 4 p.m.

**Union City Museum
Commemorative Reception
Saturday, February 20
4 p.m. – 8 p.m.
Union City Historical Museum
3841 Smith St, Union City
(510) 378-6376
www.unioncityhistoricalmuseum.org
Free**

Celebrate Valentine's Day at Senior Community Center

SUBMITTED BY SBEYDEH WALTON

The City of San Leandro is hosting its annual Valentine’s Day event on Friday, February 12, from 12 p.m. – 2 p.m., at the Senior Community Center. This social event is open to adults ages 50+ and participants are invited to wear festive colors to commemorate Valentine’s Day. The event will feature lunch and raffle prizes for all.

Reservations must be made in advance as tickets will not be available the day of the event. Tickets can be purchased at the Senior Community Center, Marina Community Center or online at

www.sanleandrorec.org (Refer to course #37408). For questions and detailed information, please contact customer service at (510) 577-3462.

**Valentine's Day Event For Seniors
Friday, Feb 12
12 p.m. – 2 p.m.
Senior Community Center
13909 East 14th St, San Leandro
(510) 577-3462
Register: www.sanleandrorec.org
\$10/ Seniors (San Leandro resident)
\$12 / Seniors (Non-resident)**

MSJHS student wins national research award

SUBMITTED BY MARIA BLACKBURN

Jessika Baral, 16, was just awarded a national research grant from Johns Hopkins University CTY (Center for Talented Youth) to create a new, accurate, fast, and inexpensive way to detect small cell lung cancer, the deadliest form of lung cancer. Small cell lung cancer is typically discovered after symptoms develop and the cancer has metastasized. The disease is usually diagnosed via expensive CT scans and invasive biopsies. Jessika is planning to create a diagnostic strip that doctors can use to detect small cell lung cancer by measuring protein levels in patients’ blood samples—a less invasive method that can detect the cancer early and save lives.

Jessika, who is in the 11th grade at Mission San Jose High School (MSJHS) in Fremont, is one of 10 individuals or teams from across the United States, who won this year’s “CTY Cogito Research Awards” for aspiring middle school and high school STEM (Science Technology Engineering Math) researchers.

Ten grants of \$599 each were awarded to students who submitted outstanding proposals for research in science, technology, engineering, or math fields. Student researchers will use the funds to purchase equipment, rent lab space, or pay for other project-related needs. Jessika and her fellow award winners will work with supervising mentors as they see their projects through to the end and write final reports on results.

A judging panel composed of faculty from The John Hopkins University Center for Talented Youth selected the proposals from 254 student applications based on their overall quality and their promise to achieve compelling research results.



Nominations for Environmental Awards

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

The City of Hayward’s annual Environmental Awards program is accepting nominations through Friday, February 19 to honor businesses that show a strong commitment to sustainability. Nominees must demonstrate exceptional environmental efforts in categories such as energy efficiency and conservation, renewable energy, waste diversion, water conservation and environmental education. Also honored will be schools and residential properties. Nomination forms are available at <http://j.mp/hwdenviro2016>.

State of the City of Hayward



On Wednesday, January 27, 2016, Hayward Neighborhood Alert hosted a “State of the City Address” at Hayward Police Department’s (HPD) North District Office. Hayward Mayor Barbara Halliday was joined by Hayward Police Chief Diane Urban at the podium to provide updates on the City’s infrastructure projects, new logo, community volunteer efforts, accomplishments of Hayward Police and Fire departments, and financial status among other topics. Hayward City Manager Fran David later joined the discussion as some residents addressed issues within the City.

Wedding Anniversary

Sherman and Marti Williams recently celebrated their 50th Wedding Anniversary. With all the excitement of Super Bowl 50, the couple recently posed at the Super Bowl 50 sculpture at City Hall in San Francisco to commemorate their “50”! They met and married in Chicago, moved to Fremont in 1973 and founded Fremont Community Church and then Christian Community Schools (now Kimber Hills Academy). Their family has expanded to include two children and five grandchildren: Christine & Doug Ingebretson (Grace & Kayla) of Fremont, and Shadd & Stephanie Williams (Jarrett, Satchel, & River Love) of Pleasanton.



Mission Peak Wind Symphony's Stellar Concert



SUBMITTED BY JOY M. SUH
PHOTOS BY JOHN LAM

On January 23, the Mission Peak Wind Symphony (MPWS) treated an audience at the Buffington Performing Arts Center of Chabot College to “Impressions,” a musical offering showcasing a variety of styles. Guest performances by the award-winning Hopkins Junior High School Wind Ensemble and a highly-polished saxophone quartet rounded out the evening.

Former Fremont Unified School District Trustee Peggy Herndon summarized the performance as “... absolutely amazing. I had to keep reminding myself

performed Gordon Goodwin’s “Diffusion.” This playful, jazzy piece in four movements was executed with amazing precision.

MPWS closed the evening, with its group comprised of 52 students under the direction of Travis Nasatir. They performed “Variations on a Korean Folk Song” by John Barnes Chance, “The Solitary Dancer” by Warren Benson, “Angels in the Architecture” by Frank Ticheli, and William Walton’s march, “Crown Imperial.”

“Angels in the Architecture” was a spine-tingling delight, portraying the consummate battle between light and darkness.

Principal clarinetist Janet Han reflected, “MPWS



of their ages as they are way beyond their years...”

Under the baton of Gregory Conway, Hopkins impressed the audience with their level of excellence, playing “Flight of the Thunderbird” by Richard Saucedo, “Radiant Moonbeams” by David Gillingham, and the fourth movement of Frank Ticheli’s “Simple Gifts: Four Shaker Songs.”

Next, a phenomenal saxophone quartet comprised of Mission San Jose High School students

has taught me to be a better individual. What makes this group so great isn’t the [skill] of its players. It’s the mutual trust and respect between the conductor and players, and the laughing and the tears that each new semester brings.”

Mission Peak Wind Symphony’s next concert will be on June 10 at Chabot College and features Robert W. Smith’s Symphony, “The Divine Comedy.”

Aviation Institute of Maintenance to hold Career Fair

SUBMITTED BY BRIAN STRAUSS

The Aviation Institute of Maintenance will host a combination career fair and open house in Oakland on Wednesday, February 10, from 2:00 p.m. – 4:30 p.m. The event is open to the public and job seekers are encouraged to bring resumes and dress to impress. Industry employers will hold on-site interviews.

Featured employers include United, Doppelmeyer, Budfield Aviation, Textron Aviation, Pegasus, Ikon, Airborne Aviation, Skywest, Aerodynamic, Swissport, Six Flags and Grant Aviation.

The day’s additional activities will include campus tours, refreshments and the opportunity to wit-

ness a wartime airplane, the T-28 Trojan Fighter Bomber, fly in and land on campus.

Financial aid officers and admissions representatives also will be available for meet-and-greets.

To learn more, call (510) 553-9600 or visit www.AviationMaintenance.edu

Aviation Institute of Maintenance Career Fair
Wednesday, Feb 10
2:00 – 4:30 p.m.
Aviation Institute of Maintenance
9636 Earhart Rd, Oakland
(510) 553-9600
www.AviationMaintenance.edu
Bring resume

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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Fremont Symphony Orchestra
PRESENTS

Valentine's Day

Sunday, February 14, 2016 at 8:00 pm
Prince of Peace Lutheran Church
38451 Fremont Blvd. (at Eggers), Fremont




Marie Plette, soprano
Alex Boyer, tenor



Jason Klein, conductor



www.fremontsymphony.org
(510) 371-4859 ♥ tickets@fremontsymphony.org

Passionate symphonic forces are brought to bear on a wealth of romantic music, with **Jason Klein** on the podium: Borodin's **Polovtsian Dances**, Wagner's **Prelude and Love Death** from *Tristan and Isolde* and Puccini's "Mario, Mario" from *Tosca* with soprano **Marie Plette** and tenor **Alex Boyer**; Fauré's **Pavane**, selections from Bernstein's **West Side Story** and Ravel's hypnotic and sensuous **Boléro**.

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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A VALENTINE'S DAY JAZZ GETAWAY

Celebrate local jazz and start the Valentine's Day weekend right with Fremont-based band 510JAZZ. Presented by 4Play Records, "A Valentine's Day Jazz Getaway" treats attendees to dinner and dessert in a celebration of the release of 510JAZZ's first album, "Bossa510."

The evening will begin with appetizers and a VIP meet-and-greet with the band. There will be CD signings, drawings for door prizes throughout the evening, and a live performance by 510JAZZ playing songs from their new album.

"Bossa510" is a mix of several genres, including the sounds of classic bossa nova, hip-hop, American jazz, and R&B. The album features fifteen local musicians: John Vargas (composer, executive producer, vocalist), David Vargas (composer, producer, engineer, vocalist), Ravi Jayasinghe (bass), Sam Brignon (drums), Mark Rickey (piano), Ed Lee (guitar), David Stockman (congas), Chris Koraltan (drums), Esther Berndt (alto sax), Tom Povse (flute), Oshra Sedan (vocals), Randy Merrill (trumpet, flugelhorn), Nikki Rey (vocals), and Jamillions (vocals).



Adult tickets are \$24.99 through February 11 or \$30 at the door; kids (12 years and younger) are \$10.99 in advance or \$15 at the door (cash only day-of). Children's ticket includes kids' meal and 10 game tokens to Oasis Kids. Purchase tickets and CDs at <https://www.regonline.com/Register/Checkin.aspx?EventID=1803293>. Seating is limited, so register soon.

A Valentine's Day Jazz Getaway
Friday, Feb 12
7 p.m. – 10 p.m.
Oasis Palace
35145 Newark Blvd, Newark
(510) 791-2422
<https://www.regonline.com/Register/Checkin.aspx?EventID=1803293>
<https://www.facebook.com/510jazz>
<http://www.510jazz.com/>
Tickets: \$24.99 adult, \$10.99 child thru Feb 11; \$30 adult, \$15 child (cash only) at the door



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