



Leprechaun
Land for
Wee Folk

Page 32



Strong music
and vocals
power Stage
I's 'Chicago'

Page 40



Celebrating
an American
folk hero

Page 12



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March 8, 2016

Vol. 15 No. 10

A Safe Haven

What began in 1958 as a small, community-owned healthcare facility in place of a cauliflower field has come a long way. With constant attention to quality, Washington Hospital Healthcare System has expanded to serve a much larger population with some of the most advanced healthcare possible. The newest project, part of a multiyear Facilities Master Plan, is designed to provide safe, top quality health care within its walls and perform miraculous feats of stability and continuous structural integrity under demanding earthquake conditions. This 223,000 square foot structure will not only house medical miracles within its walls but protect its inhabitants during major earthquake events as well.

continued on page 4



72 giant base isolators (shock absorbers) and 34 horizontal pistons called dampers, cushion the structure to absorb and reduce movement during an earthquake



Health Fair helps low-income get and stay healthy

By JILL STOVALL
PHOTOS COURTESY OF DAVIS STREET

Preventive care, exercise, diet, nutrition and a slew of gadgets that monitor our heart rates and track our steps help many of us get and stay healthy. But getting and staying healthy can be a challenge in low-income communities where access to basic care and food may be limited and costs prohibitive. Davis Street plans to reduce these obstacles at its second annual "Health Fair" on Saturday, March 12.

The fair is free and open to everyone. Davis Street Operations Director Daniel Johnson sees it

both as a way to "spend a fun afternoon and learn how to get healthy" and a way to help the communities they serve—San Leandro and the Eden Area—access health care, link to services, and become aware of resources available to them. The fair will be held rain or shine at Davis Street. Located "off the beaten path" in an industrial area of San Leandro, Johnson also said the fair provides an opportunity to showcase their state-of-the-art Primary Care Clinic, which opened in March 2015.

Davis Street began in the First Christian Church in San Leandro in 1970 as a food program for the

continued on page 15



Kids enjoy a LFL in Mount Martha, Victoria, Australia. Photo courtesy of www.littlefreelibrary.org.

Little Free Libraries bring communities together

By DAVID R. NEWMAN

Let's face it, electronic devices are everywhere these days. In fact, according to a 2010 study by the Kaiser Family Foundation, the average kid sponges in 2.5 hours of music each day, almost five hours of TV and movies, three hours of Internet and video games, and just 38 minutes of old-fashioned reading. In response, several organizations have fought back to promote literacy and keep books alive. One such movement is known as Little Free Libraries (LFL).

It all started in 2009 in Hudson, Wisconsin, when Todd Bol built a small model of a one room schoolhouse as a tribute to his mother, a teacher who loved to read. He put it on a post in his front yard and filled it with books. His neighbors and friends loved it so much that he built several more and gave them away. Rick Brooks, a youth and community development educator, noticed Bol's handiwork, and together they started the LFL initiative.

The mission was simple: "to promote literacy and the love of reading by building free book exchanges worldwide and to build a sense of community as we share skills, creativity and wisdom across generations." As word spread, the demand for more little libraries grew. Bol and Brooks brought on an Amish carpenter by the name of Henry Miller as their primary craftsman, who liked using recycled wood for his

continued on page 39

INDEX

Arts & Entertainment 21

Bookmobile Schedule 23

Business 8

Classified 25

Community Bulletin Board . . 34

Contact Us 29

Editorial/Opinion 29

Home & Garden 13

It's a date 21

Kid Scoop 18

Mind Twisters 16

Obituary 31

Protective Services 33

Public Notices 36

Real Estate 15

Sports 26

Subscribe 25

Are You Concerned About Memory Loss or Mental Confusion?

Upcoming Seminar Will Address Impaired Cognitive Function Associated with Aging

“Where did I put my car keys?” “Where did I park the car?” “Do I have a car?”

Momentary lapses of memory can be annoying, but they generally are not cause for concern. When memory loss or mental confusion is severe enough to have a profound impact on a person's everyday life, however, it may be a sign of serious cognitive impairment.

“With normal aging, our thinking processes naturally slow down a bit,” says Harman Chawla, MD, a physician specializing in geriatrics and infectious diseases at Washington Township Medical Foundation. “As we age, we may have trouble coming up with a specific word, struggle with multitasking or face other minor limitations. Aging is a primary risk factor for more serious cognitive impairment, however, and increased longevity has led to a greater number of individuals with significant cognitive impairment, including Alzheimer’s disease and other forms of dementia.”

To help people in the community learn more about cognitive impairment, Dr. Chawla will be speaking at a free seminar, hosted by Washington Hospital. His

presentation will include discussions of medical assessments to diagnose possible causes of cognitive impairment and advice for improving mental function. The seminar is scheduled for Thursday, March 31, from 6 to 8 p.m. in the Conrad E. Anderson, MD, Auditorium at 2500 Mowry Ave. in Fremont.

Types of Dementia

According to the Alzheimer's Association, "dementia" is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common type of dementia, accounting for an estimated 60 percent to 80 percent of cases. Difficulty remembering recent conversations, names or events is often an early symptom. Apathy and depression also can be early symptoms. Later symptoms include impaired communication, disorientation, confusion, poor judgment, behavior changes and, ultimately, difficulty speaking and walking.

Some other types of dementia include:

- Vascular dementia occurs most commonly from blood vessel blockage or damage leading to infarcts (strokes) or bleeding in the brain.
- Dementia with Lewy bodies (DLB) is caused by abnormal

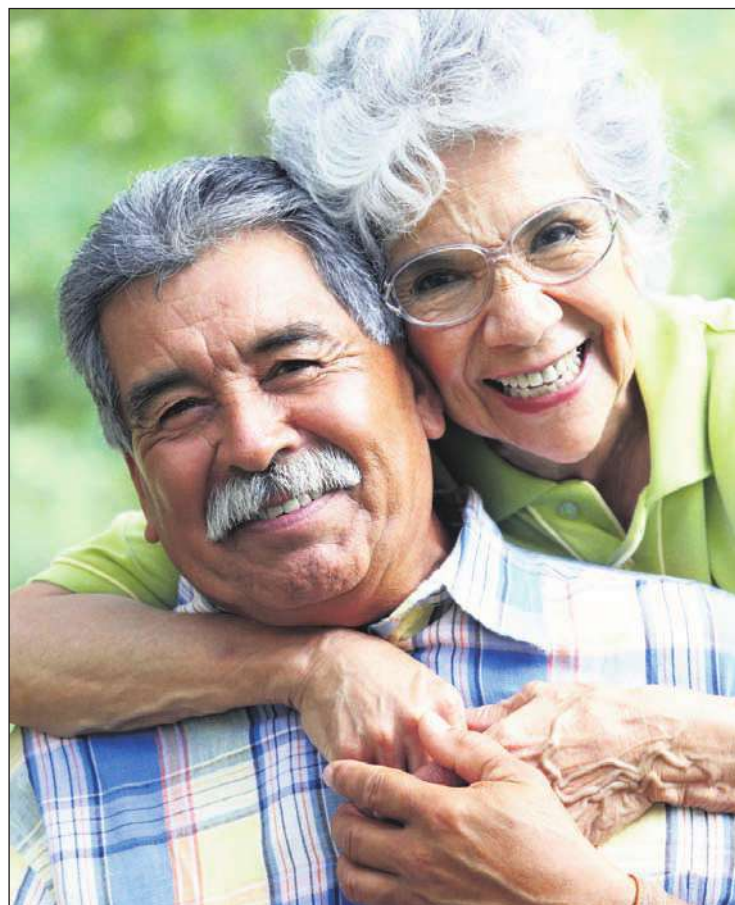
clumps of a protein in neurons in the brain's cortex. These "Lewy bodies" also clump in the brains of people with Parkinson's disease (PD), which is marked by impaired body movement.

- Mixed dementia is characterized by abnormalities of more than one cause of dementia — most commonly Alzheimer's combined with vascular dementia, followed by Alzheimer's with DLB and Alzheimer's with both vascular dementia and DLB.

"In addition to age, some other risk factors for dementia can include a family history of dementia, head injuries, cardiovascular disease that deprives the brain of the oxygen and nutrients, and mutation of specific genes," says Dr. Chawla.

"Some studies have shown that fewer years of formal education also may be a risk factor," he adds. "That possibly may be because having more years of education increases the connections between neurons in the brain that are needed to complete cognitive tasks. Women may be more prone to dementia, perhaps because the production of estrogen declines with menopause."

Dr. Chawla notes that a condition called “mild cognitive



To learn more about cognitive impairment associated with aging, please join geriatrics and infectious disease specialist Harman Chawla, MD, for a free seminar on Thursday, March 31, from 6 to 8 p.m. The seminar will take place in Washington West in the Conrad E. Anderson, MD, Auditorium located at 2500 Mowry Ave. in Fremont. To register, go to whhs.com/events or call (800) 963-7070.

impairment” (MCI) might increase a person’s risk for developing Alzheimer’s or other forms of dementia.

An individual with MCI has mild but measurable changes in

continued on page 5

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	3/8/16	3/9/16	3/10/16	3/11/16	3/12/16	3/13/16	3/14/16
12:00 PM 12:00 AM	Don't Let Back Pain Sideline You	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Inside Washington Hospital: The Green Team	Voices InHealth: The Greatest Gift of All	Turning 65? Get To Know Medicare	Raising Awareness About Stroke	Your Concerns InHealth: Decisions in End of Life Care
12:30 PM 12:30 AM			GERD & Your Risk of Esophageal Cancer	The Real Impact of Hearing Loss & the Latest Options for Treatment			Varicose Veins and Chronic Venous Disease
1:00 PM 1:00 AM		Diabetes Matters: Understanding Labs to Improve Diabetes Management		Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Family Caregiver Series: Driving Safety & Alternative Transportation Resources	
1:30 PM 1:30 AM		Family Caregiver Series: Managing Family Dynamics in Caregiving	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment				Family Caregiver Series: Hospice & Palliative Care
2:00 PM 2:00 AM	Voices InHealth: Cyberbullying - The New Schoolyard Bully	Strengthen Your Back! Learn to Improve Your Back Fitness				Diabetes Matters: Diabetes & Heart Disease	
2:30 PM 2:30 AM	How Healthy Are Your Lungs?		Shingles				Family Caregiver Series: Legal & Financial Affairs
3:00 PM 3:00 AM		Colon Cancer: Prevention & Treatment		Colon Cancer: Prevention & Treatment	Heel Problems and Treatment Options	Colon Cancer: Prevention & Treatment	
3:30 PM 3:30 AM	Voices InHealth: The Legacy Strength Training System	Keeping Your Heart on the Right Beat	Superbugs: Are We Winning the Germ War?	Voices InHealth: New Surgical Options for Breast Cancer Treatment		Learn If You Are at Risk for Liver Disease	Diabetes Matters: Key To A Healthy Heart with Diabetes
4:00 PM 4:00 AM	New Treatment Options for Chronic Sinusitis				Family Caregiver Series: Nutrition for the Caregiver		
4:30 PM 4:30 AM	Minimally Invasive Surgery for Lower Back Disorders	Getting the Most Out of Your Insurance When You Have Diabetes	How to Maintain a Healthy Weight: Good Nutrition is Key	Kidney Transplants		Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016
5:00 PM 5:00 AM		Family Caregiver Series: Advanced Healthcare Planning & POLST	Washington Women's Center: Cholesterol and Women		Diabetes Matters: Diabetes Meal Planning		
5:30 PM 5:30 AM	Deep Venous Thrombosis	Arthritis: Do I Have One of 100 Types?	Family Caregiver Series: Panel Discussion	Reach Your Goal: Quit Smoking		Radiation Safety	
6:00 PM 6:00 AM					Washington Township Health Care District Board Meeting February 10, 2016		Prostate Cancer: What You Need to Know
6:30 PM 6:30 AM	Knee Pain & Replacement	Diabetes Matters: Insulin: Everything You Want to Know	What You Should Know About Carbs and Food Labels	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?		Relieving Back Pain: Know Your Options	
7:00 PM 7:00 AM					Voices InHealth: Washington's Community Cancer Program		Your Concerns InHealth: Sun Protection
7:30 PM 7:30 AM	Dietary Treatment to Treat Celiac Diseases	Inside Washington Hospital: The Emergency Department	Take the Steps: What You Should Know About Foot Care	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate		Crohn's & Colitis	
8:00 PM 8:00 AM							
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Preventing Youth Sports Injuries Is a Team Effort

Parents and Coaches Must Work with Young Athletes to Reduce Injury Risks

Youth sports are supposed to be fun activities that are good for young athletes' health. Yet the increasingly competitive atmosphere surrounding youth sports has led to a substantial upsurge in sports injuries in recent years.

"Youth sports have become a bigger production, and the competition is much more intense," says Medical Director of Washington Sports Medicine Russell Nord, MD.

"Kids are starting to participate in sports at younger ages," he explains. "Grade school students may be playing in multiple leagues. By the time they are in middle school, many student athletes are specializing in specific sports, which means they don't train across various sporting activities. They also are training for longer hours, more days each week. Part of the phenomenon stems from the fact that parents have become more likely to pressure their children to excel in a sport, hoping for a college scholarship. As a result, sports medicine specialists are seeing an increase not only in acute traumatic injuries, but also in overuse injuries in young athletes."

Describing the increase in sports injuries among young athletes as a "cultural issue," Dr. Nord advocates greater awareness among parents and coaches about the risks for sports injuries in student athletes.

"First of all, children's bodies are different from ours," he says. "They are not just 'little adults.' Their skeletons still have 'growth plates' on each side of their joints and also where the muscles and tendons attach. These growth plates are weak links where

injuries are more likely to occur. For example, in an adult, a blow to the knee might result in a tear in the medial collateral ligament (MCL). In a child, however, a similar blow to the knee is more likely to cause an injury such as a fracture through the growth plate, which can be severe and

more of a concern than an MCL strain. Hamstring injuries are common in children, too, because their muscles are stretched as their bones grow and are therefore often tight."

While acute injuries have always been acknowledged as a risk in contact sports such as

football, soccer and basketball, the "elephant in the room" that people are just starting to address is the increase in overuse injuries among young athletes, according to Dr. Nord.

"Overuse injuries are more of a hot button," he asserts. "No sport should be practiced seven days a week. It's also key to work different muscle groups on different days. The human body requires rest. You can't do the same activity – like throwing a ball or a specific routine in gymnastics – over and over and over again without risking injury. That's why the Little League has rules about how many and what types of pitches are allowed at specific ages. Parents and coaches have to be actively involved in educating kids in how to avoid stress fractures and other overuse injuries in their shoulders, elbows and knees."

Overuse injuries in the shoulder and elbow are most common in sports that involve throwing, according to Washington Sports Medicine Physical Therapist Kory Langwell, DPT. Overuse injuries to knees and ankles are more frequent in athletes who participate in sports that involve running or jumping.

"Parents and coaches need to be aware of the types of baseball pitches that are appropriate at various ages, as well as the recommended limits on the number of pitches a young athlete should throw," says Langwell. "The same precautions apply to fielders in baseball, as well as to football quarterbacks and other athletes who perform repeated throwing motions."

When working with young athletes, Langwell incorporates some techniques he has learned from trainers working with San Francisco Giants baseball players.

"Obviously, most 12-year-olds can't throw like Madison Bumgarner or Tim Lincecum, but a lot of the same principles can apply to young athletes," he notes. "I played baseball through college, and I still play with local teams, so I have experienced my own injuries. That inspired me to work with young athletes, because they are so motivated to get back in the game. But sometimes it's hard to restrain them from getting back

too soon. So I emphasize training that can help prevent injuries, such as working on strength training and proper form.

"I also try to make sure parents and coaches are aware of 'at-risk' athletes," Langwell adds. "That might include, for example, an athlete playing volleyball or basketball who has poor body mechanics and lands poorly. Often, female athletes are more at risk for injuries to the anterior cruciate ligament (ACL) in the knee because the hip-to-knee anatomy of females differs from males. Female athletes might be more predisposed to ACL injuries if they haven't gained proper strength in the hip and knee."

The professional staff members at Washington Sports Medicine work with young athletes on a one-to-one basis, tailoring physical therapy and other treatments to the individual's needs and goals.

"There are a zillion ways the body can be injured in sports activities, and the treatment depends on the type of injury," says Dr. Nord. "We believe, though, that it is more important to focus on why these injuries are becoming more common among young athletes. A primary reason is the trend toward focusing only on one sport at an early age or not giving these kids enough time to rest and recover properly, especially here in California, where young athletes can play sports such as baseball all year long. We want to help kids develop a long, happy, healthy and sustainable relationship with athletics."

Sports Medicine Education Series: Learn More About Youth Sports Injury Prevention and Treatment

Washington Sports Medicine's free Sports Medicine & Rehabilitation Education Series is designed to help people in the community learn more about the prevention and treatment of injuries while exercising or participating in sports. The series should be of special interest to athletes, parents of students participating in school sports, coaches, athletic trainers and "weekend warriors."

continued on page 10



Learn more about youth sports injury prevention and treatment at a free Washington Sports Medicine and Rehabilitation Education Series. The next seminar focused on youth sports injuries takes place on April 6, from 6:30 to 8 p.m. in the Conrad E. Anderson, MD Auditorium in the Washington West Building at 2500 Mowry Ave. in Fremont. To register for the seminar, call (800) 963-7070 or go to whhs.com/events.

Ask the Doctor

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

Should I wash my hands or use hand sanitizer?

Dear Readers,

During flu season, germs and viruses are everywhere. I am often asked how to prevent getting the cold or flu. The best way is to wash your hands regularly. For the most infectious organisms such as influenza, using hand sanitizer is equally as effective as hand washing with soap. Alcohol-based hand sanitizers can be effective in preventing the spread of disease even on soiled hands. The Centers for Disease Control and Prevention recommends waterless alcohol-based hand products for patient care. There are only limited organisms such as *C. difficile* (cause for diarrhea) for which hand washing is required over hand sanitizer.

How much sleep is really required for optimal health?

Dear Readers,

Getting quality sleep is vital for good health as it affects everything from weight loss to neural development to energy levels. The recommended optimal amount of sleep depends on age. Newborns and infants need around 16-20 hours of sleep, while children should get around 11 hours. The optimal hours for adolescents are 9-10 hours, while adults should get 7-8 hours.

Tam Nguyen, MD, FAAPF



Tam Nguyen, MD, is board certified by the American Board of Family Medicine and the American Board of Aesthetic Medicine, treating patients of all ages since 2008. He completed his Family Practice residency at San Jose-O'Connor Hospital in California and has served at San Joaquin General Hospital as part of their medical staff and clinical faculty and as the Family Medicine Chair. Dr. Nguyen currently practices Family Medicine at the Washington Township Medical Foundation – Nakamura Clinic in Union City. For more information, go to www.mywtnmf.com.

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Health & Wellness

Urinary Incontinence in Women: What You Need to Know

Urinary incontinence and overactive bladder issues are common among women. Yet many women suffer in silence, embarrassed to discuss their symptoms with their doctors. There is no need to feel embarrassed. At this seminar, you will learn the symptoms, risks and treatment of urinary incontinence.

Tuesday, March 15, 2016 • 6 to 8 p.m.
Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

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

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Free Community Seminar

SPEAKERS

Alison Slack, MD, OB/Gyn

Mark Saleh, MD, Urology

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*Students will be responsible for miscellaneous supplies and optional fees.

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- Submit a letter of recommendation from a high school principal, teacher, or counselor
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President/Superintendent of Ohlone College, Gari Browning, Ph.D. with the 2015 Ohlone Promise Scholars



www.ohlonepromise.org **APPLY: March 1–April 15**

continued from page 1

A Safe Haven

Doctors, nurses and technical staff spend many hours preparing for emergency situations, anticipating the chaos and confusion of large scale disasters. Continuity of services including the integrity of a physical structure and its supplies is challenging under the best circumstances, but are multiplied when one of the most feared natural disasters, a large scale earthquake and its aftermath are contemplated. With little warning, normal activities in a hospital can be disrupted and major, life threatening scenarios, arise.

However, construction of a new structure at the hospital including expansion and innovative services has created a level of safety that is nothing short of phenomenal. Knowledge of the proximity to a major fault and dedication to the safety of medical staff and patients has elevated planning scrutiny and construction methods to use cutting edge technology. Once the new building is complete, much of the magic of its infrastructure will be hidden from view and only rise to demonstrate its potential when Mother Nature visits during an earthquake. In that event, this massive structure is designed to (in Muhammad Ali's parlance) float like a butterfly, avoiding the sting of an earthquake bee.

A myriad of contractors have been using cutting edge technology to track their work, making sure each subcontractor doesn't interfere with others, saving time, energy and money.

A computer program has been following each and every move to avoid conflicts and planning snafus; the confusion of multiple paper drawings is reduced to near zero. Survey tools are integrated with the computer model to make sure what is done in the field matches project models, following the idea of "plan to work, work to plan."

At the ground level, 72 giant base isolators (shock absorbers) and 34 horizontal pistons called dampers, cushion the structure to absorb and reduce movement during an earthquake. The entire building is designed to shift rather than twist and turn if the earth moves. Even elevator shafts are modeled to move with the building. Flow of vital liquids and gases will be protected and move as a unit rather than try to withstand the violent shaking and twisting of earthquake tremors.

A three foot moat surrounds the building to allow horizontal movement and protects not only the structure but also connections with adjacent facilities including the power plant that can sustain hospital operations for many days following a major earthquake. This unique infrastructure permits horizontal and vertical movement without the typical twisting and shock experienced in other buildings, even those retrofitted for earth movement. The new building will house expanded emergency services, critical care accommodations and add 116 single surgical/medical care and critical care beds.



A three foot moat surrounds the building to allow horizontal movement and protects not only the structure but also connections with adjacent facilities.

So far, construction is on schedule; expected completion is June-August 2018. Rudolph and Sletten Project Manager William Bartley says that although large projects such as this are extremely complex and can create significant challenges, use of high technology and experienced crews has resulted in a better than expected outcome. He comments

that for a project this big, "It's not the norm. This type of technology helps out a lot." The building information model gives three-dimensional assistance and allows architectural and construction teams to communicate effectively even before anything is built.

Following completion of this phase of the Facilities Master

Plan, the next phase, now in the initial planning stages, will be construction of an inpatient tower of operating rooms, diagnostic imaging, birthing center, neonatal intensive care unit, medical and surgical nursing units and other support services to be completed by 2030.

continued from page 2

Are You Concerned About Memory Loss or Mental Confusion?

thinking abilities that are noticeable to the person affected and to family members and friends. That impairment does not affect the individual's ability to carry out activities of daily living, referred to as ADLs.

"In some cases, MCI might be an early stage of dementia, but MCI does not always lead to dementia," he says. "MCI sometimes reverts to normal cognition or remains stable. In cases when a medication causes cognitive impairment, MCI may be mistakenly diagnosed."

Assessing Cognitive Impairment in Older Adults

Since cognitive impairment can be a result of factors other than dementia, Dr. Chawla recommends a comprehensive, multidisciplinary physical assessment of older adults who are experiencing noticeable changes in mental function. Factors evaluated in such an assessment might include:

- **Functional Status** – Evaluating the patient's ability to perform ADLs such as bathing, dressing, toileting, grooming and feeding, as well as "instrumental" activities of daily living (IADLs) such as preparing meals, managing finances, taking medications and managing transportation.

- **Nutritional Status** – Screening for malnutrition, which may reflect medical illness, depression, functional losses or financial hardship. Patients are evaluated for low body mass index (BMI) and unintended weight loss.

- **Vision** – Checking for cataracts, glaucoma, macular degeneration or other conditions. Patients also are asked about everyday tasks such as driving, watching TV and reading, often including a performance-based screening of having the patient read aloud.

- **Hearing** – Testing for hearing loss, which is common among older adults and can result in depression and social withdrawal. After assessing the patient for impacted earwax, additional testing is conducted with a handheld device, followed by formal audiometry testing, if necessary.

"The assessment also includes screening for cognitive loss, with a variety of performance measures," Dr. Chawla says. "For example, one simple test would be to have the patient repeat a list of three items. We also would administer other tests, including the widely used Folstein's mini-mental state examination to test the patient's orientation, recall, attention, calculation, language and visuospatial skills. In addition, we would assess the patient's psychological status, looking for signs of depression, anxiety and bereavement.

"It is important to screen for cognitive loss because most people with dementia do not complain of memory loss," he adds. "Older persons with cognitive impairment are at a higher risk for accidents, delirium, disability and an inability to comply with medical instructions from their doctors."

Treatments for Cognitive Impairment

"The primary goal of treatment for cognitive impairment is to enhance the patient's quality of life and functional performance by improving cognition, mood and behavior," Dr. Chawla notes. "Non-medicinal approaches might include regular doctor appointments, individual or group therapy, and modifications to the patient's living environment with special attention to safety. Referrals to specialists such as psychiatrists, neurologists, social

workers, physical therapists and nurses also may help. Many such services are covered by Medicare."

Medicinal treatment for cognitive impairment might include cholinesterase inhibitors, which improve central nervous system function. Another drug sometimes used in patients with dementia is memantine, which may improve memory, attention, reason, language and the ability to perform simple tasks. Other medications and supplements that may be of value include vitamin E, estrogen, ginkgo biloba and nonsteroidal anti-inflammatory drugs.

"For patients suffering from depression, which often accompanies cognitive impairment, antidepressant medications may be useful," says Dr. Chawla. "In some cases, patients may benefit from 'psychoactive' medications similar to the drugs used to treat narcolepsy or sleep apnea."

Dr. Chawla also offers a variety of tips for improving memory:

- Stay mentally active with stimulating activities such as crossword puzzles, reading, playing a musical instrument or volunteering
- Socialize regularly with loved ones, friends and others to help ward off depression and stress
- Organize your life by reducing clutter, jotting down appointments in a notebook or calendar, keeping to-do lists and setting aside specific places for your wallet, keys and other essentials

- Focus your attention by limiting distractions and avoiding trying to do too many things at once

- Eat a healthy diet with low-fat protein, fruits, vegetables and whole grains, since a heart-healthy diet can be as good for the brain as it is for the heart

- Include physical activity in your daily routine to improve blood flow to the body, including the brain

- Manage chronic health conditions such as diabetes, high blood pressure and depression by following your doctor's treatment recommendations

"Annual medical screenings for cognitive impairment generally begin around age 65, but patients who are concerned about memory loss or mental confusion should start screening earlier," Dr. Chawla advises. "If you have trouble performing tests designed to assess cognitive function, your physician is likely to recommend tests such as a CT scan or MRI to evaluate for other causes of dementia that are mimicking the symptoms of Alzheimer's. There currently is no cure for Alzheimer's or some other forms of dementia, but new treatments may delay memory decline, improving the quality of life for patients and their caregivers."

Learn More

To register for the upcoming seminar on March 31 or for more information, visit www.whhs.com/events or call (800) 963-7070.

If you need help finding a physician who specializes in diagnosing and treating cognitive impairment associated with aging, visit www.whhs.com and click on the link for "Find Your Physician."

For additional information on Alzheimer's disease, visit the website for the Alzheimer's Association at www.alz.org.

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Advanced Directive for Health Care Workshop

SUBMITTED BY BOB LAWRENCE

Have you or your loved ones ever had discussions about what medical decisions you desire if you could not make them for yourself? Come to a workshop to learn the why and how of making an Advanced Directive for Health Care. This important document will be most helpful to your loved ones and health care providers in directing your desires. The public is invited to attend this workshop Sunday, March 13 at Christ the King Lutheran Church in Fremont. Forms will be provided for those who need them. For more information, call (510) 797-3724 or (510) 656-3530.

Advanced Directive for Health Care Workshop
Sunday, Mar 13
11:30 a.m.
Christ the King Lutheran Church
Carlson Hall
1301 Mowry Ave, Fremont
(510) 797-3724

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Julie M. Rivett discusses *The Maltese Falcon*

SUBMITTED BY THE
CITY OF SAN LEANDRO

The San Leandro Library is hosting a Big Read literary gathering featuring Julie M. Rivett, a Dashiell Hammett Scholar and also one of the author's four grandchildren, on Saturday, March 12. The event is part of the Big Read program and is open and free to the public; no prior registration is requested.

Rivett will explore the links between her grandfather and his most famous fictional creation, Samuel Spade. She will discuss how Hammett's experiences shaped and informed "The Maltese Falcon" and how Spade's worldview is reflected in his life choices. "The book is fun, fascinating, and literate. I hope to help readers see it a little bit the way I do—as a book that can be read on many levels. It's a romp, a romantic drama, a hardboiled crime adventure and a deeply insightful exploration of the human experience," said Rivett. She has edited four books by or about Hammett in addition to curating exhibits and lecturing nationwide.

The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest. For more information, call Addie Silveira at (510) 577-3991

Big Read Literary Gathering
Saturday, Mar 12
2:00 p.m. - 4:30 p.m.
San Leandro Public Library
Estudillo Room
300 Estudillo Ave, San Leandro
(510) 577-3991
www.sanleandro.org/depts/library/default.asp
Free

March is Art IS Education Month

SUBMITTED BY ALAMEDA COUNTY
SUPERINTENDENT L. KAREN MONROE

Art IS Education is an annual, month-long showcase of student learning in and through the arts. The theme for 2016 is "Creating Solutions." Join us at one of the many events throughout the County and learn how you can be an advocate for arts learning at your local school or district.

Alameda County Library is presenting 300 free arts events at all 12 locations. Learn more at <http://guides.aclibrary.org/artiseducation>.

Fremont Symphony Orchestra Romantic double-header

SUBMITTED BY CARYL DOCKTER

Two romantic programs in one is the promise of the Fremont Symphony's Saturday, April 2 presentation of The French Connection.

Bay Area opera stars Carrie Hennessey, soprano, and Zachary Gordin, baritone, sing French love songs by late 19th and early 20th Century composers Charpentier, Fauré, Hahn, Massenet and Poulenc. Known for her ability to bring great musical and theatrical depth to her performances, Hennessey is a powerful, versatile and talented artist who performs in operas and with symphony orchestras throughout California and abroad. Zachary Gordin brings masterful singing and strong physicality to a wide variety of roles, from baroque heroes to contemporary works written for him. The singers will be accompanied on the piano by Oakland Symphony assistant conductor Bryan Nies.

To set the scene for turn-of-the-century Paris, the acclaimed Fremont Symphony Quartet performs Debussy's only string quartet—a watershed in the history of chamber music, with its impressionistic

tonal shifts and cyclic structure, and a total delight to the ear. Then will follow the world-premiere of a new arrangement of Gershwin's An American in Paris (an American composer, of course, but a quintessential Parisian scene), by the Quartet's cellist, Dan Reiter.

Tickets are available online at www.fremontsymphony.org and by phone at (510) 371-4859. First-time patrons may enter coupon code "FREMONT10" to receive an introductory reduction, or request the first-timer promotional offer by phone.

Fremont Symphony Orchestra
The French Connection
Saturday, Apr 2
8 p.m.
Prince of Peace Lutheran Church
38451 Fremont Blvd, Fremont
Tickets: (510) 371-4859
Online: www.fremontsymphony.org
\$45-\$55

FUSD Art Show

SUBMITTED BY EDIE CHRISTENSEN

In celebration of Art IS Education Month, Fremont Unified School District (FUSD) will be holding a reception for its District-wide "Art Exhibit" on Wednesday, March 16 at the District Office. Performances of elementary, junior high and high school music groups will highlight the program. Refreshments will also be served.

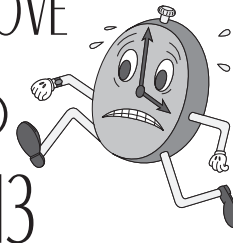
The exhibit of pre-kindergarten through twelfth grade student art from throughout the District will start on March 11 and run through April 10. We invite all members of the community to attend the festive reception on March 16 starting at 5 p.m.

FUSD Art Show
Friday, Mar 11 – Sunday, Apr 10
Monday – Friday, 8:00 a.m. – 4:30 p.m.

Reception:
Wednesday, Mar 16
5:00 p.m. - 8:30 p.m.

FUSD Office
4210 Technology Dr, Fremont
(510) 657-3600
<http://www.fremont.k12.ca.us/>

CLOCKS MOVE
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MARCH 13



It's time once again to spring ahead and set those clocks forward one hour for daylight saving time. The change will occur on Sunday, March 13 at 2 a.m. and provides an extra hour of daylight in the evenings, leaving early morning risers to contend with the dark. The sun will rise at approximately 7:21 a.m. on Sunday, with sunset at approximately 7:14 p.m.

Benjamin Franklin is credited with the daylight saving time plan, believing that altering time twice a year would cause better use of daylight hours and save on oil used to light winter nights.

Daylight saving time will end at 2 a.m., Sunday, November 6.



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Azam Khan is a content strategist specializing in omnichannel storytelling.

Meet a Muslim

Questions and Answers

Monday, March 13th

12Noon - 1:00 pm
St. James episcopal church
37051 Cabrillo Terrace
Fremont



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

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



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How do Muslims practice their faith?
How does Islam view other religions?
What is Sharia law?

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

Counseling Corner

Resume spring cleaning

BY ANNE CHAN, PhD, MFT

Are you sitting at home hunched in front of your computer, sending out resume after resume without getting even an automated response? If so, it might be time for a thorough resume spring cleaning. Around this time, many devote hours cleaning and reorganizing their homes, closets, desks, and even their cars. It is the perfect time to do a spring cleaning for your resume as well.

Several key design and organization concepts are completely applicable to resumes. Perhaps it is not too surprising since the principles for design and aesthetics cut across different arenas. I have taken inspiration from my endless watching of HGTV and present you with spring cleaning tips applicable for your resume (and perhaps your home as well).

Spring Cleaning Tip #1:
Create a theme for your resume.

A resume should be focused and on-point. It should be very clear to the employer what job you are applying for. I think of this as the theme of your resume or your job objective. If you are applying for a nursing position, think of the theme of your resume as "The Nurse Theme." As such, 90 percent of your resume should be targeted toward nursing-type skills. Remove almost everything else that does not support your nurse theme. This is a critical first step when spring cleaning your resume.

Spring Cleaning Tip #2:
Purge unnecessary job experiences and details.

After you've determined the theme of your resume, it's clutter-busting time. More is not always better in a resume. I've seen resumes so cluttered with unnecessary details that the true value of the prospective candidate is obscured. Purge all details that are irrelevant to the job you are applying to. For instance, if you are hoping to move from an assistant position to a supervisory posi-

tion, remove all references to handling office correspondence and greeting people. Yes, these are important job responsibilities in your current position, but they do not vouch for your supervisory abilities. Including them in your resume might even plant doubt that you are capable of supervising people. Be merciless when purging. Just because you have expertise and experience in some skills doesn't automatically mean that they should be included in your resume.

While you are happily purging away, excise any details that pertain to your current workplace but are not used anywhere else. For instance, if your current company uses a propriety software that no one else would know about, leave out the name of the software. You can still highlight your skills using different types of software, but there's no need to provide details that won't mean anything to the prospective employer.

Spring Cleaning Tip #3:
Put things in their proper places.

After you've gotten rid of the clutter in your resume, you can then put everything in its proper place. In any well-organized setting, everything has a home—so does your resume. Highlight the different sections of your resume and put your accomplishments in the proper section. You get to decide what sections you want and how you want to title them. Some might like to have their education, training, and certifications in one section, whereas others might need to have separate sections for each of them.

Spring Cleaning Tip #4:
Create white space for visual appeal.

A resume is a formal document, but this does not mean that it should be crammed with words and nothing else. In fact, it's vitally important that your resume is visually appealing; you want your resume to look inviting to your prospective employer. Too much text jammed into one

page can be off-putting. Take a tip from the design experts: leave plenty of white space in the margins as well as between sections of your resume. Play around with different highlighting features such as text boxes and lines. Of course, the overall look of your resume should be one that is tasteful and appealing.

Spring Cleaning Tip #5:
Clean the exterior as well.

I felt it was urgent to add this to my spring cleaning tips because employers are now looking beyond the resume when they decide who to invite for interviews. The exterior of your resume is anything that can be linked to you, such as your tweets, Facebook posts, online photos, etc. Employers can easily access your online presence and see you goofing off, drinking a lot of alcohol, and acting inappropriately. These can be used to form a negative judgment about you without the employer ever saying a word to you. I'd suggest you google your name and see what pops up. You might be horrified at what appears.

Skipping this step would be like trying to sell your car and doing a great job of cleaning the interior but ignoring the mud-splattered, damaged exterior. No one would be enticed into checking out the interior if the exterior is repulsive. The same is true for your resume. If your resume is terrific, but there are some troubling photos of you online, this could cost you the opportunity to interview for your dream job.

Tidying your resume will result in a cleaner, more organized document that will be more appealing and attractive. Just like those HGTV design shows, do share with me your "before" and "after" resumes. I just might highlight you in a future column!

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.

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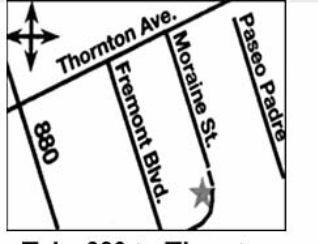


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BUSINESS

Efforts intensify to curtail child marriage in the US

By DAVID CRARY
AP NATIONAL WRITER

NEW YORK (AP), Child marriage wasn't an issue of note for Virginia state Sen. Jill Vogel until she heard the stories circulating in her district about a man in his early 50s marrying a girl in her mid-teens, warding off a police investigation of his relationship with her.

Now Vogel is lead sponsor of a bill advancing in Virginia's legislature that would sharply curtail child marriage.

"Our marriage laws in Virginia are not protecting children," she said.

A similar measure has been introduced in Maryland, and a pending bill in New York goes even further – it would make the state the first to ban marriage altogether for anyone under 18.

Worldwide, child marriage is a reality for millions of girls. Though the practice is most common in developing countries, critics who argue it exposes many girls to emotional and even physical harm say it poses a largely unseen threat in the United States as well.

"We think we're so sophisticated, so progressive and ahead of the times, and yet we still see this barbaric behavior," said Assemblywoman Amy Paulin, sponsor of the bill in New York.

Across the U.S., states laws generally set 18 as the minimum age for marriage, yet every state allows some exceptions. Most states let 16- and 17-year-olds marry if they have parental consent, and several states – including New York, Virginia and Maryland – allow children under 16 to marry if a court official gives approval.

There are no nationwide statistics on child marriage in the U.S., but data from a few states suggests it is far from rare.

Fraidy Reiss, who campaigns against coerced marriage as head of a nonprofit called Unchained at Last, researched data from her home state of New Jersey, and determined that 3,499 minors – 90 percent of them girls – were married in the state between 1995 and 2012, including 178 who were under 15.

In New York State, according to Reiss, 3,853 minors were married between 2000 and 2010. Her figures are drawn from state health department data.

In Virginia, state health statistics show that more than 4,500 minors were married between 2000 and 2013, including about 220 who were 15 or younger.

Such data "should set off alarm bells, not wedding bells," said Jeanne Smoot, senior counsel for policy with the Tahirih Justice Center in Falls Church, Virginia, which assists women at risk of domestic violence, trafficking and forced marriage.

Reiss – who says she was forced into an abusive marriage by her Orthodox Jewish family when she was 19 – contends that cases of child marriage via parental consent often involve coercion, with a girl forced to marry against her will. She says states generally do not require any investigation of this possibility, and girls are often not asked if they are marrying voluntarily.

Inspired by Reiss' efforts, Paulin, the New York legislator, introduced a bill in January that would eliminate all exceptions in New York's statutes and prohibit the marriage of anyone under 18. Paulin, a Democrat, believes her

bill can get bipartisan support and become law.

"Just because we're not talking about millions of girls here in the U.S. doesn't mean we shouldn't protect the thousands of girls who are affected," she said.

Reiss has been in touch with lawmakers in New Jersey, hoping for similar legislation there.

"Mostly the response is, 'I can't believe this is happening in my state. We have to stop it,'" Reiss said.

Meanwhile, the Tahirih Justice Center is working with legislators in Virginia to enact a law barring all under-18 marriages except for cases where 16- or 17-year-olds acquire the rights of an adult via an emancipation order freeing them from the control of their parents or guardians.

Vogel, the Virginia senator, said she chose to push for the legislation because of a case roiling the town of Middleburg in her North Virginia district.

According to Vogel, it had become common knowledge in the community that a man in his early 50s was having a relationship with a girl in her mid-teens. To ward off further scrutiny by authorities, the man obtained the consent of the girl's mother and married the girl last year, Vogel said. She declined to identify those involved, for privacy reasons.

Under her bill, that type of marriage would no longer be an option – the girl would have to convince a judge that she should be legally emancipated and that the marriage was in her best interest.

The measure, which would end Virginia's practice of allowing girls under 16 to get married if they are pregnant, cleared the Senate on Feb. 9 by a 33-7 vote. One opponent, Sen. John Edwards, argued that parents should retain the right to decide if their children under the age of 18 should get married.

The measure has now moved the Virginia's House of Delegates. The lead sponsor in that chamber, Jennifer McClellan, said her grandmother got married at age 14 in rural Mississippi.

"People didn't understand back then that children aren't ready to have children," McClellan said. "Now we understand all the negative consequences."

She's heard no objections to the bill from prominent immigrants hailing from countries where child marriage is a centuries-old tradition. Some families in those countries feel that marrying off their daughters will protect them from sexual assault; some poor families take the step to reduce child-raising expenses or to obtain a payment known as a "bride price."

In the United States, some immigrant families have retained those traditions of child marriage. In some cases, parents disapprove of someone their daughter is dating, and pressure her to marry someone they view as more suitable.

However, child marriage in America extends far beyond immigrant communities; it's been a longstanding practice in certain cases where a girl becomes pregnant and there's a desire that the child have married parents.

In Virginia, where girls under 16 can get married in cases of pregnancy, some of the age differences are striking. In 2010, a girl under 15 married a man in his 30s; another girl under 15 married a man in his 50s in 2006, state records say.

The health department

records give no further details – they do not identify the court officials who approved the marriages or give any indication whether there was an investigation into the circumstances of the girl's pregnancy.

"It's haunting for us, looking at this data," said Casey Carter Swegman, project manager of Tahirih's Forced Marriage Initiative. "We want to reach out to those girls and at least find out if they're OK, and who the judge was, and we've been told there's no way to find out more."

Occasionally, details of child marriages emerge in news accounts.

In 2005, there was widespread coverage of a Nebraska couple – Crystal and Matthew Koso – who married when she was 14 and he was 22. Because Crystal had become pregnant before the marriage, Matthew served 15 months in prison and had to register as a sex offender.

In 2011, 16-year-old Courtney Stodden, an aspiring singer and actress, married 51-year-old Doug Hutchinson, an actor known for his film role as a prison guard in "The Green Mile." The couple's subsequent ups and downs have been chronicled in celebrity-oriented media; Hutchinson told interviewers he had been denounced as a pedophile and targeted with death threats.

For the most part, though, child marriage in the U.S. has escaped intensive scrutiny.

Tahirih's goal is to get legislation passed in every state that would virtually eliminate child marriage.

Worldwide, according to UNICEF, there are more than 700 million women who were married before 18. Numerous studies have concluded that the practice is detrimental to girls' health, education and economic opportunities, and increases their vulnerability to abuse and violence.

Among those in the U.S. working to curtail child marriage is a 26-year-old New Yorker, Naila Amin, who had her own harrowing experience with the practice.

Amin says her parents, who brought her to the U.S. as a 4-year-old, grew wary of her American-style social life when she entered her teens and the ensuing friction led to her being placed in foster care. When Amin ran away from foster care and returned to her family, they took her to Pakistan as a 15-year-old and forced her to marry a 28-year-old cousin who beat and mistreated her.

"For the next few months, I cooked, cleaned and slept with my husband – my enemy," Amin wrote in an account of her ordeal.

Thanks to the intervention of an uncle, and the fact that Amin was still technically a ward of the foster care system, she was able to get out of the marriage and return to the U.S. She's now attending Nassau Community College on Long Island, with hopes of becoming a social worker and opening a group home for girls trying to avoid or recover from forced marriages.

"I was alone when I faced my marriage," she says. "I want to be there for other girls."

Online

UNICEF background information:
<http://www.unicef.org/protection/57929-58008.html>

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Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments



Are we better at 60?

Ten years ago, when the City of Fremont turned 50, it still had historical town centers, neighborhoods with character, and had yet to become urbanized. Irvington Town Center had no four-story buildings, Osgood Road had no plans for five-story urban-density housing, tall housing didn't fill the fields along the railroad tracks, and The Connolly Center had not been "pruned" to make room for townhouses.

Mission San Jose had the old Brown barber shop building and the Tiny Tots building, not stucco office complexes right at its center. Centerville's Central Avenue and Peralta Avenue were not yet fully lined with three-story stucco townhouses right at the street. Niles was not yet dreading the industrial-modern townhouse complex to be built at its Gateway.

The Ardenwood area did not have 500 houses being built at Patterson Ranch without the new school that had been in the initial plans. Sabercat Neighborhood Center on AutoMall Parkway/Durham Road at I-680 with its 158 condos in a six-story,

mixed-use complex had not yet been approved.

Warm Springs still had a model-airplane field rather than a BART station and parcels desperately awaiting companies offering jobs. Ramirez Family Farm's produce stand sold corn grown on the Guardino land on Walnut Avenue, where a giant apartment complex is now proposed.

D&G Flowers and Produce market in north Fremont was busy at the corner of Fremont Boulevard and Beard Street, where 45 of the 63 approved units are now under construction. Nagata Brothers had just closed its produce stand on Mission Boulevard at Stevenson Boulevard, where 77 townhouses will go up only 5 ft. from the sidewalk. Across the street, the Stevenson Place fields near Central Park had not yet been changed from open space to residential where 80 affordable housing units are now planned.

When you hiked the Three Canyons Trail - that is now Sabercat Historical Park - you could look up at a wide pasture with its bright red 1920s dairy barn, which is now replaced by 33 houses packed together on the hillside.

The InRoads Church on Washington Boulevard at Olive and the Church of Christ on Driscoll Road were places of worship in low buildings. They've now been replaced by tall town-

houses that loom over the streets. Historical Palmdale was a place filled with trees and was not going to be packed with stucco townhouses. Apartments were affordable even though house prices approached record highs.

Most children could attend their neighborhood schools. Parents didn't have to drive their children to schools far across town. High school students could take the AP courses they were qualified for.

Traffic throughout Fremont was not so congested that you had to plan your day around it. Parking was available for those from the suburban Fremont neighborhoods who drove to the center of town to shop or dine. Infrastructure was in step with the level of new development. Hundreds of trees had not yet been cut - or torn - down, including heritage Canary Palms and Cedars. The 1991 General Plan had not yet been replaced by the strategically urban 2011 General Plan.

Are we really happy with where the City of Fremont is headed? Do we really want to be a crowded city of tall townhouses, congested streets, and impacted schools? Are we really better off at 60?

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

Groundwater Awareness Week

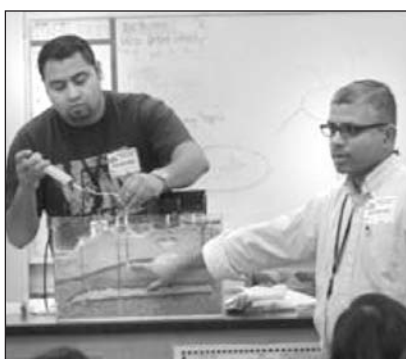
SUBMITTED BY
SHARENE GONZALES

If you live in Fremont, Newark or Union City, approximately 40 percent of your water supply is beneath your feet in the Niles Cone Groundwater Basin. So, we ask you to join ACWD in our pledge to protect the basin as we celebrate Groundwater Awareness Week, March 6 - 12.

This critically important local

water supply is recharged by ACWD each winter, extracted from production wells throughout the service area, and is vital to ACWD's ability to continue to meet the water supply needs of its customers.

To learn more about the Niles Cone Groundwater Basin, groundwater monitoring, ACWD's water supply, and ways to protect groundwater, please visit www.acwd.org



ACWD staff present a groundwater model to area high school students

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

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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.

continued from page 3

Preventing Youth Sports Injuries Is a Team Effort

The series of programs is offered on the first Wednesday of every other month, from 6:30 to 8 p.m., in the Conrad E. Anderson, MD, Auditorium in the Washington West Building at 2500 Mowry Ave. in Fremont.

The program for Wednesday, April 6, will be "Prevention and Treatment of Youth Sports Injuries," featuring Medical Director of Washington Sports Medicine Russell Nord, MD, and Sports Medicine Physical Therapist Kory Langwell, DPT. A certified athletic trainer also will be present to demonstrate proper warm-up techniques and body mechanics.

"Our primary focus in the program will be injury prevention," says Langwell. "We will talk about the science of sports injuries in young athletes and discuss training techniques that can help with injury prevention. There also will be time for a question-and-answer session at the end of the program."

Subsequent programs later in 2016 will include:

- "Think Running Is a Pain? It Doesn't Have To Be"
- "Big Changes in Concussion Care: What You Don't Know Can Hurt You"
- "Nutrition and Athletic Performance"
- "Why Does My Shoulder Hurt: Shoulder Pain in the Youth Athlete to the Weekend Warrior and Beyond"

For more information or to register for an upcoming program, call (800) 963-7070 or visit www.whhs.com. If you need help finding a physician who specializes in the prevention and treatment of exercise or sports injuries, visit www.whhs.com and click on the link for "Find Your Physician."

Calling all Creative Kids

SUBMITTED BY INDIA COMMUNITY CENTER

India Community Center (ICC) invites kids to join the annual art contest on Sunday, March 13. This year's art contest theme, "Festival of India," encourages children to explore the rich tapestry of festivals celebrated throughout India. Children ages 4 to 12 will create an original work of art illustrating the story behind the celebration, the customs or their own family traditions. ICC will provide a sheet of 11x14 drawing paper; children must provide their own art materials. Participation fee costs \$15; visit www.indiacc.org/artcontest to register.

ICC Annual Art Contest
Sunday, Mar 13
2 p.m. – 4 p.m.

India Community Center
525 Los Coches St, Milpitas
(408) 934-1130
www.indiacc.org/artcontest
Participation Fee: \$15

Mountain Lions in California

SUBMITTED BY HAYWARD AREA RECREATION AND PARK DISTRICT

The mountain lion (Puma concolor), hunted nearly to extinction in the early 1900s, is finally making a comeback. Join us for this special presentation by Felidae Conservation Fund on Saturday, March 19 at Sulphur Creek Nature Center to learn about California's most controversial, powerful and elusive carnivore. Find out how this keystone predator (also called puma or cougar) plays a critical role in maintaining the health and biodiversity of our ecosystems at this adult-only program.

Advance registration is required; space is limited. To register, visit www.haywardrec.org. Call (510) 881-6700 for more information.

Mountain Lions in California
Saturday, Mar 19
2 p.m. – 3:30 p.m.
Sulphur Creek Nature Center
1801 D St, Hayward
(510) 881-6700
www.haywardrec.org
\$18 per person
(Program #:351301)

State of the City Address

SUBMITTED BY CITY OF FREMONT

If you want to learn more about the issues and opportunities facing the City of Fremont, stay tuned! Fremont Mayor Bill Harrison will be presenting the annual "State of the City Address" at a luncheon hosted by Fremont Chamber of Commerce on Thursday, March 24 at Fremont Marriott Silicon Valley.

To buy tickets, please call the Chamber at (510) 795-2244 or visit www.fremontbusiness.com. And in case you can't make it, the State of the City Address will be rebroadcast on Fremont Cable TV Channel 27, as well as posted to the City website at www.fremont.gov by the end of the following week.

Fremont State of the City Address
Thursday, Mar 24
12 p.m. – 2 p.m.
Fremont Marriott Silicon Valley
46100 Landing Pkwy, Fremont
(510) 795-2244
www.fremontbusiness.com
Chamber members: \$45; non-members: \$85

Shooting Stars

Students making a difference locally and globally

SUBMITTED BY SRIDEVI GANTI

Shooting Stars is a growing organization, in over eight states with 18 locations, run by high school students, that provides affordable academic enrichment boot camps during Spring Break to elementary school students. Proceeds are donated to local school districts and international scholarships. For the past three years, donations of up to \$1,500 have been made to the Fremont Unified School District.

Trained and experienced high school tutors provide academic enrichment on Common Core curriculum. This year, Shooting Stars has introduced Speech camps as well.

The next Shooting Stars Camp takes place Monday, March 28 – Friday, April 1 at Fremont Adult School. To register, visit www.shooting-stars-foundation.org

Eligible students can also apply for financial aid.

Shooting Stars – Spring Break Camp
Monday, March 28 – Friday, April 1
Times: TBA
Fremont Adult School
4700 Calaveras Ave, Fremont
www.shooting-stars-foundation.org
\$50-\$125 (Based on number of classes)
For elementary school students

Applications available for

Art, Music and Community Service Scholarships

SUBMITTED BY SHIRLEY SISK

The League of Volunteers (LOV) will be awarding two \$250 scholarships in fine arts & photography, a \$500 music scholarship and a \$250 scholarship in community service to graduating high school students who are residents of Fremont, Newark or Union City. These include the Dan and Marie Archer Scholarships for painting or drawing and for photography, the Fred Jueman/Newark Arts Council Scholarship for music and the Michael Gendreau Scholarship for Community Service.

Deadline for applications for the music, fine art and photography scholarships is Monday, April 25. Music applicants will be required to audition Saturday morning, April 30. Deadline for the Community Service Scholarship is Tuesday, April 5.

For more information on criteria for these scholarships, or to receive an application mailed to you, call LOV at (510) 793-5683 or visit: www.lov.org.

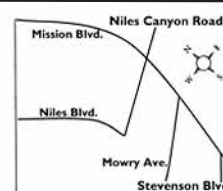
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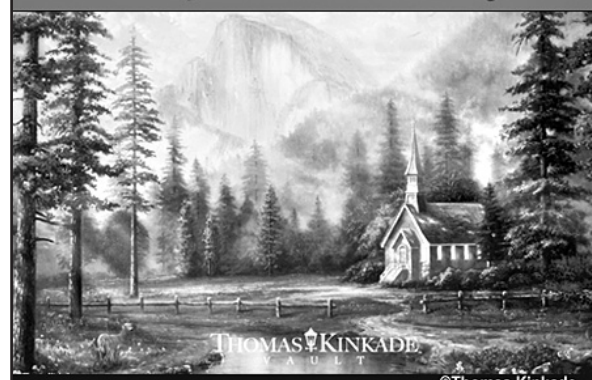


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THEATRE

Douglas Morrisson Theatre presents

Swimming With Sharks

SUBMITTED BY SUSAN E. EVANS / BOB MILLER

The Douglas Morrisson Theatre (DMT) announces the fourth in its Telling Tales storytelling series, on Monday, March 21 at 8 p.m.

DMT invites local storytellers to come share stories on the theme: Swimming With Sharks. **We're looking for stories about times you were in danger - literal or figurative.**

What's your story? Maybe you were on an adventure and purposely sought out the danger, or maybe trouble found you. We can't wait to hear your story!

DMT welcomes one and all to contribute and participate. It's easy to be a storyteller on March 21 - just send a story idea to tales@dmtonline.org

For complete "Telling Tales Story Guidelines," visit the DMT website at www.dmtonline.org and click on the Alt. Mondays image.

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

Swimming With Sharks
Monday, Mar 21
8 p.m.

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

www.dmtonline.org
\$5 /open seating

Summer camp for kids

SUBMITTED BY HAYWARD
CHAMBER OF COMMERCE

Registration is now open for "Time Travelers at Meek Mansion" summer camp. Join the fun as we explore California's history. Fun activities will teach campers about people from other cultures who came to the Hayward area from around the world. Camp takes place in Meek Park, and campers will get to explore Meek Mansion. The camp is available for kids ages 6-11 and will have two sessions from July 18-22 and July 25-29.

Before and after care is available. For more information or to

register, call (510) 581-0223 or visit
www.haywardareahistory.org/summer-camps.

**Time Travelers at
Meek Mansion**
**Monday, Jul 18 to
Friday, Jul 22**
**Monday, Jul 25 to
Friday, Jul 29**
9 a.m. - 3 p.m.
Meek Park

240 Hampton Rd, Hayward
(510) 581-0223
www.haywardareahistory.org/summer-camps
\$175 per session

Spotlight on

Latino History

SUBMITTED BY MARCESS OWINGS

Hayward Area Historical Society (HAHS) will host a series of free public programming about national and local Latino history at their Museum of History and Culture in downtown Hayward. The programs are funded by a grant from National Endowment for the Humanities and American Library Association.

"We are very proud to present these programs that look at Latino history on the national level and bring them to the local level through partnerships with community leaders like Councilmember Francisco Zermeño, Edwin Contreras, Councilmember Elisa Marquez, Alejandro Murgia, Adriana Sanchez and DJ Ray Robelo," says HAHS Acting Education Director Brenda Salguero.

The programs take place over the course of the next four months. Selected programs will feature episodes from "Latino Americans: 500 Years of History," the landmark PBS documentary series chronicling the rich and varied history and experiences of Latinos who helped shape North America over the last 500 years. More information about the programs can be found at www.haywardareahistory.org or by calling (510) 581-0223.

Watch the first episode of the documentary, "Latino Americans: 500 Years of History." Stay afterward for a discussion with scholars Councilmember Zermeño and Contreras that explores the Hayward Area during the Mexican period. Learn more about Mexican land grant owner Guillermo Castro, his connections to Che Guevara and more.

History Talks: Foreigners in Their Own Land
Thursday, Mar 24
6 p.m. - 8 p.m.

HAHS Museum of History & Culture
22380 Foothill Blvd, Hayward
(510) 581-0223
www.haywardareahistory.org
Free

Watch episode six of the documentary, "Latino Americans: 500 Years of History." Afterward, Councilmembers Zermeño and Marquez will discuss the future of Latino voting power and our increasingly diverse educational system. With the immigration debate dominating this 2016 presi-

dential election, these discussions are more relevant than ever.

History Talks: Peril and Promise
Wednesday, Apr 27
6 p.m. - 8 p.m.

HAHS Museum of History & Culture
22380 Foothill Blvd, Hayward
(510) 581-0223
www.haywardareahistory.org
Free

Hispanic, Chicano, Xicana and Latino are words used to describe people of Latin American descent living in America. What does it all mean? This panel, featuring San Francisco State professor and San Francisco poet laureate, Alejandro Murgia, explores the question of what Latinidad is. How does identity affect the Latino community?

History Talks: What is Latin@?
Wednesday, May 25
6:30 p.m. - 8 p.m.

HAHS Museum of History & Culture
22380 Foothill Blvd, Hayward
(510) 581-0223
www.haywardareahistory.org
Free

Learn to dance Cumbia! Originally created in Colombia, this fast-paced, fun and passionate music has taken Latin America and America by storm. Influenced by indigenous, African and European music, it serves as a fantastic representation of the diversity that exists in Latin America and the Latino community. The program features Cumbia dance instructor Adriana Sanchez from Colombian Soul and DJ Ray Robelo from Jazz Caliente Entertainment.

Dance Lesson: ¡Cumbia!
Thursday, Jun 30
6:30 p.m. - 8 p.m.

HAHS Museum of History & Culture
22380 Foothill Blvd, Hayward
(510) 581-0223
www.haywardareahistory.org
Free



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Celebrating an American folk hero

PHOTOS BY ALLAN MENDEZ

Discover the story of American folk hero Johnny Appleseed, whose story is based on pioneer nurseryman John Chapman, as Ardenwood Historic Farm celebrates his fruitful bounty on Sunday, March 13. Learn some apple history and taste a variety of delicious apples. Join in family-friendly activities such as apple tree planting, apple cider pressing, and crafts for kids.

Chapman was born on September 26, 1774 in Leominster, Massachusetts. In 1792, at the age of 18, he began his quest to establish apple orchards across the Midwest and headed west with his 11-year-old half-brother, Nathaniel. He eventually ventured on by himself and continued moving to Pennsylvania, the

Ohio Valley, and Indiana to plant apple seeds. According to legend, he was known to plant apple trees in random open spaces; however, Chapman was actually meticulous in selecting planting spots and tended to his nurseries.

Visitors to Ardenwood should wear sturdy shoes and bring gloves if they want to help plant trees. They should also bring a picnic lunch as there is no food service at the farm. Modern sports equip-

ment such as bats and balls are not permitted at the farm.

This is a drop-in program; no registration is required. Ardenwood admission fee applies. For information, call (510) 544-2797.

Johnny Appleseed Day
Sunday, Mar 13
11 a.m. – 3 p.m.
11 a.m.: Apple Tree Planting
11 a.m. – 1 p.m.: Apple Tasting
12 p.m.: The Johnny Appleseed Story
1 p.m. – 3 p.m.:
Make an Apple Print
2 p.m.: Apple Cider Pressing

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Home & Garden

Flower Arrangements provide enjoyment and health

By JOHNNA M. LAIRD

If you don't have an artsy bone in your body, you can still create simple flower arrangements for your home. Looking in your yard or through flower bins at the grocery store can yield a splash of color to bring spring indoors.

A flowering woody quince, cherry or dogwood stem can look stately in the right vase, communicating simplicity standing alone. Place three flowering fruit branches together for a backdrop and add flowers of your choice—possibly white hydrangea and purple lisianthus—bringing outdoor glory to an indoor foyer or dining table.

Grab a bunch of tulips, calla lilies or ranunculus and support them with a tall cylindrical vase to keep the blossoms uplifted, just enough so their heads fall gracefully and naturally outward.

With so many expenses facing homeowners and apartment dwellers, flowers can seem like a luxury. Bringing flowers indoors, however, actually benefits health. An ancient Japanese proverb advises: "If you have only two pennies left in the world, with the first penny, buy rice to feed your family. With the second penny, buy a lily."

Studies from leading universities back up the importance of flowers routinely dressing indoor

tables, not just on special occasions. Harvard researchers linked increased compassion and fewer negative emotions with flowers. One study showed patients requiring less pain medication when flowers showered hospital rooms. A Texas A & M University study determined that flowers and plants in the workplace improved problem solving and creativity.

Flower arranging can be a stressor for some, yet it need not be daunting.

"There really are no shoulds," according to Randy Pinto, who has created more than 250,000 flower designs during her 33-year tenure at her family-owned Fremont Flowers. "Beauty is in the eye of the beholder," explains Pinto. "This is very true with flowers. We all have our own ideas of what we like. Being in the business I can honestly say that I love all kinds of design. All flowers are beautiful in their own way and what one person may love, another will not."

Pinto, who along with brother Dirk Lorenz has earned a Master Florist certification, recommends that home arrangers start with a sharp knife, floral foam, floral tape, containers, and sharp scissors. "Always keep your tools clean and bacteria-free," she says. "Keep your knife sharp. Flowers need a clean angular cut to ex-



Photo courtesy of Dirk Lorenz

pose a greater number of capillaries (the "tubes" water flows through to bring nourishment to the flower heads) and to keep from damaging the capillaries.

"Keep your arrangement in a cool location away from heat and breezes. Add flower food to keep bacteria down. Flower food adjusts the water pH to keep bacteria from growing while providing necessary nutrients to the water to keep flowers fresher longer," says Pinto. She recommends changing water every three to four days, just when the water starts to look murky.

While potted plants in large containers often call for three types of plants—thrilling, chilling and spilling, where the tallest plant thrills, a filler chills and provides routine, and spill reaches out to grab attention—Pinto says

traditional arrangements use varying heights as well. A traditional arrangement requires line, form, and filler flowers. A line flower, long and bearing several florets down the stem, gives height and drama. Gladiolas, snapdragons, and larkspur are examples. Form flowers fill the middle, contributing petals and size; Pinto suggests gerbera daisies, hydrangea, open roses, and football mums. Filler flowers offer several blooms on a stem or several branches, such as baby's breath, cushion mums, daisy mums and solid aster.

Norma Ramirez, who has owned Norma's Flower Shop in Newark for 20 years and is in demand for weddings, has created arrangements with a mix of combinations to please her customers. "We create any combination. Of

course, I have special flowers I really love. My own personal favorite is a lily, which has a natural smell and doesn't need any perfume. Roses, too, are just beautiful by themselves."

While there are strong arguments for simplicity, there may be times when a little more intricacy is needed. Rose stems can be interwoven for a more packed bouquet. Place a rose in each corner of a vase filled three-fourths of the way with water. A vase should be short enough for rose heads to stand an inch above a vase rim. Crisscross stems. Add more roses, intertwining stems. To layer in more flowers, trim stems so they are a bit longer and stand slightly higher than corner stems. Roses placed in the middle need to be a little taller than those on the edges.

For a low table display, consider using clear tape to create a grid to give invisible support to blossoms placed in the vase.

Ramirez, who attends classes three times a year to keep up on the latest designs, offers a tip to keep flowers fresh and longer lasting: combine one-half quart of water with one-half quart of Seven-Up. "You don't have to change the water and the flowers will last longer, three or four weeks."

For more information, contact Fremont Flowers at (510) 797-1136 or <https://fremontflowers.com/> and Norma's Flower Shop at (510) 793-7255 or www.facebook.com/Normas-Flower-Shop-244516172245793.



Photo courtesy of Norma's Flower Shop



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Carrie Hennessey, soprano
Zachary Gordin, baritone

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CASTRO VALLEY			TOTAL SALES: 5			
Highest \$: 640,000		Median \$: 490,000				
Lowest \$: 445,000		Average \$: 517,000				
21994 Idena Avenue	94546	445000	2	868	194902-08-16	
19741 Louise Court	94546	540000	3	1442	194702-09-16	
21096 Nunes Avenue	94546	640000	3	1260	194802-09-16	
2338 Vegas Avenue	94546	490000	3	1031	196802-08-16	
23250 Canyon Terr Dr	94552	470000	2	918	199702-09-16	
FREMONT			TOTAL SALES: 5			
Highest \$: 980,000		Median \$: 650,000				
Lowest \$: 309,000		Average \$: 625,800				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
37347 Sequoia Road #167	94536	330000	1	593	1986 02-10-16	
37252 Spruce Terrace	94536	309000	1	593	1986 02-08-16	
4626 Fanwood Terrace	94538	650000	3	1242	1971 02-09-16	
41432 Timber Creek Terrace	94539	980000	3	1620	1984 02-09-16	
34608 Calcutta Drive	94555	860000	3	1376	1976 02-09-16	
HAYWARD			TOTAL SALES: 14			
Highest \$: 805,000		Median \$: 498,000				
Lowest \$: 356,500		Average \$: 513,571				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
17995 Firestone Road	94541	428500	-	1332	1973 02-08-16	
3228 Monika Lane	94541	498000	3	1693	1980 02-08-16	
21741 Vallejo Street	94541	550000	4	1610	1955 02-10-16	
25700 University Court #218	94542	380000	3	1375	1981 02-08-16	
639 Audubon Court	94544	356500	3	1392	1958 02-10-16	
28362 Beatron Vway	94544	497000	4	1260	1955 02-10-16	
30089 Bridgeview Way	94544	805000	4	2264	1999 02-10-16	
417 Dutchess Lane	94544	574000	3	1244	1955 02-10-16	
27477 Hemlock Ranch Road	94544	640000	5	2529	2000 02-10-16	
26353 Huntwood Avenue	94544	500000	-	1165	1954 02-10-16	
1538 Sumatra Street	94544	435000	3	1456	1954 02-09-16	
31886 Valley Forge Street	94544	466000	3	1455	1951 02-09-16	
27585 La Porte Avenue	94545	530000	3	1119	1955 02-08-16	

27612 Orlando Avenue		94545	530000	3	1447	1955 02-09-16	
MILPITAS TOTAL SALES: 11							
Highest \$: 1,290,000			Median \$: 792,000				
Lowest \$: 350,000			Average \$: 797,682				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
338 Arbor Way	95035	605000	3	1044	1992	02-17-16	
632 Coyote Street	95035	870000	3	1488	1962	02-12-16	
476 Dempsey Road #179	95035	350000	2	842	2007	02-11-16	
64 Hemlock Court	95035	579000	3	1328	1971	02-17-16	
1704 Kennedy Drive	95035	1070500	3	2161	1971	02-17-16	
1976 Momentum Drive	95035	873000	-	-	-	02-11-16	
1783 Mt. Rainier Avenue	95035	792000	3	1176	1965	02-11-16	
1092 North Hillview Drive	95035	1290000	5	3444	1979	02-11-16	
476 Palmer Street	95035	725000	3	1040	1955	02-16-16	
369 South Temple Drive	95035	740000	3	1312	1962	02-17-16	
1134 Traugher Street	95035	880000	4	1754	1971	02-12-16	
SAN LEANDRO TOTAL SALES: 7							
Highest \$: 750,000			Median \$: 561,000				
Lowest \$: 422,000			Average \$: 574,286				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
110 Accolade Drive	94577	655000	4	1768	2003	02-09-16	
725 Dolores Avenue	94577	561000	2	1515	1948	02-10-16	
1859 Starview Drive	94577	750000	3	2337	1968	02-08-16	
2045 Whelan Avenue	94577	607000	2	1278	1944	02-10-16	
1547 152nd Avenue	94578	422000	2	878	1940	02-10-16	
1926 Manchester Road	94578	500000	1	1240	1949	02-09-16	
16120 Marcella Street	94578	525000	3	1300	1926	02-10-16	
UNION CITY TOTAL SALES: 2							
Highest \$: 620,000			Median \$: 380,000				
Lowest \$: 380,000			Average \$: 500,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
4974 Bridgepointe Place	94587	380000	2	888	1985	02-10-16	
1070 Tourmaline Terrace	94587	620000	3	1431	2007	02-08-16	

Home Sales Report

Pat Kite's Garden

California's Golden Poppies



My front yard is turning into a sea of golden orange. Sometimes I just stand and look at it, getting happier by the moment. This may have been how Spanish explorers felt when seeing the golden blossoms that once blanketed California coastal mountains. Their name for the region: “La Tierra del Fuego” (The Land of Fire).

So brilliant was the scene—sailors far out at sea used the poppies as a beacon to set their course. In 1816 members of the Russian sailing ship, Rurik, dropped anchor in San Francisco Bay. Golden poppies galore greeted them. Members of the expedition included a naturalist who named the plants in honor of his good friend, the ship’s physician, Johann Friedrich Gustav von Eschscholtz. From this we get the fancy name *Eschscholzia californica*.

Today the poppy grows almost wild along our state. Its spread

was possibly helped by Father Junipero Serra, an early Catholic missionary who planted poppy seeds along El Camino Real as a trail marker. But the “copa de oro” or “cup of gold” flower had a long use before then. Local Native Americans used the plant root as a pain reliever for toothaches and an extract remedy for insomnia and headaches. Like so many plants, what started in one country soon found a way to travel. Once the California Gold Rush ended, miners set sail for anticipated wealth elsewhere. For ships’ ballast, they used sand from the San Francisco hills. California poppy seeds were part of the ballast package. So they are now national and international.

You can still scatter poppy seeds in sunny areas. Rake the area first to give seeds a bit of open space. They love sandy soil but are happy in my Tri-City clay. It is best to keep the newly seeded area slightly moist until the seeds germinate in about a week. After

that, less water is just fine. Bees do pollination. Do not fertilize. As a note: these poppies do not transplant well. Spent flowers close to a little pointed pod. When this dries, it splits open and teensy black seeds spew hither and thither, ensuring oo-

dles of California poppies next year. With luck you will have successions of flowers until fall.

Poppies became the California state flower in 1903. For those who like to celebrate, April 6 is California Poppy Day. May 13-18 is California Poppy

Week. Even if you don’t have a big garden, try seeds in a large patio pot. The leaves are green and feathery. The flowers are a bucket of gold in our Golden state.

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



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.

continued from page 1

Health Fair helps low-income get and stay healthy

low-income working poor. By the end of the decade it had added state-funded subsidized childcare and a childcare center. In 1990, this trio of services incorporated into a nonprofit and became the Davis Street Community Center. Adding an array of family services, including mental health counseling and a medical clinic, it grew into the Family Resource Center and relocated in 2002 to its current location.

Today Davis Street provides a “one-stop safety-net of everything and anything for families in need,” Johnson said. Childcare Programs, the Primary Care Clinic, and the Family Resource Center make up its three service components. Eligibility for programs and services varies. Child-care programs are limited to those living or working in San Leandro. The Family Resource Center, which offers housing and job

search assistance in addition to emergency food and clothing, is available only to residents of San Leandro, San Lorenzo, Castro Valley, Cherryland, Ashland and unincorporated Hayward. The Primary Care Clinic provides medical and dental services, behavioral health and physical therapy to any low-income family or individual. It accepts a variety of insurance plans, including Medi-Cal and Denti-Cal, and has a sliding fee scale for those without insurance coverage.

Arriving at Davis Street, fair-goers will be greeted by staff and given a walking tour through the new medical and dental clinic to the fairgrounds behind the building. Outside, attendees can undergo a dental screening, have their blood pressure checked and explore over 20 resource booths. Booths feature a variety of nonprofits, such as Stepping



Stones Growth Center, Building Futures with Women and Children, and Eden I & R, Inc.; health care organizations, among them the Eden Health District, Alameda Alliance for Health, and the Latino Coalition for a Healthy California, will be on hand as well.

Organizations that support children and youth—REACH Ashland Youth Center, First 5 California, and 4Cs of Alameda County—will also attend. Municipal organizations including the Alameda County Fire Department, San Leandro Police

Department, and the San Leandro Unified School District Health and Wellness Center will be represented, and Supervisor Nate Miley’s office will tend a prescription take-back booth. In addition, Davis Street staff will circulate throughout the day helping fair-goers enroll in Medi-Cal and Covered California.

While the focus of the fair is educational and its goal is to promote awareness of healthy living, it is meant to be fun too. There will be a bounce house, face painting and carnival games

for kids—all free. Game participants will receive tickets to exchange for toys, and two bicycles will be raffled. A farm-style truck loaded with free produce will have pre-packed bags of fresh vegetables for fair-goers to take home. For those who would rather select their own produce, Davis Street will provide recyclable bags to pack. Free popcorn, water, and barbeque grilled by Firefighters Local 55 will also be offered, and an Alameda County Fire Engine will be onsite.

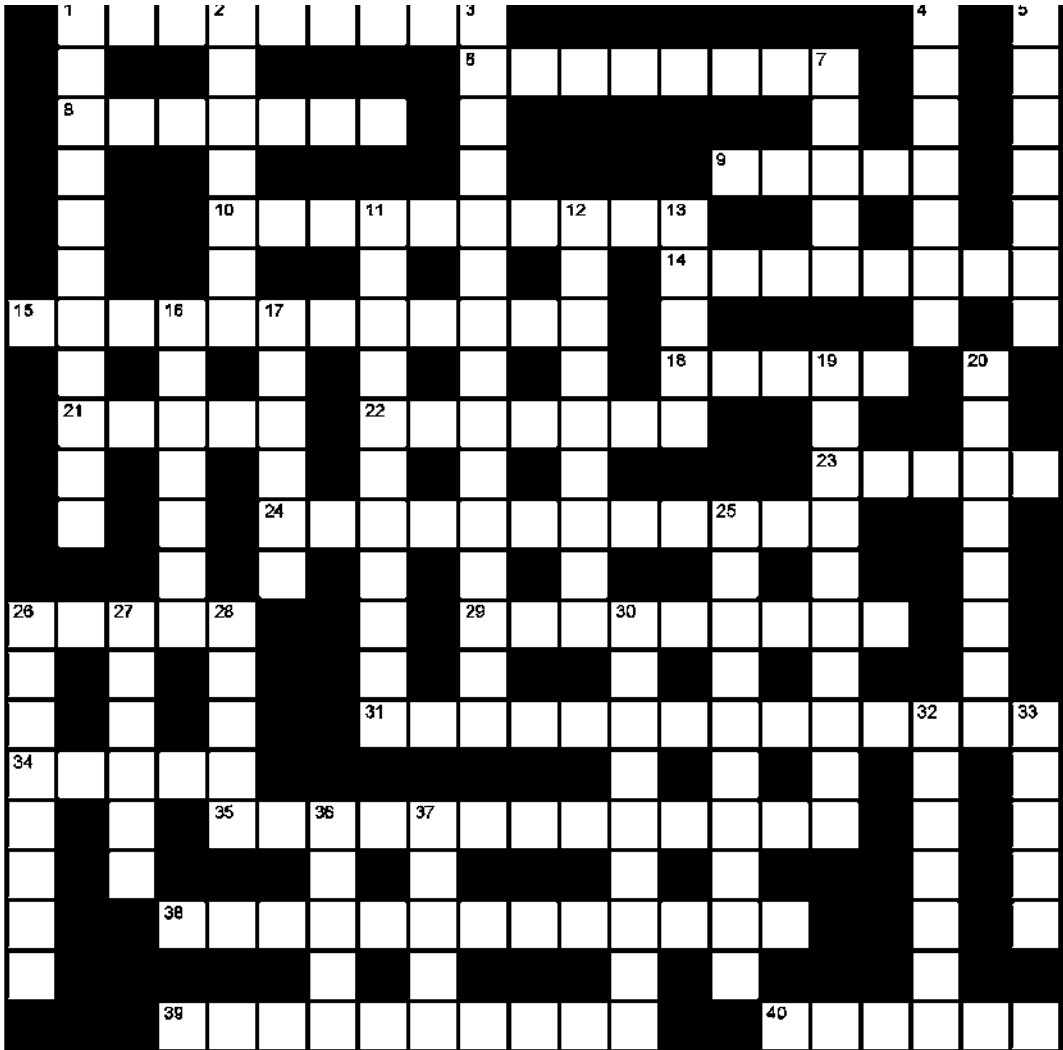
The fair’s success last year prompted Davis Street to hold a second this year. With a larger than expected turnout in 2015—over 700 attended—and positive feedback, there was “no way we couldn’t do it again,” Johnson said. Johnson anticipates 1,000 attendees on March 12. He also expects the fair to continue to grow and to “keep going for a long time.”

Davis Street Health Fair
Saturday, Mar 12
10 a.m. – 2 p.m.
Davis Street
3081 Teagarden St, San Leandro
(510) 347-4620
www.davisstreet.org
Free admission & parking; no other fees or costs

Mind Twisters

Crossword Puzzle

B 358



Across

- 1 instructor (9)
6 first (8)
8 exposes (7)
9 Cart part (5)
10 turning over mail or package (10)
14 emphasized (8)
15 woman in charge (12)
18 Take up space (5)
21 Issue (5)
22 disconcerted (7)
23 breakfast (5)
24 sloping surface of a mountain (12)
26 Decided (5)
29 healthy food option (9)
31 setback (14)
34 "Don't get any funny ____!" (5)
35 reference books (13)

38 acclaimed (13)

39 highlighted (10)

40 Cliched movie ending (6)

Down

- 1 existing perpetually (11)
2 Liberty (7)
3 standing for another (15)
4 Dirty (7)
5 two atoms of oxygen (7)
7 English assignment (5)
11 cut short (11)
12 derogatory (9)
13 Looked intently (5)
16 relies for support (7)
17 monetary payment (6)
19 transmit communications signals (10)
20 spot (8)
25 font style (10)

26 Sacramento, Salem etc. (8)

27 Proposes (6)

28 Clear, as a disk (5)

30 conveyed (9)

32 consequences of an action (7)

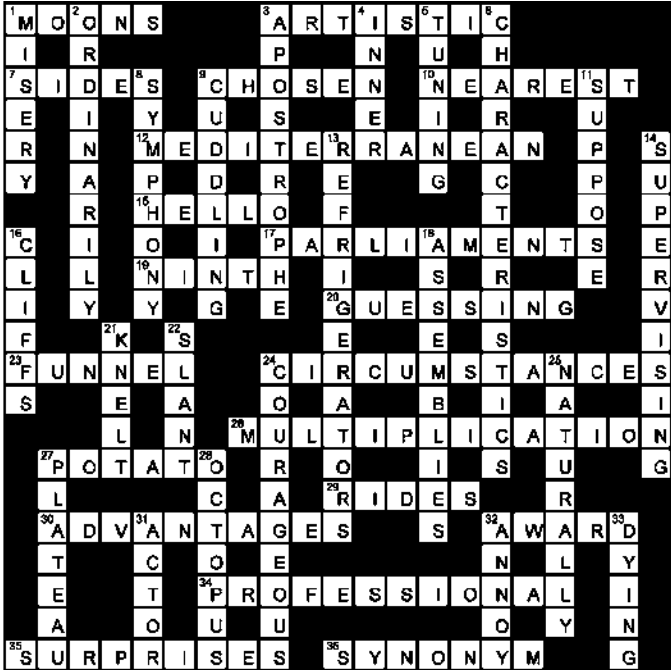
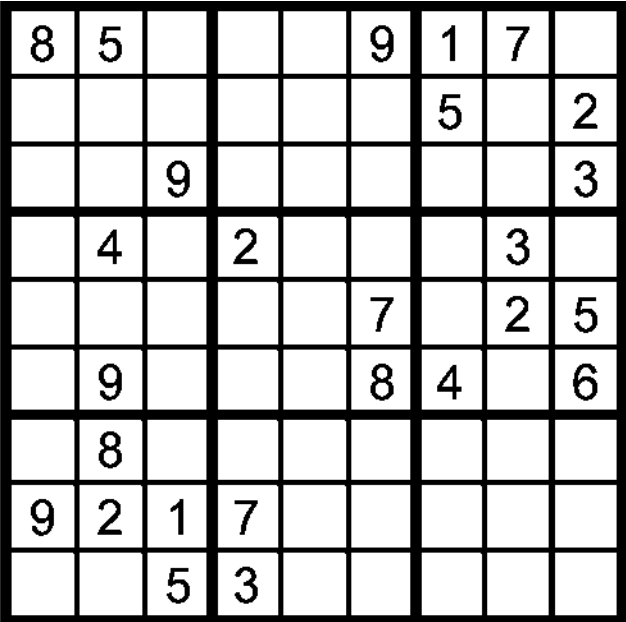
33 Clemson athlete (5)

36 "Here!" (5)

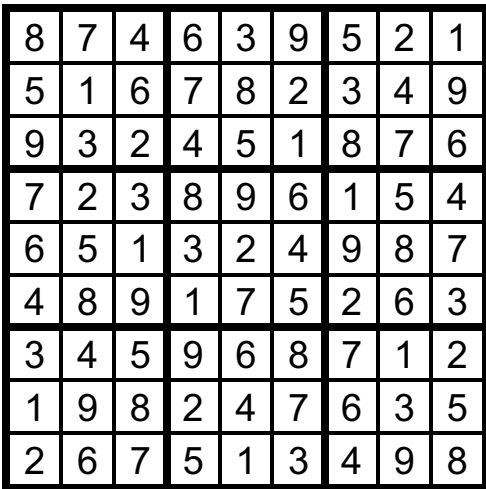
37 ice cream (5)

Sudoku:

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



B 359



Tri-City Stargazer MARCH 9 - MARCH 15, 2016

For All Signs: The planets Venus and Mars were aligned in October-November 2015. Venus, the ancient goddess of love, carries broad feminine and romantic symbolism. Mars is the warrior god and prevails over masculine territory. That alignment (fall 2015) suggested the conclusion of one relationship and the beginning of another. Alternatively the conjunction speaks of the beginning and ending of episodes or cycles within an ongoing relationship. On a clock it would look like 12:00 with both big and little hands in the same place. The hand that moves faster changes relationship to its partner. This week Venus has moved into the first quarter square to Mars (in the example, it would be 12:15). This marks a time in which we are evaluating the development of that beginning in the fall. By now it has come to a point of tweaking. The direction may be changed from the intended purpose. That shift could be a purely creative outcome or perhaps we can readily perceive potholes that need to be corrected. The relationship can be gender oriented or it might be a single piece of creative work. Think about what began for you last fall. Don't remain rigid or you might strangle it to death.

Aries the Ram (March 21-April 20): A new commitment about beginning a relationship, whether to a person, an education, or a population of people, may require you to re-evaluate. Now is the time to pour on more steam and energy or let it return to the ethers. Is this new direction bearing a promise that says "keep it going or run like the dickens"?

Taurus the Bull (April 21-May 20): There are stones in your path having to do with a child, a new romance or a creative work, which began in the fall. You can see the challenges now that you could not see at that time. If this is about a child, you have no choice but to see things through. But if it is a creative work or a new lover, now is the time to press it forward or let it go.

Gemini the Twins (May 21-June 20): You want to challenge the rules or the authorities and this is not the time to expect success, regardless of the topic. You will be blocked, no matter which way you present your desired outcome. Save yourself the trouble and settle your mind for the present. An opportunity will present itself later, at a better time.

Cancer the Crab (June 21-July 21): Some things about your experiences are a repetition of the past. Step aside if this is past history that was negative. You may be encountering people you have not seen for a very long time. Go with your gut on this one. If your memories are happy, then your experience is likely to be also, but don't try to recreate it in your present life.

Leo the Lion (July 22-August 22): People from your past may resurface this week. If not specific people, then the week's experiences are somehow familiar and reminiscent of the past. The probability of whether you want to attend to these developments is 50/50. One aspect suggests a friend or family member that you like. A second aspect suggests an old and tired situation from the past you prefer to avoid.

Virgo the Virgin (August 23-September 22): Beware the liar. The probability is high you will encounter one this week, someone who believes his own story, thus making it unclear if he is telling the truth. Check out the sources and ask other people who may know something about the

situation. Don't accept anything of importance at face value.

Libra the Scales (September 23-October 22): Your love of luxury and fine things may cause a battle with your partner, who prefers to keep the belt tightened. This reflects a genuine inner conflict. A fairly strong part of you also wants to play it safe as well. Look for a way to satisfy your wants a little more inexpensively in order to keep the struggle out of the relationship.

Scorpio the Scorpion (October 23-November 21): This is a time of evaluation. The subject at hand is a new relationship beginning or a fresh promise in an ongoing partnership, which developed in the fall of 2015. If you want to grow this relationship further, then a new surge of energy and resources are required. So, is it worth the effort?

Sagittarius the Archer (November 22-December 21): This is not your best week for getting along with others on the playground or at home. Even if you keep to yourself, you may attract those who want to take pokes at you. Don't get caught up in a battle of wills. The energies are

short-lived, no more than a few days, and you can return to a more harmonious zone.

Capricorn the Goat (December 22-January 19): This is not your smoothest week. Details may nag your mind and your time like pecking ducks. You and significant others are not having the best of communications right now. You may be in the mood to nitpick others. Probably you will feel generally better if you work alone.

Aquarius the Water Bearer (January 20-February 18): The more you attempt to hurry, the more rocks in your path. You might just as well slow the pace and allow things to develop as they will. Sometimes the message

is: take your time. Rushing along will not get you there any faster.

Pisces the Fish (February 19-March 20): Venus enters your sign this week and will travel with you until April 5. The subject of relationship will be very important as you travel through this time. If you have issues with a partner, this is the time to lay them out on the table to take a look at how better to deal with them. Negotiate but do not accuse. Everyone has feelings.

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



www.horoscopesbyvivian.com

History Two women of Washington Township

BY LILA BRINGHURST

A large crowd gathered on March 30, 1967 to shuffle through the Thane/Whipple house on Overacker Avenue in Fremont, previewing the contents of the house which would be auctioned off in 668 lots the next day. Stuffed to the rafters with furniture, books and family treasures, the house had been a center of local civic activity for over eight decades.

A San Franciscan attorney, John Harmon Tilden purchased



James Whipple became assistant manager for Laura’s brother, Bart Thane, in a gold operation in Juneau, Alaska where they lived for 13 wonderful years. After he was injured in a mining accident the couple returned to Niles in 1914 and he passed away shortly after their return.

from Washington High School and the University of California, Berkeley. They married in 1898 and moved to Juneau, Alaska, where he worked as a mining engineer at Bart Thane’s gold mine. In 1914 he was fatally injured in a mining accident. Laura returned home and became one of the first local female real estate agents and a leader in civic and social work. In 1950 she chaired the committee for the second edition of the “History of Washington Township.” She died August 1, 1966, leaving her home to Mrs. Lupe Galvan, her



LILA BRINGHURST

As a long-time resident, Lila Bringhurst recognizes the rich history of the tri-city area. She commissioned sculptor Mario Chiodo to create the train sculpture on the corner of Mission and Mowry. Her family continues to enhance this visual reminder of days gone by.

HISTORY

www.museumoflocalhistory.org

Photos courtesy of The Museum of Local History



The two couples preparing for travel: James Whipple, Lida Thane, Laura Thane Whipple and Joseph Thane.

the property about 1882. It is unclear how long he and his wife, Mary Jane Lee Tilden, lived in the home, but in 1911 he conveyed the property to his daughter, Laura Eliza “Lida” Tilden Thane. His son, Charles Lee Tilden, was one of the first presidents of the East Bay Regional Park District. Berkeley’s Tilden Park is named for him.

Lida and Joseph Eiley Thane had three children: Laura Maybelle, Bart and Hazel. Lida became actively involved in civic events and was one of the founders of the Country Club of Washington Township in 1897. The club published the “History of Washington Township” in 1904 and dedicated the book to Lida and another club founder, Mary C. Allen.

Young Laura Thane, emulating her mother, became a volunteer. She remembered one incident that happened in 1887. “It was in the early spring when the Niles Congregational Church held its annual Strawberry Festival to raise funds for the new King’s Daughters Society. From miles around came the people in their fancy buggies and on horseback to attend the outdoor social event of the year on the grounds of the old Overacker Ranch.

“There was an abundance of strawberry cakes, tarts, jams and jellies that went on the auction block that day. Some of the cakes sold for as much as 25 cents, the jars of jellies and jams brought a nickel or a dime. The event ended in late afternoon and I, although only 12, was entrusted with the \$212 proceeds of the sale.

“What a large sum of money to keep in the house,” my father said and he ordered me straight away to take it to the bank.” The bank was actually just a little safe in the Snyder general merchandise store in Niles. Laura walked across the bridge and into the store, carrying the money in a cloth bag.

“I plunked the money down on the postal desk and Mr. Snyder squinted over his small eyeglasses as he counted it. But before he could open the safe, I saw Mr. Snyder stiffen and look out the window. We saw two young cowboys. They were slender and tanned and hungry looking and I felt a chill when they paused briefly to look into Mr. Snyder’s window. He sensed the danger, too, and shooed me out and told me to go home quickly.”

When Mr. Snyder didn’t come home that night they found him unconscious and pistol-whipped. His safe was broken open and the



The Niles Bridge as it looked in 1887 when Laura carried the bag of “Strawberry Money” to Mr. Snyder’s General Store and bank. The railroad bridge is on the left.



Mother Lida Thane and daughter, Laura Thane, in a whimsical mood.

money was gone. Laura’s father told her she would have to make up the loss herself, but he would help her. The next day Laura received a message from Mr. Snyder, summoning her to his store. His head was bandaged but when he saw her he began to laugh.

“Laura” he said, “They didn’t get it! They didn’t get it – only the postal receipts and a small amount at that!” Then he pointed to his water pitcher where he had wrapped the strawberry money in butcher paper and wadded the money inside. “When I saw those two cold-eyed boys alight from their horses I knew they were up to no good.”

Now \$212 doesn’t sound like a lot today, but remember that happened in 1887. One financial guru estimates that it would be worth about \$49,500 in 2016 dollars!

Laura Thane and football star, James Ray Whipple, graduated

housekeeper and companion for over 25 years.

G. E. Laney from the Atherton Auction Studio began auctioning off the contents of the house on March 31, 1967 at 9:30 a.m. as police monitored the crowd of about 1,500 people who braved the rain and placed their bids. Most everything that Laura Thane Whipple owned was sold and scattered, but her legacy lives on.

In a 1953 short biography Whipple wrote, “From Mother’s civic efforts I learned about cooperation, kindness, time and brotherly love. I became active in civic and youth activities to which I devoted my life. I learned, too, that what you feed into life comes back to you in great abundance. That if you can do any little thing - as you pass this way but once – do it now.”

Fremont ‘whiz kids’ advance to world championships

SUBMITTED BY KHYATI SHAH

Team Tacobots, a group of nine elementary school students from Fremont, has earned a coveted spot to compete at the upcoming LEGO World Championship from April 27-30, 2016, in St. Louis, Missouri. Tacobots is one of the youngest teams ever to win the Northern California Regional Tournament for their Smart Trash robotic innovation that helps the environment by properly sorting electronic waste (e-waste). Team Tacobots will represent Northern California at the championships that will host 108 teams from 46 countries.

A group of students from 4th-6th grades of the Mission San Jose Elementary School formed Tacobots for their shared love of technology, the environment and

tacos. For more than a year, teams around the world competed at various regional tournaments and championship rounds. At every competing level, a panel of judges reviewed projects based on the level of innovation, practicality, teamwork and presentation.

Team Tacobots is tackling the environmental issue of battery disposal and e-waste with its Smart Trash solution. Toxic compounds from the e-waste such as lead and mercury are harmful pollutants and can impact the air and water quality. About 60% of the 3.14 tons of e-waste generated in the U.S. ended up in landfills and incinerators (source: Environmental Protection Agency (EPA), 2013).

Tacobots’ Smart Trash enables identification of e-waste by detecting embedded RFID tags at the point of pickup or at the point of sorting at the Material



Recycling Facility (MRF). The team built a prototype using an Arduino board and RFID sensors to demonstrate feasibility. With this project, Tacobots wants to raise consumer awareness about the impact of e-waste in the landfills. The students also hope that electronic manufacturers, RFID manufacturers, and waste management companies will work together just as they did to solve this problem.

Mr. Chuck Graves, school principal of the Mission San Jose Elementary School, said, “We are

proud that students from our school performed so well outside of the school setting. Tacobots are an inspiration to other students. I am very proud of this team as they have shown the results that can be achieved by working together as a team. This experience will bring lasting memories as they mold into future innovators.”

Tacobots includes seven boys and two girls:

4th Grade: Ishan Gohel, Prakrit Ramachandran

5th Grade: Carolyn McNay, Amelie Wu

6th Grade: Vikrant Bajaj, Jeffrey Liu, Mrinaal Ramachandran, Abhinav Raghavendra & Ryan Wu

To learn more about the Tacobots team, visit: <http://tacobots.org> Help Tacobots get to the LEGO World Championship: <https://www.gofundme.com/tacobots>



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St. Patrick's Day Exclusive! "Leprechaun Lips" Tells All!



Q: How do leprechauns get all that gold?

A: We make shoes for the fairies. Silly fairies wear out their shoes quickly because they dance all night. We are always busy making new shoes for them. They pay us with gold. Lots of gold!



Leprechaun's shoe shelf has toppled. Can you match the pairs of fairy shoes?

Standards Link: Investigation: Find similarities and differences in common objects; identify matching attributes.

NEWS FLASH! We found a leprechaun to answer questions about these mysterious little people! He wouldn't really show himself to us. Mostly what we saw during the interview were his lips, oversized sunglasses and his hat.



Q: How big are leprechauns?

A: Wee folk are we. Three feet tall at most.

Can you read inches of the newspaper columns that are equal to 3 feet? 

Standards Link: Measurement: Use standard measurement. Reading Comprehension: Read grade-level appropriate materials.

Q: How do you catch a leprechaun?

A: It isn't easy. If you should see a leprechaun, get as close as you can without him seeing you.

Quickly take him in your grasp and don't take your eyes off of him. Then ask where his pot of gold is hidden.

He will try to talk you into looking away. If you do look the other way, he will be gone when you look back.

Standards Link: Spelling: Spell grade appropriate words correctly in context.

Q: Why do leprechauns play tricks on people?

A: We play tricks on people who don't believe in us. We especially like to bother teachers who try to tell children that we don't exist.

Leprechaun Lips Tricky Story

Ask your teacher or a friend for verbs, nouns and adjectives. Use these words to fill in the blanks of this story.

One fine morning, I went for a walk in the woods. I tripped on a _____. When I looked down, I saw a _____ little _____ with a green _____.

"_____, " he said. "My name is _____.

I'm a leprechaun. If you want my _____ of _____, you'll have to _____ me first!"

I tried to _____ him, but he was too _____ for me.

He just laughed and called out to me, " _____ St. Patrick's Day!"

Standards Link: Grammar: Identify and use nouns, verbs and adjectives in writing.



Follow the path to the leprechaun's pot of gold.

Extra! Extra!

What's green?

Look through the newspaper for words and pictures of things that can be green. List them here.

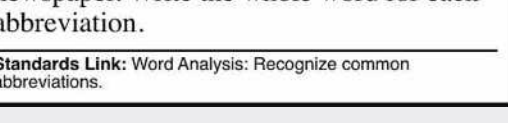
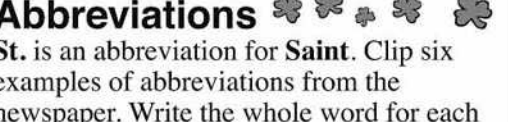
Bonus Challenge:

Can you list them in ABC order?

Standards Link: Spelling: Put words in alphabetical order.

St. Paddy's Patterns

Which leprechaun comes next in each row? Circle it.



Standards Link: Writing Applications: Relate ideas of an experience.

Double Double Word Search

LEPRECHAUN
LAUGHED
LOOKING
LIPS
GOLD
PAY
SHOE
DANCE
GREEN
GRASP
WOODS
EYES
EASY
GONE
ASK

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

L E P G R E E N S D

O A O R N R O N H E

K L T Q P I O T O H

D P S A R G K Z E G

D N W E S D O O W U

A O E J Y V X S O A

N U A H C E R P E L

C H S M U K G I A B

E I Y Y A S K L S Y

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

Kid Scoop Together: Lookalike Leprechauns

Each leprechaun below has a twin. Draw a line between each twin but remember: Leprechauns can be VERY tricky! Look closely.

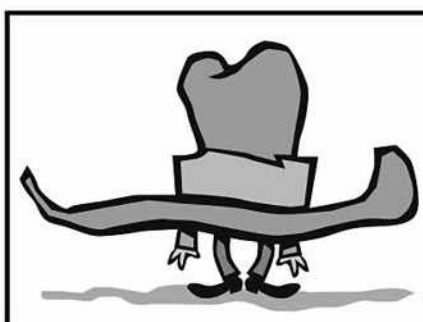


FROM THE Kid Scoop LESSON LIBRARY

Abbreviations

St. is an abbreviation for Saint. Clip six examples of abbreviations from the newspaper. Write the whole word for each abbreviation.

Standards Link: Word Analysis: Recognize common abbreviations.



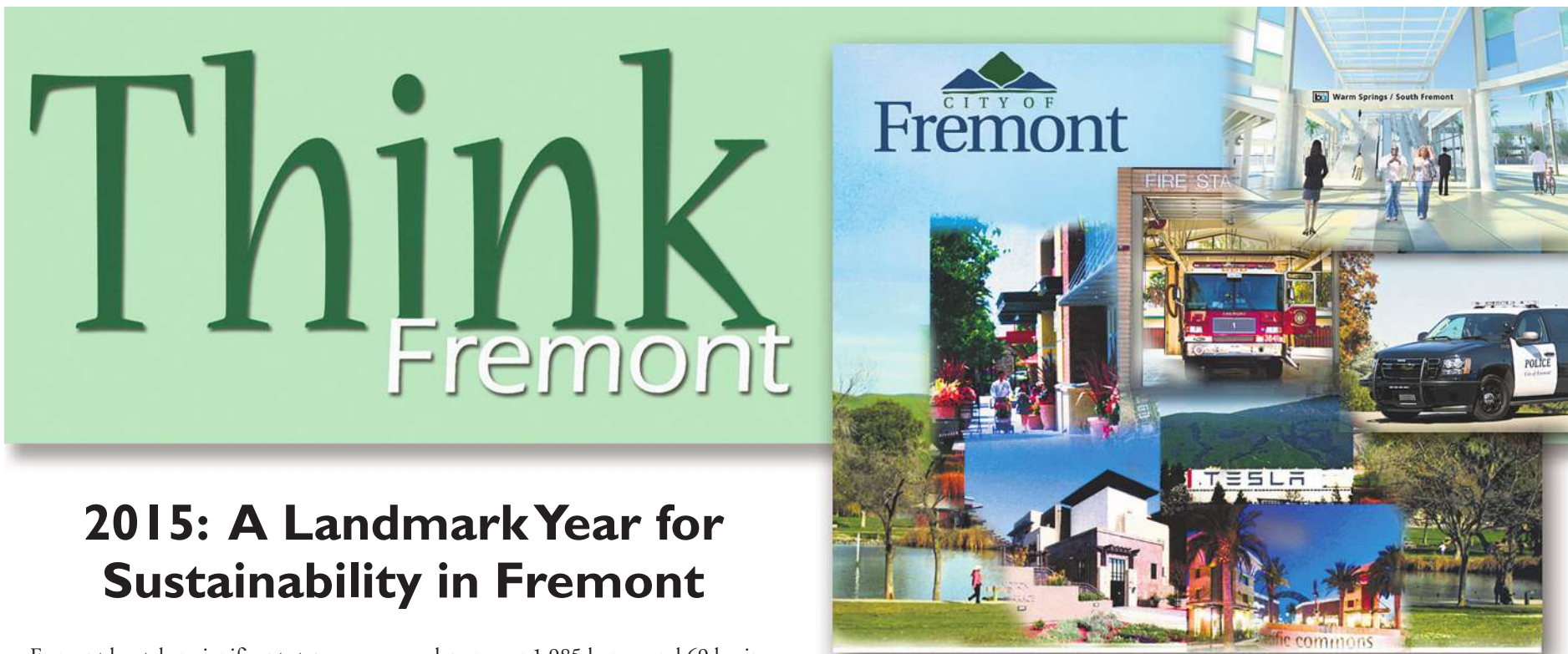
What would you get if you crossed a leprechaun with a Texan?

ANSWER: A pot of chili at the end of the rainbow.

Write On!

Rainbow Feelings

Do different colors make you feel different? Describe how one or more colors make you feel.



2015: A Landmark Year for Sustainability in Fremont

Fremont has taken significant steps toward protecting the environment and acting on climate change. The City's General Plan embraces a vision of sustainability, and sets the goal of transforming Fremont from an auto oriented suburb into a sustainable, strategically urban, and modern city. The Climate Action Plan provides a roadmap for reducing community-wide greenhouse gas emissions by 25 percent by 2020. In 2015 alone, Fremont made the following strides to reduce our climate impact:

- Fremont is one of 50 semifinalist competitors in the Georgetown University Energy Prize, a two-year national competition from 2015 through 2016 offering a \$5 million award to the city that does the best job at reducing total energy consumption.
- The City installed 1.2 megawatts of solar generating carport structures at the Aqua Adventure Waterpark, the Robert Wasserman Fremont Police Center, and the Irvington Community Center, reducing our municipal greenhouse gas footprint by 5 percent.
- The U.S. Environmental Protection Agency named Fremont a Green Power Partner for supplying more than 10 percent of municipal energy usage with renewable energy.
- From August through October 2015, hundreds of Fremont residents learned about the benefits of rooftop solar via the East Bay Sun Shares Program, resulting in the installation of 47 new residential solar systems through discounted group pricing.
- Almost 700 new residential solar PV systems were installed this year, bringing the total installed capacity to 18.9 megawatts of

solar on over 1,985 homes and 69 businesses within Fremont. This amounts to approximately 25 million kilowatt-hours of local carbon-free electricity generation each year.

- Nearly 1,400 electric vehicles were purchased by Fremont residents in 2015, bringing the total number of EVs in Fremont to over 3,700. In fact, Fremont's 94539 zip code is home to more EVs than any other zip code in California.
- Fremont launched a car sharing pilot program with Zipcar, providing three car share vehicles outside of the Fremont BART station and two within the Centerville Train Depot parking lot.
- Fremont was named America's 10th Greenest City of 2015 by WalletHub for our high environmental quality and use of clean energy resources.
- Fremont signed onto the Compact of Mayors, a coalition of over 450 cities worldwide publicly pledging to reduce greenhouse gas emissions and prepare for the impacts of climate change.

For more information on Fremont's environmental sustainability efforts, visit www.Fremont.gov/Sustainability.



Fremont's Commitment to 50-50 Street Tree Program



Do you have a hazardous or dying street tree? The City of Fremont wants to help property owners care for their street trees. This includes HOA's, single family residential and commercial property owners. That's why the City Council authorized \$100,000 for the 50-50 Street Tree Program.

Healthy street trees beautify our entire city and are typically located between the curb and sidewalk. The 50-50 Street Tree Program provides the opportunity for the City to partner with property owners to help remove and replace permitted trees.

For many years, the City maintained street trees on behalf of property owners. In 2010, due to significant budget and staffing cuts, the responsibility for maintaining street trees was returned to property owners.

All Fremont property owners with an approved free Street Tree Removal

Permit are eligible for the 50-50 Street Tree Program. Funds will be available for a limited time only, so don't delay! 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. All tree work must be completed by a City approved tree contractor. The property owner will receive their reimbursement after completion of the work and submission of proof of payment.

Please note that the 50-50 Street Tree Program does not include tree pruning, maintenance activities, or trees removed and replaced as part of development applications or building permits.

Interested in participating?

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.

How would you like to See Downtown's Civic Center Plaza Activated?

The City of Fremont has always maintained the belief that every community deserves to have a central downtown where visitors and residents alike can come together to connect, communicate, and celebrate. In 2012, the Fremont City Council adopted the Fremont Downtown Community Plan and Design Guidelines to begin work on its downtown initiative.

A critical component of these Downtown efforts includes the development of a Civic Center. Planning of the new Civic Center plaza is currently underway. The design goals for the plaza are to create a space that will accommodate a variety of events and activities for the community. The size of the plaza can be compared to San Francisco's Union Square. Fremont would like to know what type of programs and events residents want to see in the plaza in order to create a lively public space for the community to enjoy.

To share your input, visit Fremont Open City Hall, our online forum for civic engagement, at www.Fremont.gov/OpenCityHallPlaza.

Coming Soon: 2016 State of the City Address

If you want to learn more about the issues and opportunities facing the City of Fremont, stay tuned! Fremont Mayor Bill Harrison will be presenting the annual State of the City Address at a luncheon hosted by the Fremont Chamber of Commerce on Thursday, March 24, noon to 2 p.m. at the Fremont Marriott Silicon Valley.

To buy tickets, please call the Fremont Chamber of Commerce at 510-795-2244 or visit www.Fremontbusiness.com.

And in case you can't make it, the State of the City Address will be rebroadcasted on Fremont Cable TV Channel 27, as well as posted to the City website by the end of the following week.

Learn How Your Home can be More Comfortable by being more Energy-friendly



What if your home could be more comfortable, more energy efficient, and save you money? Would you make the upgrade? Would you know how to begin?

Sometimes it can be hard to decide where to start. Is your upgrade a small project or a major remodel? Should you use different products and approaches depending on the scale of your upgrade? If so, which ones?

On Tuesday, March 15 from 6:30 p.m. to 8 p.m. at the Fremont Main Library, located at 2400 Stevenson Blvd., experts from StopWaste, the City of Fremont, Rising Sun Energy Center, and Service Champions will lead a free workshop to help you make the best, most cost-effective choices for your green home improvement. Sign up for the Fremont Green Home Workshop at www.FremontEnergy.eventbrite.com and come ready to learn and discuss:

- How a more energy-efficient home can benefit your day-to-day activities
- How to evaluate opportunities for and prioritize your energy efficiency improvements
- How to select a contractor and what questions to ask
- How to sign up for free home retrofits with the nonprofit Rising Sun Energy Center
- How to use Home Energy Score—a quick report on your home's energy performance
- How to identify state and local incentives for energy improvements – up to \$6,500

Refreshments will be provided, and all participants will receive an LED and tote bag.

Startup Grind Fremont

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. Join us on March 15 from 6 p.m. to 8 p.m. at DeVry University, 6600 Dumbarton Circle for the Startup Grind Fremont Chapter event. This event will include a fireside chat with Aaron Carpenter.

Aaron is the Chief Customer Officer at Hubnami, a social media management startup, where he oversees all sales, marketing, and user experience efforts for the company. He has 17 years' experience in digital marketing, e-commerce, site design, and sales most recently as Vice President of Global Marketing at The North Face.

To register for this event visit www.StartupGrind.com/Fremont.



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



CONTINUING EVENTS

Tuesday, Jan 21 - Sunday, Apr 2

Children's Book Illustrator Ex- hibit

11 a.m. - 5 p.m.
Illustrators share their artwork
Artist reception Saturday, Mar12
@ 1 p.m.
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

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

Tuesdays, Feb 2 thru Apr 12

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

Tuesdays & Thursdays, Feb 2 thru Apr 14

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

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/sabercatcreekrestoration/

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

Arts & Entertainment

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



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BY NIGHT

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3/11 John "Blues" Boyd
3/12 JC Smith Band
3/18 South City Blues Band
3/19 2nd Anniversary
Leukemia Fund Raiser
All Day Music Celebration
Russell Barber Band 11:00am
AJ Crawdaddy 1:00pm
CISUM 3:00pm
Diva Ladée Chico 5:00pm
Touch of Class 9:00pm
(\$5 cover for 9:00pm show)

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

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f

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Farmers’ Markets

FREMONT:

Centerville
Saturdays

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

Downtown Fremont
Farmers’ Market

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

Kaiser Permanente Fremont
Farmers’ Market

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

Irvington Farmers’ Market

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

Niles Farmer’s Market

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

HAYWARD:

Hayward Farmers’ Market

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

South Hayward Glad Tidings

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

SAN LEANDRO:

Kaiser Permanente
San Leandro

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

MILPITAS:

Milpitas Farmers’ Market at
ICC

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

NEWARK:

Newark Farmers’ Market

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

Bayfair Mall

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

UNION CITY:

Kaiser Permanente Union
City Farmers’ Market

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

Union City Farmers’ Market

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

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

Friday, Feb 19 thru Sunday,
Mar 13

Drinking Habits \$
Fri & Sat: 8 p.m.
Sun: 2 p.m.
*Nuns secretly make wine to save their
convent*
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Fridays, Feb 19 thru Mar 18

Ballroom Dance Classes \$
Beginners: 7:00 p.m. - 8:00 p.m.
Intermediate: 8:15 p.m. - 9:15
p.m.
Tango, Waltz, Samba and Foxtrot
Couples only
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 797-9594

Thursday, Feb 19 thru Sun-
day, Mar 19

Fremont: An Affectionate Focus
Photography Exhibit
12 noon - 5 p.m.
Works by local photographers
*Opening reception Friday, Feb 19 at 7
p.m.*
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Mondays, Feb 22 thru Mar 21

Family Caregiver Support Pro-
gram – R
10 a.m. - 12 noon
*Training and resources to care for the
elderly*
Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 790-6600
fsharifi@fremont.gov

Saturdays, Mar 5 - Mar 26

Homebrewing Workshop \$R
1 p.m. - 3 p.m.
Brew and bottle Ardenwood Ale
Must attend all sessions no class
on Mar 19
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Tuesdays, Mar 1 thru Apr 26

Bridge 1
9:30 a.m. - 10:30 a.m.
*Introduction to set up, bid play and score
keeping*
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, Mar 1 thru Apr 26

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

Tuesdays, Mar 1 thru May 31

Drop-In Advanced Math Help
6:30 p.m. - 7:30 p.m.
*Algebra, geometry, calculus, trigonome-
try and physics*
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677

Wednesday, Mar 2 - Sunday,
Mar 30

Roving Artists Showcase
5 a.m. - 9 p.m.
Paintings featuring fruits and vegetables
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Thursday, Mar 3 - Saturday,
Mar 19

Urinetown the Musical \$
7 p.m.
Sat: Mar 12 at 2 p.m.
*Hilarious tale of greed and corruption
during a water shortage*
Irvington High School
41800 Blacow Rd., Fremont
(510) 590-7510
http://www.ihsdrama.com/

Thursdays, Mar 3 - Apr 28

Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark

(510) 578-4840
www.newark.org

Friday, Mar 4 - Sunday, Mar 13

The 25th Annual Putnam
County Spelling Bee \$
Fri & Sat: 8 p.m.
Sun: 2 p.m.
*Musical comedy about a youth spelling
competition*
No performance Sunday,
Mar 6th
Cal State East Bay University
25800 Carlos Bee Blvd.,
Hayward
(510) 885-3118
www.csueastbaytickets.com

Fridays, Mar 4 thru Mar 25

Toddler Ramble Colorpalooza
10:30 a.m. - 11:15 a.m.
2:30 p.m. - 3:15 p.m.
Kids play with color
Ages 1 – 3
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Saturday, Mar 5 - Sunday,
Mar 20

Chicago the Musical \$
Fri & Sat: 8:00 p.m.
Sun: 2:30 p.m.
*Women on trial for murder set in the
jazz era*
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
http://www.stage1theatre.org/tick
ets/

Saturdays, Mar 5 - Mar 26

Ax of Murder \$
8 p.m.
Zany comedic murder mystery
Sunol Glen School
11601 Main St., Sunol
(925) 449-2693
www.sunol.net



At the NEWARK
CHAMBER OF COMMERCE

Find all the details for these and more Chamber
Member events at www.newark-chamber.com.
Prospective Members: Come see the benefits of
becoming a Newark Chamber Member!

Wed, March 16, 5pm-7pm, a fun St. Patrick’s
Day themed Chamber Mixer, hosted by
Swiss Park Newark, at 5911 Mowry Ave. Chamber
members, bring a friend! Prospective members -
meet and get to know Newark business people!

Tue, March 29, 5pm-7pm, a Tri-City Chamber
Mixer, hosted by the Fremont Elks at the Elks
Lodge & Banquet Hall, 38991 Farwell Dr,
Fremont. Come enjoy the party! You’ll hear what
the Elks do in our own communities!

Tue, April 12, 5pm-7pm, Celebrate Spring! at
this month’s Chamber Mixer hosted by the
DoubleTree by Hilton-Newark|Fremont, at 39900
Balentine Dr, Newark. You’ll love mixing it up!

Thur, April 21, 11:15am-1:30pm, Newark ‘s
Annual “State of the City” Luncheon. This
popular event fills up fast. Hear exciting updates
about our City, from Mayor Alan L. Nagy. At
the DoubleTree Hilton—Newark-Fremont, 39900
Balentine Dr. Get the reservation form on
www.newark-chamber.com

REMINDER: THE CHAMBER HAS RELOCATED
Find us in the Community Center Building at 35501
Cedar Blvd. Call to schedule appointments at
510-578-4500 or to get more information. Our
email address is: info@newark-chamber.com

Saturdays, Mar 5 - Mar 26

Mental Wellness Series for
African Americans
9 a.m. - 12 noon
*Manage stress, depression and improve
communication*
La Quinta Inn & Suites
20777 Hesperian Blvd.,
Hayward
(510) 828-3017

Sunday, Mar 6 - Tuesday,
Mar 29

Shared Perceptions
11 a.m. - 4 p.m.
San Lorenzo Adult School Exhibit
Artist reception Saturday,
Mar 12, 12 noon
Alameda Historical Museum
2324 Alameda Ave., Alameda
(510) 521-1233
www.alamedamuseum.org

Mondays, Mar 7 thru Apr 25

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

Tuesday, Mar 8 - Sunday,
Mar 27

Fiber Art Showcase
11 a.m. - 5 p.m.
Crochet, knit and needlepoint
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Friday, Mar 11 - Saturday,
Mar 19

Centerstage Showcase \$
Fri: 7:00 p.m.
Sat: 2:30 p.m. & 7:00 p.m.
Youth troupe sings, dances and acts
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3210
www.centerstagepa.org



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ANY MEDIUM PIZZA \$1 OFF

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	Log Splitters	

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BOOKMOBILE SCHEDULE

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

Tuesday, Mar 8
9:45 – 11:30 Daycare Center Visit – FREMONT
2:30 – 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT
4:45 – 5:30 Baywood Apts., 4275 Bay St., FREMONT
5:50 – 6:30 Jerome Ave. and Ohlones St., FREMONT

Wednesday, Mar 9
1:00 – 2:00 Del Rey School, Via Mesa at Via Julia, SAN LORENZO
2:30 – 3:00 Eden House Apts., 1601 165th Ave., SAN LEANDRO
3:30 – 4:00 Baywood Ct., 21966 Dolores St., CASTRO VALLEY
6:00 – 6:30 Camellia Dr., & Camellia Ct., FREMONT

Thursday, Mar 10
9:50 – 10:20 Daycare Center Visit – UNION CITY
10:40 – 11:30 Daycare Center Visit - NEWARK
1:15 – 1:45 Steller Academy, 38325 Cedar Blvd., NEWARK
2:00 – 3:00 Graham School, 36270 Cherry St., NEWARK

Friday, Mar 11
9:45 – 10:15 Daycare Center Visit – SAN LORENZO
10:35 – 11:05 Daycare Center Visit – HAYWARD
12:45 – 1:15 Our Lady of Grace School, CASTRO VALLEY
1:45 – 3:00 Hillside School, 15980 Marcella St., SAN LEANDRO

Monday, Mar 14
9:15 – 10:00 Daycare Center Visit, FREMONT

10:20 – 11:05 Daycare Center Visit, FREMONT
1:45 – 2:45 Pioneer School, Blythe St. & Jean Dr., UNION CITY
4:15 – 4:45 Greenhaven Apts., Alvarado Blvd & Fair Ranch Rd., UNION CITY
5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Cir., FREMONT

Tuesday, Mar 15
10:00 – 11:15 Daycare Center Visit – UNION CITY
2:00 – 2:30 Fremont Hills Senior Living, 35490 Mission Blvd., FREMONT
3:50 – 4:20 Mission Gateway Apts., 33155 Mission Blvd., UNION CITY
4:50 – 5:30 Mariner Park, Regents Blvd. & Dorado Dr., UNION CITY
5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, Mar 16
2:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
4:15 – 4:50 Lone Tree Creek Park, Starlite Way & Turquoise St., FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

**Milpitas Bookmobile stops
Renew books by phone
(800) 471-0991**
**For more information
(408) 293-2326 x3060**

Wednesday, Mar 16
1:45 – 3:00 Foothill School, 1991 Landess Ave., MILPITAS
3:15-3:45 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

Saturday, Mar 19 - Sunday, Mar 20
Fremont Friends of the Library Book Sale \$
Sat: 10 a.m. - 3 p.m.
Sun: 12 noon - 3 p.m.
\$1 per inch stacked; clearance Sunday \$5 per bag
Bring your own bags
Fremont Teen Center
39770 Paseo Padre Pkwy., Fremont
(510) 494-1103

THIS WEEK

Tuesday, Mar 8
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, Mar 8
ASL Storytelling for Children
7 p.m. - 8 p.m.
Presented by California School for the Deaf
Ages preschool - 5th grade
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Tuesday, Mar 8
Health and Wellness Seminar – R
1 p.m. - 3 p.m.
Balance and falls prevention
Washington Hospital
2500 Mowry Ave., Fremont
(800) 963-7070
www.whhs.com/events

Tuesday, Mar 8
Health and Wellness Seminar – R
6 p.m. - 8 p.m.
Urinary incontinence in women
Washington Hospital
2500 Mowry Ave., Fremont
(800) 963-7070
www.whhs.com/events

Wednesday, Mar 9
Mindfulness Meditation for Healing- R
10:30 a.m. - 12 noon
Physical and spiritual nutrition
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
http://bit.ly/CESMindfulness2
www.msjdominicans.org

Wednesday, Mar 9
Yoga for Families
2 p.m. - 3 p.m.
Movement, songs and games
Ages 2 – 5 with a parent
Hayward Weekes Library
27300 Patrick Ave., Hayward
(510) 782-2155
http://tinyurl.com/famyoga-mar16

Wednesday, Mar 9
Shinn House Docent Training
10 a.m. - 12 noon
Volunteers train to become tour guides
Shinn House
1251 Peralta Blvd., Fremont
(510) 552-4839
alminard@comcast.net

Wednesday, Mar 9
Milpitas Historical Society Meeting
7 p.m.
Discuss San Jose's Japan Town
Milpitas Library
160 North Main St., Milpitas
(408) 320-9597

Wednesday, Mar 9
Make a Family Book Workshop
2 p.m. - 4 p.m.
Create a memory book using photos and paper
Irvington Library
41825 Greenpark Dr., Fremont
(510) 795-2626
www.aclibrary.org

Wednesday, Mar 9
Citywide Intersection Improvement Study
7:00 p.m. - 8:30 p.m.
Public forum to assist with traffic safety



HAYWARD 9/11 MEMORIAL

**Please help us
Honor our Heroes:
The 9/11 Victims / Police
Firefighters / Veterans**

Donate \$1,000 or more gets your name engraved forever on the Memorial.
Sponsor a custom worded brick for \$100 or \$150 that will be installed forever at the Memorial site.

Please visit our website for details about the Memorial & how to help and donate:

All Donations are 501(c)3 Tax Deductible
www.Hayward911Memorial.com

**Dedication will be on Memorial Day
Monday, 30 May 2016**

Glad Tidings Church
1027 West Tennyson Rd,
Hayward
(510) 259-3475
www.ci.hayward.ca.us

Thursday, Mar 10
Successful Interviews Workshop
11 a.m. - 1 p.m.
Tips and communication techniques for applicants
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 795-2627
www.aclibrary.org

Thursday, Mar 10
Starting a Home Based Business – R
9 a.m. - 12 noon
Discuss licenses, permits and marketing
Eden Church Hayward
21455 Birch St, Hayward
http://acsbdc.org/node/20911

Thursday, Mar 10
Kayaking for Folks 50 and Over \$R
11 a.m. - 3 p.m.
Paddling techniques and safety tips
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
www.ebparksonline.org

Thursday, Mar 10 - Saturday, Mar 12
Porcelain Art Display \$
Thurs: 1 p.m. - 3 p.m.
Fri & Sat: 9 a.m. - 3 p.m.
Fine art, demonstrations, food, raffle and prizes
Fremont Marriott
46100 Landing Pkwy., Fremont
(831) 335-4651
www.capacina.com

Thursday, Mar 10
Job Search Workshop
11 a.m. - 1 p.m.
Successful interview tips
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 795-2627
www.aclibrary.org

Thursday, Mar 10
March for Meals
9:30 a.m.
Parking lot behind Fremont City Hall
3300 Capitol Ave, Fremont
(510) 574-2090
www.LifeElderCare.org

Thursday, Mar 10
Women's Water Polo Double-header
1 p.m. & 4 p.m.
Cal State University East Bay
25800 Carlos Bee Blvd, Hayward
(510) 885-4509
steve.connolly@csueastbay.edu
Event free. Parking \$2/hr at automated kiosks

Friday, Mar 11
Mission Peak Brass Band Presents Horizons \$
8 p.m.
International marches and waltzes
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Friday, Mar 11
Night Sky Party – R
7:00 p.m. - 8:30 p.m.
Create a star chart and use a telescope
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513 x104
http://nightsskypring.eventbrite.com

Saturday, Mar 12
Apple Cider Pressing \$
12 noon - 12:30 p.m.
Squeeze juice and sample results
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 12
Native Peoples Nature Walk
10:00 a.m. - 11:30 a.m.
Discuss plants, animals and play games
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturday, Mar 12
eBooks and eAudiobook Help
10:30 a.m. - 12:30 p.m.
Assistance downloading electronic books
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Saturday, Mar 12
Bird Walk
9:30 a.m. - 12:30 p.m.
Naturalist led bird hike
Eden Landing Ecological Reserve
Eden Landings
Clawiter and Arden Rd, Hayward
(510) 670-7270
www.haywardrec.org

Saturday, Mar 12
Practical Feng Shui – R
1 p.m. - 3 p.m.
Colors and shapes for interior design
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677
btelford-ishida@aclibrary.org

Saturday, Mar 12
Nowruz Celebration
2:30 p.m. - 4:30 p.m.
Dance performance for Afghanistan New Year
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Saturday, Mar 12**Rabbit Rendezvous \$**

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

Interact with the bunnies

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Mar 12**Rope Making and Hay Hoisting \$**

1 p.m. - 2 p.m.

Use antique machines and pulleys

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Mar 12**Wax: It's the Bee's Knees \$**

2 p.m. - 3 p.m.

Make a candle and sample honey

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

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Saturday, Mar 12**Laughter Yoga**

3:00 p.m. - 4:30 p.m.

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Hayward Main Library

835 C St., Hayward

(510) 881-7980

http://tinyurl.com/ly-feb16

Saturday, Mar 12**Get Your Fit On with Zumba – R**

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

Low and high intensity workout moves

Ages 13+

Hayward Main Library

835 C St., Hayward

(510) 881-7946

annie.snell@hayward-ca.gov

Saturday, Mar 12**Paranormal Workshop \$R**

1 p.m. - 12 midnight

Techniques for investigations

Meek Mansion

17365 Boston Rd., Hayward

(510) 581-0223

www.haywardareahistory.org

Saturday, Mar 12**This Changes Everything Film Screening**

1:30 p.m.

Documentary about climate chaos

Niles Discovery Church of

Fremont

36600 Niles Blvd., Fremont

(510) 797-0895

www.nilesdiscoverychurch.org

Saturday, Mar 12**Stem to Sea and Sky Program**

1 p.m. - 4 p.m.

Science teacher training event

USS Hornet Museum

707 W. Hornet Ave, Alameda

(510) 521-8448 x224

edu@uss-hornet.org

Saturday, Mar 12**Strong Girls, Strong Women Leadership Conference – R**

8:00 a.m. - 1:30 p.m.

Resource fair and workshops

Middle and high school girls and adults

School of Arts and Culture

1700 Alum Rock Ave, San Jose

(408) 299-5152

https://stonggirlsstronwomen2016.eventbrite.com

Saturday, Mar 12**Big Read Literary Gathering**

2:00 p.m. - 4:30 p.m.

Julie M. Rivett discusses "The Maltese Falcon"

San Leandro Public Library

Estudillo Room

300 Estudillo Ave, San Leandro

(510) 577-3991

www.sanleandro.org/depts/library/default.asp

Saturday, Mar 12**Davis Street Health Fair**

10 a.m. - 2 p.m.

Resource booths, health screenings, kids games

Davis Street

3081 Teagarden St, San Leandro

(510) 347-4620

www.davisstreet.org

Sunday, Mar 13**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, Mar 13**Math for Adults**

2 p.m. - 4 p.m.

All about fractions and decimals

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Sunday, Mar 13**Ohlone Wind Orchestra: Celebration and Counterpoint \$**

2 p.m.

Classical and contemporary works

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www.smithcenter.com

Sunday, Mar 13**UpTown Singers Broadway and Cabaret \$**

1 p.m.

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Sunday, Mar 13**Sunol to Mission Peak**

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1895 Geary Rd., Sunol

(510) 544-3249

www.ebparks.org

Sunday, Mar 13**Johnny Appleseed Day \$**

10 a.m. - 3 p.m.

Apple tasting, crafts and tree planting

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34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Sunday, Mar 13**Salt Marsh Walk – R**

10:30 a.m. - 12 noon

Docent led tour of the salt ponds

SF Bay Wildlife Refuge

1 Marshlands Rd., Fremont

(510) 792-0222 x 362

http://marshwalk.eventbrite.com

Sunday, Mar 13**Children's Art Contest \$**

2 p.m. - 4 p.m.

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India Community Center

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(408) 934-1130

www.IndiaCC.org/artcontest



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2400 Stevenson Blvd., Fremont

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www.aclibrary.org

Friday, Mar 18**Consul General of Mexico Dr. Andres Roemer \$R**

11:30 a.m.

Speaker discusses Latin America

Lunch included

Golden Peacock Banquet Hall

24989 Santa Clara Street,

Hayward

(510) 537-2424

www.hayward.org

Friday, Mar 25**Unity Dinner \$R**

6 p.m.

Food, drinks and speakers

India Community Center

525 Los Coches Street, Milpitas

408-934-1130

www.IndiaCC.org

Saturday, Mar 26**Parenting Class**

10:30 a.m. to 11:30 am

Toddlers and their Tantrums

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2400 Stevenson Blvd, Fremont

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Evergreen Valley Community College
opens new high-tech Auto Technology facility

SUBMITTED BY
PETER ANNING

With Automotive Technician jobs going begging at several major dealerships in the Bay Area, the newly completed training facility at Evergreen Valley College (EVC) in San Jose could not have come at a better time. March 2nd marked the grand opening of the 25,000 square foot state-of-the-art building, and in his opening remarks, and in his opening remarks, Henry Yong, President of EVC, thanked voters for supporting the passage of Bond Measure G in 2010, which provided funds for building the Automotive Technology Center, and revitalizing the center of the campus, known as the "Central Green Project."

Designed for student success from its high-tech classrooms to the twenty bay laboratory spaces and specialty lab areas, the building is expecting to receive its Leed Silver or higher "green" certification and was constructed at a cost of \$13,607,970. Considerable planning also resulted in the purchase and installation of cutting edge diagnostic equipment,

vehicle service equipment, tool management, and flexible facilities usage for future programs and manufacturer partnerships.

A dedicated lab for the CA smog Referee provides students with real world experience and internship opportunities. Debbie Budd, Chancellor of the San Jose Evergreen Community College District added, "We are excited that our business partners give our students an opportunity to go into the field and get experience even while attending Evergreen Valley College, and then hire them into great paying jobs upon completion. Our faculty, staff and administration should all be very proud of this incredible new facility and the opportunities it will bring to our students."

The grand opening celebration kicked off with a display of five new cars on Evergreen Valley's Center Green, as a backdrop to speeches given by local civic leaders, college and district leaders, state legislators, as well as representatives from three Santa Clara County automobile dealerships, each making a pitch to hire students.

Parenting Class – Toddlers and their Tantrums

SUBMITTED BY JOY TSOU

This is a free parenting workshop on Saturday, March 26, for parents of toddlers. Come for this fun and informative workshop where we explore why children have tantrums, the techniques you can try and how to help your child effectively manage his/her feelings. No childcare is provided.

Parenting Class – Toddlers and their Tantrums
Saturday, Mar 26
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SPORTS



Basketball

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

From the beginning of the contest on March 5th,, the Moreau Catholic Mariners were undisputed champions of North Coast Section Division 3 basketball. Putting on an offensive clinic, they beat Miramonte 98-67 in convincing fashion.

Moreau wins championship

The Mariners took control of the paint area under the basket, combined with great outside shooting, hitting 12 three point baskets in the first half resulting in a 62-34 advantage at the half. Mariners Dmaari Milstead scored 35 points, six three point baskets while teammate Terrell Brown also had a good night with 23 points and four three pointers. Adding to Mariners fun, Oscar Frayer with 17 points and great defensive play; Brandon Lawrence finished with 14 points. The second half of play was more of same as the Mariners added eight more 3-point baskets and five unanswered scores.



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Baseball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Fremont Christian Warriors baseball team put together an around team performance as they blanked Oakland Military on March 3rd, 13-0. Both Warriors offense and defense showed up to impress; Bubba Gomez had complete control of the game right from the start as he threw five innings. All of his pitches seemed to be right on the mark as he tallied 15 strikeouts, and a no-hitter. He also hit the ball as well, 3 for 3 at the plate with a triple, 2rbi s and 3 runs scored. The rest of the team also stepped up: John Sanguinetti had a great day with the bat with a triple and had 2 hits. Cameron Nealon was prefect at the plate going 3 for 3 with a home run. Ethan Yip also homered. Gabriel Howsoney had 2 hits and 3 runs scored. Tommy Bean was 2 for 3 with a triple. The future looks great for Fremont Christian Baseball team as they demonstrated their potential in this game.

Cougars just miss at championship

Men's Basketball

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The Newark Memorial Cougars lost the Division 2 championship game to the El Cerrito Gauchos on March 5th 59-70 in a game that could gone either way. The ball just seemed to bounce El Cerrito's way in the third quarter. The Gauchos came out quickly, attacking the basket and taking control; they were almost prefect from the free throw line. At the end of first half, the Cougars found themselves in a hole 49-45 but at the start of the second half, went on a 11-2 run and tied game at 43-43. A 3-pointer by Cougars Spencer Singh tied the game a second time with just 7:18 left and Kevin Kahrman hit two throws to again to tie the game at 49-49. But the Cougars could never get the go ahead score. Twice the basketball bounced off the rim and a great season came to a end.



Hatzer named Player of the Week

Women's Water Polo

SUBMITTED BY STEVE CONNOLLY
PHOTO BY KELLEY COX

Cal State University East Bay (CSUEB) senior Sabrina Hatzer has been selected as the KAP7 Western Water Polo Association (WWPA) Player of the Week for February 22-28. Recently, the utility player led the Pioneers to a perfect 4-0 record at Cal Lutheran's Tina Finali Invitational in Thousand Oaks. Hatzer totaled seven goals, 10 assists, and eight steals in the four games, leading the Pioneers with 17 points. She scored two goals in each of the last three games of the weekend and notched a season high with five assists in the tournament finale vs. Chapman. Through 15 games this season, Hatzer leads the Pioneers and ranks third in the WWPA with 44 points. She's second on the team with 23 goals and second in the

conference (to teammate Casey Rushforth) with 21 assists. East Bay has won six straight games after showcasing impressive defense in victories over Siena, Pomona-Pitzer, Villanova, and Chapman. Hatzer is the second CSUEB player to capture WWPA Player of the Week honors, joining goalkeeper Nikki Vaughan, who was awarded for January 11-17. The Pioneers return home Thursday, March 10, to host an afternoon doubleheader. East Bay

hosts Azusa Pacific, followed by the No. 10 team in the nation Hartwick, starting at 1 p.m.

Women's Water Polo Doubleheader Match
Thursday, Mar 10
1 p.m. & 4 p.m.
Cal State University East Bay
25800 Carlos Bee Blvd,
Hayward
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Student raises awareness about Rare Disease Day

SUBMITTED BY
KIMBERLY HAWKINS

On Monday, February 29, 2016, sophomore Isabel Bueso was a guest speaker at “Rare Disease Day” hosted at Cal State East Bay’s Concord campus, where she attends classes. She is the founder and organizer of the campus event, which started last year due to her advocacy. Since early childhood, Isabel has been living with a rare condition called Mucopolysaccharidosis Type VI (MPS VI), a family of diseases caused by enzyme deficiencies. Only a few thousand people in the world suffer from the genetic disease, which often can stunt growth and lead to numerous side effects, including blindness and added pressure in the skull or spinal column.

Isabel’s remarkable journey started in Guatemala, where she was born. She was plagued by infections during her first year of life. Her parents knew something

was wrong. They flew her to Miami, Fla., where she was examined by two physicians and took a battery of tests. It was there that she was diagnosed with MPS VI.

Doctors suggested she be taken to St. Jude Children’s Hospital in Memphis, Tenn., where a match for a bone marrow transplant would be sought. For the next four years, Isabel flew from Guatemala City to Memphis bi-annually for tests. However, a bone marrow donor was not found.

Then, new hope surfaced. “My sister found a story in ‘Reader’s Digest’ about a young boy who also had MPS VI and was part of new experimental enzyme replacement trials in California,” said Karla Bueso, Isabel’s mother. “I wrote the people at Children’s Hospital Oakland and they agreed to examine her.”

The results were dramatic for Isabel—the enzyme replacement sessions eliminated much of the pain and respiratory infections as-



sociated with the disease. “They told us we had a choice to make,” said her mother. “We could return to Guatemala, where there was no guarantees we would have access to this medicine, or we could remain in the Bay Area permanently, where Isabel would continue to receive treatment.” The family said they were given only seven days to decide.

Karla and her husband, Alberto, boldly decided to relocate Isabel and her older sister, Ana, to the Bay Area and start a new life—a life that would measurably improve Isabel’s rare condition. Settling in Concord, Isabel continued her treatments at Children’s Hospital Oakland and

attended public school. Then in 2008, she started suffering from neck compression caused by the curvature of her back and underwent surgery. The procedure caused paralysis from the chest down, confining her to a wheelchair.

Isabel still undergoes enzyme treatments every Friday at Children’s Hospital Oakland. Proud of having opened the door for other MPS-inflicted patients like her, each year she supports the hospital’s annual fundraising radio-a-thon by appearing as an interview guest. She also shares her passion for dancing with young children in the various wards at Children’s Hospital.

She is involved with the non-profit organization, Dancin’ Power, where she receives lessons, hoping to become a dance teacher one day.

Beyond its support for rare disease awareness, Isabel says Cal State East Bay has been the perfect fit for her, both academically and socially. “Right at the beginning, I knew this was the school for me. Everyone here was so mature and accepting. Nobody cares what you look like or who you are.”

She particularly praised the Student Services Department, which has provided special timesaving computer software (Kurzweil Education) that digitally transposes her books to address some of her physical challenges. As a result, Isabel thrives in the classroom. She was recently invited to join the school’s Honor Program, which requires a 3.6 GPA, and she is also considering Cal State’s Study Abroad Program. However, she has yet to declare a major.

“Right now, I’m considering sociology or something community related. I want to be an advocate for disabled people. My ultimate goal is to someday work for the Make-A-Wish Foundation.”

Pioneers advance to and capture CCAA Championship

Women’s Basketball
SUBMITTED BY
STEVE CONNOLLY

Pioneers advance to title game
The Cal State East Bay women’s basketball team secured its second straight trip to the California Collegiate Athletic Association (CCAA) Tournament championship game with a thrilling 79-77 overtime win over 19th-ranked UC San Diego on March 4th at Stockton Arena.

The Pioneers run their win streak to 13 games after avenging a two-point regular season loss to the

Tritons, one of just four teams to defeat East Bay this season. With an overall record of 26-4, CSUEB will continue the best season in program history against Cal State Dominguez Hills in the title game.

The Pioneers had five players score in double figures and racked up 19 assists. Craig turned in one of her best performances of the season with 16 points, going 4-for-9 from long distance. Breshers scored 15, and Littleton poured in 12 points on 5-for-6 shooting. Effenberger posted 10 points and a game-high eight assists, while Bland

filled up the scoresheet with 11 points, five assists, and six steals.

Pioneers capture CCAA championship

The Cal State East Bay women’s basketball team made history yet again on March 5th, defeating Cal State Dominguez Hills 68-53 in the California Collegiate Athletic Association (CCAA) Tournament title game at Stockton Arena to capture the University’s first ever CCAA championship banner.

It was the 14th straight win for the remarkable 2015-16 Pioneers, who improved their record

to 27-4 and secured the program’s first berth in the NCAA Division II West Regionals.

Tori Breshers led all scorers with 23 points and was named CCAA Tournament Most Valuable Player. Fellow senior Laci Effenberger was also selected to the All-Tournament team after tallying 13 points, six assists, and five rebounds.

There would be no dramatic finish on this night, as the Pioneers pulled away in the final quarter. Breshers took over offensively, and East Bay dominated the glass down the stretch. They

ended up out-rebounding CSUDH 41 to 31 and racked up 16 offensive boards.

Breshers scored 19 of her 23 points in the second half, finishing 7-for-18 from the floor and 9-for-11 from the free throw line. Shannon Bland reached double figures as well with 11 points, while Remy Puou and Madison Craig added seven points each.

Ashleigh Anderson turned in a huge performance, grabbing 11 rebounds to lead all players and pace an East Bay defense that wore down an extremely talented Dominguez Hills squad.

Men’s Basketball

Cougars advance to Section Finals



SUBMITTED
AND PHOTO
BY MIKE
HEIGHTCHEW

When it comes to the annual North Coast Section basketball tournament, the Newark Memorial Cougars always seem to rise to the occasion. That appears to be the case this year as well. Cougar speed and talent slowed a red hot Montgomery team on March 2nd by taking control of with defense in the first three minutes to set the tone for the remainder. Once in control of defense, Cougar offense began moving the ball to the hoop at will. Final result Newark Memorial 64, Montgomery 46. With the win, the Cougars move on to Division 2 finals.

Chabot track and field update



SUBMITTED BY MATT SCHWAB
PHOTO BY DAVID SORIANO

The Chabot College track and field team made a strong statement in the NorCal Preview Meet, hosted by the Gladiators on February 26. The Gladiators completed the meet with six athletes ranked in the top 10 in the state.

Chabot’s marquee performers were Conner McKinnon, who took first in the mens’ 800 meters in a time of 1 minute, 54.64 seconds, and Leroy Elliott, who prevailed in the men’s 110 hurdles (14.78). Elliott finished No. 3 in

the CCCAA State Championship last year in a time of 14.57.

Sophomore returning all-American Jason Intravaia had an excellent time of 3:59.48 in the men’s 1,500; Adora Garrick of Castro Valley placed second in the women’s discus with a throw of 126-4, good for second place and No. 10 in the state.

Intravaia (1,500), Elliott (110 hurdles) and McKinnon (800) are all ranked No. 2 in the state. The Chabot Invitational is April 2. The state meet is May 20-21 at San Diego Mesa College.

Moreau moves on to championship game



Basketball

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The Moreau Catholic Mariners moved on to the Northern California Section, Division 3 championship game, beating Bishop O’Dowd 90-59 on March 2nd. Beginning with an early 13-1 lead, followed by an 8-2 run, the hardwood belonged to the Mainers for the day. Mariners speed, shooting, defense and control was all in sync as Damari Milstead lead with 30 points and Oscar Frayer added 23 and stellar defensive play. This is the third year in a row that the Mariners will enter the championship round.

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

League of Women Voters urge candidates to file prior to deadline

SUBMITTED BY
MARILYN SINGER

The Leagues of Women Voters of Fremont, Newark, Union City, San Jose, Santa Clara, Cupertino and Sunnyvale will be sponsoring a primary forum for candidates for the 17th Congressional District. The date and venue will be announced after the filing date closes on March 11, 2016. Formal invitations to candidates will be sent on March 12.

All candidates for the 17th Congressional District who com-

plete filing in both Alameda and Santa Clara Counties and who have established an election presence by having a designated phone line, a website and a Facebook presence indicating that they are actively campaigning for the office, will be invited.

The League of Women Voters is a non-partisan organization and does not endorse candidates. It works to educate the public as it believes that informed citizens are vital to a democratic government.

Fremont City Council Meeting

March 1, 2016

Consent:

- Second reading of an ordinance to change zoning of 47003-47320 Mission Falls Court and 47323-47330 Warm Springs Boulevard.
- Enter into agreement with Eden Housing Resident Services, Inc. to provide Senior Service Coordinator services in an amount not-to-exceed \$128155 at Cottonwood Senior Housing, Redwood Lodge Apartments and Sequoia Manor and renew agreement for \$150,000 each year for up to three years.

Public Communications:

- Comment by representative of CSUEB Journalism depart-

ment of an initiative to combat Islamophobia and create a Department of Islamic Studies.

Removed from Consent:

- Second reading of ordinance to update zoning district references to business uses and tandem parking restrictions. Staff will reconsider business use references; Councilmember Jones reversed his vote to restrict tandem parking to 20 percent and voted to increase to 30 percent. (3-2; Nays: Mei, Bacon)

Council Communications:

- Mayor Harrison referral: appoint Yogesh Chugh to Economic Development Advisory Commission

Mayor Bill Harrison	Aye
Vice Mayor Lily Mei	Aye, 1 Nay
Suzanne Lee Chan	Aye
Vinnie Bacon	Aye, 1 Nay
Rick Jones	Aye

Agreements & Bid:

- Approve amendment to the agreement with RMC Water and Environment f or the Marylinn Drive Sanctuary Sewer Replacement project in the amount of \$55,000. (4 ayes, 1 absent: Giordano)
- Approve amendment to the consultant agreement with HF&H Consultants for solid waste procurement services in the amount of \$200,000.
- Award the bid and authorize the city manager to execute the contract with DataProse, Inc. for utility bill printing and mailing services for an amount not to exceed \$347,325.

Joint Meeting of the City Council & Housing Authority Commission:

Mayor José Esteves	Aye
Vice Mayor Carmen Montano	Aye
Debbie Indihar Giordano	Aye, absent 1 item
Garry Barbadillo	Aye
Marsha Grilli	Aye

PG&E contributes \$250,000 to support Yes On Measure AA

SUBMITTED BY TAMAR SARKISSIAN

PG&E Corporation has made a \$250,000 shareholder-funded commitment to the **People for a Clean and Healthy Bay Coalition**. With this contribution, PG&E joins a growing list of local leaders—including the Bay Area Council, Save the Bay, The Silicon Valley Leadership Group, San Mateo County Economic Development Association, The Trust for Public Land, The Nature Conservancy and Audubon California—in support of environmental restoration, pollution reduction and critical flood protection around the San Francisco Bay.

If approved by voters in June, “Yes on Measure AA for a Clean and Healthy Bay” would raise \$500 million over 20 years to fund critical conservation and flood protection projects, including the restoration of 15,000 acres of wetlands and creation of 25 miles of new Bay trails. Co-Chaired by Senator Dianne Feinstein, the campaign has received endorsement from local elected officials, and business, environmental, labor, philanthropic and civic leaders.

Protecting and restoring San Francisco Bay will benefit the community for generations by reducing trash and pollution and restoring habitat for fish, birds and wildlife along the Bay and its shoreline.

For more information on PG&E’s sustainability leadership, see the company’s 2015 Corporate Responsibility and Sustainability Report at www.pgecorp.com/sustainability.

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/

East Bay innovation on full display at 4th annual awards ceremony

BY DARIEN LOUIE,
EXECUTIVE DIRECTOR,
EAST BAY ECONOMIC
DEVELOPMENT ALLIANCE

The vast array of talent, ideas and success stories revealed during the East Bay Innovation Awards at the Fox Theater in Oakland was nothing short of spectacular. A signature event for the East Bay Economic Development Alliance (www.east-bayeda.org), it offered the region the chance to appreciate its unique contribution to Bay Area innovation, ranging from organic foods to genome editing to battery materials.

Similar to previous years, a micro-documentary was shown highlighting award winners in nine different categories, including Clean Tech, Engineering and Design, and Life Sciences. And for those who would like another dose of inspiration, here are a few standout quotes:

“There’s just a tremendous drive and acceptance for big ideas and taking that big, risky next step.”

- Rachel Haurwitz, Ph.D., President, and Chief Executive Officer Caribou Bio Sciences

“There certainly is a good understanding at the government level of what it takes to be a successful business and a successful manufacturer. You find that the East Bay is unlike any other place in the Bay Area.”

- Kevin Kelly, Chief Executive Officer, Emerald Packaging

“What the East Bay is really good at, and positioned very well for, is taking the latest and greatest innovation technologies and figuring out how to bring them to commercial success.”

- Jim Castelez, Chief Executive Officer and Founder, Motiv Power Systems

“The East Bay has ‘so many cultures’ it creates a ‘primordial stew of art, experience, and ideas. It’s just a magical place to be.”

- Corey Rennell, Chief Executive Officer, CORE Foods

“We’re part of that trend with a lot more hardware technologies. We’re doing the science and engineering at the same time. The East Bay is unique in that it’s not one-dimensional. You can have the space to do that.”

- Gene Berdichevsky, Chief Executive Officer, Sila Nanotechnologies

Hayward City Council

March 1, 2016

Presentation:

- Assistant City Manager Kelly McAdoo received the 2015 Mu-



KellyMcAdoo-McClure

Photo By Frank Holland

nicipal Management Association of Northern California’s Wes McClure Award.

Consent:

- Council approved the adoption of resolution authorizing city manager to negotiate and execute an agreement with National Security Industries to provide unarmed security services at City Hall, Cinema Place and Hayward Executive Airport.
- Council approved resolution approving plans and specifications, and call for bids to be received by Tuesday, April 5, for the Water Pollution Control Facility Digester Improvement Project.

Public Hearing:

- A public hearing was held to

adoption of a resolution and introduction of an ordinance to extend its term for five years and update the project schedule. The project is located at 28816 Mission Blvd.

Legislative Business:

- Council approved adoption of a resolution placing renewal of Utility User Tax on the June 2016 ballot.

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

OPINION



WILLIAM MARSHAK

Alice slipped down a rabbit hole and found Wonderland filled with contradictions. She tried to make sense of it but the inhabitants refused to cooperate. What to do? Just go with the flow and hope for reemergence into what passes for sanity in the “real” world?

Although an argument can be made that politics is intrinsically a wonderland all its own, on occasion jargon and confusion can not only reign supreme, but intertwine within officialdom to such an extent that elected representatives are caught within their own dialogue trap. An example of this just occurred at the last meeting of the Fremont City Council. Planning staff is trying to clarify and simplify codes that, over years, have created contradictions and become

Curiouser and curiousr

obsolete. In doing so, not only have some problems arisen, but have actually created new and unnecessarily restrictive rules.

Where can businesses operate? How can existing businesses sell to others if grandfathered as non-conforming operations? Staff has an easy fix, saying they will be lenient but when altering written rules, imprecise substitute language is no guarantee of a firm commitment. Administrative remedies leave decisions in the hands of planning personnel and commissions without notification or review by elected officials. When ambiguous language allows wide latitude of significant decisions, that language needs to be specific and binding. Vague promises by current personnel are not comforting.

A omnibus correction of ordinances was presented to the City Council and passed with several changes, notably a substitute ceiling placed on tandem parking requirements. The change, by split vote, was an allowable reduction from 30 percent to 20 percent unless an exception is granted. Although this could place a burden on developers hoping to avoid parking restrictions, the change was approved by a 3-2 margin. Mayor Harrison and Councilmember Sue Chan voted to allow the higher cap while Councilmembers Bacon, Mei and Jones voted to decrease the limit, saying that bona fide parking allowances will be beneficial for residents and avoid some on-street parking that clogs neighborhoods.

At the second reading of this ordinance, a curious situation occurred when the entire matter was reexamined. In this case, some business restrictions were set aside for further discussion due to substantive questions about current and future business operations but the parking issue was not only brought up again, but voted with the reverse effect allowing the originally proposed 30 percent cap. Councilmember Jones reversed his vote with the statement that a change of 10 percent really didn't make much difference. If so, and he truly believes that it is inconsequential, why reverse his original vote? Is there more going on here besides a vote on tandem parking? Watching a meltdown and flip-flop vote was disheartening if based on a such a shallow reason. It is instructive to note that developers favor tandem parking as a method of creating additional parking spaces to fit within city requirements. Was Councilmember Jones pressured to change his vote? The councilmember needs to give a better explanation than, It doesn't make much difference.

Have we all arrived at the Wonderland Tea Party with administrative staff serving as the Mad Hatter?

William Marshak
PUBLISHER

Bill calls for Uber background checks, no fingerprinting

BY BOB SALSBERO
ASSOCIATED PRESS

BOSTON (AP), State lawmakers unveiled a bill that would regulate ride-hailing services like Uber and Lyft with a requirement that drivers undergo rigorous criminal background checks but not fingerprinting.

The House Financial Services Committee on Friday released its version of a bill, initially filed last year by Republican Gov. Charlie Baker, which also sets new insurance and pricing guidelines for the companies.

The measure calls for a two-step background check for all drivers, the first to be conducted by the companies and the second by state regulators working in a new Ride for Hire Division created within the state Department of Public Utilities.

San Francisco-based Uber and other services would be required under the plan to carry a minimum \$1 million of insurance coverage on each vehicle. The \$1 million premium would kick in only when a

passenger is in the vehicle or the vehicle is heading to pick up a passenger. The committee said similar insurance requirements have been adopted by 29 other states.

The bill also would keep in place until at least August 2021 a ban on the companies picking up passengers at Boston's Logan International Airport, a concession to the taxi industry, which has seen its business impacted negatively by the newer services.

“We were presented with a challenge to allow for the expansion and growth of an industry while ensuring consumer protection and public safety,” said Rep. Aaron Michlewitz, a Boston Democrat who chairs the panel. “We have accomplished that with this legislation.”

Boston police Commissioner William Evans and some legislators have called for fingerprinting of all drivers, a requirement recently imposed on cabbies in the city.

The state's secretary of public safety and homeland security, Daniel Bennett, said he and Baker did not ask for fingerprinting because of the sophistication of modern

criminal checks.

“It's a nationwide records check,” said Bennett, who had not seen the House bill. “You're not going to immediately get your license to be a ride-share person.”

At a Statehouse hearing last September, an Uber official said fingerprinting or other more stringent background checks would discourage people from signing up to drive for the company.

Under the legislation, people would be automatically disqualified from driving if they had committed any crimes in the past seven years involving violence or sexual abuse or other crimes such as drunken driving, hit and run, driving with a suspended or revoked license and felony robbery.

Ride-hailing services would be prohibited from ratcheting up prices during weather emergencies, a practice known as surge pricing, and state regulators would monitor them to ensure they don't set excessively high base fares.

The bill next goes to the full House for a vote.

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ADJUDICATION:

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

What's Happening's **TRI-CITY VOICE**™

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

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Obituary

Diane Roberta Burton

January 29, 1941 – February 25, 2016

Resident of Fremont

A celebration of life will be held for Diane Roberta Burton, aged 75. A resident of Fremont, CA, she passed away unexpectedly but peacefully from a massive stroke on February 25th, 2016 at Washington Hospital in Fremont, CA. Diane was originally born and raised in London, England, United Kingdom, to Elsie Proudfoot and Tom Burton. While in London, England she served on the police force as a London police officer for the city of London Metropolitan Police Department. After leaving for America and living in Washington D.C. Diane started work as an International Detective. Before heading to the United States Army as a military police sergeant she was assigned and in charge of training all military police at the Army base in Ft. Gordon, Georgia. While in Georgia, Diane attended both Augusta Law School (where she graduated with honors as a Juris Doctor of Law), and Blackstone School of Law (graduating as a Master of Law). In 1973, Diane moved to Marina, CA where she served as an attorney for a small law firm while finishing her studies in law at Stanford University, and was active in the community and military base in Ft. Ord, CA. Diane Burton also graduated with a Doctorate in Philosophy in Military Sciences, and Doctor of Military Sciences as well as having been ordained as a Minister from the Secretary of State in the Anglican Catholic and Canterbury church. Diane also served in the reserves with the United States Special Defense Corps as well as Special Forces reserves earning her the title as Brigadier General. Throughout the years she settled in both the South and East bay areas. Diane was



proactive in helping many people of many cultures, with their numerous cases, and was well loved by the people she had helped through the years and with those she worked with. They enjoyed her company and considered Diane more to them than just a friend; they stated MS. BURTON was like family. Diane had a positive outlook on life and had a great sense of humor. She was always active in the Indian, Filipino, Fijian, and Pakistani communities, among others. Diane was also honored by the Muslim Center and presented with a certificate from the Mosque. Diane also spoke many languages. Her daughter Michelle thought of her as a Prophet of Earth because of how much knowledge she was able to teach everyone about, boasting that she knew more than the encyclopedia. She was the dictionary of dictionaries. Those who really knew Ms. Diane Burton knew that she loved her McDonald's decaf coffee with 10 cream and no sugar, and her 2 apple pies. She was also a regular at the Kabila Indian Cuisine in Union City, CA. It was her meeting spot for clients,

friends, and family, drinking her tea and eating her sweets. Many considered Diane like a mom, a grandma, or auntie to them. Diane often kept a routine, first at the Insurance Exams office, then to Monesh Music, sit with friends at Prime Properties, and then to the Kabila Restaurant, all like clockwork. To her daughters, MICHELLE BURTON AND LISA ROMO, she was a Hero. Gifted in many musical instruments she taught her youngest daughter Michelle to sing. A hero because she worked non-stop, always in constant motion, working hard day and night often 7 days a week because she loved working and helping her clients whom she also considered family, especially those in her office in Fremont, CA. Those who knew Diane such as her Chiropractic friends always said they hope they can keep working just as long as she had.

Ms. Diane Burton will be extremely missed by her family, friends, and colleagues, who loved and adored her. Diane had a gift of caring for others before herself. She is survived by her 2 daughters: Lisa Marie Romo of Tracy, CA, and Michelle Anne Burton of San Jose, CA; 4 grandsons: Gregory Conlan, Gabriel Castellanos, Richard Castellanos, and Eric Romo; 1 granddaughter: Christina Romo; and 2 great granddaughters: Jackie, and Penelope Castellanos. Other surviving relatives are Keith Proudfoot of Virginia, half-brother Nigel Warren of Essex, England, and several cousins in Canvey Island in the Thames Estuary in Essex, England.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Allie Lee Diggs

June 23, 1928 – March 3, 2016

Resident of Fremont

Born on June 23rd, 1928 in Texas, and entered into rest on March 3rd, 2016 in Fremont, CA at the age of 87. Predeceased by her husband Lowell Diggs, and her daughter Connie Beat. Survived by her son-in-law

Thomas G. Beat; grandchildren: Tom Beat, and Jerry Beat; and great-grandchildren: Lucas, Mariah, and Tyler.

A Graveside Service will be held on Tuesday, March 8th, 1pm at Irvington Memorial Cemetery,

41001 Chapel Way, Fremont, CA 94536.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Lon Allen Hacker

Dec. 12, 1946 - March 2, 2016

Resident of Newark

Sharp and intelligent to the very end, Lon Allen Hacker, 69, expired suddenly on March 2, succumbing to cancer in the lungs. Born in Buffalo, NY, eldest of 5 sons of John and Mary Maxwell Hacker, Lon was victorious over poverty and adversity. He achieved a BA from State University at Buffalo in Mathematics. While enlisting in the U.S. Army, Lon was recognized for outstanding linguistic ability and trained in Russian at the Defense Language Institute, Monterey, CA. Falling in love with California, he vowed that it would be his future home. He was assigned to the Aleutian Islands, and later to Berlin, Germany - which he loved. He studied at the Freie Universitat.

Upon discharge, Lon traversed to U.C. Berkeley, his 'dream school', to fulfill his wish to live in CA and a post graduate study in mathematics. He achieved dual Masters Degrees in Mathematics and Electrical Engineering/Computer Science. At CAL, he met and in 1975 married, his lifelong sweetheart, Irene Sun.

Upon graduating, IBM recruited Lon for assignment to Johnson Space Center at Houston, TX. He elatedly worked on NASA's space shuttle programming trajectory/telemetry computation. After 2 years, he



returned to IBM, San Jose, CA and became a Newark resident with Irene for 36 years.

As an engineer, he diligently designed computer language in quality control for magnetic storage devices, communicating with peripheral hardware - a precursor to early PC development. Through IBM, he patented a device for inkjet spraying. His 20 year service at IBM was in General Services Division, Quality Assurance Support, Research and Development. The balance of his engineering career was fulfilled at Hitachi, AIC and Wyse Technology. Lon was also a guest mathematics instructor at Fremont Unified School District.

A witty linguist, Lon loved word play. He avidly read Science Fiction and had a comprehensive knowledge of European and American history. During the last 5 years, Lon engaged his mind

reading multitudes of eBooks and studying mathematical theory. He adored free college internet broadcast learning courses. St. Christina of Tyre Orthodox Church was Lon Allen Hacker's spiritual home.

Lon, Denis, Craig, Kyle and Laird were the Hacker brothers. Now, Craig Hacker, newly residing in West Texas, is the sole survivor of that generation. Lon Allen Hacker is survived by his loving wife, Irene Sun Hacker, sons Philip and Matthew Hacker, and sisters-in-law Pauline Sun Tsang and Joanne Hacker, including brothers-in-law Jeffery Tsang and Bruce Prickett. Lon has numerous nephews and nieces. His family and friends will miss his intellectual discussion, wealth of knowledge and sense of humor.

Visitation will be held from 5-9pm with a vigil service at 7pm on Tuesday, March 8 at St. Christina Orthodox Church, 3721 Parish Ave., Fremont, CA 94536. A funeral service will be held at 10am on Wednesday, March 9 also at the church. A burial to follow at Chapel of the Chimes Memorial Park in Hayward. In lieu of flowers, donations to St. Christina of Tyre, Orthodox Church would be gratefully accepted.

Obituary

Masao “Mac” Kato

April 15, 1928 – March 1, 2016

Resident of Newark

Born on April 15th, 1928 in Oakland, CA, and entered into rest on March 1st, 2016 in Fremont, CA at the age of 87. Survived by his wife of 62 years, Helen Kato; son, Randy Kato; sisters: Yone Ito, and Sumi Ko Uyeda; brothers: Haruo Kato, Takeo Kato, and Kiyoshi "Keith" Kato; and many nieces and nephews.

Mac lived in the Bay Area for all of his life, except for the 3 years he was in the Topaz Internment Camp in Utah during WWII. After his release, he graduated from Hayward High School. He then enlisted in the



U.S. Army and was stationed in Germany for 2 years.

Fremont Memorial Chapel
1-510-793-8900

Obituary

Satsue Robles

July 26, 1924 – March 1, 2016

Resident of Fremont



Born on July 26th, 1924 in Hawaii, and entered into rest on March 1st, 2016 in Fremont, California at the age of 91. Predeceased by her husband Ernest Robles. Survived by her daughters: Patricia Ashmore (Ron), JoAnn Rodriguez (Rudy), Michele Coveau (John), Leslie Normandin (Bob), and Julie

Robles; grandchildren: Lisa, Stephanie (Paul), Scott, Kirk, Rudy D. (Melissa), Ryan, Andrea, and Kevin; siblings: Akie Itomura, and Sadami Yamamoto (Sachi); and many nieces and nephews. The family would like to thank her caregivers: Junior Nofuente, Ramona Huahula, and Sesilili Fonua.

Satsue loved gardening, bowling, reading, walking, crossword puzzles, volunteering at church to feed the homeless, and traveling all over the world. She enjoyed watching The Voice, Jeopardy, and Wheel of Fortune on television.

In lieu of flowers, donations may be made to your favorite charity.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Scott Clyde

May 3, 1968 – February 29, 2016

Resident of Newark

Scott Clyde left this world on February 29th at age 47. He is survived by his wife Deborah and son Adam. His family in Scotland: father Archie, sister Janice, and brother Alan. His extended family in California: father-in-law James, mother-in-law Agnes, brother-in-law Jim, and nephew Ian. He was much loved and will be sorely missed.

A celebration of life will be held for Scott on Saturday, March 12th, 11am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536.

Fremont Memorial Chapel
1-510-793-8900



Obituary

Louise Emily Flanagan

November 12, 1946 – February 25, 2016

Resident of Union City

Louise passed quietly from Huntington's Disease. An industrial engineer for Bank of America for 32 years. Louise enjoyed reading and spending time with friends and family.

Survived by sister Ginny Deck, Robert Flanagan, JoAnn Starr-Flanagan, children Brian

and Jamie Starr-Flanagan, and her grandson Dhillon McNabney.

In regards to donations, please donate to Huntington's Disease, hdsa.org in Louise Flanagan's name.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Wing Moon Lam

October 13, 1944 - January 30, 2016

Wing Moon Lam is survived by his 3 sons, Sam Lam, Edmond Lam, and Joseph Lam.

No services were held. His cremains were placed at Evergreen Washelli Memorial Park, in Seattle, WA.

LIFE CORNERSTONES

Birth

Marriage

For more information
510-494-1999
tricityvoice@aol.com
Obituaries



Fremont Memorial Chapel
(510) 793-8900 FD 1115
3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

- Roman P. Romero**
RESIDENT OF NEWARK
May 8, 1965 – February 11, 2016
- Ralph M. Jones**
RESIDENT OF FREMONT
February 25, 1926 – February 12, 2016
- Georgia J. LeSire**
RESIDENT OF FREMONT
June 26, 1926 – February 12, 2016
- Richard K. Lachenmyer**
RESIDENT OF FREMONT
August 28, 1938 – February 12, 2016
- Helen Persinger**
RESIDENT OF FREMONT
October 26, 1933 – February 12, 2016
- Manijeh Jampour**
RESIDENT OF FREMONT
April 25, 1943 - February 13, 2016
- Erma M. Andrade**
RESIDENT OF FREMONT
March 26, 1921 – February 13, 2016
- Rafael Gonzalez Moreno**
RESIDENT OF UNION CITY
March 2, 1922 – February 14, 2016
- Angela L. Nieto**
RESIDENT OF SAN JOSE
November 29, 1970 – February 14, 2016
- Vinzon L. Llamanzares**
RESIDENT OF FREMONT
September 18, 1954 – February 14, 2016
- Raquel S. Colmenero**
RESIDENT OF FREMONT
November 28, 1922 – February 14, 2016
- Mary Ellen Graham**
RESIDENT OF FREMONT
March 9, 1918 – February 16, 2016
- Isabel N. Cabantac**
RESIDENT OF FREMONT
June 17, 1938 – February 18, 2016
- Bertha M. Goodwin**
RESIDENT OF FREMONT
February 23, 1920 – February 18, 2016
- Victor G. Franco**
RESIDENT OF UNION CITY
November 13, 1942 – February 21, 2016
- Phetsamone Singharath**
RESIDENT OF HAYWARD
September 2, 1966 – February 19, 2016
- Arlene J. Furtado**
RESIDENT OF FREMONT
July 23, 1935 – February 22, 2016
- Anna Bobb**
RESIDENT OF NEWARK
August 11, 1924 – February 23, 2016
- Mannog Yim**
RESIDENT OF NEWARK
November 1, 1936 – February 23, 2016
- Erie I. Jackson**
RESIDENT OF NEWARK
December 31, 1928 – February 23, 2016
- Dorothy M. Martin**
RESIDENT OF FREMONT
March 18, 1924 – February 25, 2016
- Diane R. Burton**
RESIDENT OF SAN JOSE
January 29, 1941 – February 25, 2016
- Louise E. Flanagan**
RESIDENT OF UNION CITY
November 12, 1946 – February 25, 2016
- Beverly A. Mitchell**
RESIDENT OF FREMONT
August 15, 1937 – February 27, 2016
- Wilfredo E. Ruby, Jr.**
RESIDENT OF OAKLAND
May 27, 1945 – February 26, 2016
- Audrey Wilson**
RESIDENT OF FREMONT
October 28, 1918 – February 27, 2016
- Frank Cabrera**
RESIDENT OF UNION CITY
July 10, 1932 – February 27, 2016
- Richard J. Motta**
RESIDENT OF NEWARK
September 4, 1927 – February 28, 2016
- Jatinder Singh**
RESIDENT OF WALNUT CREEK
December 15, 1952 – February 29, 2016
- Scott Clyde**
RESIDENT OF NEWARK
May 3, 1968 – February 29, 2016
- Satsue Robles**
RESIDENT OF FREMONT
July 26, 1924 – March 1, 2016



- Rickey J. Valencia**
RESIDENT OF FREMONT
February 25, 1955 – February 22, 2016
- Refugio J. Mariscal**
RESIDENT OF FREMONT
March 26, 1945 – February 21, 2016
- Tonja J. Ortega**
RESIDENT OF FREMONT
July 4, 1960 – February 24, 2016
- Iona H. Haymond**
RESIDENT OF FREMONT
August 29, 1921 – February 24, 2016
- Bhaskar S. Patil**
RESIDENT OF FREMONT
March 1, 1921 – February 25, 2016
- David R. Resemdez**
RESIDENT OF FREMONT
December 13, 1960 – February 25, 2016
- Subhash M. Desai**
RESIDENT OF SAN JOSE
July 14, 1946 – February 27, 2016
- Joan K. Strangio**
RESIDENT OF SARATOGA
July 4, 1935 – February 28, 2016
- Herbert L. Epstein**
RESIDENT OF FREMONT
April 12, 1922 – March 3, 2016
- Marcia Peterson**
RESIDENT OF FREMONT
July 13, 1969 – March 5, 2016
- Florence M. Rodrigues**
RESIDENT OF FREMONT
November 14, 1923 – March 4, 2016
- Georgina Aguiar**
RESIDENT OF FREMONT
June 1, 1931 – March 6, 2016
- Beverly Lawrence**
RESIDENT OF DANVILLE
May 15, 1922 – March 7, 2016
- Alphene Promes**
RESIDENT OF MANTECA
September 18, 1938 – March 7, 2016
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The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be give preference. Letters are subject to editing for length, grammar and style. tricityvoice@aol.com

- Masao "Mac" Kato**
RESIDENT OF NEWARK
April 15, 1928 – March 1, 2016
- Gloria Jean Silva**
RESIDENT OF UNION CITY
November 8, 1945 – March 1, 2016
- Graciela Villegas Landeros**
RESIDENT OF NEWARK
July 25, 1937 – March 2, 2016
- Lon A. Hacker**
RESIDENT OF NEWARK
December 12, 1946 – March 2, 2016
- Allie Lee Diggs**
RESIDENT OF FREMONT
June 23, 1928 – March 3, 2016
- Milya Nisenboym**
RESIDENT OF FREMONT
June 18, 1922 – March 4, 2016
- Sonja T. Berger**
RESIDENT OF FREMONT
July 21, 1929 - February 29, 2016



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Obituary

Jatinder Singh
December 15, 1952 – February 29, 2016
Longtime Resident of Fremont

Jatinder Singh, 63, passed away on February 29, 2016. Born in Chandigarh, India, Jatinder (aka JT, Pop) immigrated to the United States in 1986 with his wife and three young daughters. He was a long-time resident of Fremont, CA. Growing up, he was extremely athletic and proudly recounted how he had, at some time or another, broken, and mended, every bone in his body. He started his career in India as an architect designing buildings in Chandigarh, one of India's largest industrial hubs. JT was an extremely hard worker. He drove a taxi in Alameda County for 24 years to support his family, and was a selfless provider. He instilled his strong work ethic in all three of his daughters, with two of them practicing medicine, and the third devoted to philanthropy. Pop was larger than life. He loved telling colorful stories and delighting those around him. He didn't surround himself with



many people, but had a huge impact on those that were lucky enough to be in his circle. He is survived by his brother, Kulbir Singh, three daughters, Ruby, Jessi, and Preety, and his "boys": his sons-in-law Tony and David, and Chris. He was preceded in death by his father Dip Singh, his mother Waryam Kaur, and his wife, Satwant Kaur. His ashes will be scattered per his wishes in the places he loved, including the Sutlej river in Punjab to be reunited with his wife and parents.

Fremont Memorial Chapel
1-510-793-8900

Obituary

Frank Raymond Cabrera
July 10, 1932 – February 27, 2016
Resident of Union City

Frank R. Cabrera, resident of Union City and Army Korean Veteran, passed away at home peacefully at the age of 83 after a long battle with dementia and cancer. He is survived by his loving wife of 60 years, Ida Cabrera; children, Paul Cabrera, Eleanor (Stephen) Hall, Sharon Cabrera and Lisa (Glenn) Lima. Also survived by his grandchildren, Chris, Angela, Melissa, David, Jillian, Miranda, Brianna and Trent; great grandchildren, Elahna and Mario; and his brother Fred. Frank was preceded in death by his siblings, Henry and Mary; and his adoring grandson Mario. Visitation will be held on Monday, March 7th, from 5-8pm with a Vigil at 6:30pm at Our Lady of the Rosary Catholic Church, 703 C St., Union City, CA 94587. Funeral Mass will be celebrated on Tuesday, March



8th, 10am at the church. Burial with Military Honors will be held on Wednesday, March 9th, 11:30am at Sacramento Valley National Cemetery, 5810 Midway Rd., Dixon, CA 95620.

Fremont Chapel of the Roses
1-510-797-1900

LETTERS POLICY

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Leprechaun Land for Wee Folk

Wee folks are in for a treat on Friday, March 18 at the Teen Center in Central Park as they spend an evening filled with magical leprechauns, pots of gold and shamrocks. Enjoy a life-size board game, leprechaun arts and crafts, St. Patty's prizes, photo op with a leprechaun, a jump house (weather permitting), and Sham-rock snacks.

Based on Irish folklore, a leprechaun is a type of trickster fairy, dressed in a green coat and hat. Leprechauns are often depicted as shoemakers and have a hidden pot of gold at the end of the rainbow. If captured, the leprechaun

may use its magical powers to grant three wishes to its captor.

The event is open for children ages 2-10. Participants will receive a St. Patty's goodie bag. Each child is permitted to enter Leprechaun Land with one adult. Each accompanying adult will need to purchase an extra ticket for \$2; extra tickets do not include goodie bags. Register online at www.Regerec.com. Register early before the event sells out! Pre-registration ends at 11:59 p.m. on Thursday, March 17.

The event is sponsored by Dale Hardware, Bennigan's, Nothing Bundt Cakes and Sweet

Orchid. For more information, visit www.Fremont.gov/LeprechaunLand.

Leprechaun Land
Friday, Mar 18
5 p.m., 6 p.m. & 7 p.m.
Teen Center in Central Park
39770 Paseo Padre Pkwy,
Fremont
(510) 494-4300
www.regerec.com
www.fremont.gov/LeprechaunLand
Tickets: \$10 children (2-10 yrs.), \$2 additional adults

THEATRE

Barefoot In The Park



SUBMITTED BY MARY GALDE
PHOTOS BY CHRISTIAN PIZZIRANI

Broadway West Theatre Company in Fremont presents Neil Simon's delightful comedy, "Barefoot in the Park," directed by Rachael Campbell, Friday, March 18 – Saturday, April 16.

Paul and Corie Bratter are newlyweds in every sense of the word. He's a straight-as-an-arrow lawyer and she's a free spirit always looking for the latest kick. Their new apartment is her most recent find—too expensive, too small, several flights up, with bad plumbing and in need of a paint job. After a six-day honeymoon, a surprise visit from Corie's loopy mother and some matchmaking with their neighbor-in-the-attic make for an evening of laughter you won't soon forget!

Performance times are 8 p.m. on Thursdays, Fridays and Saturdays. There are three Sunday matinees: March 27 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 p.m., and the show begins at 1 p.m. The April 3 and 10 performances starts at 3 p.m. with refreshments during intermission (included in price of ticket).

Regular ticket prices are \$27 general and \$22 for students, seniors and TBA (Theatre Bay Area) members.

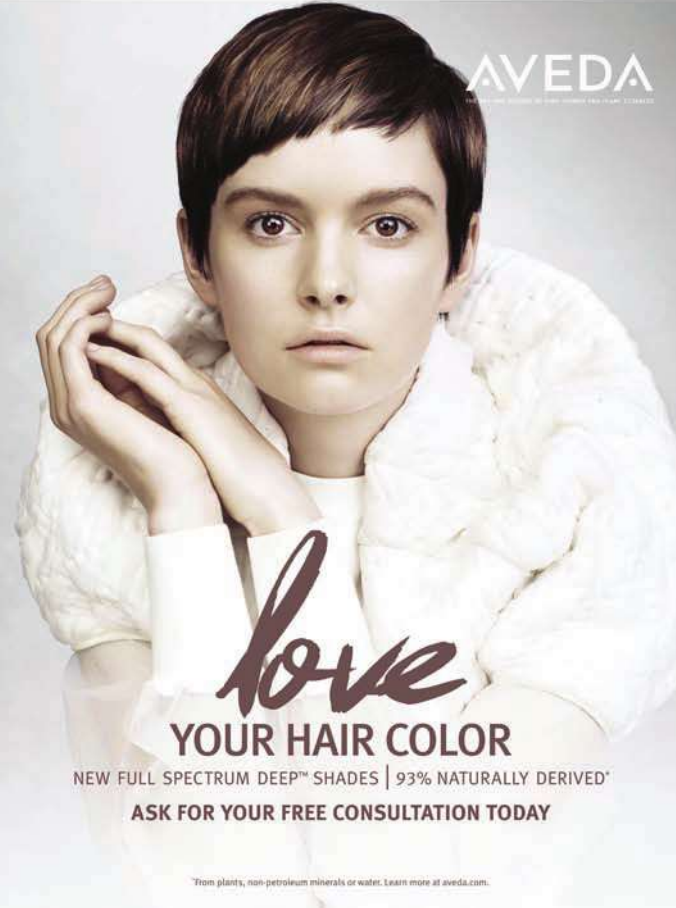
Special pricing:
Saturday, Mar 19 at
8 p.m. - \$15
Thursday: Mar 24, Apr 7,
Apr 14 at 8 p.m. - \$20
Sunday, March 27, at 1 p.m.
with brunch - \$27
Thursday, Mar 31 at 8 p.m.
(no reservations –

first come, first seat!) - \$10
Sunday, Apr 3 and 10, at
3 p.m. matinee - \$20
Barefoot In The Park
Friday, Mar 18 –
Saturday, Apr 16
8 p.m.
Matinees 1 p.m.
(3 p.m. on Apr 3 and 10)
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B.A., Humanities, Magna Cum Laude, Michigan State University
Juris Doctor, University of Illinois (7th in class)
Quoted by Ralph Nader in his book "No Contest" (1996)
Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
California Supreme Court Cases

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Fremont Police Log

SUBMITTED BY BY GENEVA
BOSQUES, FREMONT PD

Thursday, February 25

A victim was walking near SBC liquor store when he was confronted by two male suspects who pushed him to the ground and took his wallet. The case was investigated by Ofc. Sun and Field Training Officer (FTO) Hanrahan. The suspects were described as follows: Suspect 1: black male adult in his early 20s, approximately 6'2", wearing a black hat, black shirt, blue jeans with a beard and skinny build. Suspect 2: South Asian Indian adult male in his early 20s wearing a blue shirt, blue jeans, with a skinny build. Suspect vehicle: black four-door Honda.

Unknown suspects stole three employee purses from Wing Stop. The suspects were described as follows: Suspect 1: white male, approximately 55-60 years of age, long blond hair, with chin hair approximately one inch in length, brown eyes, medium build. Suspect 2: white female, blond hair, skinny build, with three to four birth marks on her right cheek. Suspect vehicle: late 1970s brown GMC or Chevy Jimmy

Friday, February 26

A caller reported while in a drive thru they saw employees with their hands up and a suspect with a gun. Officers arrived, set up containment and learned the suspect had already fled. A robbery was confirmed and the suspect was described as a Hispanic male adult with a bandana covering his face, dark hoodie, gray pants, tie-dyed shoes, and black handgun. Ofc. Sun and FTO Hanrahan investigated.

Saturday, February 27

At approximately 6:20 p.m., a

suspect was observed looking into vehicles near Chili's at Fremont Hub. The suspect broke a window and fled in a silver sedan. Two vehicles were found to be burglarized. The suspect was described as a black male in his 30s with a white beanie and a gray hoodie. Cases were investigated by Ofc. Layfield.

Sunday, February 28

Community Service Officer (CSO) Goralczyk investigated a residential burglary on Jerome Avenue that occurred sometime between 5:00 p.m. on February 27, 2016 and 3:30 p.m. on February 28, 2016. Point of entry was a window smash to a bedroom window.

Monday, February 29

At approximately 5:20 p.m., Ofc. Dennis and FTO Stillitano were detailed to a restaurant located on the 40600 block of Grimmer Boulevard regarding a possible armed robbery. A passerby saw a suspect pointing a gun at another subject. The suspect got into a black BMW 323 and a partial plate was provided. The suspect then fled the area. Patrol units began checking the area. Ofc. Dennis responded to the scene and located video footage of the suspect vehicle leaving the area. During the initial investigation, no suspects, witnesses or victims were located in the area. At approximately 6:35 p.m. as Ofc. Dennis was clearing the investigation, he saw a possible suspect vehicle. A traffic stop was initiated and several subjects were detained. It was learned that a male juvenile inside the car had robbed marijuana from another subject using a bb gun. The juvenile was arrested for the robbery.

Officers investigated a commercial burglary on the 39000 block of Fremont Boulevard. Unknown suspect(s) smashed the side glass door with a large river rock. The

suspect was caught on video surveillance taking money from the till and attempting to gain entry into the office. The suspect is a white male adult or Hispanic male adult with a large build, wearing dark pants, a white jacket and a white baseball hat.

Tuesday, March 1

Officers took a report of an auto burglary on the 43700 block of Boscell Road that occurred on February 29, 2016 between 1:00 p.m. and 2:00 p.m. Entry was made through the rear driver side door window and loss was a laptop.

Officers investigated a commercial burglary in the 5200 block of Central Avenue that occurred sometime between February 29, 2016 at 6:00 p.m. and March 1, 2016 at 9:00 a.m. A river rock was used to break front glass window; losses were cash and vehicle documents. Case was investigated by CSO Anders.

Wednesday, March 2

At 2:48 p.m., CSO Allen investigated a residential burglary on the 38000 block of Camden Avenue. Unknown suspect(s) broke into an apartment and took cash, jewelry, electronics and purses sometime between 7:15 a.m. and 11:00 a.m.

At 10:52 p.m., Ofc. Stiers investigated the report of a stolen vehicle. Ofc. Dexter located the vehicle in the Charter Square parking lot. Officers conducted surveillance and detained a 30-year-old adult male, Racine, WI, resident walking near the vehicle. The male was found to be in possession of the key to the stolen vehicle and arrested. Investigation revealed a 35-year-old adult female, Ventura resident, was also involved and she was located nearby. The female suspect was arrested for taking a vehicle without permission, possession of narcotics and two warrants. The 30-year-old male was arrested for receiving known stolen property.

Union City Police Log

SUBMITTED BY
UNION CITY PD

Monday, February 22

A commercial burglary occurred on the 1700 block of Decoto Road in the morning. The glass front door was smashed, but there was no apparent loss.

A commercial burglary occurred on the 33500 block of Western Avenue between February 22, 2016 at 6:00 p.m. and February 23, 2016 at 2:00 p.m. A glass front door was smashed. Several areas were ransacked, but there was no known loss.

Tuesday, February 23

A commercial burglary occurred on the 31000 block of Union City Boulevard between February 23, 2016 at 9:15 p.m. and February 24, 2016 at 8:30 a.m. The front door was pried open, and an interior office door was forced open. The loss included a laptop.

A residential burglary occurred on the 32500 block of Carmel Way around 2:00 p.m. The rear sliding glass door was left unlocked and partially open. The losses included a purse and car keys.

A commercial burglary occurred on the 32100 block of Alvarado-Niles Road between February 24, 2016 at 10:00 p.m. and February 25, 2016 at 8:00 a.m. The front door to the building and door to the office were both pried open. The losses included electronics and paperwork.

Thursday, February 25

At around 10:00 p.m., a 41-year-old male from Union City was contacted near a business on Industrial Parkway. He was found to be in violation of a "stay away" order from the business and was placed under arrest for violating a



court order. Upon being transferred to jail, he intentionally smashed his head into the hood of a police vehicle, resulting in injury. The suspect was transported for medical treatment, cited for the court order violation and released for treatment.

A residential burglary occurred on the 31700 block of Alvarado Boulevard between 9:35 a.m. and 2:15 p.m. The front door was kicked or forced open. The residence was ransacked, and the losses included jewelry and cash.

A residential burglary occurred on the 4100 block of Dyer Street between 10:00 a.m. and 4:45 p.m. The rear sliding glass door was left unlocked and partially open. The losses included electronics and cash.

A residential burglary occurred on the 4300 block of Planet Circle around 11:25 a.m. The front door was kicked open, and the suspect was heard running up the stairs. A resident was home at the time and screamed, causing the suspect to flee on foot.

Friday, February 26

School officials at Cesar Chavez Middle School called Union City Police Department (UCPD) to report that a student had brandished a knife and chased other students around with it. The student was contacted and the knife was recovered. Police officers arrested the 14-year-old and later released him to his parents with a notice to appear in court.



Ofc. Turbyfill was dispatched to the report of a robbery in Union Landing. The victim provided a description of the suspect and license plate of the vehicle, which was shortly thereafter stopped by San Leandro PD. A large bag of marijuana was found in the vehicle, along with items indicative of sales. UCPD detectives interviewed the suspect and re-interviewed the victim; it was ultimately determined that the two knew each other, and the female was about to buy some marijuana from the suspect. During an argument, he snatched the money out of her hand. Khoi Tran, a San Leandro resident, was arrested for robbery and possession of marijuana for sales.

A commercial burglary occurred on the 29300 block of Union City Boulevard around 10:20 p.m. The glass front door was smashed with a rock. A witness yelled at the suspect, who fled on foot. There was no loss. The suspect was described as a male adult in his mid-30s, 5'5" to 5'6" tall with a thin build, wearing a black ski mask and black clothing.

Sunday, February 28

At around 4:30 a.m., Ofc. Perry was conducting a security check near the Hayward/Union City border when he observed a vehicle without a front license plate. A check of the vehicle's rear license plate showed that it was reported stolen out of Las Vegas. The driver, Deonte Amos, an Oakley resident, was arrested for vehicle theft.

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	League of Women Voters Fremont-Newark-Union City www.lwvfnc.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	Tri-City Bike Park Community group of mountain bikers and BMX bikers. Come enjoy this activity for adults, teens and toddlers. Help us get this park built! www.newarkparks.org		Sun Gallery FREE Art Saturday Classes For families on the 2nd & 4th Sat. of each month and Summer Art Camp Gallery Shows & Exhibits FREE admission to all shows 1015 E. St. Hayward 510-581-4050 www.SunGallery.org
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.Ohlonerhumaneociety.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		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
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	The Friendship Force San Francisco Bay Area Experience a country & its culture with local hosts; meet global visitors here.Nov. to Costa Rica, Holiday Party at Hotel Nikko in San Francisco, to Brazil in June 2016 www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	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	Travel with Friends Choose from many home stays with Friendship Force club members around the world. Share our way of life with visitors & make new friends on 5 continents. Enjoy variety of Bay Area Activities www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	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		VOLUNTEERS WANTED St. Rose Hospital Volunteer Gift Shop Manager & Other positions available Contact: Michael Cobb 510-264-4139 or email mcobb@srhca.org
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	Union City SDA Church Saturday Worship: 11am Sabbath School: 9:30am Wed Eve Srv 7-8pm Visit Sick by Appointment Conducts Weddings Counsels Families, etc Multi-Culture Family Church 606 H. Street, Union City (510) 755-6348	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	Church for Rent Community SDA Church Sunday Afternoons 2 p.m. – 10 p.m. M; Tu; th. Anytime Auditorium seats 50 extra room & Kitchen 606 H. Street, Union City (510) 755-6348	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 Dorothycastleillo61@yahoo.com		Northern CA Decorative Artists at San Lorenzo Library March 12 - 10:30 -3pm FREE event-Beginners Welcome NADA will demo Spring art projects & Beginners Mini Art Lesson painting spring daisy & Butterfly box 395 Paseo Grande, San Lorenzo Call Judy 510-366-1786

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

PG&E’s Gas Safety Initiative coming to Newark, Fremont and San Leandro

SUBMITTED BY
JEFF D. SMITH

The purpose of the Community Pipeline Safety Initiative is to ensure that first responders like firefighters have immediate access to PG&E gas transmission lines in the event of an emergency or natural disaster like an earthquake.

While it may not be visible to the naked eye, certain trees, brush and even structures can threaten gas safety because they block first responders from getting to the

pipe during emergencies. It is really the same reason you can’t park your car in front of a fire hydrant. Fire officials do not necessarily need access to the hydrant on a regular basis, but during an emergency they need it immediately or the emergency could become much more severe very quickly.

The program became necessary because over the course of years items like trees, sheds and shrubs have been placed directly over our gas transmission lines and this presents an access prob-

lem for first responders. That’s why PG&E is working with customers to replace trees on their property if they block first responders from having the access they need during an emergency.

Any re-landscaping required would all be done at PG&E expense - and we will not move forward until the customer is happy with our plan – we want to ensure that every situation is in better than we found it when the work is complete.

For further information, call (415) 973-9000.

Youth Scholarship Program needs donors

SUBMITTED BY CITY OF
FREMONT

The City of Fremont’s Parks and Recreation Scholarship Fund is seeking donations for their scholarship program administered by the Community Services Department. The program is designed for children who, without financial assistance, would not have the opportunity to participate in the Department’s youth activities.

The scholarship program makes enriching activities such as swim lessons, participation in the Tiny Tots preschool program, camps, reading development, art classes, etc., more accessible to low-income families by partially covering up to \$75 of the cost of current registration fees for youth who qualify.

Each year, requests for assistance increase as does the need for funding. More than 400 scholarships were given out last summer and a 10 percent increase in need is anticipated for this summer. A contribution would have a direct, positive, and life-enhancing impact for families and youth in Fremont.

Children who qualify for the “School Lunch” program are eligible to apply. One hundred percent of donations are directed toward subsidizing these classes and activities for low-income youth that need the support.

For more information please contact Lance Scheetz by calling (510) 494-4331 or email: lscheetz@fremont.gov

Lincoln Elementary succeeds at LearnStorm Challenge



SUBMITTED BY ANGELA EHRLICH, PRINCIPAL

Lincoln Elementary School in Newark took on the Khan Academy LearnStorm Challenge and the students’ hard work has finally paid off. The school has been awarded a seed grant of \$5,000 worth of free technology devices and six months of free internet access for eligible students. This was accomplished as over 50 percent of the students signed up for the challenge with over 30 minutes each of activity in LearnStorm.

LearnStorm is a free, three month learning challenge designed to build a student’s ability to learn anything through mastery of math skills on Khan Academy. The Challenge rewards hard work and mastery, no matter whether learning addition, calculus or coding. Students have access to Common Core grade level math skills and challenges. They can also explore other topics in math, science and social studies. Points are earned by mastering math skills and also for taking on challenging new concepts and persevering. It is team-based with school vs. school, city vs. city and state vs state. Lincoln Elementary is currently ranked high among the top 100 schools in the area who are participating in the LearnStorm challenge.

Congratulations Lincoln Leopards!

Union City highlights

SUBMITTED BY MYRLA RAYMONDO

Union City police chief receives prestigious award



Union City Police Chief Darryl McAllister was the recipient of the prestigious South Alameda County NAACP (National Association for the Advancement of Colored People) 2015 Person of the Year Award last November 6, 2015 at the Marriott Fremont Silicon Valley. The award, which is in its 37th year, recognizes individuals who have strengthened their communities through justice, trust and collaboration.

The South Alameda County NAACP has selected Chief McAllister because of his profound impact on the Southern Alameda County community over the course of his 34-year career in law enforcement.

Alvarado Middle School renamed in honor of Filipino-American labor leaders

On December 18, 2015, Alvarado Middle School (in the Alvarado District) was renamed Itliong-Vera Cruz Middle School in honor of Filipino-American labor leaders. This is a historical moment for Filipino-Americans in the U.S. Johnny Itliong, son of Larry Itliong, said, “We’re very honored. We’re also honored to have Philip Vera Cruz’s name alongside Larry’s even though they didn’t see eye to eye on many occasions. But they both stood up for the rights of people, first and foremost of their Filipino brothers and sisters (the manongs/manangs) and then for all others.”

Itliong and Vera Cruz were key leaders who helped organize the United Farm Workers Union in the 1960s, and led Filipino farm workers who were the first to walk out in the Delano Grape Strike on September 8, 1965.

15 years of saving history

A commemorative reception honored 15 years of saving history in the Union City Historical Museum last February 20, 2016. Assemblymember Bill Quirk and some of Union City and Fremont officials attended the occasion as the Museum celebrated the preservation and promotion of the heritage and culture of Union City.

Established February 23, 2001, Union City Historical Museum strived to maintain a presentation of city artifacts and historical documents, record oral histories from local community members, encourage the preservation of historical homes and buildings, and serve to educate the community about their rich history and leave a legacy for future generations.

Newark Police Log

SUBMITTED BY CMDR.
MIKE CARROLL, NEWARK PD

Thursday, February 25

At 11:03 a.m. Ofc. Posadas was dispatched to a residence in the 37900 block of Rockspray Street to check the welfare of a female resident. Newark Police Department (NPD) dispatch received numerous 911 calls and on one occasion, a female answered and claimed she misdialed. Upon arrival, Ofc. Posadas found a vehicle parked in the driveway that was registered to a wanted suspect with a history of domestic violence. During the investigation, NPD officers located a 41-year-old male of Newark hiding inside the residence. He was arrested for resisting arrest, violating the terms of a domestic violence restraining order, and the outstanding arrest warrant. He was transported and booked into Santa Rita Jail.

At 8:15 p.m., NPD units responded to a report of a battery that occurred in the 35400 block of Newark Boulevard, and the suspect had fled prior to NPD arrival. The suspect was later identified as a 29-year-old male from Newark. At

11:24 p.m., NPD units responded to a report of another battery on 6300 block of Smith Avenue involving the same male. Responding units located the male a short distance away and he was arrested for misdemeanor battery and felony battery. He was booked at Fremont Jail.

At 1:13 a.m., Ofc. Homayoun, while performing a security check of the businesses in the south end of the city, located a smashed window to Legend Kung FU Academy, located at 39650 Cedar Blvd. It was later confirmed the business was burglarized.

Friday, February 26

At 11:23 a.m., NPD officers were dispatched to the 37000 block of Olive Street for an interrupted residential burglary. The victim called to report a male subject attempting to gain entry through the front window. The suspect fled the scene prior to police arrival. The victim provided a good description of the suspect, whom Ofc. Fredstrom located near Albyn Court. Ofc. Fredstrom subsequently arrested a 26-year-old male of Newark for attempted burglary. He was transported and booked into Santa Rita Jail.

At 2:06 p.m., Ofc. Knutson was dispatched to Sportsfield Park public restrooms, located at 6800

Mowry Ave., for a subject claiming he was sexually battered inside the men’s room. The victim claimed that another man attempted to grab the victim’s genitals. The victim provided a vehicle description and license plate. Detective Bloom and Union City officers contacted a 53-year-old male of Union City, who matched the provided suspect description. The 53-year-old male was identified by the victim. The suspect was arrested for sexual battery and loitering in or about a public restroom for the purpose of committing a lewd act. The 53-year-old male was transported and booked into Santa Rita Jail.

Saturday, February 27

At 7:42 a.m., NPD officers responded to a report of an assault with a deadly weapon call on Dairy Avenue near Magnolia Street. The 911 caller stated two subjects were seen breaking windows on each other’s vehicles. Officers arrived on scene and located shattered glass in the intersection but not the involved parties. The subjects were later located on Cabernet Avenue with their damaged vehicles. Ofc. Nobbe arrested a 27-year-old male of Fremont and a 32-year-old female of Hayward for felony domestic violence and violation of a domestic violence restraining order.

PUBLIC NOTICES

PUBLIC NOTICE

Notice is hereby given that the City of Fremont Finance Department is holding unclaimed funds in Accounts Payable, Payroll and Recreation totaling \$17,628.46. Listed are the individual payee and check amounts.

PG&E	2772.00	GREEN LEAF SOLAR & ELECTRIC	39.33
ALAMEDA CO CLERK	24.00	CALABRETTA, THERESA M	400.00
ALAMEDA CO CLERK	18.00	CLEAR WIRELESS	36.67
ERICSSON	680.95	ALAMEDA CO CLERK	18.00
BAY AREA CONSULTANTS	96.26	FIRST AMERICAN TITLE COMPANY	45.00
DEGUZMAN, TANYA	60.00	PD PRECISION MACHINING	5.00
PELLUM-DELEON, LEANDRA	50.00	MOLLIE M SINCLAIR TRUST	31.00
ARYX THERAPEUTICS	1,096.25	LACY SUSAN	62.63
BAKER, SHARON M	71.00	HERNANDEZ, ANGELICA	8.00
BAXTER HEALTH	13.75	B&W CHEMICALS INC	12.50
EASY COLOR PRINTING INC	178.75	FREMONT AUTOBODY	5.00
QUALITY PROJECT MANAGEMENT	226.25	GLOBAL TURNKEY LTD	12.50
RHL DESIGN GROUP	287.50	SATHE, MEENAL	275.00
POULOS, PAM	25.00	DEVARAJ, BHASKARAN	55.00
STEP TWO CONSTRUCTION INC	1,000.00	GALYON INDUSTRIES	7.50
MALIREDDY, SAIHARSHA	48.88	SOLYNDR	190.00
TACTICAL AVENUES LLC	950.00	SCHWARZ, STEVEN	137.46
O'MALLEY, MAXWELL	40.00	KANESHIGE, MARTI	30.00
RATIONALE FREMONT INC	383.11	ZAGHI, FARHAD	63.90
SONOMA COUNTY SHERIFF'S	20.00	CAITLIN INC	12.50
WILLIAMS, KAREN	100.00	INTERFACE QUARTZ	5.00
RAHMAH FOUNDATION	275.00	WARM SPRINGS GAS	29.81
FIVE CORNERS CAPITAL LLC	30.00	AN-FNK-ARQUISITION CORP	7,499.96
ALL CITIES VERTICAL TRANSPORTATION	200.00		

The payee may claim these funds by submitting a written claim to the City of Fremont Finance Department c/o Anita Chang, Accounting Technician, P.O. Box 5006 Fremont, CA, 94537-5006, NO LATER THAN 5:00 PM ON April 15, 2016. Payee must include; name, address, amount of claim, grounds for claim, and any additional information you feel will benefit in getting the claim resolved. If the City of Fremont does not receive a written claim by April 15, 2016, the funds will become property of the City of Fremont.

CNS-2852761#



NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a public hearing will be held by the City Council of the City of Union City for the purpose of considering the following:

Municipal Code Amendment (AT-16-001)

The City of Union City is proposing to modify Title 18, *Zoning*, of the Municipal Code and Chapter 18.33, *Affordable Housing*, to:

Amend the Density Bonus provision to comply with requirements listed in State law and the City's current Housing Element;

Amend the Contractually Binding Alternative Means of Compliance Provision of the Affordable Housing Ordinance to provide greater flexibility to generate funds to support affordable housing development;

NOTICE IS ALSO GIVEN that the City Council will consider a proposed California Environmental Quality Act (CEQA) determination that the proposed amendments are exempt from environmental review in accordance with CEQA Guidelines Section 15061(b)(3), the general exemption for projects with no potential for significant effect on the environment.

The Planning Commission reviewed this project at its March 3, 2016 meeting and recommended approval on a 5-0 vote.

This item will be heard at a public hearing by the City Council at the meeting listed below. You may attend the meeting and voice your comments in person, or you may submit comments in writing prior to the hearing. The project manager, Alin Lancaster, can be reached at (510) 675-5322 or via email at AlinL@unioncity.org

CITY COUNCIL MEETING
Tuesday, March 22, 2016
Said hearing will be held at 7:00 p.m.
In the Council Chambers of City Hall,
3409 Alvarado-Niles Road, Union City

The meeting packet, which includes the meeting agenda and staff report for this project, can be accessed on-line on the City's Agendas and Minutes webpage which is located at <http://www.ci.union-city.ca.us/government/city-council-agenda-packets>. Meeting packets are generally available on-line the Friday before the meeting.

City Hall is accessible by Union City Transit lines 1, 3, 5, 6, 8, 9 and AC Transit line 97. BART riders can transfer to these bus routes at the UC BART station. For information, please call Union City Transit at (510) 471-1411 and AC Transit or BART at 511. Union City Transit maps and schedules are available at www.uctransit.org.

If you challenge the above described amendment in court, you may be limited to raising only those issues you or someone else raised at the Planning Commission and/or City Council public hearing(s) for this amendment, or in written correspondence delivered to the Planning Commission or to the City Council at, or prior to, the public hearing.

JOAN MALLOY
Economic & Community Development Director

CNS-2853724#

CIVIL

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

Case No. HG16805317

Superior Court of California, County of Alameda
Petition of: Roobina J. Shaikh for Change of Name
TO ALL INTERESTED PERSONS:

Petitioner Roobina J. Shaikh filed a petition with this court for a decree changing names as follows:
Roobina J. Shaikh to Roobina M. Saiyad
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: 7-07-2016, Time: 1:30 p.m., Dept.: 503
The address of the court is 24405 Amador Street, Room 108, Hayward, CA 94544.
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City-Voice
Date: Feb. 25, 2016
Morris D. Jacobson
Presiding Judge of the Superior Court
3/1, 3/8, 3/15, 3/22/16

CNS-2851308#

FICTITIOUS BUSINESS NAMES

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 514823

Fictitious Business Name(s):
ToryJacob Photography, 38025 Heritage Common, Apt. 162, Fremont, CA 94536, County of Alameda

Registrant(s):
Tory Jacob Smith, 38025 Heritage Common, Apt. 162, Fremont, CA 94536
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 01/01/2015

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/ Tory Jacob Smith
This statement was filed with the County Clerk of Alameda County on February 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). 3/8, 3/15, 3/22, 3/29/16

CNS-2853583#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 515154

Fictitious Business Name(s):
Dunkel Logistics, 44850 Industrial Dr., Unit D, Fremont, CA 94538, County of Alameda

Registrant(s):
Dunkel Logistics Machinery Moving Riggng, LLC, 44850 Industrial Dr., Unit D, Fremont, CA 94538; CA
Business conducted by: a Limited partnership
The registrant began to transact business using the fictitious business name(s) listed above on 1/2014

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/ Joelan Dunkel, Manager
This statement was filed with the County Clerk of Alameda County on February 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). 3/8, 3/15, 3/22, 3/29/16

CNS-2853218#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 515259

Fictitious Business Name(s):
Pardes Times, 36415 Ruschin Dr, Newark, CA 94560, County of Alameda

Registrant(s):
Balbir Singh, 36415 Ruschin Dr, Newark, CA 94560

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on Feb 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/ Balbir Singh
This statement was filed with the County Clerk of Alameda County on Feb 23, 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). 3/8, 3/15, 3/22, 3/29/16

CNS-2852412#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 515191

Fictitious Business Name(s):
National Electrical Supply, 37454 Glenmoore Dr, Fremont, CA 94536, County of Alameda

Registrant(s):
Michael Costello, 5615 Cleveland Pl, Fremont, CA 94538

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

/s/ Michael Costello
This statement was filed with the County Clerk of Alameda County on February 26, 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). 3/8, 3/15, 3/22, 3/29/16

CNS-2852272#



NOTICE OF PUBLIC HEARING

CITYWIDE DESIGN GUIDELINES AMENDMENTS

(PLN2016-00267)

To consider amendments to the Citywide Design Guidelines to address privacy impacts related to second-story additions and new two-story homes.

DENSITY BONUS ORDINANCE UPDATE (PLN2016-00276)

To consider an update to the City's Density Bonus Ordinance for compliance with recent revisions in state law.

APPLICANT: City of Fremont

PUBLIC HEARING: Notice is hereby given that the Fremont Planning Commission will consider proposed amendments to the Citywide Design Guidelines and an update to the Density Bonus Ordinance on Thursday, March 24, 2016 at 7 p.m. in the Council Chambers at 3300 Capitol Avenue, Fremont, California, at which time all interested parties may appear and be heard.

ENVIRONMENTAL REVIEW: The proposed amendments and update are exempt from the requirements California Environmental Quality Act (CEQA) per CEQA Guidelines 15061(b)(3) in that they are not activities that would have the potential to cause a significant effect on the environment.

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

Wayland Li, Senior Planner
(Citywide Design Guidelines Amendments)
Phone: (510) 494-4453
E-mail: wli@fremont.gov

Kristie Wheeler, Planning Manager
(Density Bonus Ordinance Update)
Phone: (510) 494-4454
E-mail: kwheeler@fremont.gov

Location: 39550 Liberty Street, Fremont, CA 94538
Mailing: P.O. Box 5006, Fremont, CA 94537-5006

CNS-2852992#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 515189

Fictitious Business Name(s):
Mc Metals Recycling, 5615 Cleveland Place, Fremont, CA 94538, County of Alameda

Registrant(s):
Michael Costello, 5615 Cleveland Pl, Fremont, CA 94538

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

/s/ Michael Costello
This statement was filed with the County Clerk of Alameda County on February 26, 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). 3/8, 3/15, 3/22, 3/29/16

CNS-2852270#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 515008

Fictitious Business Name(s):
ePCB, Inc., 43431 Adelina Terrace, Fremont, CA 94539, County of Alameda

Registrant(s):
Plolek Circuits Inc., 43431 Adelina Terrace, Fremont, CA 94539; 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/ Tser Yu Chen, President
This statement was filed with the County Clerk of Alameda County on February 23, 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). 3/1, 3/8, 3/15, 3/22/16

CNS-2850872#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 514984

Fictitious Business Name(s):
Grey Fort Publishing, 43575 Mission Blvd. #337, Fremont, CA 94539, County of Alameda

Registrant(s):
Janet C. Grant, 419 Ohlones St., 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/ Janet C. Grant
This statement was filed with the County Clerk of Alameda County on February 23, 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). 3/1, 3/8, 3/15, 3/22/16

CNS-2850724#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 514572

Fictitious Business Name(s):
King Noodle - Fremont, 39226 Argonaut Way, Fremont, CA 94538, County of Alameda

Registrant(s):
Duc Thai, Inc, 2709 Irving St., San Francisco, CA 94112; California

Business conducted by: a corporation
The registrant began to transact business using the fictitious business name(s) listed above on 07/01/2005
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/ Hau Van Tran, Vice President
This statement was filed with the County Clerk of Alameda County on February 16, 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). 2/23, 3/1, 3/8, 3/15/16

CNS-2847545#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 514172

Fictitious Business Name(s):
Frictionless, 1101 Durillo Ct, Fremont, CA 94539, County of Alameda

Registrant(s):
Yik Ping Li, 1101 Durillo Ct, 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/ Yik Ping Li
This statement was filed with the County Clerk of Alameda County on February 2, 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). 2/16, 2/23, 3/1, 3/8/16

CNS-2846438#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 513578

Fictitious Business Name(s):
Mission Peak Spartans, 3909 Stevenson Blvd., #302, Fremont, CA 94538, County of Alameda

Registrant(s):
Toviel Darryl Rawlinson, 3909 Stevenson Blvd., #302, Fremont, CA 94538

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/16

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/ Toviel Rawlinson
This statement was filed with the County Clerk of Alameda County on January 15, 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). 2/16, 2/23, 3/1, 3/8/16

CNS-2845695#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 513580

Fictitious Business Name(s):
Peak Fitness, 3909 Stevenson Blvd., #302, Fremont, CA 94538, County of Alameda

Registrant(s):
Toviel Darryl Rawlinson, 3909 Stevenson Blvd., #302, Fremont, CA 94538

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on n/a

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

/s/ Toviel Rawlinson
This statement was filed with the County Clerk of Alameda County on January 15, 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). 2/16, 2/23, 3/1, 3/8/16

CNS-2845693#

**FICTITIOUS BUSINESS
NAME STATEMENT**

PUBLIC NOTICES

of 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the Department of Industrial Relations of the State of California. These wages are set forth in the General Prevailing Wage Rates for this project. The Contractor and all subcontractors shall pay all their employees performing labor under this Contract salaries or wages at least equal to the general prevailing wage rates for the particular crafts, classifications or types of workers employed on this project. These wage rates appear in the latest Department of Industrial Relations publication. Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication, and are available on the internet at www.dir.ca.gov.
Dated: March 3, 2016 SHEILA HARRINGTON, City Clerk
City of Newark, Alameda County, California
Publish Dates: Tuesday, March 8, 2016
Tuesday, March 15, 2016
3/8, 3/15/16

CNS-2853697#

CITY OF FREMONT
SUMMARY OF
PROPOSED ORDINANCE
AS INTRODUCED
MARCH 1, 2016

An ordinance of the city of fremont amending title 18 (planning and zoning) section 18.90.030 related to tandem parking

On March 1, 2016, the Fremont City Council introduced the above ordinance. The ordinance would amend Title 18 (Planning and Zoning) Section 18.90.030 related to Tandem Parking.

A certified copy of the full text of the ordinance is posted in the office of the City Clerk, 3300 Capitol Avenue, Fremont, and is available for review upon request. The second reading for adoption is currently scheduled for March 15, 2016, at 7:00 pm, at City Hall, 3300 Capitol Avenue, Fremont.

SUSAN GAUTHIER
CITY CLERK
3/8/16

CNS-2853599#

CITY OF FREMONT
SUMMARY OF ADOPTED
ORDINANCE NO. 06-2016

an Ordinance of the City of Fremont Adopting Development Agreement (DA-PLN2014-00045) between the City of Fremont and East Warren Park, LLC related to the Development of the Approximately 23.5 Acre Property Located at 47003-47320 Mission Falls Court and 47323-47339 Warm Springs Boulevard

On February 16, 2016, the Fremont City Council introduced the above ordinance. The ordinance adopting a Development Agreement (DA-PLN2014-00045) between the City of Fremont and East Warren Park, LLC related to the Development of the Approximately 23.5 Acre Property Located at 47003-47320 Mission Falls Court and 47323-47339 Warm Springs Boulevard.

The Ordinance was adopted at a regular meeting of the City of Fremont City Council held March 1, 2016, by the following vote, to wit:

AYES: Mayor Harrison, Councilmembers: Chan and Jones

NOES: Vice Mayor Mei and Councilmember Bacon

ABSENT: None

ABSTAIN: None.

A certified copy of the full text of Ordinance No. 06-2016 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont.

SUSAN GAUTHIER
CITY CLERK
3/8/16

CNS-2853598#

CITY OF FREMONT
SUMMARY OF ADOPTED
ORDINANCE NO. 05-2016

an Ordinance of the City of Fremont Rezoning Property Located at 47003-47320 Mission Falls Court and 47323-47339 Warm Springs Boulevard from Restricted Industrial (I-R) to Preliminary Planned District (P-2014-45) and Multifamily Residence District (R-3-50)

On February 16, 2016, the Fremont City Council introduced the above ordinance. The ordinance would rezone property located at 47003-47320 Mission Falls Court and 47323-47339 Warm Springs Boulevard from Restricted Industrial (I-R) to Preliminary Planned District (P-2014-45) and Multifamily Residence District (R-3-50).

The Ordinance was adopted at a regular meeting of the City of Fremont City Council held March 1, 2016, by the following vote, to wit:

AYES: Mayor Harrison, Councilmembers: Chan and Jones

NOES: Vice Mayor Mei and Councilmember Bacon

ABSENT: None

ABSTAIN: None.

A certified copy of the full text of Ordinance No. 05-2016 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont.

SUSAN GAUTHIER
CITY CLERK
3/8/16

CNS-2853596#

CITY OF FREMONT
SUMMARY OF ADOPTED
ORDINANCE NO. 04-2016

AN ORDINANCE OF THE CITY OF FREMONT AMENDING FREMONT MUNICIPAL CODE TITLE 12 (STREETS, SIDEWALKS AND PUBLIC PROPERTY) TO UPDATE ZONING DISTRICT REFERENCES, AMENDING TITLE 15 (BUILDINGS AND CONSTRUCTION) TO ADD CHAPTER 15.64 TO CREATE A PERMITTING PROCESS FOR ELECTRIC VEHICLE CHARGING STATIONS, AMENDING TITLE 17 (SUBDIVISIONS) TO UPDATE PARK DEDICATION STANDARDS, AND AMENDING TITLE 18 (PLANNING AND ZONING) TO UPDATE DEFINITIONS, STANDARDIZE USE TABLES, AND UPDATE AND CLARIFY ZONING STANDARDS

On February 16, 2016, the Fremont City Council introduced the above ordinance. The ordinance would amend Fremont Municipal Code Title 12 (Streets, Sidewalks And Public Property) To Update Zoning District References, Amending Title 15 (Buildings And Construction) To Add Chapter 15.64 To Create A Permitting Process For Electric Vehicle Charging Stations, Amending Title 17 (Subdivisions) To Update Park Dedication Standards, And Amending Title 18 (Planning And Zoning) To Update Definitions, Standardize Use Tables, And Update And Clarify Zoning Standards.

The Ordinance was adopted at a regular meeting of the City of Fremont City Council held March 1, 2016, by the following vote, to wit:

AYES: Mayor Harrison, Councilmembers: Chan and Jones

NOES: Vice Mayor Mei and Councilmember Bacon

ABSENT: None

ABSTAIN: None.

A certified copy of the full text of Ordinance No. 04-2016 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont.

SUSAN GAUTHIER
CITY CLERK
3/8/16

CNS-2853586#

PUBLIC HEARING NOTICE
NOTICE IS HEREBY GIVEN that on March 24, 2016, at or after 7:30 p.m. in the Council Chambers, 37101 Newark Boulevard, Newark, CA the Newark City Council will hold a public hearing as required by Section 147(f) of the Internal Revenue Code of 1986 with respect to the proposed issuance by the California Municipal Finance Authority of its revenue bonds in one or more series in an amount not to exceed \$17,000,000 (the "Bonds"). The proceeds of the Bonds will be used to: (1) finance the acquisition, construction, improvement and equipping of a 75-unit multifamily rental housing facility (the "Project") located at 37433 Willow Street in the City of Newark, California (the "City"); and (2) pay certain expenses incurred in connection with the issuance of the Bonds. The facilities are to be owned and operated by USA Properties Fund, Inc., an affiliate thereof or a partner, or other entity created thereby (collectively, the "Borrower").

The Bonds and the obligation to pay principal of and interest thereon and any redemption premium with respect thereto do not constitute indebtedness or an obligation of the City, the Authority, the State of California or any political subdivision thereof, within the meaning of any constitutional or statutory debt limitation, or a charge against the general credit or taxing powers of any of them. The Bonds shall be a limited obligation of the Authority, payable solely from certain revenues duly pledged to and generally representing amounts paid by the Borrower.

Interested persons wishing to express their views on the issuance of the Bonds or on the nature and location of the facilities proposed to be financed may attend the public hearing or, prior to the time of the hearing, submit written comments to the City Clerk's office, 37101 Newark Boulevard, Newark, CA 94560.

Additional information concerning the above matter may be obtained from the Planning Department, 37101 Newark Boulevard, Newark, CA, 94560 and by contacting Terrence Grindall, Assistant City Manager (510) 578-4208.

If you challenge a City action 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 City Council at, or prior to, the public hearing. Subject to exhaustion of administrative remedies, Code of Civil Procedure Section 1094.6 requires you to initiate such a proceeding in court within 90 days of the final decision in this matter.

SHEILA HARRINGTON
City Clerk
3/8/16

CNS-2852936#

PUBLIC HEARING NOTICE
NOTICE IS HEREBY GIVEN that on Thursday, March 24, 2016, at or after 7:30 p.m. in the Council Chambers, 37101 Newark Blvd., Newark, CA, the City Council will hold a public hearing to consider:

(1) P-16-4, a planned unit development and U-16-5, a conditional use permit for two corridor access lots on Sunset Avenue (APN: 92A-465-56); and (2) ASR-16-6, an Architectural and Site Plan Review for two single-family homes at 7731 and 7733 Sunset Avenue.

On February 23, 2016, the Planning Commission approved Resolution No. 1929 approving P-16-4 and U-16-5, and by motion approved ASR-16-6, as described above.

Details available at the Planning Department, 37101 Newark Boulevard, Newark, CA, 94560, and by contacting Terrence Grindall, Community Development Director (510) 578-4208. If you challenge a City action 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 Newark Planning Commission and/or City Council at, or prior to, the public hearing. Subject to exhaustion of administrative remedies, Code of Civil Procedure Section 1094.6 requires you to initiate such a proceeding in court within 90 days of the final decision in this matter.

SHEILA HARRINGTON
City Clerk

CNS-2850471#

CITY OF UNION CITY DEPARTMENT OF
PUBLIC WORKS
CITY PROJECT
NO. 16-08
REQUEST FOR QUALIFICATION

Sealed in an envelope five copies of Pre-Qualification Questionnaire for the prospective design/build entities entitled: SPORTS FIELD TURF REPLACEMENT – SHORTY GARCIA PARK, will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until TUESDAY, MARCH 22, 2016, 2:00PM PST. The Contractor shall possess a Class A or C27 California contractor's license as part of the requirement for pre-qualification. The complete scope of work and questionnaire documents can be obtained at City Hall, Department of Public Works, 34009 Alvarado-Niles Road, Union City, California, or by downloading it directly from <http://www.ci.union-city.ca.us/departments/public-works/bids-rfps-rfqs-public-notices>. Scope of work : The City of Union City intends to contract with a Design/Build Entity to design and construct a sports field turf replacement project at Shorly Garcia Park. The new field turf will replace an existing surface that has experienced significant deterioration. The existing surface consists of a "Field Turf" artificial turf surface. In addition to designing the new field surface and subbase as needed, the designer will evaluate the existing subsurface drainage system and provide design for modifications and/or repairs that may be needed. All questions should be emailed or fax to Michael Renk of City of Union City, email: mrenk@unioncity.org or fax to (510) 489-9468 . CITY OF UNION CITY DATED: February 22, 2016
3/1, 3/8/16

CNS-2849824#

Innovative housing idea

Local Group Explores Innovative Housing Idea

Internationally known cohousing experts to speak in Fremont

PHOTO BY
COHOUSING SOLUTIONS

For the first time in the Tri-Cities, internationally known cohousing experts Kathryn McCamant, president at CoHousing Solutions, and Charles Durrett, principal at McCamant & Durrett Architects, will present an overview of cohousing to a local audience. The City of Fremont is joining with the southern Alameda County group called Mission Peak Cohousing (MPC) to sponsor a public presentation at 6:45 p.m. on Friday, April 8 in the Fukaya Room at Fremont Main Library. The following two days, April 9-10, MPC members will take a major step forward in making the cohousing concept a reality for our area. They will participate in a weekend workshop conducted by McCamant and Durrett entitled “Getting It Built.”

In anticipation of the April events, Evelyn LaTorre of MPC interviewed Kathryn McCamant (KM) and talked about the people who thrive in a cohousing community.

MPC: You say in your 1994 book, “Cohousing: A Contemporary Approach to Housing Ourselves,” that you searched for a setting to allow you to combine professional careers with child rearing. How did it work out?

KM: Better than we expected! Our daughter was a cohousing princess. We didn’t need to drive across town for play dates. There were good role models nearby. The older kids watched out for the younger ones. There were always others around the cohousing complex to go to when needed. Our daughter, now studying at the university level, developed great communication skills from having so many adults and children with whom to interact.

MPC: Why did you choose to live in cohousing?

KM: We lived in the Doyle Street Cohousing in Emeryville when our daughter was in grade school. That community was a retrofit—not new construction—urban and small at 12 households. There wasn’t an abundance of children, but those who were there, along with the adults, helped her through that “ugly



swan” stage that some children go through. It was like living near cousins. When she was in high school, we moved into the newly built Nevada City Cohousing, which is more rural and has 34 units. She had more friends there, but both places were filled with caring people.

MPC: How long do people live in cohousing and why?

KM: People who discover the better quality of life in a cohousing community tend to stay, if they can. Of course there are people who need to move for new jobs, ailing parents, divorce, etc.—the same as any place. But cohousing in the Bay Area didn’t lose as much value during the housing downturn as did many single-family dwellings. That’s because cohousing is more than a building. It means support, personal satisfaction, and a sense of security and comfort—less loneliness, fear and frustration. The cost of living is lower in cohousing because of the shared facilities. You don’t need a large house for entertaining because there is the common area with many activities available. It’s energizing and fulfills a variety of interests—book discussions, political activities, ecological concerns (including gardening) and theater groups. It’s more fun!

MPC: What kind of people likes cohousing: extroverts or introverts?

KM: Both. It’s a misconception that most residents must be extroverts because of the amount of group planning and participation necessary. There is no hierarchical structure. Decisions are made by consensus. The percentage of introverts involved in cohousing is more than the percentage in the U.S. population. That is because introverts can walk into a party or group of people in a cohousing commu-

nity and already know everyone. There are both abundant connections and private space in which to recharge because of the design of the houses and space.

For both personality types there is ample area for spontaneous interaction between neighbors along pedestrian walkways, gardens, and in the common house. And residents can go into their own homes when they want alone time. Communities consciously plan social activities—something introverts often are reluctant to do on their own.

Cohousing is for so many. If more people knew about cohousing, they’d be as eager as those of you in the Mission Peak Cohousing group.

Presentation: Put the Neighbor Back in Neighborhood
Friday, Apr 8
6:45 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
Open to the public
without charge

Getting It Built—A Weekend Workshop on Cohousing
Saturday & Sunday
Apr 9-10
Topics: The Cohousing Process (organizing and roles); Technical Issues (financing and designing); Working Together (decision making and group interaction); and What’s Next (next steps to getting it built)

Enrollment: Limited to 30 potential residents and developers interested in building a cohousing community. Fee: early-bird discount is \$350 if postmarked by March 22; after March 22, cost is \$400 (pre-registration only by March 31). To register, contact MissionPeakCohousing@gmail.com.

Next week: How three Bay Area communities are living out the cohousing vision

Mission Peak Cohousing is a group of friends forming a cohousing community in Fremont. For information, contact MissionPeakCohousing@gmail.com. For more information on the topic of cohousing, see www.cohousing.org.

Worried about lead in your water?

SUBMITTED BY GUY ASHLEY

The drinking water crisis in Flint, Michigan and recently the news about lead contamination at Healdsburg Elementary School and Anthony Chabot Regional Park here in the Bay Area has many parents wondering “Is my family’s tap water polluted with lead?”

In Alameda County you will be relieved to know that the answer is most likely “No.” The U.S. Environmental Protection Agency and California Department of Public Health have a threshold of 15 parts per billion in water. That’s the level at which lead contamination in your water becomes a concern. However, the Lead Poisoning Prevention Program in the Alameda County Healthy Homes Department (ACHHD) has regularly found water, at the highest, to be 7 ppb in the testing done since the Program was established in 1991.

What is important for you to know is if you live in Alameda County you are more likely to become lead poisoned by exposure to lead based paint in houses or contaminated soil than by our tap water. Over 5,500 children in Alameda County have been reported with lead poisoning over the last 10 years!

Many homes built before 1978 have layers of older paint on them. Those layers were brushed on or sprayed on at a time when lead was added to paint to make the paint last longer. These homes may have been painted over since then but as they age the older layers become exposed. When lead-based paint deteriorates, it can create lead hazards: chipping or peeling paint, lead dust (which can get on children’s hands and toys), and contaminate the soil.

Most children do not consume the soil the way they do water but kids often play in the dirt and then touch their mouths ingesting some soil which if contaminated can result in lead poisoning. Over 82 percent of housing in Oakland and 70 percent of housing countywide was built before 1978!

ACHHD provides case management for lead exposed children under the age of 6 and in some instances may include an environmental investigation, including testing the water, paint and soil to find the source and cause of the child’s lead poisoning.

The Centers for Disease Control and Prevention (CDC) has declared that there is no safe blood level of lead for children and that “the best way to end childhood lead poisoning is to prevent, control or eliminate lead exposures.”

Children in low-income families living in poorly maintained housing are more at risk of the devastating, life-long neurological health problems from lead exposures in the home. Middle and upper income children are not, however, exempt from lead poisoning and are at significant risk of lead poisoning if unsafe renovation/remodeling projects are performed on old homes where they live.

ACHHD provides assistance for lead hazard repair work in the cities of Alameda, Berkeley, Emeryville, and Oakland as well as the communities of Ashland, Cherryland and San Lorenzo, for properties with low-income families with children under 6 living in the home. Residents and property owners of those cities can find out more about these programs by calling (510) 567-8280 or visiting www.achhd.org.

American Cartoons and Comics in WWII and beyond

SUBMITTED BY VICTORIA SANCHEZ DE ALBA

On Saturday, March 19, USS Hornet Museum in Alameda will host a special panel of professional cartoonists to mark the grand finale of “Cartoons at War: American Cartoons and Comics in WWII and Beyond” exhibit. The panel discussion will delve into the fascinating theme of the exhibit: the power and influence of American political cartoons and wartime comics, from both the frontlines and the home front. Panelists include Corry Kanzenberg, curator of Charles M. Schulz Museum and Research Center in Santa Rosa, Calif., and award-winning cartoonist Brian Fies.

Designed to illustrate how pop culture influenced a nation at war, the exhibit demonstrates the power of comics and cartoons as media used by civilians and governments alike to mold and transform public opinion. The power of comics and cartoons comes from their accessibility: people of all ages enjoy them, and you do not need to speak the same language or even know how to read to understand their implications. Comics and cartoons have also proven to be effective because they often tackle serious or complicated topics through humor, which can offer a relief from somber subjects, such as a world war.

Also happening on Saturday, the Hornet comes to life as an operating aircraft carrier on “Living Ship Day,” with flight simulations as aircraft are lifted to the flight deck and placed into launch position. Visitors can meet former crew, sit in the cockpit of a fighter jet, and enjoy the sights and sounds of naval aviation. As a bonus for families, a special kids’ zone will be provided for children to learn more about cartooning in Hangar Bay 2. A big band performance by The Hornet Band will also run. Living Ship Day demonstrations are held on the third Saturday of most months. For more information, please contact Heidi Schave at (510) 521-8448, ext. 224, or heidi.schave@uss-hornet.org.

Ample free parking is available across from the pier. Normal admission prices apply and include entry to the exhibit and panel presentation. Members of Charles M. Schulz Museum will receive \$10 off the adult admission price.

Living Ship Day & Cartoons at War Exhibit
Saturday, Mar 19

10 a.m. – 5 p.m.: Living Ship Day

11 a.m. – 3 p.m.: Kids’ Zone

11 a.m. – 1 p.m.: The Hornet Band

1 p.m.: Panel Discussion

USS Hornet Museum

707 W Hornet Ave, Pier 3, Alameda

(510) 521-8448 x 224

heidi.schave@uss-hornet.org

www.uss-hornet.org

Admission: \$20 adults; \$15 seniors; \$10 youth (7-17 yrs.)

Meals on Wheels holds annual celebration

SUBMITTED BY SHERRI PLAZA

On Thursday, March 10, local community leaders, including Alameda County Supervisor Scott Haggerty and Newark Mayor Al Nagy, will gather for LIFE ElderCare’s annual “March for Meals.” They will come to the spot where volunteers have been lining up each morning since 1975 to pick up hot, nutritious meals to hand deliver to homebound elders across Fremont, Newark and Union City. Everyone is welcome to join and meet us in the parking lot behind Fremont City Hall.

Senior hunger is a serious issue throughout the country, even in our own community. Meals on Wheels recipients, such as Ofelia, look forward to their daily delivery of nutritious and tasty meals. “After I became ill, I didn’t have the energy to shop and cook. I know I need to eat to regain my health. The people who bring my food are so nice and kind. I don’t know what I would do without my meals,” she shares.

We celebrate March for Meals because our seniors should not be forgotten. This March, hundreds of local Meals on Wheels programs across the country will reach out to their communities to build the support to enable them to deliver nutritious meals, friendly visits and safety checks to America’s seniors all year long. By volunteering, donating or speaking out, you can ensure the seniors in your neighborhood can live healthier, happier and independent lives at home, where they want to be.

Locally, all five Alameda County Meals on Wheels programs will be holding a March for Meals

event on March 10 in Pleasanton, Berkeley, Alameda, San Leandro and LIFE ElderCare’s event here in Fremont. For more information about LIFE ElderCare’s March for Meals, contact us at (510) 574-2090 or info@LifeElderCare.org.

LIFE ElderCare helps older adults improve the quality of their life so that they can age and thrive in the place they call home. Serving the community since 1975, LIFE’s programs are Friendly Visitors, Meals on Wheels, VIP Rides, and Fall Prevention. To learn more about LIFE ElderCare or volunteer, visit www.LifeElderCare.org or call (510) 574-2090.

March for Meals

Thursday, Mar 10

9:30 a.m.

Parking lot behind Fremont City Hall

3300 Capitol Ave, Fremont

(510) 574-2090

www.LifeElderCare.org



Fremont Mayor Bill Harrison with Ofelia, Meals on Wheels recipient

continued from page 1

Little Free Libraries

bring communities together

creations. In 2012, Little Free Library was officially established as a nonprofit. Today there are over 36,000 Little Free Libraries worldwide, with over 150 scattered throughout the Bay Area. Tri-Cities locations include Fremont, San Leandro, Hayward, Milpitas, and Castro Valley.

A key to the success of the program has been the dedication of those who start their own LFL. Known as stewards, their love of books runs strong. One of these is Kris Sandoe, a volunteer at the Fremont Main Library, who ob-

Denmark, so as a way to honor her memory, the library is decorated with a Scandinavian theme."

The "take a book, return a book" policy of these small collections acts as a neighborhood magnet, connecting people and strengthening communities. Says Cartwright, "As I was putting the first collection of books in, a neighbor from across the street came over with her very excited daughter to donate a book and select one from the collection. Literally, the concrete was not

book page for LFL stewards. And last year a book came out on the subject, titled "The Little Free Library Book." In it, the co-founder of LFL, Bol, is quoted: "With nearly a thousand new Little Free Libraries going up every month, Little Free Library is spreading unprecedented growth, and yes, love, aimed at a common cause. As stronger community connections form around free book sharing, the sweeter side of our shared humanity will expand like ripples across a pond."

For more information, resources, kits, stories, and inspiration, please visit www.littlefreelibrary.org.



Fremont; steward Kris Sandoe. Photo courtesy of Kris Sandoe.



Fremont; steward Isis Chu. Photo courtesy of Isis Chu.

tained her Masters in Library Sciences from San Jose State in 2010. She lives just down the street from the Niles Library, which is only open one day a week. She loved the idea of having a LFL in her front yard that would be open 24/7, so in 2015 she erected one of her own, complete with solar lighting. "It's been very, very popular," she says.

Each LFL is unique. Stewards have the option of ordering a kit online or building one from scratch. Some have even been made from repurposed items, like an old suitcase and a newspaper stand. Linda Cartwright, also a Niles resident, decided to put up a LFL to honor the memory of her mother. Says Cartwright, "She shared her love of reading with me, and it seemed a fitting way to pass on that gift. My mom was born in Copenhagen,

even dry!"

Isis Chu, a junior at Mission San Jose High School in Fremont, has a passion for reading. She wanted to share this love with her peers, so she began researching several literacy programs and happened upon LFL. She ordered a kit, and with help from her dad, built one in their front yard. It was a hit at their recent neighborhood block party. "There's been a great response," she says. "All these little girls are coming up to me asking about Nancy Drew, Jenny B. Jones, etc. It's nice to share them now with a new generation."

LFL kits range in price from \$150 to \$500. And for \$42 stewards can register their LFL online, which includes a charter sign and number, and the option to add their LFL to a searchable online world map. There is also a Face-

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THEATRE REVIEW

Strong music and vocals power Stage 1's 'Chicago'

BY JULIE GRABOWSKI
PHOTOS BY
DEBBIE OTTERSTETTER

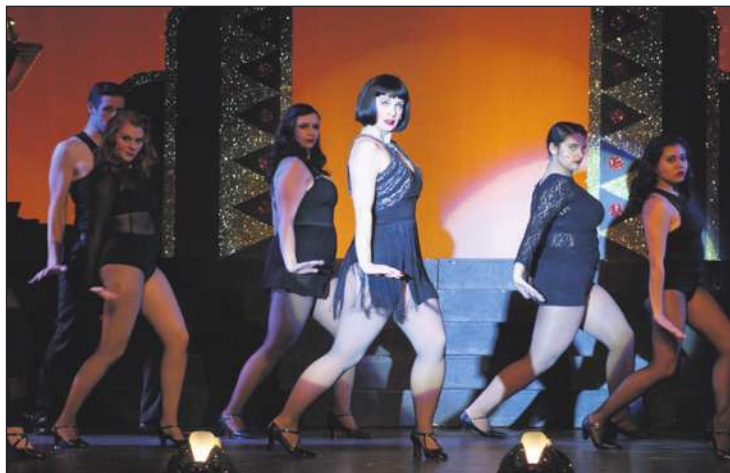
The road to fame usually includes talent, hard work, and staying the course. But in 1920s Chicago, a single pull of the trigger (or having someone run into your knife 10 times) can get your name splashed all over the papers and rocket you to stardom.

In a town awash with jazz, booze, and murder, chorus girl Roxie Hart shoots her lover for walking out on her and convinces her witless husband, Amos, to take the fall. When Amos discovers that he knows the dead man and his wife has been lying, he blows her cover story and Roxie is arrested. Inside the Cook County Jail she meets several other "Merry Murderesses" including

Wheatonfox (Roxie), Elizabeth Claire Lawrence (Velma), and Ray D'Ambrosio (Billy). The trio's remarkable voices and fully expressed characters provide a reliable depth and enjoyment throughout. Wheatonfox has plenty of spunk and humor and is delightful in the jubilant "Roxie." The gritty attitude and

name, imbuing reporter Mary Sunshine with energy and warmth, and exhibits an impressive voice in the excellent "A Little Bit of Good."

While bright red curtains and snappy footlights are an attractive frame for the action, the set design fails to provide much variety or interest. A spangly archway atop a flight of steps and moveable panels of prison bars are the only stage pieces, and don't do enough to indicate place. It never really feels like the women are in prison, and everyone seems to be moving in a nebulous space. The plain backdrop could have been used to bet-



nightclub performer and current media darling Velma Kelly. Roxie is intoxicated by being in the spotlight for the first time, and the high of her instant popularity reignites her dreams of a solo vaudeville act. But you're only a star if your popularity holds. The necessity to stay in the public eye to secure acquittal and a marquee career pit Velma and Roxie against each other as they struggle for slick lawyer Billy Flynn's attention and to escape the noose.

With six 1997 Tony Awards including Best Revival of a Musical, 2003 Best Picture Academy Award, and the title of the longest-running American musical in Broadway history in its pocket, "Chicago" is an irrefutable force of theatre. Stage 1 Theatre brings a solid and fun production to town with engaging performances, and music and vocals securely in the driver's seat. Director Kevin Hammond lets Fred Ebb and John Kander's flamboyant music provide the focus, bringing the orchestra out of the pit and onto the stage. Musical Director Matt Bourne and Vocal Director Josh Milbourne ensure a sharp delivery from their charges that never fails to please.

Hammond has assembled strong and fluid leads in Jen



vocal chops of Lawrence make her wonderful to watch, and she admirably shoulders her weight of the dancing. D'Ambrosio is smooth and adept as money-grubbing showman Billy Flynn, charming in "All I Care About" and "We Both Reached for the Gun," which is the best number of the night.

Jenny Matteucci as the unscrupulous Matron Mama Morton makes an excellent entrance with "When You're Good to Mama" and delivers a great performance throughout. Matteucci and Lawrence have natural chemistry and are winning in their humorous joint lament "Class."

Robert Sholty's malleable, long-suffering Amos is honest and sympathetic, and Cordelia Willis lives up to her character's

ter effect; the use of changing colored lights just draws attention to the blankness of the space.

Costume Designer Kary Stowe encompasses the show's darkness and sensuality without going too far, and employs just the right amount of sparkle.

"Chicago" is a robust delight whose satirical treatment of celebrity, the justice system, and the power of the media never fails to entertain. Stage 1 handles the big show with aplomb and delivers a satisfying evening of theater.

Tickets are \$25 for adults, \$22 seniors and college students, and \$15 for youth 17 and under. A special Thursday, March 10 performance will be \$15. Tickets are available at www.stage1theatre.org, Brown Paper Tickets at 800-838-3006, or Jewelry by Design at 6299 Jarvis Avenue in Newark.

Chicago
Saturday, Mar 5 - Sunday, Mar 20
8 p.m., matinees at 2:30 p.m.
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