



People with Purpose Gala celebrates breast cancer survivors and supporters

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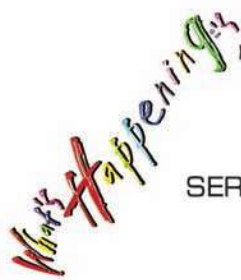


Youth celebrate culture through dance

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East Bay Regional Parks
Insert in this issue



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April 5, 2016

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BY SARA GIUSTI
PHOTOS COURTESY OF MUSIC
RESOURCE CENTER AT CSUEB

Jazz lovers and learners, take note: California State University, East Bay (CSUEB) is gearing up for its 31st annual "Jazz Festival" from April 14 through 16. This year, the festival features two world-renowned musicians – trumpeter Irvin Mayfield and saxophonist Brad Leali.

This festival of entertainment and mentorship was started in 1986 by Professor Emeritus Dave Eshelman, a trombonist, composer, and arranger. Inviting middle school, high school, and community college jazz bands to perform and receive personalized comments and constructive criticism. Two guest artists are also invited to play concerts during the event. The festival is a one-of-a-kind networking opportunity for students and musicians to meet and learn from music professors and professionals.

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Grammy-winning saxophonist
Brad Leali will be featured at
CSUEB's 2016 Jazz Festival



Grammy and Billboard-winning
trumpeter Irvin Mayfield will be a
guest artist at CSUEB's Jazz Festival



Take a walk on the wild side

BY LINDA-ROBIN CRAIG
PHOTOS COURTESY OF EAST
BAY REGIONAL PARK DISTRICT

Spring has sprung in the Tri-Cities and a visit to Sunol Regional Wilderness is a must for folks who love to walk and stop to smell the flowers. Step out and enjoy naturalist-led walks and hikes on five trails where wildflowers with a bit of history flourish at the annual "Spring Wildflower Festival."

The first walk in the morning is the Meadow Meander for kids of all ages. "We'll take a slow-paced amble over mostly flattish terrain as we enjoy Mother Nature's abundant blooms," says Naturalist Dino Labiste. Strollers are fine on this walk. Starting out a little later in the morning, Naturalist Anthony Fisher leads a two-mile up-and-down hike he calls, Flora and Serpentine, "Where we will see how rocks and flowers are all tangled up."

If this is when you start thinking about the fancy picnic basket you finally got a chance to use, go for it. If your crew is hungry and there is no basket to open, fancy or otherwise, no problem – there is a food truck! The lunch that always tastes great outdoors – hotdogs, hamburgers, and drinks – will be waiting for the weary and hungry.

Labiste is back in the afternoon to lead the Ethnobotany Adventure. This is the one with some floral history, he points out; not only how, but which plants, "the Ohlone Peoples and European settlers gathered. The plants were wild, not cultivated, and used for food, medicine and tools." Learn to identify edible and useful plants and discover the age-old relationship between plants and cultures. This walk is recommended for ages 7 and up.

Naturalist Cat Taylor leads the Little Yosemite Hike, a three-mile round-trip hike where, Taylor says, "We will enjoy a plethora, hopefully, of beautiful wildflowers." This is when dad gets to look wise and tell the kids, "Sorry, I can't point out the plethora, it's not a plant; plethora means lots and lots." Children must be accompanied by an adult; this walk is also recommended for ages 7 and up.

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Walk with survivors at Relay for Life

PHOTOS COURTESY OF
CATHY NORVELL

Take part in a national effort to fight cancer and celebrate survivors of the disease by joining "Relay for Life" in the greater Tri-Cities beginning Saturday, April 9 and running through August 20. Community members will come together to raise funds to help the American Cancer Society in their fight against the dis-

ease. Show your support by walking overnight with survivors and their loved ones as we celebrate another chance in life.

Each city has formed teams, whose members take turns walking around a track at local schools or parks. The survivors take the first lap around the track as other participants cheer them on. The event also recognizes caregivers and their efforts to take good care of our survivors in place of their loved ones. A Luminaria

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Local Risk for Zika Virus is Very Low

Alameda County Public Health Official and Washington Hospital Infectious Disease Specialist
Note that Zika Cases in California are all Associated with Travel Outside the U.S.

“While the Zika virus has become a public health issue of international concern, the risk for contracting Zika virus disease in Alameda County remains very low,” says Erica Pan, MD, MPH, FAAP. Dr. Pan is the director of the Division of Communicable Disease Control and Prevention and deputy health officer of the Alameda County Public Health Department.

Zika virus was first discovered in 1947 and is named after the Zika forest in Uganda. Zika virus disease is spread primarily by Aedes aegypti mosquitoes (also known as yellow fever mosquitoes) or Aedes albopictus mosquitoes (also known as Asian tiger mosquitoes) that are infected with Zika virus. These are the same mosquitoes that spread dengue and chikungunya viruses. Zika virus is not spread through casual contact such as touching or hugging an infected person, but the Centers for Disease Control

and Prevention (CDC) has cited evidence that men can spread Zika virus to their sex partners.

“So far, all of the confirmed cases of Zika in California have been related to travel outside the United States,” Dr. Pan notes. “The Zika virus is much more common in tropical and subtropical areas in Africa, Southeast Asia and various islands in the Pacific Ocean. Recent outbreaks of Zika in the Caribbean and in Central and South America have increased the concern about the disease, particularly because there is a possible association between Zika and potential birth defects, including microcephaly – an abnormally small head and brain. More studies are needed to evaluate this potential relationship between Zika and microcephaly and other adverse fetal and infant outcomes.”

As of March 23, 2016, the CDC reported 273 cases of Zika in the United States, none of



Unlike most mosquitoes that bite in the early evenings or near dawn, Zika-carrying mosquitoes bite mostly during the day. The best way to prevent illnesses transmitted by mosquitoes, such as Zika, is to prevent mosquito bites. See the CDPH recommendations for protecting yourself from mosquito bites in the right hand column.

which were acquired via mosquito bites in the U.S. Of those cases, 19 are pregnant women, and six of the cases were sexually transmitted.

The California Department of Public Health (CDPH) reports that as of March 25, there have been 22 cases of people in California with confirmed diagnoses of Zika virus disease in 2015 and 2016. All of the cases have been travel-associated, according to the CDPH. The majority of the cases (14) have been in southern California counties. In northern California, there were three cases in Contra Costa County, one case in Alameda County, one case in Napa County, one in San Francisco, one in San Joaquin County and one in Yolo County.

One case in San Diego reportedly is a woman who was

infected via sexual contact with an infected partner who returned from traveling in the South American country of Colombia. The case in Napa County is a pregnant woman who contracted the virus while traveling in Central America.

“The number of confirmed cases in California is expected to increase as people become more aware of Zika and seek testing,” Dr. Pan says. “Zika is actually a very mild disease for adults, and only about 20 percent of people with Zika will have any symptoms. Our main concern is for pregnant women or women who want to become pregnant because of the potential risks to the fetus.”

The CDC reports that the most common symptoms of Zika include fever, rash, joint pain and conjunctivitis (red eyes). In most

known cases of likely sexual transmission, the men had Zika symptoms, but the virus can be transmitted before, during and after symptoms develop. The virus remains present in semen longer than in blood.

“Aedes mosquitoes have been found in 12 California counties, mostly in the southern part of the state and the Central Valley,” says Dianne Martin, MD, an infectious disease specialist and co-chair of the Infection Prevention and Control Committee at Washington Hospital. “Fortunately, here in the Bay Area, we do not have the climate for these types of mosquitoes to thrive because of our cooler weather. Nevertheless, it makes sense to take steps to avoid mosquito bites, especially because West Nile virus – which also is transmitted by infected mosquitoes – is still a concern in the Bay Area.”

CDPH recommendations for protecting yourself from mosquito bites include:

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long-lasting protection
- If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent
- Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label

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



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InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY							
	4/4/16	4/6/16	4/7/16	4/8/16	4/9/16	4/10/16	4/11/16							
12:00 PM 12:00 AM	Movement Disorders, Parkinson's Disease, Tremors and Epileps	Family Caregiver Series: Legal & Financial Affairs	Raising Awareness About Stroke	Sideline by Back Pain? Get Back in the Game	Latest Treatments for Cerebral Aneurysms	Hip Pain in the Young and Middle-Aged Adult	Hip Pain in the Young and Middle-Aged Adult							
12:30 PM 12:30 AM		Arthritis: Do I Have One of 100 Types?			Superbugs: Are We Winning the Germ War?			Family Caregiver Series: Coping as a Caregiver	Family Caregiver Series: Hospice & Palliative Care					
1:00 PM 1:00 AM				Inside Washington Hospital: Stroke Response Team		Learn More About Kidney Disease	Take the Steps: What You Should Know About Foot Care			Varicose Veins and Chronic Venous Disease	Washington Township Health Care District Board Meeting March 9, 2016			
1:30 PM 1:30 AM	Voices InHealth: Bras for Body & Soul	The Real Impact of Hearing Loss & the Latest Options for Treatment	Crohn's & Colitis	Voices InHealth: The Legacy Strength Training System										
2:00 PM 2:00 AM	Family Caregiver Series: Panel Discussion				Prostate Cancer: What You Need to Know	Washington Township Health Care District Board Meeting March 9, 2016								
2:30 PM 2:30 AM		Washington Township Health Care District Board Meeting March 9, 2016	Inside Washington Hospital: Patient Safety				Low Back Pain							
3:00 PM 3:00 AM	Shingles				Kidney Transplants			Don't Let Hip Pain Run You Down						
3:30 PM 3:30 AM		Learn How to Eat Better!	Women's Health Conference: Food and Mood: How One Can Affect the Other						Family Caregiver Series: Tips for Navigating the Healthcare System	Voices InHealth: The Greatest Gift of All	From One Second to the Next	Knee Pain & Replacement		
4:00 PM 4:00 AM	Do You Suffer From Anxiety or Depression?			Your Concerns InHealth: Senior Scam Prevention	Voices InHealth: Healthy Pregnancy								Heel Problems and Treatment Options	Eating for Heart Health by Reducing Sodium
4:30 PM 4:30 AM		Voices InHealth: Cyberbullying - The New Schoolyard Bully				Colon Cancer: Prevention & Treatment I 6								
5:00 PM 5:00 AM	Reach Your Goal: Quit Smoking			How Healthy Are Your Lungs?	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome		Hip Pain and Arthritis: Evaluation & Treatment						Dietary Treatment to Treat Celiac Diseases	Washington Women's Center: Cholesterol and Women
5:30 PM 5:30 AM		Heart Healthy Eating After Surgery and Beyond				Voices InHealth: Washington's Community Cancer Program?		Heart Irregularities						
6:00 PM 6:00 AM	Skin Cancer		Washington Women's Center: Cancer Genetic Counseling	Washington Township Health Care District Board Meeting March 9, 2016	Radiation Safety		Strengthen Your Back		Keeping Your Heart on the Right Beat	Diabetes Matters: Diabetes Meal Planning				
6:30 PM 6:30 AM		Washington Township Health Care District Board Meeting March 9, 2016				Your Concerns InHealth: Decisions in End of Life Care		Preventative Healthcare Screening for Adults			Family Caregiver Series: Nutrition for the Caregiver	Surgical Treatment of Obstructive Sleep Apnea	Turning 65? Get To Know Medicare	
6:30 PM 6:30 AM	Family Caregiver Series: How Do You Talk to Your Doctor?		The Weigh to Success	Learn About Nutrition for a Healthy Life	Diabetes Matters: Understanding Labs to Improve Diabetes Management		Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment		New Treatment Options for Chronic Sinusitis					
7:00 PM 7:00 AM		Minimally Invasive Surgery for Lower Back Disorders				Diabetes Matters: Protecting Your Heart		Diabetes Matters: Gasteroparesis		What Are Your Vital Signs Telling You?	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Keys to Healthy Eyes		
7:30 PM 7:30 AM														
8:00 PM 8:00 AM														
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Weight Management Can Improve Overall Health

Presentation at
10th Annual Women’s Conference at
Washington Hospital
on April 16 Will Offer Helpful Advice
for Weight Control

“Does this outfit make me look fat?”

If you are like a lot of other women, you’ve probably asked that question – either out loud or to yourself – at some point along the way. But how your weight affects your appearance isn’t the primary reason you should be concerned about managing your weight.

“Being overweight or obese can have a tremendous impact on your overall health,” says Tam Nguyen, MD, a family medicine physician at the Nakamura Clinic in Union City. One of Dr. Nguyen’s areas of expertise is caring for patients with diabetes, including guidance in weight management, since being overweight or obese can be a serious risk factor for diabetes. Some other health conditions associated with being overweight can include heart disease, high blood pressure, gallstones, breathing problems and certain cancers.



The 10th Annual Women’s Conference at Washington Hospital will take place on Saturday, April 16, from 10 a.m. to 2 p.m. in the Conrad E. Anderson, MD, Auditorium located at 2500 Mowry Ave. in Fremont. The \$25 registration fee covers breakfast and a healthy lunch. To register, call (510) 608-1301.

it may underestimate body fat in older people and others who have lost muscle mass.

“In general, people who are considered a ‘normal’ weight have a BMI between 18.5 and 25,” Dr. Nguyen explains. “People who are considered overweight would have a BMI between 25 and 30, while people with a BMI over 30 would be considered obese. Those people who have a BMI below 18.5 would be considered underweight. Being underweight can have serious health consequences, too, since we do need some body fat to maintain many essential body functions.”

Dr. Nguyen will discuss various techniques for attaining and maintaining a healthy weight at Washington Women’s Center’s 10th Annual Women’s Conference on Saturday, April 16. The conference, which will feature additional discussions of various

health topics and the services available at the Washington Women’s Center, will run from 10 a.m. to 2 p.m. The conference will be held at the Conrad E. Anderson, MD, Auditorium located at 2500 Mowry Ave. in Fremont. The event fee of \$25 also covers a continental breakfast and a healthy lunch. Pre-registration is required to attend.

“For many people, maintaining a healthy weight involves making some changes in their behavior,” says Dr. Nguyen. “For example, eating a good breakfast every day can help your body maintain a good metabolism. Eating a good breakfast also can help you avoid eating unhealthy snacks as the day progresses. Another behavioral goal for weight management is to get a good night’s sleep, usually averaging seven to eight hours of sleep each night. Having a regular bedtime and a regular time to get up in the morning can help. It’s also useful to keep the television or computer out of the bedroom, and to avoid drinking caffeine or exercising right before going to bed.”

Rather than recommending a particular weight-loss diet, Dr. Nguyen emphasizes trying to achieve a slow-but-steady weight loss. He recommends setting a goal of losing an average of one pound per week, noting that if you lose weight too rapidly, your body may think you are starving and respond by slowing down the rate of metabolism.

“There are so many weight-loss diets available, some of which aren’t really healthy at all,” he says. “It’s more important to eat a healthy diet, but reduce the size of your portions and the number of calories you consume. The ‘average’ diet for adults is supposed to be about 2,000 calories per day, which varies depending on your body build and level of

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Ask the Doctor

This is an ongoing column in which community physicians answer your health-related questions. Questions should be emailed to Ask the Doctor at: askthedoctor@whhs.com

Exercising a Few Times a Week and Breaking a Bone and Not Knowing it

Dear Doctor,
Is it possible to get any benefit from exercise if you only go two to three times per week?

Dear Reader,

Any amount of exercise provides health benefits. Many of us feel that not committing to one-hour exercises, five days a week is futile. My best suggestion for the time crunched athletic individual-to-be is to get this idea firmly in your brain: “If you can’t get a lot, get a little.” Just doing three sessions of exercise for 15 minutes will do you wonders. Start by committing for three weeks. If you set yourself a ridiculously easy goal, when you complete it, odds are you will feel the benefits of exercise, will feel good about what you accomplished, and be more likely to stay committed. Many people set themselves up for failure by setting lofty goals only to get too sore, tired early on, and burnout due to negative body feedback. Go slow. Concentrate on your flexibility and after one month’s time you will see and feel the benefits: better sleep, more energy, improved mood and so on!

Dear Doctor,

Can you break a bone and not know it?

Dear Reader,

Most of the time it is said, “when you break a bone, you will know it.” This is generally true if the injury was due to macro-trauma, meaning one large force over a short period of time. It is possible to break a bone and not have as severe of pain when a repetitive force or micro-trauma is applied over the same area for a prolonged period of time. When a bone breaks in this manner, it is called a stress fracture and these can occur in the feet, hips and back vertebrae of long-distance runners. In adolescent athletes whose growth plates are still open, repetitive stress can result in intense pain and swelling, feeling very much like a fracture. Osgood-Schlatter disease of the knee, also known as jumper’s knee, is a good example of a growth plate injury that feels like a fracture but isn’t. X-rays and MRIs are useful in helping to sort out the difference between bone stress and an actual fracture.

Stephen Zonner, DO



Dr. Steven Zonner is board certified by the American Osteopathic Board of Family Practice and has over 30 years of experience in the fields of primary care, occupational and Sports Medicine. Dr. Zonner completed the majority of his medical training in Chicago starting with his Doctor of Osteopathic Medicine degree (DO) from the Chicago College of Osteopathic Medicine. After finishing his Family Medicine internship and residency at Botsford General Hospital in Michigan, he returned to Chicago to complete his primary care Sports Medicine fellowship at Rush-Presbyterian-St. Luke’s Medical Center. In 1990, he went on to become the head team physician for Arizona State University and has been invited to work at the US Olympic Training Center in Colorado Springs. He has been treating people of all ages and athletic abilities in the San Francisco Bay Area since 2004. Dr. Zonner is also fluent in Spanish.

Yoga Class for Older Adults Can Help Prevent Falls

Build Flexibility and Strengthen Muscles to Improve Balance

Do you feel a little unsteady on your feet? Worried about falling? If so, you are not alone. Falls can lead to significant injuries and even death in older adults, according to the Centers for Disease Control and Prevention. Washington Hospital is offering a class that can help build your strength and flexibility so you can improve your balance and stay on your feet.

“The class will teach safe standing, walking, bending and reaching to prevent falls,” said Laura Constantine, RN, coordinator of the Washington Women’s Center. “Participants who took the class when we offered it before, have asked us to bring it back because it was so valuable. It is designed for older adults who can walk on their own or with an assistive device, like a cane or walker.”

The next new session of Ageless Therapeutic Yoga will begin on April 18 and will be held every Monday from 12 to 1 p.m. for six weeks. Subsequent classes are scheduled for April 25 and May 2, 9, 16 and 23. The class will take place in the Washington Women’s Center conference room, Suite 145, located at 2500 Mowry Ave. (Washington West) in Fremont. The class costs \$60 for six sessions and registration is required by calling (510) 608-1301.

The class is taught by a certified yoga instructor. In the first session, she will help participants assess their risk for falling. She will ask questions to determine the risk, including:

- Have you had a slip or fall in the last year?
- Have you stopped doing some daily activities because you are afraid of falling?
- Do you feel your muscles are weaker?
- Is it hard to get up from a chair?
- Do you have trouble walking or feel unsteady on your feet?

“If you answer ‘yes’ to any of these questions, then this class is for you,” Constantine said. “It is perfect for older adults who may not be feeling as stable as they maybe did before. As we get older, sometimes we become more unsteady on our feet for a number of reasons.”

Off the Floor

All of the poses and exercises participants will learn are performed while standing or while sitting in a chair. During the first session, the yoga instructor will help participants determine their muscle strength, balance and gait, and flexibility. These key areas are important for preventing falls, Constantine said.

“You need to have the strength in your thigh muscles to get up from a chair without falling,” she added. “If your upper body is strong, you can better balance yourself. Balance keeps you on your feet, and flexibility allows you to move easily so you can avoid a fall. So when you

bend down to get into a car, get up from the couch, or try to step around the cat, you have the strength, balance and flexibility you need.”

Many of the exercises will focus on building strength in the core and extremities. Others will help to increase flexibility through stretches and poses. The class will also help participants become more aware of their body movements so they can have more control over them, Constantine explained.

Much of the benefit comes from simply moving your body, she added.

“Continuing to move as you age is critical,” she said. “The old saying ‘use it or lose it’ is true. If you don’t continue to move your body, it becomes stiff and inflexible. It becomes harder to move and turn your body. You lose agility, which increases your risk of falling. This class will get you moving again.”

For more information about programs and services offered at the Washington Women’s Center, visit www.whhs.com/womenscenter.



The Ageless Therapeutic Yoga class at Washington Hospital is for older adults who want to learn safe standing, walking, bending and reaching to prevent falls. The six-week class is \$60 and requires registration. For more information or to register, call (510) 608-1301.

The Ohlone Promise

www.ohlonepromise.org



A Two Year Full Ride Scholarship Program FOR GRADUATING HIGH SCHOOL SENIORS

APPLICATION PERIOD: March 1 – April 15



OHLONE College Foundation

Talia Basma is a second-semester Ohlone College freshman and a recipient of an Ohlone Promise Scholarship. The eldest child in the Basma household with 3 younger siblings, including 3-year-old twins, her family was struggling with the financial burden of starting Talia off on her college career. After researching the various scholarships available on Irvington High School’s website she found information on the Ohlone Promise Scholarship. With her teacher’s encouragement, Talia submitted her application and was accepted.

“I was very happy when I found out I was accepted,” says Talia. “Being able to start my college career locally has been ideal because the Ohlone Promise not only pays for my books and tuition, but it has allowed me to stay at home and



help out my parents who have their hands full with jobs and my younger sister and brothers.”

With the help of the Ohlone Promise, Talia is well on her way to achieving her goals of graduating with a degree in creative writing and a minor in psychology. At Ohlone, Talia has made new friends from participating in classes including public speaking, theatre and literature appreciation. This past winter she was even able to travel to Europe as part of an Ohlone theatre and literature appreciation class. Talia reported on the productions she saw via video blog (vlog), posting her perceptions of the various productions to her own YouTube account.

“The Promise Scholarship has helped me a lot. It has helped me financially, it has broadened my experiences, and it has helped me gain confidence that I can achieve my goals of becoming a professor.”



2015 Ohlone Promise Scholarship Recipients

Thanks to generous donors, the Ohlone College Foundation has increased the number of scholarships offered this year from 25 to 30 scholarships. To qualify, a student must be a senior graduating from a public high school in Fremont, Newark, or Union City and plan to attend Ohlone College full time for two years.

To apply for the Ohlone Promise Scholarship, please visit www.ohlonefoundation.org. Applications are now being accepted through April 15.

For information on how you can support The Ohlone Promise, please call 510-659-6020.

People with Purpose Gala celebrates breast cancer survivors and supporters

SUBMITTED BY
JENNIFER KINDRED

HERS Breast Cancer Foundation (HBCF) will host its seventh annual community awards event, “People with Purpose: A Pink Tie Gala,” at Pleasanton’s Castlewood Country Club on Saturday, April 23. The awards recognize individuals and organizations whose work supports breast cancer survivors and the foundation’s efforts to serve them.

In previous years, honorees have been celebrated at a luncheon event. This year’s event will be a cocktail hour, three-course dinner, award presentation, and dance to celebrate breast cancer survivors. KTVU’s Heather Holmes will be master of ceremonies.

The funds raised at this event will go toward HERS Breast Cancer Foundation programs, including “We Support, YOU Survive,” which serves low-income women in need of post-surgical garments. The funds will also support the organization’s Lymphedema Project, which provides specialty garments for the prevention and ancillary treatment of this painful condition, regardless of financial status. Funds are being raised through corporate sponsorship, donations, and ticket sales.

This year’s honorees include Dr. Stanley Rockson, Professor of Lymphatic Research and Medicine at Stanford University; Adiba Barney, CEO of SVForum and breast cancer lifer-advocate; Dr. Rishi Sawhney, Oncologist at Valley Medical Oncology Consultants; and Tri-Valley SOCKs (Stepping Out for Cancer Kures), a breast cancer non-profit in Pleasanton.

Dr. Stanley Rockson, a professor of cardiovascular medicine at Stanford, is a noted expert on



Adiba Barney, CEO of SVForum and breast cancer lifer-advocate

lymphatic disease. Many breast cancer survivors develop lymphedema as a consequence of their treatment for cancer. Lymphedema causes painful and chronic swelling of limbs, yet it is often overlooked as the source of a survivor’s discomfort during recovery. Dr. Rockson is an advocate for improving physician education about lymphedema to promote improved diagnosis and better understanding of the condition among healthcare providers and patients.

Adiba Barney has worked for decades as an advocate for entrepreneurs, with a special focus on women, technology, and start-ups. In her two years at SVForum, she grew the nonprofit’s scope from a regional host of innovation gatherings to an international entrepreneurship advocacy group. She worked for several years with various organizations that promote and showcase technology innovation in Sweden and other Nordic countries. Barney has been battling breast cancer for 10 years, and is currently in treatment; she is an HBCF client. She is writing an inspirational memoir about her experiences and living life to the fullest with late-stage cancer. Barney is working with breast cancer



Dr. Stanley Rockson, Professor of Lymphatic Research and Medicine at Stanford University

organizations to increase awareness about metastatic, late-stage cancer, advocating for more research, education, and funding.

Dr. Rishi Sawhney is the Medical Director of the Cancer Program at Stanford Healthcare ValleyCare. He has dedicated himself to building a community cancer program that provides university level care with a personalized touch close to home. These efforts culminated in the development of a multidisciplinary, nationally accredited center of excellence for breast cancer treatment. This center provides truly comprehensive, compassionate, and personalized breast cancer care to patients throughout Northern California.



Dr. Rishi Sawhney, Oncologist at Valley Medical Oncology Consultants

Tri-Valley SOCKs is a Bay Area nonprofit that raises funds for cancer research, treatment, and educational programs. All funds raised are granted to various local breast cancer organizations and treatment centers. Run completely by volunteers, Tri-Valley SOCKs’ major fundraiser is the Bras for the Cause Walk held each May in downtown Pleasanton. Since its inception in 2004, the organization has granted over \$1.2 million to its beneficiaries.

HERS Breast Cancer Foundation believes in restoring beauty and dignity to breast cancer survivors at an extremely vulnerable time of their lives. Every day we bring hope, empowerment, renewal and support, because every woman deserves to look and feel

whole. We support all women healing from breast cancer by providing post-surgical products and services regardless of financial status. HBCF is the only non-profit organization in the Bay Area that provides appropriate products (such as bras, prostheses, lymphedema garments, and wigs) for breast cancer survivors in a safe, comfortable, and understanding environment.

HBCF’s services for breast cancer survivors are provided at three locations: their new program stores at Stanford Health Care ValleyCare in Pleasanton and at the Stanford Cancer Center in Palo Alto, as well as their flagship program store at Washington Hospital in Fremont.

For more information about People with Purpose or to purchase tickets, visit <http://hersbreastcancerfoundation.org/people-with-purpose>.

People with Purpose: A Pink Tie Gala
Saturday, Apr 23
6 p.m. - 10 p.m.
Castlewood Country Club
707 Country Club Circle,
Pleasanton
(510) 790-1911
<http://hersbreastcancerfoundation.org/people-with-purpose>
Tickets: \$125 per person



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Local Risk for Zika Virus is Very Low

- Wear long-sleeved shirts and long pants
- Use air conditioning or window/door screens to keep mosquitoes outside
- If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net
- Help reduce the number of mosquitoes outside by emptying standing water from containers such as flowerpots or buckets

According to the CDC, most mosquitoes bite in the early evenings or near dawn, but Zika-carrying mosquitoes bite mostly during the day. In addition, these mosquitoes do not breed out in the open near ponds, lakes or wetlands like most mosquitoes. Instead, they are "city-slickers" that prefer to breed in manufactured containers such as birdbaths, buckets, barrels, kiddie pools and old tires.

In addition to avoiding mosquito bites, Dr. Martin recommends restricting your travel to areas where the Zika virus is spreading rapidly, if possible.

"If you have traveled to areas where Zika virus is common, such as Brazil, Puerto Rico, the U.S. Virgin Islands and American Samoa – especially if you are pregnant – you should ask your doctor whether you should be tested for the virus," she emphasizes. "Men who have traveled to those locations and have experienced Zika symptoms also should be tested if they have female partners who are pregnant or intend to become pregnant. We really don't know yet how long the virus remains in the blood, but most sources say about 28 days."

Previously, blood tests for Zika had to be sent to the CDC for processing, and it could take two to three weeks to get results. As of March 11, however, the CDPH lab in Richmond has been authorized to process Zika tests, producing results more quickly for residents of the Bay Area. A

physician referral is required for testing, and currently all testing is routed and approved through local public health departments.

"Microcephaly is a rather non-specific condition, and it could be due to a variety of causes," says Dr. Pan, who is also a pediatric infectious disease specialist. "There is increasing evidence, however, that points to the Zika virus being a potential cause of microcephaly and other problems for the fetus throughout gestation. A recently released report on nine pregnant travelers who acquired Zika showed that two of them had early miscarriages, and three had babies born with microcephaly. Obviously, there is increasing evidence for concern, and further study is needed."

Dr. Martin echoes the concerns expressed by Dr. Pan.

"We do know that Zika virus can be present in semen longer than in blood, but we do not know how long the virus is present in the semen of men who have had Zika," says Dr. Martin. "Therefore, out of an abundance of caution, the CDC recommends avoiding pregnancy and to abstain from sex or use condoms during sex for at least six months after the onset of symptoms if the man has tested positive for Zika to help avoid transmitting the Zika virus to female partners. In addition, if the man's partner is a pregnant woman, he should use condoms consistently and correctly or abstain from sex for the duration of the pregnancy."

Learn More

For more information about the Zika virus from the Centers for Disease Control and Prevention, visit www.cdc.gov/zika/index.html.

Information about the Zika virus from the California Department of Public Health is available at www.cdph.ca.gov/HealthInfo/disecond/Pages/Zika.aspx. The CDPH updates its report on the number of laboratory-confirmed positive Zika cases in California every Friday.

Call to artists boxArt!

SUBMITTED BY
CHERYL GOLDEN

The City of Fremont has implemented its boxArt! program, giving local residents and artists the opportunity to transform traffic signal control boxes throughout the community into unique, vibrant pieces of artwork. This project was started as a way to bring diversity, equality, play, environment, and beauty to Fremont neighborhoods while communicating the City's core values to its residents.

The City is inviting residents throughout the entire San Francisco Bay Area (not just Alameda County) to contribute their

talents to the more than 160 utility boxes throughout the city. Fremont is also providing brushed aluminum plaques with the artists' names and QR code to take viewers directly to the artists' websites. The theme for Phase 3 is "Conversation," which is vital to any community and defines how we interact culturally, socially or politically. Artists are encouraged to provide their own interpretations.

Artists interested in participating should contact boxART! Project Manager Susan Longini at boxart@fremont.gov. For more information, visit <http://fremont.gov/DocumentCenter/View/29285>.

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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.

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Celebrating Niles history

SUBMITTED BY LILA BRINGHURST

You are invited to an unveiling celebration of the “Station Platform and Sculptures at Niles Station” on Saturday, April 9. This final piece of artwork complements the train sculpture, water tank and mural that honor the train and film history of Niles. The sculptures are created by Mario Chiodo of Chiodo Art Development; train platform is designed by Kurt Hereld and built by Don Gottfredson.

Because of the lack of onsite parking, please park at the Vallejo Flour Mill Historic Park at the northeast corner of Niles Canyon Road and Mission Boulevard, and walk south across the bridge to the apartment complex.

Station Platform & Sculptures

Saturday, Apr 9

2 p.m.

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Historical talk on Early Local Women, their Families and their Work

McDavid family

SUBMITTED BY WASHINGTON TOWNSHIP
MUSEUM OF LOCAL HISTORY

Join the historical community on Tuesday, April 12 to hear Jim Griffin, great-grandson of Angie Rix, talk about the talents and accomplishments of early local women, their lives, and their families. This free talk will be at the IOOF Odd Fellows Hall in Fremont.

In the early spring of 1853, European settler John McDavid (age 27), Native American wife, Kate (23), daughters: Angie (4) and Julia (6 months), and their great, high-arched prairie schooner, packed with supplies they would need on the way to and at their new home, were ready to begin their travels. On the journey, young Angie's task was to care for a seedling from a redbud tree, taken from the home they had left in Redbud, Illinois. The tree was to be planted at the doorstep of their new home out west “where the snow never falls.” At Fort Laramie, Wyoming, “Crossroads of a Nation Moving West,” they joined the crawling caravan and the folks who would build a new life in California, the then two-year-old Golden State.

Kate was soon widowed and left to run the farm as a single mother. Marrying again at 35 and raising a second set of children, she was again widowed, and married once more at age 80, with a flock of great-grand children in attendance.

Daughter Angie blossomed and married A. O. Rix, son of early pioneer Timothy Rix, and raised four talented and accomplished daughters. Her youngest daughter, Mila Rix Norris wrote the poem “The Redbud Tree” to commemorate their journey to and early life in Washington Township, future home of Fremont, Newark, and Union City.

Here are a few excerpts from that poem:
*Angie with her limpid eyes wide and full of wonder
Watched the unusual packing – the rejecting, selecting
Of treasures more useful than fancy, soon to be stowed
With the flour and salt, the seeds and the plow, in the depth*

*Of the great prairie-schooner arched high with canvas,
Which is to be home for weeks and weeks upon end.
But what of the redbud tree by the door?*

*“Angie, child, you are a great girl, now you're a four-year-old.
So come mind little sister for a spell, while I
Find you a proper seedling from the redbud tree.
It will be a bit of home out West where the snows never fall,
And 'twill be your very own to tend and water as we go,
And your pride and your joy, when it blooms, as you'll bloom out yonder
A gay new redbud by the door”*

*Slowly the wheels rumble out through the gateway
And leave for all time the farm – the home of McDavid;
Leave the State of Illinois and the land so loved and so familiar,
To join the great crawling caravan moving endlessly Westward;
To join the Threlfalls, the Weekes, the Walkers and others;
To form in the long trek boon-friends of a life time.
With the hope of a redbud by the door.*

View the poem in its entirety by visiting www.facebook.com/museumoflocalhistory or the Washington Township Museum of Local History at 190 Anza Street in Fremont.





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continued from page 3

Weight Management Can Improve Overall Health

activity. As a general rule, you will lose weight if you reduce your calorie consumption by 500 to 1,000 calories a day. To put that into perspective, one 'Big Mac' meal provides about 1,100 calories. Plus, not all calories are equal. Foods or beverages with a high sugar content are 'empty' calories with little or no nutritional value."

One way to reduce food consumption is to eat more slowly so that your body has time to respond and feel 'full' before you overeat, according to Dr. Nguyen.

"One simple trick I suggest for slowing down your eating pattern is to chew your food more thoroughly – about 20 times for each bite," he says. "Having family meals together at least five days a week can help, too, because you will spend more time talking instead of shoveling food into your mouth. By serving healthy family meals, parents also can set an example of good dietary habits for their kids."

Combining a healthy diet with regular exercise is another valuable technique for weight

Presentation at
10th Annual
Women's
Conference at
Washington Hospital
on April 16 Will
Offer Helpful Advice
for Weight Control

management, Dr. Nguyen notes.

"Even if you are not overweight, being physically fit is a key to good health," he explains. "Aim for 150 minutes of moderate-intensity exercise each week. You can break that out into different amounts of exercise on different days, as long as it adds up to 150 minutes. By 'moderate intensity,' I mean that you should increase your heart rate by 30 to 40 percent above your resting heart rate. For example, if your normal resting heart rate is 80 beats per minute, you should aim for a heart rate of 104 to 112 beats per minute. Many people find that using a pedometer to measure how many steps they take each day can help them get more exercise – 10,000 steps is roughly equivalent to five miles."

At the conference, Dr. Nguyen also will discuss various medications that may be useful for people who are truly obese and need additional help in losing weight when behavior modifications fail to achieve the desired weight loss. Some primary categories of medications

used for weight loss include:

- Over-the-counter and prescription drugs that inhibit the body's absorption of fats
- Medications that work as appetite suppressants
- Diabetic medications to control the body's blood sugar that can also help with weight loss
- Neuropsychiatric medications, including antidepressants and anti-seizure medications that also have proven useful for weight loss

"Medications may help some people lose weight, but these drugs should always be used under a doctor's supervision," Dr. Nguyen emphasizes. "Don't experiment with supplements or other over-the-counter medications that are not approved by the Food and Drug Administration for weight loss. Also, if you are taking any medication for weight loss that doesn't help you achieve a five-percent drop in weight after three months, ask your doctor if there may be a different medication that might work better for you."

To register for the 10th annual Women's Conference at Washington Hospital on April 16, call (510) 608-1301. For more information about programs and services offered at the Washington Women's Center, visit www.whhs.com/womenscenter.

To calculate your own body mass index (BMI) using the simple calculator available from the National Institutes of Health, visit www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

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No Fee if No Recovery

continued from page 1

Walk with survivors at Relay for Life

Ceremony is scheduled at night, where people light candles inside personalized bags that are placed around the track. The lights honor those who have survived cancer, as well as those who are still fighting.

According to American Cancer Society's Cancer Facts and Figures 2016, the organization projects that there will be an estimated 1,685,210 new cancer cases diagnosed and 595,690 cancer deaths in the U.S. The road to recovery is long, but community involvement can certainly make a difference. To register for Relay for Life events, visit www.relayforlife.org.

Relay For Life of Moreau Catholic High School

Saturday, Apr 9 – Sunday, Apr 10 10 a.m.
Moreau Catholic High School
27170 Mission Blvd, Hayward
Contact Julie Oshiro
julie.oshiro@cancer.org
<http://goo.gl/x6R5Ay>

Relay for Life of Cal State East Bay

Friday, May 6 – Saturday, May 7 10 a.m.
Pioneer Stadium
Carlos Bee Blvd or E Loop Rd, Hayward
Contact Brittany Yetter
brittany.yetter@cancer.org
<http://goo.gl/jMPn8E>

Relay for Life of Irvington High School

Saturday, May 14 – Sunday, May 15 10 a.m.
Irvington High School
41800 Blacow Rd, Fremont
Contact Julie Oshiro
julie.oshiro@cancer.org
<http://goo.gl/PirDmI>

Relay For Life of Mission San Jose High School

Saturday, May 14 – Sunday, May 15 10 a.m.
Mission San Jose High School
41717 Palm Ave, Fremont
Contact Grace Chang
grace.chang@cancer.org
www.facebook.com/MSJRelayForLife

Relay For Life of San Leandro

Saturday, May 21 – Sunday, May 22 9 a.m.
Burrell Field
2451 Teagarden St, San Leandro
Contact Jessi Norris
jessi.norris@cancer.org
www.facebook.com/SanLeandroRelayForLife

Relay For Life of Hayward

Saturday, Jun 4 – Sunday, Jun 5 10 a.m.
Alden E. Oliver Sports Park
2580 Eden Park Place, Hayward
Contact Brittany Yetter
brittany.yetter@cancer.org
www.facebook.com/RFLHaywardCA

Relay For Life of Fremont

Saturday, Jun 25 – Sunday, Jun 26 10 a.m.
California School for the Deaf

39350 Gallaudet Dr, Fremont
Contact Jodi Wilson
rflonlinefremont@gmail.com
www.facebook.com/RelayforLife-Fremont

Relay For Life of Milpitas

Saturday, Jul 9 – Sunday, Jul 10 10 a.m.
Murphy Park
1588 Saratoga Dr, Milpitas
Contact Tima Maharaj
tima.maharaj@cancer.org
www.RelayForLife.org/milpitasca

Relay For Life of Castro Valley

Saturday, Jul 16 – Sunday, Jul 17 10 a.m.
Canyon Middle School
19600 Cull Canyon Rd, Castro Valley
Contact Brittany Yetter
brittany.yetter@cancer.org
www.relayforlife.org/castrovalleyca

Relay For Life of Newark

Saturday, Jul 16 – Sunday, Jul 17 10 a.m.
Newark Memorial High School
39375 Cedar Blvd, Newark
Contact Grace Chang
grace.chang@cancer.org
www.facebook.com/RFLNewark

Relay For Life of San Lorenzo

Saturday, Aug 13 - Sunday, Aug 14 9 a.m.
Arroyo High School
15701 Lorenzo Ave, San Lorenzo
Contact Jessi Norris
jessi.norris@cancer.org
www.relayforlife.org/sanlorenzoca

Relay For Life of Union City

Saturday, Aug 20 – Sunday, Aug 21 10 a.m.
James Logan High School
1800 H St, Union City
Contact Michael Ritchie
mritchie02@sbcglobal.net
www.facebook.com/UnionCityRelayForLife

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Some California farms getting full water supplies

tor for the U.S. Bureau of Reclamation's mid-Pacific region. "We certainly perceive some challenges throughout the remainder of the water year."

The announcement affects San Joaquin Valley farmers, spanning California's interior from Stockton to Bakersfield. It is home to about one-third of California's farmland and one of the nation's most productive agricultural regions. Drought has forced farmers to buy water from other districts, rely heavily on groundwater or fallow fields.

The little water being provided to many farmers in the San Joaquin Valley's Westlands Water District is "grossly inadequate," district spokeswoman Gayle Holman said in a statement. She said that it shows how California's water delivery system is broken.

State officials, who run an interrelated system, have said they'll provide 45 percent of the water their customers requested, more than double last year's amount.

Character Gone Forever

High School whose wife was a Logan from Centerville. He had a home in the first Centerville subdivision recorded in the 20th century laid out by August May Jr. who was a prominent banker born in Alvarado. Despite all this, they determined that the house at 3498 Peralta Blvd. is not worth preserving...

Out of Character

Not only will the historic character of the area be lost forever, but the proposed Centerville Junction even contrasts with the 2004 development across Peralta Boulevard called Sequoia Crossings which has deep grassy front yards and stone-pillared front steps.

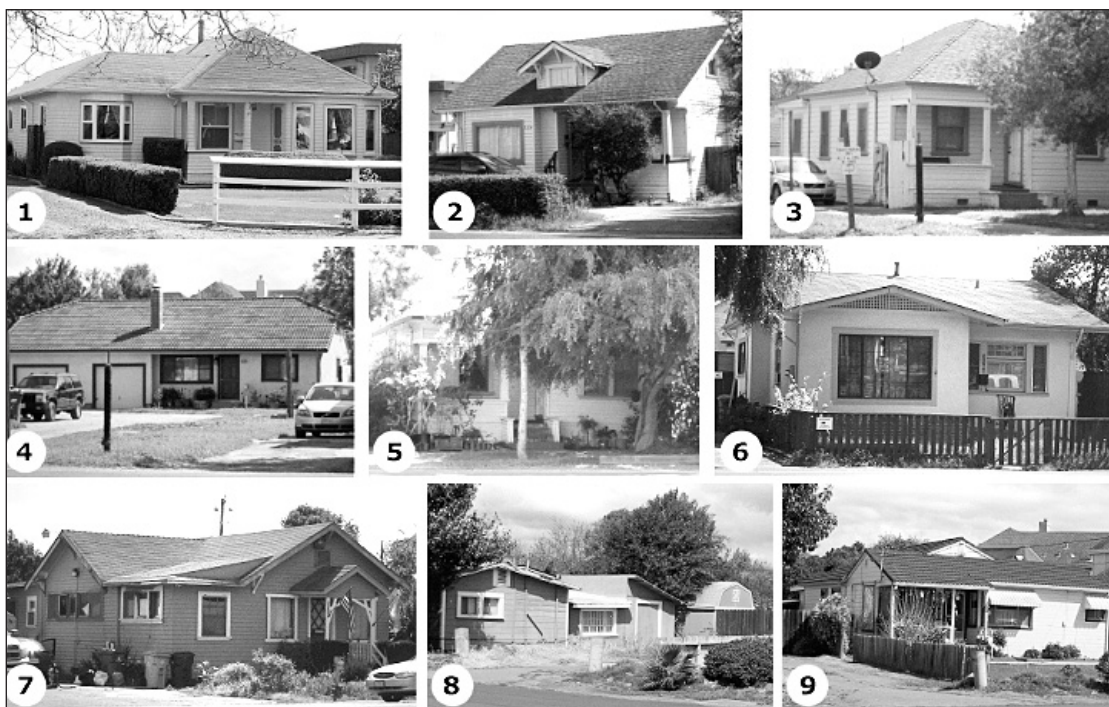
Fremont has been encouraging minimal front setbacks for townhouses and for porches to be right at the street. Twenty-four of the new townhouses that will line Peralta Boulevard will have tall vertical fronts only six feet from the sidewalk. The three-story buildings will rise from ground level unlike Sequoia Crossings which has the garage level partially below ground.

John and Matilda Goold bought the property on September 24, 1932. "John Goold grew up in Gonzales and Morgan Hill, and graduated from Stanford in 1920. He began teaching at Washington Union High School in 1924. Goold married lifelong Centerville-area resident Tillie (Matilda) Logan in Centerville in 1927." Goold was a teacher, principal, and district school superintendent from 1931 to 1959.

“The evaluator found no association with historically significant events, and found that although John V. Goold was a popular and well-respected local person he was not significant to local history.”

'Pop' Goold was a well-liked principal at Washington Union

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Orders for lower-priced Tesla hit 198,000

By DEE-ANN DURBIN AND JUSTIN PRITCHARD
ASSOCIATED PRESS WRITERS

HAWTHORNE, Calif. (AP), Demand for Tesla Motors' new lower-priced electric car surprised even the company's CEO Friday as 198,000 people plunked down \$1,000 deposits to reserve their vehicles.

"Definitely going to need to re-think production planning," a surprised CEO Elon Musk said on his Twitter feed.

Musk unveiled the car Thursday night at a design studio near Los Angeles. It starts at \$35,000 and has a range of 215 miles per charge, which is far more than most people drive each day.

The orders came from across the globe even though the car isn't scheduled for sale until late in 2017. But they could jeopardize a \$7,500 U.S. electric car tax credit that many buyers are counting on to reduce the price. The tax credits gradually phase out after a company hits 200,000 in U.S. sales.

A Tesla spokeswoman wouldn't say how many of the 198,000 orders came from the U.S.

Thursday night, Musk said Tesla had 115,000 orders since the company started taking them earlier in the day in Australia. There were long lines at Tesla stores from Hong Kong to Austin, Texas, reminiscent of crowds at Apple stores for early models of the iPhone. But the number kept rising into Friday.

"Thought it would slow way down today, but Model 3 order count is now at 198k," Musk tweeted during the afternoon, saying the wait time for the car is "growing rapidly."

The news pushed Tesla shares to a Friday closing price of \$237.59, up 3.4 percent from Thursday.

The Model 3 is less than half the cost of Tesla's previous models, and its range is about double what drivers get from current competitors in its price range, such as the Nissan Leaf and BMW i3.

On Twitter, Musk estimated that the average selling price of a Model 3 with options would be around \$42,000. So the sales would bring more than \$8.3 billion in revenue to Tesla.

Prototypes looked like a shorter version of Tesla's Model S sedan. The Model 3 has a panoramic glass roof and an elongated hood. Inside, it seats five and has the same large touchscreen dashboard as other Teslas. It also has Tesla's suite of semi-autonomous driving features, including automatic lane changing and lane keeping. Musk said it will accelerate from zero to 60 in less than 6 seconds.

Tesla has a history of missing deadlines for its vehicles to hit the market, but Musk said Thursday that he feels "fairly confident" that the Model 3 will come out next year.

The lower-priced car is the most serious test yet of 13-year-old Tesla's ability to go from niche player to a full-fledged automaker. It could be the car that finally makes electric cars mainstream — or consumers could continue to be skeptical that electric cars will work for everyday use. In the U.S., they still make up less than 1 percent of annual sales. Either way, the Model 3 is already changing the industry, spurring competitors to speed development of electric cars.

General Motors Co. is set to start selling the Chevrolet Bolt electric car at the end of this year with a similar price tag and a 200-mile range. Hyundai's Ioniq, which has a 110-mile electric range and could match Tesla on price, goes on sale this fall. Audi will follow with an electric SUV in 2018.

The orders show there's real, underlying demand for reasonably priced electric cars with high range, says Edmunds.com senior analyst Jessica Caldwell. Customers put down \$1,000 knowing that they'll probably have to wait two years to get their cars, leading Caldwell to believe it's more about the cultural phenomenon of Tesla.

"You're not seeing people wait in long lines to purchase a Chevy Bolt, considering it comes out much sooner and the range is about the same," she said.

During his Thursday night presentation, Musk gave details on how electric cars can fit into people's lives, she said. "You felt like the lifestyle was attainable in his talk," she said.

Durbin reported from Detroit, where Auto Writer Tom Krisher contributed.

continued from page 8

skowalski@fremont.gov or directly to the Planning Commission.

Thursday, April 28 is the tentative date for the Planning Commission hearing. Communications received by Wednesday, April 20 should be included in the agenda packet for the meeting.

Attend the Planning Commission hearing and voice your opinions.

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BART Track Work This Weekend

Due to vital track safety repairs, there will be no BART service between Bay Fair and San Leandro BART stations this weekend.

Saturday, April 9 – Sunday, April 10

A free bus bridge will be provided. BART service to Oakland Airport will run as scheduled. Get more information at **bart.gov**.



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Ohlone Humane Society

Time passages...

BY NANCY LYON

Our animal companions pass away and the grief at the loss is the same as it would have been for a human member of their family. Except for a few species, it's a sad fact that most of our non-human companions usually live shorter lives than us – a bitter-sweet reality that these wonderful beings leave us far too soon, leaving a hole in our hearts and lives.

But what happens if we unexpectedly pass before them and have not provided for their future care?

When you walk the wards of an animal shelter you frequently encounter a bewildered dog or cat huddled in the corner of a kennel or cage with the kennel card reading "owner deceased." Unfortunately, the animal's human caregiver may not have considered what would happen to their cherished animal if they became incapacitated or died before them.

Since companion animals usually have shorter lives than their human caregivers, we don't always consider what their future will be should we no longer be here to protect and care for them or be unable to do so. Who will provide food and water, shelter, veterinary care, and love? To ensure that your beloved friend will continue to receive this care should something unexpected happen to you, it's critical to plan ahead.

Ohlone Humane Society (OHS) has made an effort to try and rehome many of these often senior shelter animals, but it's not an easy task. The sad fact is that there are always more needy lives than good homes and if no viable options appear, the animals often end up being euthanized. So how can this sad end to a life of love and devotion be avoided?

As a caring and responsible guardian, the Humane Society of the United States (HSUS) has provided a general overview on how you can take steps to provide for your family animal's future. It states that the best way to ensure your wishes for their future is by making formal arrangements that specifically cover their care.

It's not enough that someone a while back may have offered verbally to take in your non-human family member, or that you've decided to leave money to that friend for that purpose. It's necessary to work with an attorney to draw up a special will, trust, or other document to provide for the care and guardianship of your "pet," as well as the money necessary for their care.

First, decide whether you want all your companion animals to go to one person, or whether they should go to different people. If possible, keep animals that have

bonded with one another together. Life is also difficult for them at this time

When selecting caregivers, consider partners, adult children, parents, brothers, sisters, and friends that have met them and have successfully cared for animals themselves. Consider alternate caregivers in case your first choice becomes unable or unwilling to take your companion.

Be sure to discuss your expectations with potential caregivers so they understand the large responsibility of caring for your friend. Remember, the new caregiver will have full discretion over the animal's care—including veterinary treatment and euthanasia—so make sure you choose a person you trust implicitly and who will do what is in the animal's best interest.

Because people's circumstances and priorities change over time, you'll want to keep in contact with the person or family that has committed to caring for your animal. It's important to have alternatives such as temporary care lined up should your primary caregiver not be available. If all else fails, it is also possible to direct your executor or personal representative, in your will, to place the animal with another individual or family (that is, in a non-institutional setting). Finding a satisfactory new home can take weeks of searching, so again, it is important to line up temporary care. The animal shelter should be your last option

You also have to know and trust your executor and provide useful, but not unrealistically confining, instructions in your will. You should also authorize your executor to expend funds from your estate for the temporary care of your animal as well as for the costs of looking for a new home and transporting the animal to it. The will should also grant broad discretion to your executor in making decisions about the animal and in expending estate funds on the animal's behalf.

It is strongly urged that you consult an attorney when developing a will and other estate plans. In some cases, self-written or "homemade" wills and estate plans may not ultimately be considered valid. In addition, charitable legacies need to be properly described in the will to avoid confusion later.

"Providing for Your Pet's Future Without You" that includes forms and advice to help you design a will and other estate plans for their care should your animal survive you is provided by HSUS. For more information, call (800) 808-7858 or visit www.humane-society.org/assets/pdfs/pets/pets_in_wills_factsheet.pdf.



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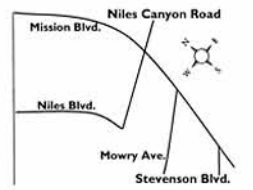
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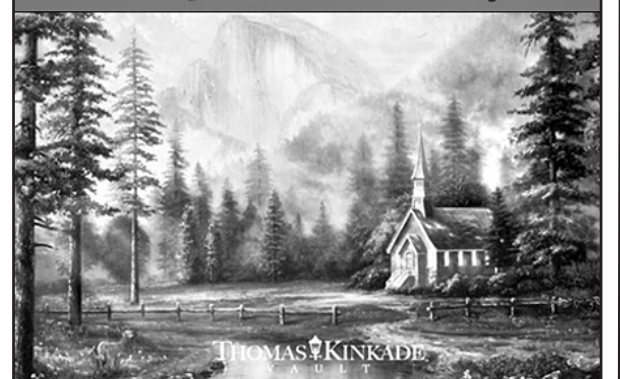
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continued from page 1

Jazz Festival

"CSUEB students are benefitted by having the opportunity to perform with a jazz professional of the highest caliber, and to observe and learn from the guidance given to other local bands by their teachers and colleagues," explained Justin Plank, Coordinator for CSUEB's Music Resource Center.

"The college itself benefits from exposure of the Music Department to possible future students, so in that way it is also a recruiting tool – the hope is that local students will see what our department has to offer and consider studying here after high school, or transferring from a community college," Plank said.

School bands are given a thirty minute warm-up time, and a forty-five minute time slot to perform and receive feedback. Usually, bands play about three songs, lasting around 20 to 25 minutes, with the remaining time used for feedback from professors and professionals. These judges sit in the audience and speak their comments into a recorder, which are then referred to during what the Department of Music calls "interactive clinics."

Nearly twenty bands from Bay Area schools and beyond are performing. This year, the adjudicators are prominent musicians in the local jazz scene: Rory Snyder, Professor Emeritus from Diablo Valley College; Tim Lin, instructor at Fremont Mission Music and successful free-lancer; and Nick Tocco, Director of Instrumental Music at Hayward High School.

Guest artists, Irvin Mayfield and Brad Leali, will both be delights to watch. Trumpeter Irvin Mayfield has twenty-five albums to his credit, and is a Grammy and Billboard-winning musician. He is a founder of the New Orleans Jazz Orchestra, and is currently the Jazz Artist in Residence for the Apollo Theater in New York City. In 2010 he was appointed by President Obama to the National Council on the Arts, and served through 2014.

Grammy-winning saxophonist Brad Leali is Associate Professor of Jazz Saxophone at University of North Texas. He was lead saxophonist for the Harry Connick, Jr. Orchestra in the early 1990s, and performed at President Obama's inauguration. He has played with a wide range of artists, from Mary J. Blige to Kid Rock.

During the festival, food will be available to purchase, either a catered lunch or food trucks. Tickets for the Mayfield and Leali concerts are only \$10, and free for CSUEB students. The rest of the festival, including the lunchtime concert and school performances, is free to the public.

Jazz, with its characteristic improvisation, syncopation, and swing notes, is a beloved genre of music. It has been thriving since its late 19th century inception in Black communities in New Orleans, and has grown to be loved and played all over the world. Check out CSUEB's Jazz Festival to see why jazz is often hailed as "one of America's original art forms"; your ears will thank you.

CSUEB Jazz Festival
Thursday, Apr 14 – Saturday, Apr 16

Evening Concert featuring Brad Leali
Thursday, Apr 14
7:30 p.m.

University Theatre
Tickets: \$10, CSUEB students
free with school ID

Evening Concert featuring Irvin Mayfield
Friday, Apr 15
7:30 p.m.

University Theatre
Tickets: \$10, CSUEB students
free with school ID

Lunchtime Concert with Irvin Mayfield and
the CSUEB Faculty Jazztet

Saturday, Apr 16
2:00 p.m.
Music Building Lawn
Free

Middle School, High School, and College
Jazz Performances with Adjudicators

Saturday, Apr 16
8:00 a.m. - 4:45 p.m.

University Theatre and Studio Theatre
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www.csueastbay.edu/jazz-festival
[http://csueastbaytickets.universitytickets.com](http://csueastbaytickets.universitytickets.com/user_pages/event_listings.asp)
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Audition for theatrical collaboration

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Stage 1 Theatre and Ohlone College SummerFest are pleased to announce auditions for their first collaborative production.

Due to contractual restrictions, this show, written by the award winning composer/lyricist team of Stephen Flaherty and Lynn Ahrens, with book by Terrance McNally, will be announced April 2016. With songs like "Wheels of a Dream" and "Getting Ready Rag," this turn of the century musical has it all!

Audition dates are by appointment only:

Friday, April 8: 7 p.m.-10 p.m.

Saturday, April 9: 10 a.m.-3 p.m.

Sunday, April 10: 12 p.m.-4 p.m.

Auditions held at Newark-Memorial High School Theatre, 39375 Cedar Blvd, Newark.

Callbacks (by invitation only) held at Ohlone College, Monday, April 18, 6 p.m.-10 p.m.

Please prepare 16-32 bars of an up-tempo song, not from the show. Bring sheet music in your key. An accompanist will be provided. No Karaoke or Acappella. Please dress comfortably to learn a short dance routine.

Performances and Rehearsals are held at Ohlone College 43600 Mission Blvd. Fremont. Rehearsals are Monday-Thursday, 7 p.m.-10:30 p.m. and some Saturdays, and will begin on April 25 with orientations and read through.

Performance Dates:
Friday, July 8- Saturday,
July 23 at 8 p.m.

(July 8, 9, 14, 15, 16, 21, 22 & 23)

No Sunday Matinees due to performing in an outdoor amphitheatre. There are no pre-cast roles. We are a non-profit non-equity theatre group; there are no acting stipends.

Go to: www.stage1theatre.org to schedule an Audition Appointment. Please print and complete Audition Forms and Conflict Sheet and bring them with you to auditions along with two copies of your resume and two headshots.

Math and logic

The "2016 Milpitas Youth and Teen Math Competition," presented by the Milpitas Youth Advisory Commission, is a community event held to promote fun-based learning for Milpitas youth and teens. The competition, open to 3rd- to 8th-graders, will be held on Friday, April 22 at Barbara Lee Senior Center.

Don't forget your math passport as you travel to all seven continents. Have a fun and exciting time solving math and logic problems based on each continent. A complete list of rules can be found at www.ci.milpitas.ca.gov/government/commissions/youth.asp.

Pre-registration is required for this event. Transaction fees apply for both in-person and online registration.

Both registration and admission fees cost \$5. Register in person or online at www.ci.milpitas.ca.gov. The deadline to register is Monday, April 18. For more information, call (408) 586-3225.

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ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

An attractive garden is a draw for anyone seeking beauty and tranquility, but it will also attract some remarkable creatures. One such creature just as colorful and attractive as any flower is the hummingbird.

A hummingbird takes 250 breaths and its heart beats an average of 225 times in one minute while resting. It can beat its wings up to two hundred times per second and its heart rate will soar to above 1,200 beats per minute while flying. Although they are small birds, hummingbirds have an extremely high metabolism and caloric need; they consume three to seven calories per day.

Hummingbirds are nectarivores and derive ninety percent of their caloric needs from the nectar of flowers. The other ten percent comes from pollen and small insects. It is no surprise that they eat quickly too. A hummingbird will visit up to twenty flowers per minute, and can capture five to ten drops of nectar in one hundredth of a second by extending its long forked tongue deep inside a flower and licking ten to fifteen times per second. It can metabolize the nectar so fast that if it was the size of an average person, it would need the sugar from more than one can of soda every minute.

Although hummingbirds cannot smell, they can see red

flowers, which is rare for a nectarivore. Unlike any other bird, they have flexible wing bones and muscles that can power on the downstroke and upstroke. This makes it possible for them to hover, go sideways, or upside down when finding nectar in hanging flowers. The ability to hover does not negate their ability to fly fast. The average hummingbird can fly up to thirty miles per hour and faster if diving.

With so much energy spent eating and flying, how do hummingbirds sleep? They have mastered a technique called torpor. Hummingbirds fall into a deep sleep in which their temperature falls and their metabolic rate slows. This nightly hibernation allows them to get the rest they need.

The Rufous, Costa, Black-chinned, Allen, and Anna hummingbirds have all been sighted in the Bay Area. It is not hard to attract any of them. They are not highly specialized and feed on a wide variety of flowers. Plants with red or orange tubular flowers are the best, but those with blue or yellow flowers will not go untapped. The Canary creeper vine can have hundreds of yellow tubular flowers that will bloom into October providing a high nectar food source into fall.

Many common drought tolerant plants such as Rosemary, Bottlebrush, California Fuchsia, Nasturtium, and most Salvias attract hummingbirds. When creating a hummingbird garden there are plenty of websites that



offer lists of plants with a high percentage of sugar in their nectar. Planting a combination of early, mid, and late season flowering plants, vines, and shrubs can be more important than the actual type of plant. A hummingbird's caloric requirements barely change with the seasons.

A hummingbird feeder filled with a one to four ratio of organic white sugar to water will benefit them, especially in times of drought or in the winter. Honey, brown sugar, food coloring, and sugar substitutes can be harmful. They can become dependent on a feeder so regular availability is essential. Feeders should be refilled and cleaned about twice a week to prevent mold. Using boiling water to dissolve the sugar can slow molding as well. Although these small, cute, cuddly-looking birds seem harmless, they are very aggressive, especially towards each other. Multiple feeders should not be placed in sight of each other.

Hummingbirds are only found in the western hemisphere. They

are either permanent residents of an area or migratory. The migratory routes are found as far north as Alaska, as far south as Chile and vary in distances and flying time. The three inch long Rufous hummingbird has the possible longest migration of any other bird and pass through the Bay Area. It will travel up to 3,900 miles from Mexico to Alaska and can survive occasional below freezing temperatures, allowing it to be the most northerly breeding hummingbird.

Hummingbirds have the largest brain by body weight

compared to any other bird. They can remember every flower they have been to and the amount of time it takes for the nectar to be replenished. Attracting them does not take rocket science, simply a diverse garden with a lot of flowering plants. Hummingbirds are smart enough to find it.

Daniel O'Donnell is the co-owner and operator of an organic landscape design/build company in Fremont.
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SUBMITTED BY SHEFALI SHASTRY
POSTER BY KATHLEEN ZHOU AND YC XING

The mystique and elegance of yesteryear's "Masquerade" ball transforms the grand ballroom of the Silicon Valley Marriott on Friday, May 20, for Mission San Jose High School's (MSJHS) annual Performing Arts Gala, featuring MSJHS Jazz Band and other performing arts groups.

This year, musical selections pay tribute to the passing of two iconic musicians: Mic Gillette, founder of Tower of Power; and Maurice White, co-founder of Earth Wind & Fire. In addition, the Jazz Band salutes one of its own: saxophonist Martin Kyung Min Hinsberg, alum of the Class of 2009 who died last August in a motorcycle accident in Mountain View on his way to work.

The excitement begins at 6:30 p.m. when the doors open for the silent auction preview. Performances by orchestra, symphonic bands, color guard, chorale, guest vocalists, and theatre groups begin at 7 p.m. A delectable three-course dinner is served at 7:45 p.m., when the dance floor opens to the accompaniment of the Jazz Band. The last dance closes the event at 11 p.m. Throughout the evening, guests can peruse scores of fabulous silent auction

items and raffle prizes ranging from one-of-a-kind sports memorabilia, to personal care- and food-themed baskets, among many more.

Presented by MSJHS Parents of Universal Performers (PUPs) Foundation, a non-profit organization dedicated to creating, fostering, and encouraging the performing arts at Mission High School, this annual fundraiser supplements the school's meager budget with such programs as scholarship opportunities, clinicians, coaches, theatrical equipment, instruments, and uniforms. PUPs believes the arts are an essential part of education that provides the next generation with an important creative outlet.

Along with the Silicon Valley Marriott, many local companies and individuals support this annual event with donated goods and services worth over twenty thousand dollars, including: 3B Lighting and Sound, Mundy & Collins

Audio Visual, Method 42 Events, and Fremont Flower Pavilion. These local businesses and many others help keep costs down to help reach fundraising goals while providing the community with a beautiful and sophisticated event. All proceeds go to Mission San Jose High School's Performing Arts departments.

Tickets are \$70 per person or \$675 for a table of ten; after April 15, prices increase to \$85. To download the order form, go to: bit.ly/2016galaorder. Or, to order online via credit card, visit: bit.ly/2016galaorder. For questions or more information, visit www.msjpups.org or call (510)-668-6077.

Masquerade Jazz Dance Gala
Friday May 20
6:30 p.m. - 11:00 p.m.
Silicon Valley Marriott, Grand Ballroom
46100 Landing Prkwy, Fremont
bit.ly/2016galaorder
www.msjpups.org
(510)-668-6077
Tickets: \$70/person or \$85 after April 15 / \$675 for table of ten

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Home Sales Report

CASTRO VALLEY TOTAL SALES: 3									
Highest \$: 870,000		Median \$: 498,000							
Lowest \$: 415,000		Average \$: 594,333							
21063 Baker Road	94546	415,000	2	1056	197603-01-16				
18402 Carlwyn Drive	94546	870,000	4	2118	195503-01-16				
20216 San Miguel Ave	94546	498,000	3	1072	197803-01-16				

FREMONT TOTAL SALES: 6									
Highest \$: 1,168,000		Median \$: 755,000							
Lowest \$: 418,500		Average \$: 810,250							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
4457 Cognina Court	94536	900,000	3	1309	1957 03-02-16				
36193 Elba Place	94536	1,020,000	5	2066	1965 03-01-16				
909 Gurnard Terrace	94536	1,168,000	5	2157	1995 03-01-16				
36992 Meadowbrook Com #301	94536	418,500	1	936	1987 03-01-16				
39281 Marbella Terr #9R	94538	600,000	2	1056	1991 03-02-16				
4626 Mowry Avenue	94538	755,000	3	1493	1961 03-01-16				
34255 Kenwood Drive	94555	1,035,000	4	1642	1989 02-26-16				

HAYWARD TOTAL SALES: 11									
Highest \$: 1,300,000		Median \$: 636,500							
Lowest \$: 415,000		Average \$: 729,636							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
603 Atherton Place	94541	453,500	2	1097	1997 03-01-16				
2772 Kelly Street	94541	636,500	3	1632	1951 03-01-16				
28830 Bay Heights Road	94542	1,300,000	7	3705	2000 03-01-16				
3419 Pinewood Drive	94542	781,000	4	1897	1972 03-01-16				
26059 Eastman Court	94544	560,000	3	1422	1952 03-02-16				
292 Eastman Street	94544	481,000	3	1086	1952 03-01-16				
90 Geneva Avenue	94544	415,000	3	927	1951 03-02-16				
25519 Huntwood Avenue	94544	572,000	4	1565	2010 03-02-16				
29894 Larrabee Street	94544	642,000	3	2173	1966 03-01-16				
2123 Aldengate Way	94545	1,285,000	6	2064	1966 03-01-16				
2709 Beachwood Court	94545	900,000	4	2853	2003 03-01-16				

MILPITAS TOTAL SALES: 6									
Highest \$: 1,197,000		Median \$: 715,000							
Lowest \$: 368,000		Average \$: 803,250							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
1837 Burley Drive	95035	715,000	3	1102	1960 03-11-16				
404 Dempsey Road #107	95035	368,000	2	842	2007 03-14-16				
1374 Nestwood Way	95035	848,500	3	1788	2013 03-10-16				
1101 South Main St #205	95035	640,500	2	1013	2007 03-10-16				
1630 Tahoe Drive	95035	1,050,500	3	1540	1968 03-11-16				
359 Tempo Lane	95035	1,197,000	3	2497	2014 03-14-16				

NEWARK TOTAL SALES: 4									
Highest \$: 764,500		Median \$: 557,000							
Lowest \$: 435,000		Average \$: 599,125							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
39821 Cedar Blvd #301	94560	435,000	2	1071	1986 03-01-16				
6253 Joaquin Murieta Ave #E	94560	557,000	3	1456	1981 03-01-16				
37031 Laurel Street	94560	764,500	3	1640	1961 03-01-16				
6334 Market Avenue	94560	640,000	5	1694	1967 03-02-16				

SAN LEANDRO TOTAL SALES: 5									
Highest \$: 635,000		Median \$: 410,000							
Lowest \$: 365,000		Average \$: 489,000							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
14230 Acapulco Road	94577	400,000	4	1434	1962 03-01-16				
1068 Broadmoor Blvd	94577	410,000	2	1102	1937 03-01-16				
1135 Donovan Drive	94577	365,000	2	950	1942 03-01-16				
927 Juana Avenue	94577	635,000	3	1315	1946 03-01-16				
280 Kenilworth Avenue	94577	635,000	4	2118	1993 03-01-16				

SAN LORENZO TOTAL SALES: 4									
Highest \$: 602,000		Median \$: 500,000							
Lowest \$: 360,000		Average \$: 496,250							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
16074 Via Alamitos	94580	500,000	2	1334	1945 03-01-16				
35 Via Linares	94580	602,000	3	1658	1951 03-01-16				
1052 Via Palma	94580	523,000	2	1828	1949 03-02-16				
17437 Via Segundo	94580	360,000	3	1144	1944 03-01-16				

SUNOL TOTAL SALES: 1									
Highest \$: 500,000		Median \$: 500,000							
Lowest \$: 500,000		Average \$: 500,000							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
12046 Glenora Way	94586	500,000	3	1326	- 03-01-16				

UNION CITY TOTAL SALES: 4									
Highest \$: 1,291,500		Median \$: 928,000							
Lowest \$: 545,000		Average \$: 928,625							
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED				
4520 Ellis Court	94587	1,291,500	0	-	- 03-01-16				
32405 Monterey Drive	94587	928,000	4	2577	1994 03-02-16				
35405 Monterra Circle	94587	545,000	2	1015	2001 03-01-16				
34480 Torrey Pine Lane	94587	950,000	5	2683	2003 03-01-16				

Hayward Film Festival

By DAVID R. NEWMAN
PHOTOS COURTESY OF
HAYWARD FILM FESTIVAL

The Bay Area is home to several big film festivals; among them Cinequest in San Jose, the Mill Valley Film Festival, and the San Francisco International Film Festival. Now Hayward is making its own mark



“A Community Outspoken” is among the competing films at the Hayward Film Festival

with the second annual “Hayward Film Festival” on April 14 at the Hayward Area Historical Society in the City’s downtown. It is not just another festival, however, rather a unique look at developing filmmakers in high school and college, just beginning their journey. This year’s submissions, totaling over 60, come from students of local schools; among them San Lorenzo High School, Tennyson High School in Hayward, and Mt. Pleasant High School in San Jose.

Says Festival Director and this year’s emcee Ya’Shalan Nelson, “What’s so great about youth film festivals is that they project their lives in an unfiltered way. They are really willing to put themselves out there and to share parts of their lives that are very difficult to express otherwise. There’s a large amount of vulnerability showcased, and a lot of brave acts.”

Nelson should know. As a young student at Tennyson High, she learned many of her multimedia skills through an in-house program called the Community Multimedia Academy (CMMa). She recently graduated from Sacramento State with a BA in

Film, and sees this as a chance to give back to a community she loves. “A lot of youth festivals that I hear about happen within high schools. So we wanted to create this big, city-wide event that welcomed high school students and high school friends and high school stories, because they matter, and they matter beyond their high school walls.”



“Get Yourself Tested” will be featured at the Hayward Film Festival

water conservation, community and law enforcement, analysis of self, sexual awareness and assault, and a range of topics in quirky animations,” says Nelson. “Teens are very vulnerable and personal, and we are glad to showcase their thoughts and ideas as they add them to the conversation of life.”

The judges this year will be Karen McHenry-Smith, David Moragne, Anne Parris, and Sujoy Sarkar, all accomplished media producers who have nurtured filmmakers in production and

energy during this year’s festival, as well as at all future events.

The Hayward Film Festival is still in its infancy, but Nelson sees great things ahead. “Gradually, as more films are submitted and we get more of an audience and more of a demand for local talent, we’ll probably graduate to a theater. Maybe rent out two theaters and have films going all day.”

Indeed, now has never been a better time for aspiring film students in the Bay Area, especially for underserved youth. Some of

the submissions for this year’s festival also come from BAYCAT Academy in San Francisco, a media school for kids and young adults aged 11 to 24. And Adobe Systems in San Jose offers ongoing film camps for young filmmakers.

Join proud parents and proud peers as they gather to celebrate the next generation of filmmakers. The Hayward Film Festival is a free event, with all submission fees going back to the festival.

For more information, visit <https://haywardfilmfestival.wordpress.com/> or contact festival director Ya’Shalan Nelson at haywardfilmfestival@gmail.com.

Hayward Film Festival
Thursday, Apr 14
5 p.m. – 7 p.m.
Hayward Area
Historical Society
22380 Foothill Blvd, Hayward
haywardfilmfestival@gmail.com
<https://haywardfilmfestival.wordpress.com/>
Free admission



The film “Getaway” is one of 60 submissions to Hayward’s Film Festival

The format for this year’s festival was inspired loosely by the Academy Awards. Clips of the top five films in each category (documentary, animation, narrative, experimental, and public service announcement) will be shown. A winner will then be announced, and the winning director will have a chance to talk briefly about their project. Then the winning film will be shown (each submission runs eight minutes or less).

“Some topics of the films this year include green community outreach, gender safe-spaces,

theory, and who have all established media platforms throughout the Bay Area. Nelson is also aided by Festival Coordinators Brenda Salguero of the Hayward Area Historical Society, and Jaynee Ruiz of CMMa at Tennyson High School.

During last year’s initial run, Nelson explains that it all came together within a matter of months, so word did not get out as much as they had hoped. About 100 people attended, with about thirty submissions showcased, and everyone was a winner. They hope to retain that positive

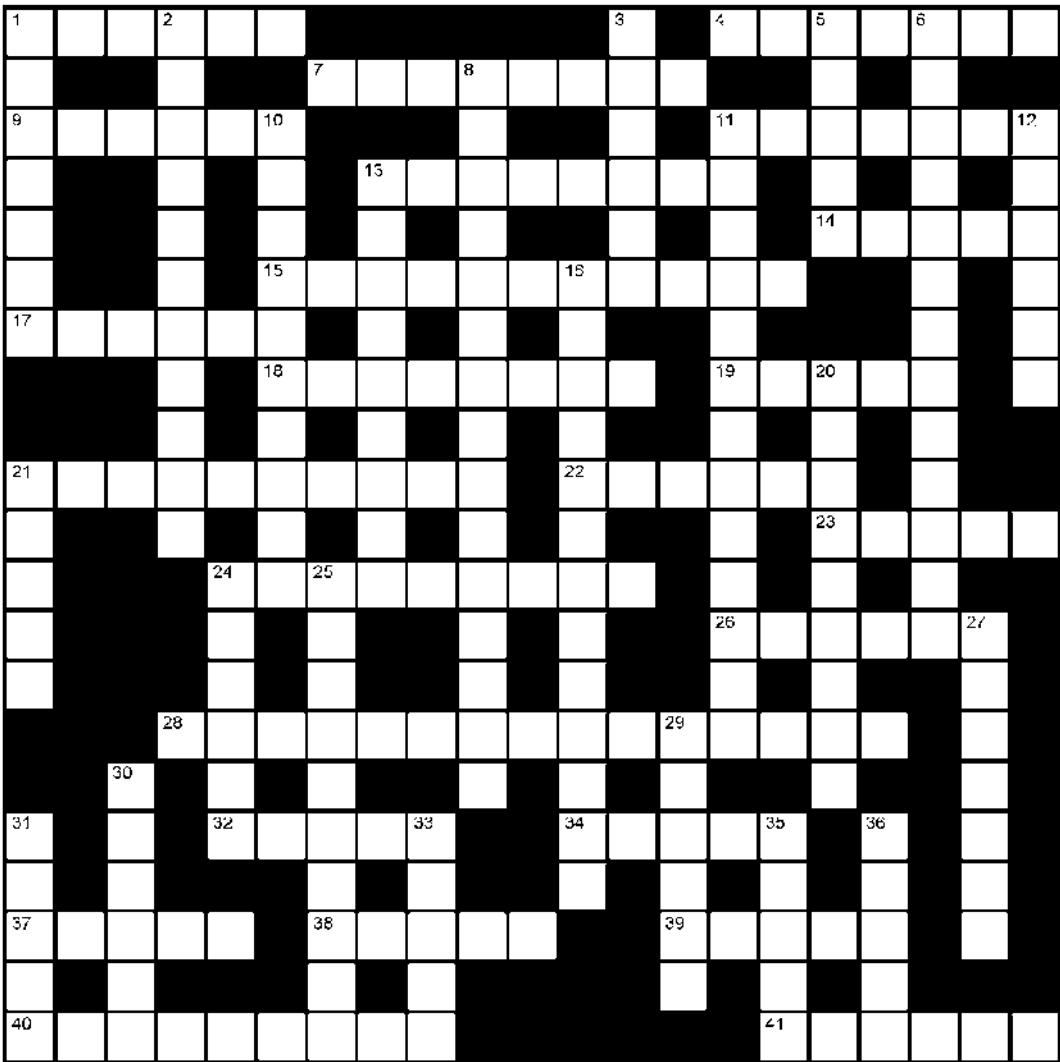


Hayward Film Festival will feature “Hard Times”

Mind Twisters

Crossword Puzzle

B 362



Across

- 1 collided with (6)
- 4 Otagia (7)
- 7 genesis (8)
- 9 yellow fruit (6)
- 11 guaranteed (7)
- 13 photographed (8)
- 14 walk stiffly (5)
- 15 to measure temperature (11)
- 17 end with stitches (6)
- 18 continuous extent of land (8)
- 19 Bait (5)
- 21 first floor (10)
- 22 remains (6)
- 23 Confessed, with "up" (5)
- 24 micro or macro (9)
- 26 Cleared (6)
- 28 qualities (15)
- 32 box or cage (5)

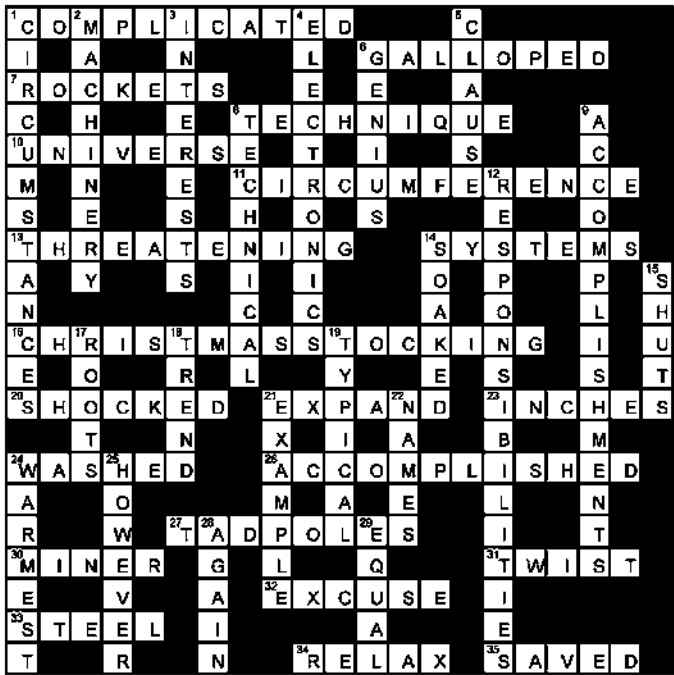
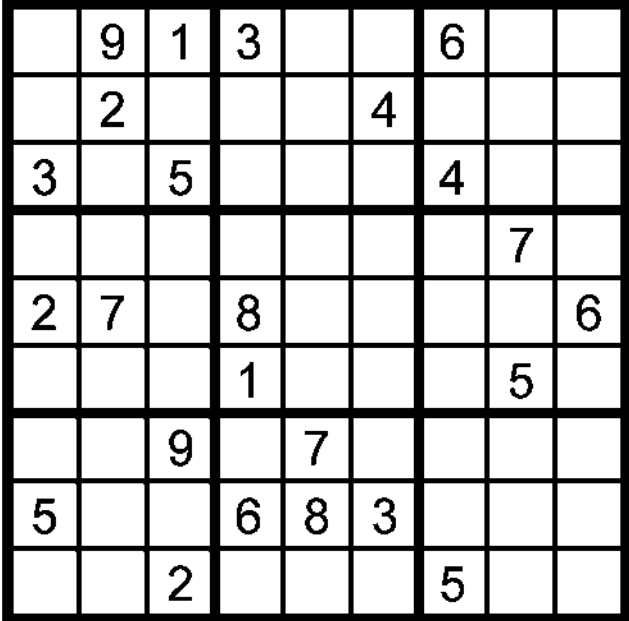
Down

- 34 Demands (5)
- 37 Question (5)
- 38 Hot spots (5)
- 39 Come in second (5)
- 40 streets, cities (9)
- 41 without difficulty (6)
- 1 thin sphere or liquid (7)
- 2 estate with crops (11)
- 3 route (6)
- 5 Breaks (5)
- 6 boundary line of circle (13)
- 8 awards (15)
- 10 math (10)
- 11 commercials (13)
- 12 rely on (6)
- 13 exact and accurate (9)
- 16 production (13)

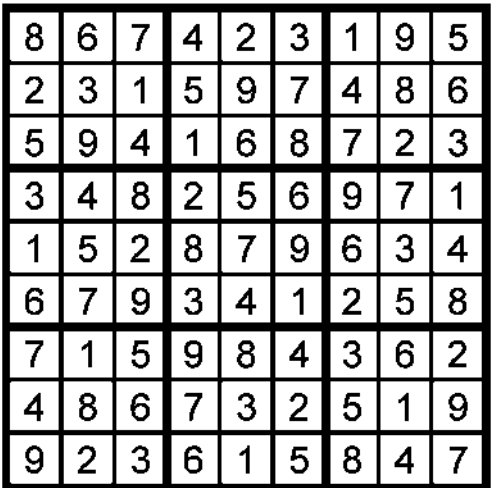
- 20 money received regularly (9)
- 21 journal (5)
- 24 Martin Van Buren (6)
- 25 functions (10)
- 27 pulled (7)
- 29 One of the Seven Dwarfs (6)
- 30 Contended (6)
- 31 British Commonwealth member (5)
- 33 back part of the feet (5)
- 35 Cut (5)
- 36 Ashes, e.g. (5)

Sudoku:

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



B 363



Tri-City Stargazer APRIL 6 - APRIL 12, 2016

For All Signs: The planet Mars is parallel to Saturn and will be so through the month of June. Their coming together represents a debate between polarities: action vs. stasis, hot vs. cold, spontaneity vs. containment, individual needs vs. the collective. It presents a challenge to initiation of new projects. One foot is on the accelerator while the other is on the brake. This alignment urges us to develop the self-discipline and groundwork needed to become a courageous warrior for our personal or collective causes. Less positively, when the energies are right for war in the world or strife within a relationship, this parallel can augur the spark.

Aries the Ram (March 21-April 20): You have a long-term goal to create something important involving new education, developing a website, legal and/or religious matters. Know that the result will take longer than you expect. Think carefully about the foundation on which you will build. Now is the time to strengthen your prerequisite actions.

Taurus the Bull (April 21-May 20): Make it a point to remain objective and stand aside from overreacting to slights. You could be feeling a pain that comes from long ago rather than what is right in front of you. That is what causes you to over-react now. Avoid contracts and business negotiations at this time because misunderstandings may develop.

Gemini the Twins (May 21-June 20): Negative attitudes or habit patterns of thought may be your undoing this week. Reach beyond them; question your mind for a meditative place that gives answers to serious questions and encouragement from your source. Avoid signing contracts at this time because it is possible your thinking is skewed.

Cancer the Crab (June 21-July 21): You may not be feeling quite comfortable with yourself this week. It appears your mind is in conflict with your feelings. Do the best you can to deal with this issue up front, perhaps by journaling or discussing it with a friend. Keep in mind that it is not a mandate for you to settle on a decision right now.

Leo the Lion (July 22-August 22): You have felt handicapped by the powers-that-be. Perhaps it has been related to your job or your health. You likely are experiencing the last straw, the one that causes you to make a dramatic change in your life direction. Wrench yourself free of a tyrant, even if that tyrant is your own obsession. You have the strength to do so now.

Virgo the Virgin (August 23-September 22): There are challenges this week related to home, hearth and family of origin. It is possible there is a legal component as well. You could be studying on what must be done with the old things or people from your history. Tradition is in conflict with the contemporary as you make decisions. You can manage this.

Libra the Scales (September 23-October 22): For any number of reasons, circumstances may leave you out of the social loop this week. Astrologically this is a time for self-reflection and not self-condemnation. Having a quiet week is appropriate at this time. Don't turn this into a negative belief about yourself. Take the opportunity to enjoy the time to be still.

Scorpio the Scorpion (October 23-November 21): Prepare for a period of scarcity between now and the end of June. This could be due to debt or lack of income. Make every effort to not indebt yourself further. You will need your savings for back up. Otherwise you must work extra hours to manage your resources. Many will have seen this time coming and have already prepared.

Sagittarius the Archer (November 22-December 21): Please note the lead paragraph because this phenomenon is occurring in your sign. You may be expecting to start a big project this month. The beginning is fraught with potential errors. Move carefully and check your work for errors along the way. It is especially important to pre-

vent or correct mistakes in the beginning. If you don't, later you may have to unravel the whole project back to this point.

Capricorn the Goat (December 22-January 19): Your natural energy and drive is slowing for reasons known or unknown to you. It will do little good to beat yourself up over this issue. Consider that Mars is asking you to slow down just for two or three months. Your body needs a rest. There may be detours and rocks in the road now. Things will return to normal.

Aquarius the Water Bearer (January 20-February 18): You may need to concentrate in order to avoid critics, whether they are internal or external. Instead of blame, use the energy to tackle a project that requires concentration. Avoid contracts

and business negotiations right now because misunderstandings may develop.

Pisces the Fish (February 19-March 20): You have your eye on the big picture and it looks grand indeed. Others follow your lead. A word of caution: Your optimistic attitude and belief that you are right could cause you to become arrogant. If you want others to join your ride, give them a special place on the wagon. Share the glory.

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

TRAFFIC TALK

SUBMITTED BY FREMONT POLICE DEPARTMENT

We've all seen the head nod of a driver who seemingly has something so important to share via social media or text message that he or she is not paying attention to the road. They glance up for a second and then glance down for two seconds – a process that is repeated several times over the course of a city block and sometimes with longer durations with their eyes off the road. The act usually ends uneventfully – so often that it's almost second nature for some drivers to have a phone in one hand and the steering wheel in the other.

But every now and then the story doesn't end so pretty: a wrecked car, an aching back, a scrape here and there, a broken leg, internal bleeding, minor and major injuries, even death can be the result of such careless acts.

Distracted driving has become an epidemic, so much so that the month of April has been designated as Distracted Driver Awareness Month. It's not exactly the kind of month that we look to celebrate, but it is our role as law enforcement to help keep the roads safe. And we at the Fremont Police Department will be joining other agencies near and far in combating this problem that is plaguing the streets through targeted enforcement and education on various social media platforms such as the Department's Facebook page and Twitter account. Just don't view those while driving.

Did you know that nationwide in 2014, more than 3,000 people were killed and upward of 431,000 others were injured in crashes involving distracted drivers? Let those numbers sink in for a minute – that's like having the population of one and a half of the high schools in Fremont die each year, and nearly double the entire population of Fremont being injured in crashes that seemingly could have been avoided.

That's kind of ridiculous when you really think about it. All for what? A giggle from a friend, relative or coworker who is amused by your social media post?

You personally may not be guilty of using your phone while driving – and we thank you for that – and as such may not think you are part of the problem. But

you very well could be and not even know it.

Think about your own driving habits. Do you remember your last drive to and from work or the grocery store? Did you take a look around while driving, see potential hazards and do your part to avoid them? Or did you find yourself getting caught up in the routine drive, enjoying your favorite radio station or thinking about what's for dinner?

We've all done the latter at some point. And sometimes we all need a reminder that operating a motor vehicle is a dangerous task and we all rely on each other to do our part in obeying rules of the road so that everyone gets home safely.

Distracted driving has really become a hot topic in recent years as new laws have been passed in regards to the use of phones while operating a vehicle. But while laws have only been enacted in recent years, it has always been the stance of law enforcement that a driver doing anything but paying attention to the road in front of them is in fact considered a distracted driver.

Up to this point you may have been a distracted driver and everything has ended positively.

But remember: It only takes one.

One text message. One selfie. One emoji.

One brush of the hair. One sip of coffee. One change of the radio station.

One bite of a sandwich. One glance at your passenger. One fleeting thought about the troubles or joys of life.

It only takes one moment to ruin everything when you're behind the wheel of a vehicle.

Don't let one of those moments define an entire lifetime.

It only takes one person to make a change. Be that one. Because when it comes down to it, there is only one you and you only get one shot at lifetime. Don't have it end or get derailed because of one incident of distracted driving.

Here is some more information regarding the laws surrounding distracted driving:

Although distracted driving is not clearly defined in the vehicle code, in its simplest form, it is any activity or object that draws the driver's attention away from the safe operation of the vehicle. This

moment of distraction can, and often does, result in a collision.

There are three vehicle code sections that cover distracted driving.

The most common one is VC 22350, or Unsafe Speed for Conditions. This section basically says that you must travel at a speed that allows you to safely react to an event that happens ahead of you. Maybe you're drinking coffee, changing a radio station, putting on make-up, talking to a passenger, looking at another car or driver, then boom, you collide. Per VC 22350, you were travelling too fast for conditions, meaning stopped traffic ahead of you. The conditions were that you were doing something else other than paying attention to your driving.

The two other distracted driver violations are related to smart phone use. Section VC 23123(a) prohibits a driver from using a wireless phone unless using it via a Blue Tooth type device, such as a Blue Tooth headset, speaker, or the vehicle's stereo system. Section VC 23123.5(a) relates specifically to the use of electronic wireless communication devices, a smart phone in most cases. A smart watch, pager type device, computer, or tablet computer may apply under this section if the driver uses them while on the roadway.

"Hands Free" means "Hands Free." Holding the phone to your ear is illegal and so is holding the phone in your hand up near your face as you drive. Blue Tooth devices, headsets, speakers and stereos are easy to find, inexpensive, and well worth the time, effort, and cost to use.

A driver stopped at a red light, stop sign, or in heavy traffic is still not permitted to talk in non-hands free mode or use text-based communication.

These distracted driver sections are infractions, fines vary by county, but violating them can, and often is, fatal.

Traffic Talk is a monthly column submitted by the Fremont Police Department's Traffic Unit. Submit a traffic-related question via e-mail to TrafficTalk@fremont.gov. Interact with the Police Department @FremontPD on Twitter or facebook.com/FremontPoliceDepartment.

Honoring and Remembering those Lost to Suicide

SUBMITTED BY OHLONE COLLEGE

Join thousands of people across the country raising money to bring mental health conditions out of the darkness. The annual Ohlone College "Out of the Darkness Walk" is an opportunity for all to honor and remember those people who have been lost due to suicide. The event will be a one to three kilometer walk around Ohlone's Newark campus, with remembrance activities, special guest speakers, refreshments, and more.

In the United States, a person dies by suicide nearly every 14 minutes, claiming more than 38,000 lives each year. Suicide is the second leading cause of death for college students, and the third for youth ages 15 to 24, with adolescent depression – undiagnosed, untreated or both – as the number one cause.

The Out of the Darkness Walks take place in communities across the country, with the proceeds benefiting the American Foundation for Suicide Prevention (AFSP). By participating, you will be walking with thousands of students nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and provide support for survivors of suicide loss. In deciding to walk, you are taking us a step closer to making suicide prevention a national priority.

The first Out of the Darkness Walk at Ohlone was held in memory of Stewart Dawson in April 2011. Dawson was a much-loved member of the Ohlone campus family and worked as a security guard in Campus Police Services.

This year's event aims to raise \$3,000; There is no charge to participate in the walk.

The Out of the Darkness Walk is sponsored by AFSP, the Ohlone College Student Health Center, and ASOC.

If you can't participate by walking, please consider volunteering to help at the event by registering and then signing up as a volunteer or placing a donation. For more information, visit <http://www.ohlone.edu/org/healthcenter/out-ofthedarknesswalk.html>.

**Out of the Darkness Walk
Wednesday, Apr 13
11 a.m.: Check-in**

**12 a.m. – 1 p.m.: Out of the Darkness Walk
Ohlone College Newark Center campus
Treadway Court (outdoor courtyard)
39399 Cherry St, Newark
(510) 742-2300**

**<http://www.ohlone.edu/org/healthcenter/out-ofthedarknesswalk.html>
Free to participate**



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* Showroom Restore that showroom shine once again!
* White Heat - for white colored vehicles
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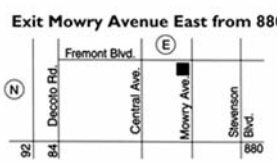
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WHAT IS IT?

AN

OCTOPUS

There are more than 150 species of octopus, all with eight tentacles. These soft-bodied invertebrates (animals without a backbone) range in size. One species is no bigger than your thumb, while the Pacific giant octopus grows to be ten or more feet from the tip of one tentacle to another and can weigh up to 50 pounds.

The life of an octopus is one of constant peril. Crabs and small fish like to dine on their eggs and young.

A grown octopus must always watch out for other predators in the sea.

To escape from a predator, an octopus will squirt out a cloud of ink. Thousands of feet down, where the sea is already inky black, they squirt a glow-in-the-dark ink.

Glowing Octopus

In 1999, biologist Sonke Johnsen discovered a deep-sea octopus called *Stauroteuthis syrtensis* that has developed glowing suckers on its tentacles.

This species lives about 2,500 feet down in the Atlantic Ocean. Scientists in a research submarine were able to capture several of these small octopuses which are about the size of a fist.

In the laboratory, away from the sub's bright lights, they saw the tentacles glow blue-green.

"It would be as if your hand turned into a light bulb," Johnsen says.

Why did suckers turn into light bulbs? Adapting to the deep ocean is the most likely cause of the change. Blue-green light travels the farthest through water and is useful for attracting prey and mates.

Connect the dots to find out what is chasing the octopus!

Standards Link: Eye-hand coordination

Standards Link: Life Science: Recognize that animals adapt to different places.

Octopus Hide-and-Seek

The octopus can change color whenever it wishes. Danger causes it to turn pale and excitement causes it to "blush." Its skin is covered with bumps and warts. To hide, an octopus can not only change its skin color, it can also raise and lower its bumps to make itself warty or smooth.

Certain kinds of octopus can become almost transparent and nearly “disappear” from a predator.

How many octopuses can you find hiding here?

Standards Link: Reading comprehension; Visual discrimination: Observe similarities and differences in common objects.

Kid Scoop® Puzzler

What's Missing?

The most deadly predator is the moray eel. It can slip into the same crevice where the octopus hides. Its strong jaws can tear off an octopus' tentacle!

 If an octopus loses a tentacle, it can grow a replacement.

Find the octopus that has only seven tentacles.

Standards Link: Life Science, Visual Discrimination, Counting

Double Double Word Search

MORAY
INK
BIOLOGIST
GLOW
SUBMARINE
SUCKERS
DEEP
OCTOPUS
GIANT
ATLANTIC
BACK
DANGER
OCEAN
PACIFIC
SEA

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

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

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

FROM THE LESSON LIBRARY

Eight of a Kind

Look through the newspaper for eight (8) pictures or words of each of the following:

- food
- prices
- 3-digit numbers
- animals
- fall pictures

Standards Link: Science: Compare and sort common objects.

Q: What did the boy octopus say to the girl octopus?

ANSWER: I want to hold your hand, hand, hand, hand, hand, hand, hand, hand.

Write On!

Signs of Spring

When you go out for a walk, what are the signs of spring that you notice?

Deadline: February 28

Published: Week of Mar. 27

Send your story to:

Please include your school and grade.

Community Health Education Programs

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



April and May 2016

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



Childbirth and Parent Education Classes 650-853-2960

- Breastfeeding Your Newborn
- Childbirth Preparation
- From Hospital to Home: Advice from Your Baby's Doctor
- Baby Basics
- Postpartum Support Group: A Mother's Place 510-498-2146



Weight Management Programs 510-498-2184

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



Nutrition and Diabetes Classes 510-498-2184

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

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510-490-1222
pamf.org/urgentcare

Fremont Community Health Resource Center

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

3200 Kearney Street, Fremont
510-623-2231
pamf.org/healtheducation/hrc



Living Well Classes 650-853-2960

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

Bringing Back the Oak Woodlands

BY MEERA MEHTA

Have you ever wondered what the East Bay hills in the Tri-City area looked like before the first explorers? It is hard to imagine that these iconic hills, now almost entirely covered in dull brown grassland, were once home to large oak trees, colorful shrubs, flowers, and native bunch grasses.

When the first Spanish explorers arrived in the late 1760's the rolling hills and peaks were covered with large oak woodlands interspersed among boundless native grasslands. Coast Live Oak, Valley Oak, Blue Oak, Black Oak, Sycamore, Black Walnut, and California Bay Laurel constituted the oak forest, while the ravines and creek beds, with their moist soil, hosted Fremont Cottonwood, Big Leaf Maples, and Buckeye. Shrubs like Black Sage, Toyon, Coffeeberry, Silk Tassel, Elderberry and Coyote Brush were also part of the forests. Beautiful native

bunch-grasses like the tall Blue Wild rye, and the Purple Needle grass also flourished, and spring would usher in countless wildflowers, ranging from the bright orange of the California Poppies, to the vibrant reds of the California Fuchsia, and the purplish-blue of the California Lilac. These perennial plants supported herds of Tule Elk and black tailed deer, who, in turn, were prey for carnivorous predators, like mountain lions, California Grizzly bears, and grey wolves. The waist high grasses harbored speedy mice, voles, and squirrels, prey for the myriad large raptors soaring above, including hawks, owls, condors, and eagles. Where did all that prolific flora and fauna go?

Human interference has had an overwhelming impact on the native hills, eradicating most of the majestic creatures, endemic species, and varieties of plant life. Much of the deforestation, and decline in native wildlife populations came early on with the first

Spaniards, and the herds of livestock, and invasive species that were subsequently introduced. Vast groves of ancient Coast Live Oak woodlands were cut down to provide grazing land,

for the ever-increasing herds of cattle, which, within a few decades, had stripped the hills of their natural perennial plants.

continued on page 31



The author (right) working on a project with other students at Masonic Home



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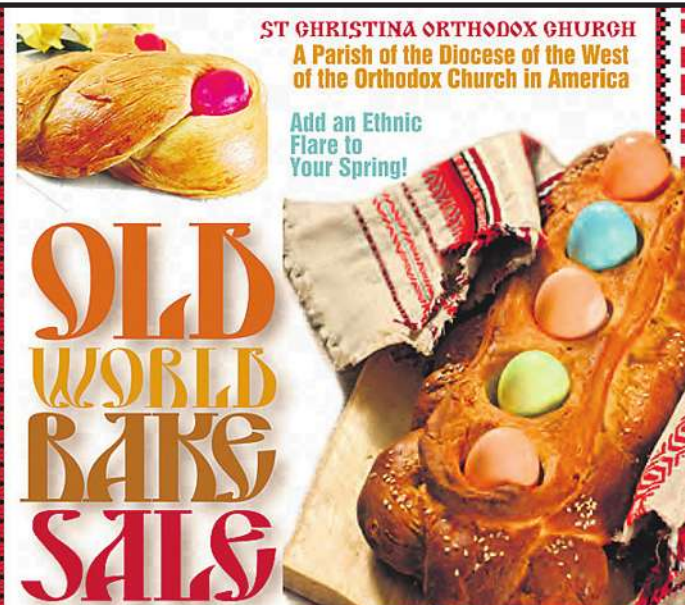
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\$ = Entrance or Activity Fee
R= Reservations Required
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CONTINUING EVENTS

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

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

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

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

Arts & Entertainment

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

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



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STAGE 1

AUDITION ANNOUNCEMENT

TUES, APRIL 19 or WED, APRIL 20
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All youths ages 5 to 18 are welcome. No experience necessary.

A Year
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and
Toad**

Music by ROBERT REALE
Book and Lyrics by WILLIE REALE
Based on the books by ARNOLD LOBEL

Co-Directed by Elizabeth Cox & Merilee Rieta
Vocal Direction by Merilee Rieta
Choreographer by Elizabeth Cox

Based on Arnold Lobel's beloved children's books, *A Year with Frog and Toad* is a family-friendly musical that tells the story of two best friends, Frog and Toad, as they navigate through an adventure-filled year, joined by some colorful whimsical woodland characters such as Snail, Turtle, Mouse, Squirrel and many more. Set to a jazzy score, this charming musical has plenty of ensemble roles and accessible music.

Newark Memorial High School - main theatre
39375 Cedar Blvd, Newark CA

Please prepare a song of your choice and bring sheet music in your key, if possible. Accompanist will be provided.
Bring comfortable shoes for a short dance routine.

Rehearsals begin June 20. Times vary depending on role assigned but are typically held in the evenings between Monday and Thursday.

Tech Week begins July 31. Six performances: Aug. 5, 6, 7, 12, 13, 14

Workshop fee: \$250 per child / \$150 per sibling

More info & audition forms at www.stage1theatre.org

Questions? Email: LPang@stage1theatre.org

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Bonde Way at Fremont Blvd.,
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(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
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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:

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San Leandro
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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:

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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

Thursday, Mar 18 - Sunday,
Apr 16
Barefoot in the Park \$
Thurs - Sat: 8 p.m.
Sun: 12 noon
Comedy about a newlywed couple
Broadway West Theatre Com-
pany
400-B Bay St., Fremont
(510) 683-9218
www.broadwaywest.org

Wednesdays, Mar 23 thru
May 25
Food Truck Mafia
5 p.m. - 9 p.m.
Variety of food and entertainment
Niles Town Plaza
37592 Niles Blvd., Fremont
www.thefoodtruckmafia.com

Wednesdays, Mar 30 thru
Apr 27
Ballroom Dance Classes \$
Beginners 7:00 p.m. – 8:00 p.m.
Intermediate & Advanced 8:15
p.m. - 9:15 pm
Rumba, Two Step and East Coast Swing
Ruggieri Senior Center
33997 Alvarado Niles Rd.,
Union City
(510) 675-5357
www.unioncity.org

Thursday, Mar 31 - Friday,
Apr 22
Winter Members’ Show
10 a.m. - 4 p.m.
Quilts, poetry and paintings
Foothill Arts of the Bay
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Friday, Apr 1 - Saturday,
Apr 30
Watercolor Exhibit
5 a.m. - 9 p.m.
Original works by Lisa Blaylock
Artist reception Sunday, April 10
at 3 p.m.
Mission Coffee
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

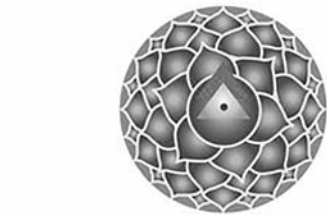
Friday, Apr 1 - Saturday,
Apr 30
Hidden Treasures Local Talent
12 noon - 5 p.m.
Exhibit of various mediums and concepts
Opening reception Friday, April
1 at 7 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Friday, Apr 1 - Saturday,
Apr 30
Children’s Art Showcase
Tues: 11 a.m. - 3 p.m.
Thurs: 1 p.m. - 4 p.m.
Wed, Fri & Sat: 11 a.m. - 5 p.m.
Display of pencil and watercolor works
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Monday, Apr 4 - Friday, Apr 15
Compost Giveaway
9 a.m. - 4 p.m.
Newark residents with recent bill and
identification
Republic Services
42600 Boyce Rd., Fremont
(510) 657-3500
www.RepublicServicesAC.com

Monday, Apr 4 - Saturday,
Apr 30
San Leandro Art Association
Spring Show
12 noon - 5 p.m.
Variety of mediums on display
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.aclibrary.org

Mondays, Apr 4 thru May 2
Community Emergency Re-
sponse Team Program – R
6:00 p.m. - 9:30 p.m.
Emergency assistance procedures for
Hayward residents
Must attend all classes
Hayward City Hall
777 B St., Hayward
(510) 583-4948
Hayward.CERT@hayward-ca.gov



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Union City - 31080 Union City Blvd.

Tuesday

4:30 - 5:45 Extra Gentle Yoga
6:15 - 7:35 Prenatal Yoga Expanded
7:30 - 9:00 Yoga Wellness

Saturday

9:00 0 10:15 Yoga for Wellness
10:30 - 11:45 Extra Gentle Yoga
12:15 1:30 Prenatal Yoga Expanded

Fremont - The Gala Event Hall
37270 Niles Blvd. (Nr Fire Station)

Wednesday

4:15 - 5:45 Extra Gentle Yoga
6:00 - 7:15 Yoga for Wellness
7:30 - 9:00 Prenatal Yoga Expanded

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www.aclibrary.org.
Times & Stops subject to change

Tuesday, April 5

10:00 – 11:15 Daycare Center
Visit – UNION CITY
1:45 – 2:30 Fremont Hills Senior
Living, 35490 Mission Blvd.,
FREMONT
3:50 – 4:20 Mission Gateway
Apts., 33155 Mission Blvd.,
UNION CITY
4:50 – 5:30 Mariner Park, Re-
gents Blvd. & Dorado Dr.,
UNION CITY
5:40 – 6:20 Sea Breeze Park,
Dyer St. & Carmel Way,
UNION CITY

Wednesday, April 6

2:00 – 4:00 Warm Springs Com-
munity Center, 47300 Fernald
St., FREMONT
4:15 – 4:50 Lone Tree Creek
Park, Starlit Way & Turquoise
St., FREMONT
6:00 – 6:30 Camellia Dr. &
Camellia Ct., FREMONT

Thursday, April 7

9:30 – 10:15 Daycare Center
Visit, UNION CITY
10:30 – 10:50 Daycare Center
Visit, UNION CITY
2:00 – 2:30 Daycare Center Visit,
SAN LORENZO
2:45 – 3:40 Bay School, 2001
Bockman Rd., SAN LORENZO

Monday, April 11

10:00 – 10:40 Daycare Center
Visit, FREMONT
10:45 – 11:15 Daycare Center
Visit, FREMONT
1:30 – 2:00 Acacia Creek,

34400 Mission Blvd.,
UNION CITY
2:45 – 3:45 Ardenwood School,
33955 Emilia Lane, FREMONT
5:15 – 6:45 Forest Park School,
Deep Creek Rd., & Maybird
Cir., FREMONT

Tuesday, April 12

9:45– 10:15 Daycare Center Visit
– FREMONT
10:45 – 11:15 Daycare Center
Visit – FREMONT
2:15 – 2:45 Daycare Center Visit
- NEWARK
4:30 – 5:20 Weibel School,
45135 South Grimmer Blvd.,
FREMONT
5:50 – 6:40 Booster Park, Gable
Dr. & McDuff Ave., FREMONT

Wednesday, April 13

12:45 – 2:15 Glenmoor School,
4620 Mattos Drive, FREMONT
3:15 – 3:45 Station Center,
Cheeves Way, UNION CITY
4:00 – 4:30 Purple Lotus School,
UNION CITY
6:00 – 6:30 Camellia Dr. &
Camellia Ct., FREMONT

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Wednesday, April 13

1:45 – 3:00 Foothill School,
1991 Landess Ave., MILPITAS
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120 Dixon Landing Rd.,
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Monday, Apr 5 - Friday, May 27

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Opening reception Friday, Apr 8

at 5:30 p.m.

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Wednesdays, Apr 6 - Apr 27

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Fridays, Apr 8 thru Apr 29

Toddler Ramble Colorpalooza

10:30 a.m. - 11:15 a.m.

2:30 p.m. - 3:15 p.m.

Fun science experiments

Ages 1 - 3

Hayward Shoreline Interpretive

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THIS WEEK

Wednesday, Apr 6

Toddler Time \$

10:30 a.m. - 11:45 a.m.

Activities and farm chores for tots

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Wednesday, Apr 6

Young Adult Job Fair

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

Meet prospective employers

Ages 16 - 25

Hayward City Hall

777 B St., Hayward

(510) 208-0410

www.ci.hayward.ca.us

Wednesday, Apr 6

Guest Artist Presentation

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

Tape and spray demonstration

Fremont Art Association

37697 Niles Blvd., Fremont

(510) 792-0905

www.FremontArtAssociaion.org

Thursday, Apr 7

Diabetes Matters Workshop - R

7 p.m. - 9 p.m.

Brown bag medication review

Washington Hospital

2500 Mowry Ave., Fremont

(800) 963-7070

www.whhs.com/diabetes

Thursday, Apr 7

It's All About That Bass \$

7:15 p.m.

Cello and bass live music

Music at the Mission

43300 Mission Blvd., Fremont

(510) 402-1724

info@musicatmsj.org

www.musicatmsj.org

Thursday, Apr 7

Hindi Family Storytime

3 p.m.

Nursery rhymes, stories and activities

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

www.aclibrary.org

Thursday, Apr 7

Water Resources Information Session

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

Discuss legislative updates

Milpitas City Hall

455 E. Calaveras Blvd., Milpitas

(408) 262-2501

Fridays, Apr 8

Ballroom Dance Classes \$

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

Intermediate & Advanced 8:15

p.m. - 9:15 p.m.

Rumba, Two Step and East Coast Swing

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(510) 797-9594

Friday, Apr 8

Cohousing Presentation

6:45 p.m. - 8:30 p.m.

Discuss private homes and shared spaces

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 494-4438

dschoenholz@fremont.gov

www.aclibrary.org

Friday, Apr 8

Full STEAM Ahead Education Breakfast

7:30 a.m. - 8:30 a.m.

Support San Leandro Education Foundation

San Leandro Senior Center

13909 East 14th Street,

San Leandro

(510) 618-4483

http://www.sledfund.org/hom.aspx

Friday, Apr 8

Docent Training - R

10 a.m. - 12 noon

Assist the public with cultural and natural history

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

Saturday, Apr 9

Old Fashioned Fun \$

2 p.m. - 3 p.m.

Enjoy stilt racing, tug-o-war, and sack races

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Apr 9

The Itsy Bitsy Spider \$

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

Hike the farm in search of critters

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturday, Apr 9

You're No Spring Chicken \$

11 a.m. - 12 noon

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www.haywardrec.org

Saturday, Apr 9

Celebration of Water

11 a.m. - 4 p.m.

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Make-A-Wish Rally and Fundraiser

SUBMITTED BY
CLAUDINE DENTONI

Claudine Dentoni, a 2nd grade teacher learned of Olivia Gardetto, a child in her district who is battling Hodgkins Lymphoma. She nominated Olivia for a wish through the Greater Bay Area Make-A-Wish foundation, and is putting together a community rally to show support for Olivia, her family, and to surprise her with her wish reveal. Dentoni hopes to raise awareness about the Make-A-Wish foundation to all those in attendance. Her mission is to have her guests be moved to donate and help to grant wishes for more of our local Make-A-Wish children.

On Wednesday, April 6, Centerville Jr. High School in Fremont is hosting a Make-A-Wish Rally/Fundraiser. The rally will

feature food trucks, guest speakers, including Fremont Mayor, Bill Harrison and more Make-A-Wish related fun!

Please join the Fremont community and help support this event to honor a wish child and to fundraise for all local wish children. For more information, email: cdentoni@fremont.k12.ca.us

Website for donations:
<http://mawevents.kintera.org/faf/donorReg/donorPledge.asp?event=1079236&clis=1&ckntae1079236=C2178730074642998F1D70C16D6FD110¹d=435113088>

Make-A-Wish Rally
Wednesday, Apr 6
5:00 p.m. -7:30 p.m.
Centerville Jr. High School
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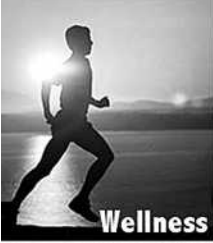
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Softball

Ohlone Report

SUBMITTED AND PHOTOS BY DON JEDLOVEC

The Ohlone Renegades softball squad suffered a heat breaking eight-inning, 12-8 loss to San Mateo on April 2nd., The game featured a grand slam by each team: San Mateo - Harlee Donovan, and Ohlone - Haley Keahi. Even though the game was played at San Mateo, Ohlone was considered the home team since their new field is not yet complete.



Haley is being congratulated by Coach Runyon in one photo.





SUBMITTED BY STEVE CONNOLLY
PHOTO BY CATHARYN HAYNES

Cal State University East Bay (CSUEB) senior Sabrina Hatzler has been named the KAP7 Western Water Polo Association (WWPA) Player of the Week for March 21-27, as announced by the conference office on March 29.

Hatzler racked up six goals and 10 total points in leading the Pioneers to a 14-8 road victory over

CSUEB's Hatzler wins second Conference Player of the Week award

conference rival Cal State Monterey Bay in their game on March 25.

This is the second time Hatzler has claimed WWPA Player of the Week honors in the last five weeks. She was previously recognized for February 22-28 after a dominant performance at the Cal Lutheran tournament. Along with the Nikki Vaughan (Jan. 11-17) and Taylor Cross (Mar. 7-13), Cal State East Bay now has four Player of the Week honorees in 2016, the most of any WWPA school.

Hatzler scored six goals on seven shots against the Otters and dished out four assists, accounting for 10 of the team's 14 goals. She also tallied three steals and drew an ejection as the Pioneers won their third straight. East Bay has won 10 of its 12 games overall.

Hatzler is CSUEB's leading scorer this season with 67 points. She ranks second among all WWPA players in points per game (3.19) and assists per game (1.52).

Moreau Catholic High School men's tennis match results



Men's Tennis

SUBMITTED BY TONY RODRIGUEZ

The men's tennis team of Moreau Catholic High School (MCHS) gained momentum with their two recent match victories over similar-skilled MVAL teams. Moreau Catholic men's tennis now enters into the second half of the MVAL season with their heads high and their eyes on a hopeful NCS bid.

March 22

Moreau Catholic High School defeated Kennedy High School (KHS) in a final match score of 5-2. The match took place at Cal State University East Bay (CSUEB), the home courts of Moreau Catholic.

Singles:

- 1.) Elijah Gonzales (KHS) defeated Rohan Divate (MCHS): 6/3, 6/3.
- 2.) Aniruddh Mandalapu (MCHS) defeated Steven Tan (KHS): 6/0, 6/3.
- 3.) Charley Jiao (MCHS) defeated John Calalio (KHS): 6/4, 6/4.
- 4.) Novel Boparai (MCHS) defeated Ansel Scheibel (KHS): 6/2, 6/2.

Doubles:

- 1.) Nicholas Chan/Andika Dharma (MCHS) de-

feated Aman Singh/Will Van (KHS): 6/1, 6/3.

- 2.) Jack Adamson/Kameron Jeffrey (KHS) defeated Jake Carpenter/Horace Zhang (MCHS): 6/3, 6/3.
- 3.) Noah Jacala/Jeremy Santos (MCHS) defeated Sean Layno/Jonathan Huang: 6/3, 6/7 (7-3), 7/6 (8-6).

March 24

Moreau Catholic High School defeated Newark Memorial High School in a final match score of 4-3. The match took place at Newark Memorial High School.

Singles:

- 1.) Rohan Divate (MCHS) defeated Thyrone Nisperos (NMHS): 6/0, 6/1.
- 2.) Aniruddh Mandalapu (MCHS) defeated Enrique Rosas (NMHS): 6/3, 6/3.
- 3.) Julius Chong (MCHS) defeated Pierson Babich (NMHS): 6/4, 3/6, 6/3.
- 4.) London Lombana (NMHS) defeated John Gnansekaran (MCHS): 6/1, 6/1.

Doubles:

- 1.) Nicholas Chan/Andika Dharma (MCHS) defeated Jose Luis Rosas/Alex Franco (NMHS): 6/2, 6/4.
- 2.) Omar Jaarqui/Martin Guerra (NMHS) defeated Novel Boparai/Andrew Gatdula (MCHS): 6/4, 6/2.
- 3.) Davis Kim/Jonathan Nguyen (NMHS) defeated Noah Jacala/Jeremy Santos (MCHS): 6/7 (7 2), 6/3, 6/4.

Winter All-Academic Honorees

SUBMITTED BY
STEVE CONNOLLY

Eight Cal State University East Bay (CSUEB) basketball players earned 2015-16 California Collegiate Athletic Association (CCAA) Winter All-Academic honors, as announced by the conference office on March 31. The Pioneers boasted the most total honorees of any CCAA school.

In order to qualify for All-Academic recognition, student-athletes must compete in a CCAA sport with sophomore academic standing or higher and maintain at least a 3.3 cumulative grade point average.

The Pioneer men’s basketball team accounted for five of East Bay’s eight awards Jordan Balser, Alex Manu, Tre Mauldin, Ryan Okwudibonye, and Paramvir Singh represented the CSUEB men on the Winter All-Academic list.

On the women’s side, the trio of Katrina Bacovcin, Shannon Bland, and Madison Craig captured All-Academic honors. Bland and Craig were also previously recognized for their athletic performance with 2015-16 All-CCAA honors.

Refresh leadership simulcast

SUBMITTED BY HAYWARD
CHAMBER OF COMMERCE

Mark your calendar for Wednesday, April 13 to attend the seventh annual “Refresh Leadership” live simulcast at DeVry University in Fremont. This year’s speaker lineup features an outstanding trio of leadership and development experts who are ready to share their expertise on reaching the next level, inspiring your people, and becoming a more effective leader. Join us to learn more about the power of great leadership and take away new insight on how to refresh, energize, and motivate the people you lead.

The 2016 Refresh Leadership live simulcast speakers include Marshall Goldsmith, author, professor and executive coach; Shaquille O’Neal, television sports analyst and 15-time NBA All-Star; and Kaplan Mobray, author, motivational speaker and career consultant.

There is no cost to attend. Light refreshments will be provided. An optional \$10 donation to Children’s Miracle Network would be appreciated. For more information, contact Raj Chellani at raj.chellani@expresspros.com. Register at refreshleadership.com/live.

Refresh Leadership Live Simulcast
Wednesday, Apr 13
8:30 a.m. – 12:30 p.m.
Devry University
6600 Dumbarton Cir, Fremont
raj.chellani@expresspros.com
refreshleadership.com/live
Free (\$10 optional donation)

Park District names Officer & Dispatcher of the Year

SUBMITTED BY
CAROLYN JONES

The East Bay Regional Park District recently recognized two veteran law enforcement employees as Officer of the Year and Dispatcher of the Year for their hard work, good attitudes and all-around professionalism.

Officer of the Year Barry Lindsey has been with the Park District since 2008. A member of the department’s special enforcement unit, Lindsey patrols parks and trails in the greater Tri-Valley area on motorcycle as well as horseback.

“Officer Lindsey is gregarious, energetic and always pursuing excellence,” said Park District police Capt. Anthony Ciaburro.

Life West Gladiatrix women’s rugby team at the top

SUBMITTED BY DIANA ROHINI LAVIGNE

The Life West Gladiatrix Women’s team is the number one ranked DII (Rugby Division Two) team in the country with a 7-0 record and having amassed 489 points for and conceding 32 points against. With one round to go, the Life West Gladiatrix team has secured top billing in the NorCal Championship play offs. The team sees success building from three strong pillars which include high performance player conditioning, customized nutritional support and continuous chiropractic care.

“While I am new to chiropractic care in the past two years, I know the difference is big in the results. We don’t experience chronic injuries and experience far less overall injuries with our players,” said Life West Athletics coach, Adriaan Ferris. “This three pronged approach gives us a winning team but also protects and supports each player too.”

Star players include current U.S. Women’s Eagles Jenn Sever and Catie Benson. But the youth and talent coming through, now really highlight the developmental focus of Life West Rugby team.



FinaToetu’u, Nikki Kenyon and Megan Pinson are evidence of the talented youngsters making great things happen.

“The team is looking forward to the playoffs and I’m confident that they will be at peak performance to meet the challenge,” adds Ferris.

For more information on games and the team, visit www.lifewestrugby.com

Park District seeks Summer Lifeguards

SUBMITTED BY CAROLYN JONES

Love the water, helping people and being outdoors? Join the East Bay Regional Park District’s (EBRPD) Lifeguard Service for the 2016 swim season.

The Park District will be hiring 180 lifeguards to work at 11 pools and lakes throughout the East Bay. The pay ranges from \$14.63 to \$25.43 per hour, and most positions are seasonal full-time, May through September. Anyone age 16 and over is welcome to apply.

“We’re looking for enthusiastic team players who have strong swimming skills and are committed to community service,” said Kyle Maxwell, the Park District’s Aquatics Assistant. “It’s a fun, exciting job that provides great leadership skills and plenty of camaraderie. Many of our alumni say those were the best summers of their lives.”

Remaining scheduled tryout days are:

Saturday, April 9 and Sunday April 10 at Roberts Pool, 10570 Skyline Blvd., Oakland

All tryouts begin at 1 p.m. Participants will be asked to swim 550 yards in under 10 minutes; carry a rescue board 50 feet; retrieve rings under 15 feet of water; tread water for two minutes using legs only; and retrieve a 10-pound brick under water and bring it to the pool’s edge, in under two minutes. A short interview will also be included.

The Park District will provide paid lifeguard training and certification for those who pass the tests, and accept entry into Academy. The lifeguard academy will be held for four weekends in April and May, with swim season beginning in May at most facilities.

In its 78th year, the Park District’s Lifeguard Service has trained and employed thousands of East Bay residents of all ages. Alumni have gone on to careers in firefighting, law enforcement, medicine, emergency services, teaching and other careers.

Lifeguards can work at any of the Park District’s 11 swim facilities: Lake Del Valle in Livermore (east and west sides of the lake), Shadow Cliffs in Pleasanton, Quarry Lakes in Fremont, Lake Don Castro in Hayward, Cull Canyon in Castro Valley, Roberts in Oakland, Lake Temescal in Oakland, Lake Anza in Berkeley, Diablo Foothills in Walnut Creek, and Contra Loma in Antioch.

Those interested in applying should complete an online application before attending one of the tryouts. Forms are available at www.eblifeguard.org/job

EBRPD Summer Lifeguard Tryouts

Saturday, Apr 9

Sunday, Apr 10

1 p.m.

Roberts Pool

10570 Skyline Blvd, Oakland

Required application online: www.eblifeguard.org/job

Ages 16 and over only

Park It

BY NED MACKAY

After four years of drought, it looks like this year is a great one for wildflowers. So East Bay Regional Park District naturalists have scheduled lots of programs to help the public enjoy the show.

Sunol-Ohlone Regional Wilderness will celebrate the season with its annual “**Spring Wildflower Festival**” from 11 a.m. to 4 p.m. on Saturday, April 9. Festival activities will include guided hikes for all ages and levels of expertise, local vendors and artisans, crafts, family-friendly activities, and booths with information about environmental organizations.

A partial schedule includes a meadow meander for kids of all ages from 11:15 a.m. to 12:15 p.m.; a hilly two-mile hike for ages 7 and older from 11:45 a.m. to 1:15 p.m.; an ethnobotany hike for ages 7 and up to learn about edible and useful plants from 1:30 to 3:30 p.m.; and a three-mile round-trip hike to Little Yosemite from 1:45 to 4:30 p.m. for ages 7 and older (children must be accompanied by an adult). Live entertainment will be provided by the Wadaiko Newark Taiko drum music group and Extended Roots Celtic folk and bluegrass band. Food will

be available for purchase, or you can bring your own picnic. No alcoholic beverages, please.

The festival is free of charge. Sunol has a parking fee of \$5 per vehicle. Cash only, please. Parking is limited, so carpooling is encouraged. Sunol Wilderness is located at the end of Geary Road off Calaveras Road, five miles south of I-680 in southern Alameda County. For information, call (510) 544-3249.

There’s also a **two-mile wildflower walk** from 2 p.m. to 4:30 p.m. on Sunday, April 10 at Tilden Nature Area near Berkeley guided by naturalist Trent Pearce.

Or if you’re feeling energetic, climb to the summit of Wildcat Peak with naturalist “Trail Gail” Broesder in a hike from 1:30 p.m. to 3:30 p.m. on Saturday, April 9. Bring water and a snack.

For either program, meet at the Environmental Education Center, which is at the north end of Tilden’s Central Park Drive. For information, call (510) 544-2233.

Another wildflower walk starts at 2 p.m. on Sunday, April 17 from the overflow lot at Tilden’s Steam Train at the intersection of Lomas Cantadas and Grizzly Peak Boulevard.

And flowers are the theme of Family Nature Fun Hour from 2 p.m. to 3 p.m. on both Saturday and Sunday, April 9 and 10 at Crab Cove Visitor Center in Alameda. The Center is at 1252 McKay

Ave. off Central Avenue. For information, call (510) 544-3187.

Bugs are the focus of a program from 2 p.m. to 3 p.m. on Sunday, April 10 at Big Break Regional Shoreline in Oakley. Bring a magnifying glass and play insect-themed games to learn about the bugs that crawl and fly through the park. Big Break is at 69 Big Break Rd. off Main Street in Oakley. Entry is free. For information, call (888) 327-2757, ext. 3050.

In the last column, talking about ticks I said that those blood-sucking little arachnids can be found in grassland, brush, leaf litter under trees, and even on the underside of picnic tables. But before we leave the topic of ticks, I want to add some words of reassurance.

It helps to spray your shoes or boots with permethrin or other tick repellents, which can be purchased at sporting goods stores. And simple precautions such as tucking trouser cuffs into your socks and checking your clothing when passing through tick territory will help to avoid tick bites. Wearing light colored clothing can make the ticks more visible.

I hike in the woods all the time and have occasionally found ticks on my clothing. But I’ve only been bitten once, many years ago, on a Sierra foothills trip.



“He has tremendous alacrity, and always gets things done.”

Dispatcher of the Year Stacey Kenney started full-time work for the Park District in 1989. As a dispatcher, she answers 911 calls, dispatches police and fire crews, assists the public, monitors other law enforcement agencies’ radio channels, and performs other duties intended to assist officers and keep the public safe.

“Her professionalism and precision are outstanding,” Ciaburro said. “We, as well as the public, are very lucky to have her aboard.”

The Park District Police Department, based in Castro Valley, employs about 70 officers and 14 dispatchers. Law enforcement staff patrol 65 parks and 1,250 miles of trails in Alameda and Contra Costa counties. In 2015, they received 7,261 calls for service and 5,708 incidents.

For more information, please contact Public Information Officer Carolyn Jones at cjones@ebparks.org or (510) 544-2217.

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

Income tax assistance

SUBMITTED BY LAUREL ANDERSON/MARINA HINESTROSA

The County of Santa Clara is encouraging low income, elderly, disabled, and limited English speaking taxpayers who may need help in preparing their tax returns to take advantage of VITA, the free nationwide Volunteer Income Tax Assistance Program coordinated by the Internal Revenue Service (IRS). VITA is available now at County libraries in Campbell, Cupertino, and Milpitas, and the Santa Clara County Social Services Agency CalWORKs Employment Connection Center.

The IRS, United Way Silicon Valley, 2-1-1 Santa Clara County, the County of Santa Clara, churches, nonprofits and other local organizations are working together to offer more than 40 VITA Tax Assistance sites throughout Santa Clara County. Trained IRS-certified volunteers will provide assistance in preparing basic forms (1040EZ, 1040A, 1040 with Schedule A, B, Limited Schedule CEZ, C and Cali-

fornia State Income Tax Returns) in multiple languages, and facilitate e-filing or paper returns.

To qualify for the VITA assistance program, taxpayers must be working U.S. Citizens or permanent residents with a valid Social Security or ITIN number, and a combined household income of less than \$54,000.

For more information about the tax preparation schedule and VITA sites near your house or work, call 2-1-1. Visit <http://www.211scc.org/vita> and click on the map to see locations throughout Santa Clara County. For listing of VITA sites and service details, visit <http://www.211scc.org/vita-listing/>

**Income Tax Assistance
Saturday, Apr 9
10:00 a.m. – 12:30 p.m.
Milpitas Library
160 N. Main St, Milpitas
<http://www.211scc.org/vita-listing/>
Walk-ins (first-come, first-served)
Assistance in English and Vietnamese
Free**

National Heritage Area

SUBMITTED BY DAVE CORTESE, PRESIDENT, SANTA CLARA COUNTY BOARD OF SUPERVISORS

If you live in Santa Clara County, you know what a special place it is. Our history, climate, geography, culture and ingenuity weave together to tell a story that is unique to our area but of interest to the entire United States.

That's why we are embarking on a mission to have the U.S. Congress declare Santa Clara County as a National Heritage Area. NHA is a program within the National Park System that "recognizes and supports places where culture, history, traditions and resources blend together to tell important stories about our nation and the American experience."

There are only 49 National Heritage Areas in the U.S., and none in the West. We want to be the first. I announced our mis-

sion at the State of the County event in February. On March 22, the Board of Supervisors approved the creation of a National Heritage Area Task Force to guide a feasibility study, which is a first step toward applying for the designation.

You can apply online to be a Task Force member at the Clerk of the Board's webpage on www.sccgov.org. Applications are due by 5 p.m. on Wednesday, April 6. For more information about the National Heritage Area, visit nps.gov/heritageareas.

Even if you don't care to be on the Task Force, the members will need you to voice your opinions and weigh in on recommendations. We will let you know about meeting dates.

Please call my office if you have any questions at (408) 299-5030 or email me at dave.cortese@bos.sccgov.org

Shredding and Techno Trash Recycling

SUBMITTED BY TERESA MEYER

The City of San Leandro announced that it will host a free document shredding and techno trash 9 a.m. to 1 p.m. This free event, only available to San Leandro residents, is part of the City's broader efforts to encourage recycling and make disposal of hazardous waste more convenient.

Residents are asked to bring paper documents free of binder clips, plastic report covers, and binders; small paperclips and staples do not present any issues. Envelopes and manila file folders will also be accepted. Service will be on a first come, first served basis and limited to the capacity of two commercial-sized shredding trucks. Participants are limited to four record boxes (12x10x15) or the equivalent. All documents will be securely shredded onsite and recycled.

Residents may also bring electronic media, such as floppy disks, CDs, DVDs, audio and

video tapes, CD cases and toner cartridges for recycling. Techno trash should be kept separate from documents to be shredded. E-waste including computers, monitors, printers, televisions, VCRs, and stereos will not be accepted at this event.

The event provides a safe, legal and environmentally sound collection and disposal of documents and techno trash. The City of San Leandro's Recycling Program encourages residents to take advantage of this opportunity. For more information, call the City of San Leandro Recycling Hotline at (510) 577-6026.

**Shredding & Techno Trash Recycling
Saturday, Apr 9
9 a.m. to 1 p.m.
Public Works Service Center
14200 Chapman Rd,
San Leandro
(510) 577-6026
Free and only for San Leandro residents**

County of Santa Clara opens Office of LGBTQ Affairs

By LAUREL ANDERSON/MARINA HINESTROSA

The County of Santa Clara is opening a new Office of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Affairs, becoming the first County in the nation to establish an office to serve the LGBTQ community.

"I am proud to say that Santa Clara County is now the first county in the nation with an office exclusively dedicated to serving the LGBTQ community," said County of Santa Clara Supervisor Ken Yeager, the first openly

gay county elected official in Santa Clara County.

The Office of LGBTQ Affairs will parallel similar County efforts to address the needs of women, veterans, racial and ethnic minorities, and immigrants, and give attention to their unique needs with focused, tailored services.

As of January 19, the new County office will be staffed with two full time positions, including the new Manager, Maribel Martinez and Management Analyst Ashley Scarborough.

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.
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State of the City 2016: From Rural Town to Booming Innovation Hub

By BILL HARRISON, MAYOR OF FREMONT

It wasn't that long ago that Fremont was a rural landscape of farms, ranches, and towns, and a stop along the way for commuters headed into the big cities. Now, Fremont is an impressive hub for advanced manufacturing and other innovative Silicon Valley companies. We had a chance to reflect on that progress last Thursday, March 24, 2016, during the annual State of the City address at the Fremont Marriott Silicon Valley, hosted by the Fremont Chamber of Commerce.

This year's event was particularly momentous in the context of Fremont's 60th anniversary. Over the last six decades, Fremont has become a strategically urban ecosystem and this event allowed all cross sections of our Fremont community to share experiences from the past, and look forward to the future.

As we look back on the successes and challenges we experienced in 2015 and anticipate what's on the horizon for our City, it's apparent that Fremont is taking these lessons to heart and continuing to make a name for itself in Silicon Valley, California, and across the nation. Here are a few highlights.

* The Brookings Institution selected Fremont for its Silicon Valley stop on advanced industries research.

• Delta Products opened its new 180,000 sq. ft. headquarters, LEED Platinum building—a first of its kind in Fremont—that will serve as an iconic gateway into the Innovation District.

• Overton Moore completed its award-winning 700,000 sq. ft. Class A industrial development, paving the way for Fremont Boulevard's extension to Dixon

Landing Road, a critical Silicon Valley connection.

• Fremont launched the first East Bay chapter of the global meet-up, Startup Grind.

• The City's Warm Springs Community Plan won two awards and was recognized by the Association of Bay Area Governments and by the State for its American Planning Association Award of Excellence in Urban Design.

• Progress continues to be made on construction of an iconic bridge and plaza that will connect properties such as Tesla and ThermoFisher to the Warm Springs/South Fremont BART station that will open later this year.

• Downtown Fremont's first mixed-use private development called State Street will break ground in June and work is underway on development plans for the City's future Civic Center.

• It's been a landmark year for sustainability in Fremont — named America's 10th Greenest City of 2015, signed onto the Compact of Mayors, installed 1.2 megawatts of solar carport structures, and is one of 50 semifinalist competitors in the \$5M Georgetown University Energy Prize.

If you would like to learn more about Fremont's recent accomplishments and where we see the City heading, you can view the speech at www.Fremont.gov/State-oftheCity.

I would like to thank everyone who made this year's State of the City another spectacular event to add to the books, and a special thanks to the Fremont Chamber of Commerce, the Fremont Marriott Silicon Valley, and all of our City employees for continuing to push Fremont to success.

VTA's BART Silicon Valley Project reaches its highest milestone

SUBMITTED BY BRANDI CHILDRESS

VTA's (Valley Transportation Authority) BART Silicon Valley Berryessa Extension (SVBX) project hit a new high in a big way. The project poured the last of the 15,000 total cubic yards of concrete used to construct the seven-level Berryessa Station parking structure. The structure's 109-foot elevator tower marks the highest point of VTA's BART SVBX project. The future Berryessa BART Station will include approximately 1,200 parking spaces, a mobile license plate reader system to determine available spaces and a variety of payment options.

Photovoltaic solar panels will be installed on the top level of the Berryessa parking garage which will offset approximately 42 percent of the energy demand for the structure. Twenty-four electric charging stations will also be provided for electric vehicles.

The contract which includes the construction of the Berryessa Station parking structure is a design-build project with McCarthy Building Companies Inc. (prime contractor) and Watry Design Inc. (designer). VTA has support from PGH Wong to provide construction oversight and the Hatch Mott MacDonald/Bechtel Joint Venture Team for overall program management.

In addition to the 380,000 square-foot parking garage, the Berryessa BART Station will include a VTA bus transit center with Express Bus service, a convenient private shuttle zone and a "kiss-and-ride" loading area. This station—which will eventually serve a projected 25,000 daily passengers—will offer multiple ways to access BART service including on-site bicycle paths and a high-tech indoor bicycle storage room.

The station is adjacent to the San Jose Flea Market in east San Jose between Berryessa Road and Mabury Road. Positioned near where Penitencia Creek and Coyote Creek meet, the station will promote the area's environment with architectural and landscaping features that evoke a notion of water flow, natural habitat and San Jose's agricultural past.

April 2016 marks four years of progress on VTA's BART SVBX project. By fall 2016, BART is expected to begin testing trains on the newly built 10-mile segment. The project is months ahead of schedule and trending under budget. VTA's BART SVBX project is on track to open for full ridership fall 2017

OPINION



WILLIAM MARSHAK

Since 2011, the City of Fremont has commissioned an annual poll to determine whether their citizens are content with the current administration's governance. It's always a good and reasonable practice to listen to your constituents and try to understand their concerns. This year's telephone poll of approximately 600 people, covering several languages, is primarily interested in satisfaction with City services and progress, adding questions this year relating to Downtown and Warm Springs Innovation District.

There is always a question with polls of whether they truly represent the general population or a skewed slice that may not

Polls

indicate an accurate representation. Polls conducted for political purposes in recent primary elections have revealed their vulnerability. Those closest to the population such as city council members are probably more in touch with the mood of voters than pollsters but input in context can help.

Results indicate that respondents are typically long term residents with an overwhelming concern about cost of housing, rapid growth and traffic congestion. Generally optimistic about quality of life in Fremont, there appears to be positive response but little knowledge about City plans for Downtown and developments around the Warm Springs BART station. The poll also reveals some hesitancy about the quality of government and rate of growth of the City. It is important to note that answers in a poll are indicators but must be viewed with some reservations since questions can frame a response. The value of negative responses is an important indicator as well. If a sample shows that 51 percent are in favor, the opposite may be true as well – 49 percent are not in agreement. Those answering questions may not represent the population as a whole but their responses are important nonetheless.

The current poll split the pool of answers into A and B groups for certain questions. Why that was necessary is an interesting question. Apparently pollsters have their own rules that must make sense to them. In an event, an annual poll gives some direction and is helpful to council when considering future actions. Final results are important, but methods are critical as well. Although the results and a brief staff analysis is provided, it would be helpful to understand how the poll was conducted too. It may be buried in pollster speak, but the analytics used are important.

To access the poll and read all questions and statistical responses, visit: www.fremont.gov/documentcenter/view/29772

William Marshak
PUBLISHER

LETTER TO THE EDITOR

Public access to Fremont's most popular regional park is threatened by cuts in operating hours, restrictions on street parking and inadequate parking within the park. Plans underway, sponsored by the city's Park and Community Services Department and EBRPD will reduce weekend curb parking near Mission Peak to fewer than 200 spaces from 600 today. The EBRPD Operations Department will pay \$37,000 to administer the parking restrictions, and EBRPD will hire an additional Community Service Officer with annual compensation of \$90,000 to hand out parking tickets on city streets. Sadly, EBRPD has abandoned its

mission to provide access to parks, to maintain open space, and to educate our youth.

There are economic consequences as well. A 30% cut in operating hours in 2014 reduced visits to Mission Peak substantially, and cost our community over \$400,000 in economic losses last year to local businesses. This is based on an EBRPD study which said each park visit brings \$6.50 in economic value to the local community. Parks also have health and recreational values, unless local government agencies block park access.

Police in Fremont have hindered public access to the park. The drastic cut in park hours in

Mission Peak

2014 brought in a tsunami of citations to Mission Peak, and curfew violations exploded, from 4 in 2013 to 484 in 2014. According to EBRPD records, police issued 1,205 parking citations and violations at Mission Peak in 2013–2015, compared to a grand total of 366 at three nearby regional parks (Chabot, Tilden and Redwood). The surge in citations was not driven by lawlessness, since the park is safe from serious crime and the crime rate nearby is the lowest in the city.

Overall, Mission Peak represents a debacle for EBRPD community involvement, where police have lost sight of protecting park visitors and are acting to

suppress them. The excess in citations, compared to other parks, appears to be directed toward harassment of visitors. Though public safety accounts for \$25 million of the \$150 million EBRPD operating budget, oversight is lacking. Other agencies such as San Jose and BART, have public safety commissions that open their doors to the public. EBRPD should follow their lead. We recommend that EBRPD establish a Board Public Safety committee to address the deficiency in community policing, to improve governance, and to allow oversight by its Board and by the public.

**wm. yragui co-founder
Mission Peak Conservancy**

Candle Lighters honor 14 new members

SUBMITTED BY SANDY STRONG

Candle Lighters celebrated their annual New Members Luncheon at Massimo's Italian Restaurant in Fremont, on March 19. We were very proud to install 14 new members this year. And, for the first time, men were invited to join the group. Men have served as volunteers and supporters of Candle Lighters since its inception in 1969; however, now as members they may vote, serve on committees and hold office.

Our 2016 roster of new members:

Lucia Diaz, Shelby Dickerson, Kathleen Garcia, Amy Gunnarson, Jay Graham, Julie Guzier, Marilou Koller, Kim Morua, Maria Romero-Williams, Tere Salinas, Jeff Schinkel, Sara Shea, Caroline Siebert, Brian Zude.

Each year, Candle Lighters, a non-profit organization conducts a special annual fundraiser – The Ghost House – to raise money for non-profit groups and community based projects within the Tri-City area.

Please join us next fall for 'The Web,' our 2016 Ghost House. Enjoy a fun, safe, affordable family event. We will be open October 15 through October 30. The Ghost House is located at the Chadbourne Carriage House in Williams Historical Park, between Chili's and The Elephant Bar, on Fremont Boulevard at the Fremont Hub.

For more information regarding becoming a sponsor, applying for project funding or becoming a Candle Lighter, visit www.candle-lighters.com or call (510) 796-0595.

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**™

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

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

Spring Fling

Spring is here! We have beautiful Spring clothing, shoes and hats to start the season off right! We also have garden décor and brand new furniture!

Event begins April 8th

Discovery Shop
A Unique Quality Resale Experience™

40733 Chapel Way, Fremont 510.252.1540
Mon.–Thurs. 10 a.m.–7 p.m., Fri.–Sun. 10 a.m.–5 p.m.
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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	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		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/N ewarkDemonstrationGarden/	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	
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Repairs to damaged sewer line complete; restoration of Alvarado Boulevard underway

SUBMITTED BY MICHELLE POWELL

Repairs to a damaged sewer line caused by an October 2015 sinkhole in Union City have been completed by Union Sanitary District, and restoration of the sinkhole area on Alvarado Boulevard is in progress.

The sinkhole caused extensive damage to a 33-inch diameter sewer pipe that runs 20 feet below Alvarado Boulevard in Union City. A manhole in the area also was damaged when the sinkhole occurred. The sewer line has been repaired and a new manhole installed, with flows returning to normal in mid-March. Repairs to several other utilities in the vicinity of the sinkhole have been com-

pleted and will be put in service within the next week.

The repair project required closing westbound traffic lanes on Alvarado Boulevard between Fair Ranch Road and Fredi Street. USD's contractor excavated the damaged pavement area and removed the asphalt and soils disturbed by the sinkhole. Crews are now backfilling and compacting the area, with paving expected to be completed and the road opened to traffic in mid-April, weather permitting. Crews will return to complete final lane and crosswalk striping approximately one week later.

The cause of the sinkhole is still unknown at this time. Determining an exact cause may be

difficult, as multiple factors could have contributed to the sinkhole. The affected area includes infrastructure for several utilities, as well as extensive groundwater and sandy soils.

"We appreciate the public's patience during this work to complete a permanent, effective repair as quickly and safely as possible," said USD General Manager Paul Eldredge. "The District also recognizes the City of Union City, New Haven Unified School District and the Alameda County fire department for their support of our efforts to minimize inconvenience to the public and ensure appropriate access is maintained at all times for emergency services."

continued from page 21

Bringing Back the Oak Woodlands

Not only do the herds of livestock require much room to graze, free of trees, but they make reforestation efforts difficult. Excessive grazing over the years has stripped the soil of many of its minerals and nutrients, making it hard for young trees to acquire the much needed nutrition for proper growth. Additionally, with their bulky bodies, cattle often knock over, and uproot young, newly planted trees. Cattle were also the source of the widespread non-native grasses that dominate the hills today. As the Spaniards brought large shipments of horses, and cattle to the Bay Area, they were also, unknowingly, carrying the seeds of European plants within the feed for the livestock. The non-native plants flourished in the California climate and soon overtook the native grasses. The cattle, essential to the Missionaries for their tallow, leather, and food, were allowed to freely roam the hills, grazing any new trees that tried to reseed themselves. The soft perennial Californian grasses and wildflowers were crowded out by aggressive growth of invasive foxtails, non-native oats and rye grasses from the Europeans. Hundreds of cattle replaced the herds of Tule Elk, and many of the large predatory birds and mammals were driven from the hills.

Today, as the East Bay Hills are further affected by urban development, new problems are arising for the native plants and animals. The remaining endemic Oak woodlands are not regenerating normally, and are experiencing "unreplaced mortality". As the native oaks are in decline, non-native trees continue to flourish. Eucalyptus trees are a good example of non-native competition. These tall trees, originally brought for their timber, were first introduced to the San Francisco Bay Area from Australia in the 1870's, after which they spread rapidly due to their ability to grow in a wide range of climates, and soil types. Settlers planted many of these trees, believing that planting Eucalyptus would be cheap, easy, and profitable; however, the wood was not suitable for building. Now these invasive giants have supplanted the natural habitats of the pristine oaks, and simultaneously have made the surrounding areas unsuitable for other plant growth, due to the oils in the Eucalyptus bark, and leaves. The thick oily interior of the trees are also a huge fire hazard, one of the major causes of such destructive fires as the Oakland Hills Fire of 1991.

Despite the major challenges, there is still hope to restore the hills. Although it would be very difficult to eliminate the invasive grasses and shrubs, bringing back the widespread oak woodlands would provide enormous benefits. For example, the soil under native woodlands can retain water, mitigating the effects of lengthy droughts, like the one we face today, which causes dry and nutrient deficient soil. Reintroducing these woodlands would also allow for increased habitat for mountain lions, and more nesting sites to welcome back large raptors and migratory birds. Although some argue that more

trees would increase the risk of fire danger, in reality the native oak trees are especially fire resistant. Additionally, Live Oak and Valley Oak's have tremendous carbon sequestration capacity, the ability to consume carbon dioxide from the atmosphere and hold it in solid form. And widespread reforestation of these native giants would also lead to significant air quality improvement.

Groups in the East Bay have been actively working on restoring the East Bay Hills. One such group began with the idea to utilize the nearly two-tons of food waste generated at the Masonic Home for the Elderly in Union City to begin a 200 acre wide reforestation project. The idea started with a collaboration of Richard Valle, now an Alameda County Supervisor and President of the nonprofit TriCED Recycling and Joyce Blueford, a Geologist and Board President of the Math Science Nucleus. The Math Science Nucleus, a nonprofit, also works with Alameda County Flood Control and Water Conservation District in successfully restoring and maintaining Tule Ponds at Tyson Lagoon in Fremont.

How does the Masonic Home Reforestation Project work? The group in charge has gone through lots of planning to ensure the success of this difficult endeavor. They have ingeniously taken advantage of the large food waste produced by the Masonic Home residents to use as compost, along with manure, and vegetation provided by the surrounding ranchers. The compost has been collected and properly maintained using a large in-vessel composter that churns and aerates the decomposing vegetation and food waste. They also use a novel approach in using wood chips to provide nutrients to the young plants, and give protection from weed growth. Along with the young oaks, they have also begun planting shrubs like Black Sage, Toyon, Coffeeberry, and Coyote Brush. These leafy natives will be essential in returning much of the wildlife that once flourished in their presence. Additionally, they are planting the brightly colored native wildflowers like the California Poppy, Fuchsia, and Lilac.

The secret weapon in all this restoration has been high school students who have been working the last 5 years in growing native trees. This year Math Science Nucleus staff and students have successfully planted 100 trees in areas where the soil is now rich enough to sustain these plants. California State University East Bay students have also been recruited with the help of Dr. Mike Massey, an Environmental Scientist, who is teaching several classes, helping students understand issues such as cattle and sustainability.

To get involved in these exciting projects, or simply to learn more, contact Dr. Blueford for more information about the dates of the Masonic Home tree planting events, or for various volunteer opportunities at other restoration sites. (blueford@msnucleus.org or visit the Math Science Nucleus website <http://msnucleus.org>.)

Cherry Festival Parade

Call for participants

SUBMITTED BY
TERESA MEYER

Mayor Pauline Russo Cutter and the San Leandro City Council are pleased to announce that the Cherry Festival Parade will once again kick off the annual Cherry Festival. The family-friendly parade will begin at 10 a.m. on Saturday June 4, commencing at the corner of San Leandro Blvd & Marina Blvd, travelling north along San Leandro Blvd before concluding at West Estudillo Avenue, near

the entrance to the festival. Participants are invited to join the parade by completing an application for groups and floats. Parade awards will be given in various categories at the end of the parade.

The parade application and other relevant information are available on the City's website. Applications are due by May 15. For questions, please contact Diane Atienza, Recreation Supervisor, at (510) 577-6079 or datienza@sanleandro.org



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Youth Celebrate Culture through Dance

SUBMITTED BY NEHA KOTHARI
PHOTOS BY SIMERJIT DHALIWAL, S.D.
PHOTOGRAPHY

“Youthsava,” the biggest and most popular annual dance competition, is just around the corner. Hosted and presented by India Community Center (ICC) in Milpitas, this signature youth dance competition will feature youth ages 4 to 18 celebrating their community and culture in dance and music on Saturday, April 9. This year, 72 teams will be competing, drawing over 2,000 spectators and over 500 participants.

This annual competition is named for the Sanskrit word “Uthsava” meaning celebration, and helps participating Indo-American kids and teens develop a strong sense of pride in Indian heritage and culture. Youthsava encourages youth to show off their teamwork skills and creative abilities by planning and performing a dance routine to Indian folk and Bollywood music. The event inspires participants to connect directly with Indian culture by wearing colorful costumes and dancing to carefully chosen music, both representing specific regions of India.

Youthsava gathers the greater Indo-American community in support of the youth dancers, who receive awards for the top performances in each category. The event is sponsored by the Asian Art Museum, Basic Independent Fremont, Stratford School, Solomon Admissions Consulting, Rustomjee, TripCompanion, C2 Education, and HSBC Premier Banking Services.

Advance tickets cost \$25 for adults and \$5 for children ages 3 through 12. Door price costs an additional \$5. For more information, please visit www.indiacc.org/youthsava.

Youthsava
Saturday, Apr 9
9 a.m.
India Community Center
525 Los Coches St, Milpitas
(408) 934-1130
www.indiacc.org/youthsava
Advance tickets: \$25 adults, \$5 children (3-12 yrs.), children under 3 are free
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Passing of K9 Warco

SUBMITTED BY FREMONT PD

It is with sadness that we inform you of the loss of Fremont Police K9 Warco. On February 24, Warco was found to be suffering from an autoimmune dysfunction. He was rushed to the Ohlone Veterinary Clinic where tests were run to determine if anything could be done to save his life. Unfortunately, the damage was too severe and K9 Warco could not be cured.

This last month has been extremely difficult on Officer Macciola and our entire FPD family. Anyone who knows Officer Macciola knows how much Warco meant to him.

Warco was born on March 17, 2013, in the Czech Republic. Warco joined our FPD team on June 26, 2014, and was just shy of his third birthday when he passed. K9 Warco was certified in patrol, narcotics and SWAT. Warco served in the K9 patrol capacity for over a year and a half. He was



utilized on more than 100 incidents to assist patrol, Street Crimes, SWAT and the Major Crimes Unit.

K9 Warco's easy going personality matched with his love to work, making him an all-around great K9, both on and off the duty. Officer Macciola, the Fremont Police family and our entire community will miss this warrior who worked tirelessly to help keep Fremont safe.

Fremont Police Log

SUBMITTED BY
GENEVA BOSQUES,
FREMONT PD

Friday, March 25

At 3:45 p.m., a suspect went inside a store on the 3900 block of Decoto Road and got into an argument with the owner. The suspect attempted to steal a phone and fled from the store. A friend of the owner got into a fight with the suspect in front of the store, trying to stop the theft. The suspect ran to his vehicle, grabbed a tire iron and began hitting the victim. The victim was struck in the head and received a serious laceration. During the fight, multiple citizens viewed the altercation and called 911, as well as video tape the incident on their phones. As the suspect heard the approaching sirens, the suspect dropped the tire iron and fled on foot. A short foot pursuit ensued with Ofc. Carter and Field Training Officer (FTO) Foster in hot pursuit. The suspect was apprehended across Fremont Boulevard and a follow up search of his vehicle turned up sales amounts of cocaine. A 25-year-old adult male, Fremont resident, was arrested and booked into Santa Rita for assault with a deadly weapon, possession of narcotics, receiving known stolen property and a probation violation.

At 5:30 p.m., a transient woman entered a bank located on the 39200 block of Paseo Padre Parkway, stood in the middle of the entry way and began demanding money. Her demands were ignored so she ripped open a full bag of corn flakes and began throwing them throughout the bank. She then proceeded to reach over the counter and grabbed multiple keyboards, ripping them from the work stations. The employees attempted to corral her but were thwarted, and the suspect began battering multiple employees. The employees then gave into the woman's demands and gave her an undisclosed amount of cash. She left the bank on foot. Officers arrived and located the suspect near the north side of the bank on Paseo Padre Parkway. As officers ap-

proached the female, she immediately threw the money in the air and was taken into custody. Officers were able to collect the scattered money and the loss was returned to the bank. The 41-year-old adult female, Oakland resident, was booked into Santa Rita Jail on charges of robbery. Case was investigated by Ofc. Dennis and FTO Harvey.

At 6:54 p.m., just as officers were clearing from the previous bank call, another robbery call came in. This call was at a bank located at the corner of Fremont Boulevard and Beacon. Units arrived quickly and Ofc. Hollifield detained one possible suspect who was leaving the lot in their vehicle. The real story was that the victim used her ATM card to remove \$200 from the outside ATM and then walked to her vehicle. While she was in her vehicle, she received an alert that a second \$200 has just been removed from her account. She looked up and saw a man withdrawing funds and believes he was withdrawing the funds from her account. She ran to the ATM, pushed him out of the way, and took the money from the ATM. In the end, the man was unrelated to the crime and it was later determined that an uncooperative female witness who left the scene as units arrived was likely the suspect who stole the victim's \$200 after shoulder surfing during her initial withdrawal. Eagle eyed Sgt. Lambert grabbed the possible suspect's license plate as she left the lot. Follow up is being conducted regarding the vehicle and ATM surveillance footage. Case was investigated by Ofc. Cavaz and FTO Zargham.

Monday, March 28

At 2:23 p.m., officers were dispatched to the report of a theft that had just occurred on the 39100 block of Argonaut Way. The caller stated that two females had just stolen approximately \$500 worth of baby formula from the Safeway store at Fremont Hub. The suspects left in a teal 4-door Pontiac. The suspect vehicle was spotted by Sgt. Cortes and a traffic stop was initiated. Inside the vehicle, a total of \$817.57 worth of merchandise (baby formula and bottles of alcohol with Safeway security tags) taken from Safeway was recovered. In addition, another

\$195.92 worth of baby formula was dropped outside the store as they left. Officers located additional items (Rogaine, over the counter medication, baby formula, razors and beauty products) in the vehicle that were confirmed stolen from Walgreens located on the 2600 block of Mowry Ave. and CVS located on the 2000 block of Driscoll Rd. The two stores were contacted and items were returned. A 20-year-old adult female, Vallejo resident, and a 19-year-old adult female, Fremont resident, were both arrested and booked at Santa Rita Jail for burglary, grand theft and outside warrants. A third suspect, a 24-year-old adult female, Oakland resident, was arrested and booked at the Fremont Jail for a misdemeanor warrant.

Wednesday, March 30

At approximately 5:25 p.m., Ofc. Dennis and FTO Ferrara were detailed to the 39200 block of Paseo Padre Parkway regarding a robbery that had just occurred. A female, later identified as a 24-year-old Oakland resident, stole items from a grocery store and was stopped by a loss prevention employee as she attempted to leave without paying. The female suspect had a young child with her at the time. As loss prevention attempted to detain the female suspect, she physically attacked the employee. While this was occurring, the suspect's boyfriend was out front in his vehicle with a baby in the back seat. He exited the car and acted as if he had a gun, demanding they release the female suspect. Fearing for her safety, the loss prevention employee let go of the suspect who was able to put her child inside of the vehicle. The employee then gave chase to the female suspect, who fled the area. The male also fled in his vehicle with the children inside. He repeatedly attempting to pick up the female as FPD patrol units arrived in the area. The male suspect was stopped as he attempted to leave and the loss prevention employee detained the female suspect. Both suspects were arrested for robbery. The 40-year-old adult male, Hayward resident, also had a suspended license and a meth pipe in his possession. The children were taken into protective custody. This case tied up several officers for more than two hours.

BART Police Log

SUBMITTED BY
LES MENSINGER

Tuesday, March 29

At 9:46 p.m., a victim reported the theft of their blue Road Master women's road bike while it was cable locked at Hay-

ward Station between 7:30 p.m. and 9:00 p.m. An officer responded and completed a report.

While monitoring the Hayward Station's security cameras, an officer saw a male suspect cutting a lock secured to a bicycle with a pair of wire cutters. Assisting officers responded to the suspect's location along the bus zone of the station, but the suspect ran away. The officers pursued the suspect and, through the use of

physical force, eventually took him into custody in a nearby shopping center. As the suspect complained of pain to one of his ankles, paramedics responded but he declined further medical attention; a sergeant responded to perform the use of force investigation. The suspect was then booked into the Hayward City jail for attempted theft, resisting arrest and violating the terms of his (vandalism) probation.

St. Rose
HOSPITAL



**Volunteer at
St. Rose Hospital!**

(510) 264-4139

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PUBLIC NOTICES

NOTICE OF
PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 3:30 P.M., ON WEDNESDAY, APRIL 20, 2016 AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

DOWNTOWN ART WORK PLAN

To provide comments on and make a recommendation on the Downtown Art Work Plan; and to consider a statutory exemption from the California Environmental Quality Act (CEQA), per CEQA guideline 15062, Feasibility and Planning Studies.

ART IN PUBLIC PLACES PROGRAM POLICY Art in Public Places Program Policy – To provide comments on and make a recommendation on minor changes to the Art in Public Places Program Policy; and to consider an exemption from the California Quality Act (CEQA), per CEQA guideline 15061(3), General Rule, which states that where it can be seen with certainty that the activity will not have a significant effect on the environment, the activity is not subject to CEQA.

* NOTICE *

If you challenge the decision of the Art Review Board 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 Secretary, Art Review Board at, or prior to, the public hearing.

WAYNE MORRIS
FREMONT ART REVIEW BOARD

CNS-2862626#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG16807934
Superior Court of California, County of Alameda
Petition of: Hongxia Chen & Yibing Tang for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Hongxia Chen & Yibing Tang filed a petition with this court for a decree changing names as follows:
Wenjia Tang to Annie Wenjia Tang
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: Aug. 5, 2016, Time: 11:30 AM, Dept.: 24
The address of the court is 1221 Oak Street, Oakland, CA 94612
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: What's Happening Tri-City Voice
Date: MAR 17, 2016
Morris D. Jacobson
Presiding Judge of the Superior Court
3/29, 4/5, 4/12, 4/19/16

CNS-2860023#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15787727
Superior Court of California, County of Alameda
Petition of: Sarabjit Kaur for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Sarabjit Kaur to Nina Senariya
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: Thurs 5/05/16, Time: 1:30 PM, Dept.: 520
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: What's Happening Tri City Voice Newspaper
Date: Feb 25 2016
/s/ Morris Jacobson
Judge of the Superior Court
3/22, 3/29, 4/5, 4/12/16

CNS-2859078#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15796159
Superior Court of California, County of Alameda
Petition of: Maria Nava for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Maria Nava filed a petition with this court for a decree changing names as follows:
Destin Rureto Kaur to Destin Clay Nava
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: Thurs 4/14/16, Time: 1:30 PM, Dept.: 520
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice Newspaper
Date: Dec. 9, 2015
Winifred Y. Smith
Judge of the Superior Court
3/22, 3/29, 4/5, 4/12/16

CNS-2858165#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG16806376
Superior Court of California, County of Alameda
Petition of: Adano Anthony Quintana for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Adano Anthony Quintana filed a petition with this court for a decree changing names as follows:
Adano Anthony Quintana to Anthony Michael Cernberg
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: Jul 14, 2016, Time: 01:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: MAR 4, 2016
Morris D. Jacobson
Presiding Judge of the Superior Court
3/15, 3/22, 3/29, 4/5, 4/12/16

CNS-2855963#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15795494
Superior Court of California, County of Alameda
Petition of: Srivas Sarva for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Srivas Sarvafiled a petition with this court for a decree changing names as follows:
Srivas Sarva to Jay Srivas Sarva
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: April 14, 2016, Time: 01:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94546
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: DEC 04, 2015
Winifred Y. Smith
Judge of the Superior Court
3/15, 3/22, 3/29, 4/5/16

CNS-2855128#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG16799942
Superior Court of California, County of Alameda
Petition of: Rosa Maria Ehlerl for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Rosa Maria Ehlerl aka Rosy Maria Ehlerl to Rosy Marie Ehlerl
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: Thurs. 5/12/16, Time: 1:30 PM, Dept.: 503
The address of the court is Hayward Hall of Justice, 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: WHAT'S HAPPENING TRI CITY VOICE
Date: JAN 13, 2016
Morris D. Jacobson
Judge of the Superior Court
3/15, 3/22, 3/29, 4/5/16

CNS-2855127#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 515807
Fictitious Business Name(s):
Star Gill Trans, 32488 Jacklynn Dr., Union City, CA 94587, County of Alameda; 32488 Jacklynn Dr., Union City, CA 94587
Registrant(s):
Jaspreet Gill, 32488 Jacklynn Dr., Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on n/a I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Jaspreet Singh Gill
This statement was filed with the County Clerk of Alameda County on March 14, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 4/5, 4/12, 4/19, 4/26/16

CNS-2865414#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 515976
Fictitious Business Name(s):
Curiosity Kingdom, 4334 Agena Circle, Union City, CA 94587, County of Alameda
Registrant(s):
Maria Aracely Navarrete Sandoval, 4334 Agena Circle, Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on n/a I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Maria Aracely Navarrete Sandoval
This statement was filed with the County Clerk of Alameda County on March 17, 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). 4/5, 4/12, 4/19, 4/26/16

CNS-2864140#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 515986
Fictitious Business Name(s):
New India Bazar, 4552 Dublin Blvd., Dublin, CA 94568, County of Alameda; 885 Yosemite Way, Milpitas, CA 95035, County of Santa Clara
Registrant(s):
Dublin Grocery Outlet, Inc., 885 Yosemite Way, Milpitas, CA 95035
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/ Hamant Kumar Sharda, CEO
This statement was filed with the County Clerk of Alameda County on March 18, 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). 4/5, 4/12, 4/19, 4/26/16

CNS-2863771#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516328
Fictitious Business Name(s):
Peacocknews.com, 4950 Stevenson Blvd., #35, Fremont, CA 94538, County of Alameda
Registrant(s):
Vibshan K. Vellore, 4950 Stevenson Blvd., #35, 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/ Vibishan K. Vellore
This statement was filed with the County Clerk of Alameda County on March 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). 4/5, 4/12, 4/19, 4/26/16

CNS-2863731#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 496228
The following person(s) has (have) abandoned the use of the fictitious business name: **Peacocknews.com, 2422 Abaca Way, Fremont, CA 94539**
The Fictitious Business Name Statement being abandoned was filed on in the County of Alameda.
Vibshan K. Vellore, 3939 Monroe Ave. #104, Fremont, CA 94536
Rajag Sengupta, 2422 Abaca Way, Fremont, CA 94539
Karthik Javvaji, 4200 Bay St., #265, Fremont, CA 94538
S/ Vibishan K. Vellore
This statement was filed with the County Clerk of Alameda County on March 25, 2016.
4/5, 4/12, 4/19, 4/26/16

CNS-2863722#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516354
Fictitious Business Name(s):
Majestic Care Transportation, 34178 Duke Lane, Fremont, CA 94555, County of Alameda
Registrant(s):
Arman Corsame Mercado, 34178 Duke Lane, Fremont, CA 94555
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/ Arman C. Mercado
This statement was filed with the County Clerk of Alameda County on March 28, 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). 4/5, 4/12, 4/19, 4/26/16

CNS-2863509#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 450891
The following person(s) has (have) abandoned the use of the fictitious business name: **Executed Realty and Loan, 44301 Park Meadow Dr., Fremont, CA 94539**
The Fictitious Business Name Statement being abandoned was filed on 4-25-2011 in the County of Alameda.
Azar Hamma, 44301 Park Meadow Dr., Fremont, CA 94539
S/ Azar Hamma
This statement was filed with the County Clerk of Alameda County on March 18, 2016.
4/5, 4/12, 4/19, 4/26/16

CNS-2863432#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 515843
Fictitious Business Name(s):
TD Pacific, 39639 Leslie St., Apt. 280, Fremont, CA 94538, County of Alameda
Registrant(s):
Yanxin Fu, 39639 Leslie St., Apt. 280, 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/ Yanxin Fu
This statement was filed with the County Clerk of Alameda County on March 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). 4/5, 4/12, 4/19, 4/26/16

CNS-2863052#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516060
Fictitious Business Name(s):
Saravali 6648 Mowry Ave, Fremont, CA 94536, County of Alameda
3852 Antonini Way, Pleasanton, Alameda, CA 94566
Registrant(s):
R&F Foods Inc, 3852 Antonini Way, Pleasanton, CA 94566; CA
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/ Varinder Kaur Dhillon, Secretary
This statement was filed with the County Clerk of Alameda County on March 21, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 4/5, 4/12, 4/19, 4/26/16

CNS-2862656#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516196
Fictitious Business Name(s):
M & K Dental Staffing Agency, 451 Via Vera Cruz, Fremont, CA 94539, County of Alameda
Registrant(s):
Michael Mercado, 451 Via Vera Cruz, Fremont, CA 94539
Business conducted by: Married Couple
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kristine Mercado
This statement was filed with the County Clerk of

Alameda County on March 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). 3/29, 4/5, 4/12, 4/19/16

CNS-2862350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 518293
Fictitious Business Name(s):
New India Bazar, 5113 Mowry Ave Fremont, CA 94538, County of Alameda; 885 Yosemite Way Milpitas CA 95035; Santa Clara
Registrant(s):
Newington Grocery Outlet, Inc. 885 Yosemite Way, Milpitas CA 95035; 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/ Hamant Kumar Sharda, CEO
This statement was filed with the County Clerk of Alameda County on March 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). 3/29, 4/5, 4/12, 4/19/16

CNS-2861758#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516017
Fictitious Business Name(s):
Watermark, 240 Sullivan Way, Hayward, CA 94541, County of Alameda
Registrant(s):
Al20Mark LLC, 240 Sullivan Way, Hayward, CA 94541, California
Business conducted by: a limited liability company
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 Patrick Cordova Lubunao, Member
This statement was filed with the County Clerk of Alameda County on March 18, 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). 3/29, 4/5, 4/12, 4/19/16

CNS-2861757#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516063
Fictitious Business Name(s):
Newark Grocery Outlet, 36601 Newark Blvd., Newark, CA 94560, County of Alameda
Registrant(s):
Seamans Family Market Inc., 36814 Cherry St., Bldg. L, Apt. 211, Newark, CA 95973, 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/ Faith Hostette, President
This statement was filed with the County Clerk of Alameda County on March 21, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/29, 4/5, 4/12, 4/19/16

CNS-2861754#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 515754
Fictitious Business Name(s):
Chaitime Newark, 38604 Sanborn Ter, Fremont, CA 94536, County of Alameda
Mailing address: 38604 Sanborn Ter, Fremont, CA 94536
Registrant(s):
J&J Family LLC, 38604 Sanborn Ter, Fremont, CA 94536
Business conducted by: A Limited liability company
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/ Shan Gao, Member
This statement was filed with the County Clerk of Alameda County on March 14, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/29, 4/5, 4/12, 4/19/16

CNS-2861752#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516029
Fictitious Business Name(s):
Import Car Specialist, 37179 Moraine Street, Fremont, CA 94546, County of Alameda
Registrant(s):
Dong Van Tran, 656 Grant Ave, San Lorenzo, CA 94580
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 4-1-2016
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/ Dong Van Tran
This statement was filed with the County Clerk of Alameda County on March 21, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be

filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/29, 4/5, 4/12, 4/19/16

CNS-2861232#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 516050
Fictitious Business Name(s):
DBA: Club Z! In-Home Tutoring Services, 40141 Santa Teresa Common, Fremont, CA 94539, County of Alameda
40141 Santa Teresa Common, Fremont, CA 94539
Registrant(s):
ADB Sr, Inc., 40141 Santa Teresa Common, Fremont, CA 94539; CA
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/ Allan D. Beck Sr. President
This statement was filed

PUBLIC NOTICES

CNS-2858167#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515751
Fictitious Business Name(s): Speech Therapy on Go, 7788 Peachtree Ave., Newark, CA 94560 , County of Alameda; 2436 Almaden Blvd., Union City, CA 94587; County of Alameda Registrant(s): Kathleen C. Mabie, 7788 Peachtree Ave., Newark, CA 94560 Business conducted by: an individual The registrant began to transact business using the fictitious business name(s) listed above on Jan. 25, 2010 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/ Kathleen C. Mabie This statement was filed with the County Clerk of Alameda County on March 11, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/22, 3/29, 4/5, 4/12/16
CNS-2858166#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515490
Fictitious Business Name(s): Mr. Pickles, 5849 Newark Blvd., Newark, CA 94560 , County of Alameda; 23742 Fair Lands Rd., Hayward, CA 94541; County of Alameda Registrant(s): Rajesh G. Naicker, 23742 Fair Lands Rd., Hayward, CA 94541 Sadhana N. Naicker, 23742 Fair Lands Rd., Hayward, CA 94541 Business conducted by: Married Couple The registrant began to transact business using the fictitious business name(s) listed above on 7/8/2014 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/ Rajesh G. Naicker This statement was filed with the County Clerk of Alameda County on March 4, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/22, 3/29, 4/5, 4/12/16
CNS-2857874#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515490
Fictitious Business Name(s): Mr. Pickles, 5849 Newark Blvd., Newark, CA 94560 , County of Alameda; Mailing Address: 23742 Fairlands Rd., Hayward, CA 94541 Registrant(s): Rajesh G. Nakker, 23742 Fairlands Rd., Hayward, CA 94541 Sadhana N. Naicker, 23742 Fairlands Rd., Hayward, CA 94541 Business conducted by: Married Couple The registrant began to transact business using the fictitious business name(s) listed above on 7/8/2014. 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/ Rajesh G. Naicker This statement was filed with the County Clerk of Alameda County on March 4, 2016. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/22, 3/29, 4/5, 4/12/16
CNS-2857618#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515178
Fictitious Business Name(s): Sidhu Trucking, 39642 Lahana Way, Fremont, CA 94538 , County of Alameda; P.O. Box 1108, Newark, CA 94560 Registrant(s): Manjeet Singh, 39642 Lahana Way, 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/ Manjeet Singh This statement was filed with the County Clerk of Alameda County on February 28, 2015 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). 3/22, 3/29, 4/5, 4/12/16
CNS-2857291#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515687
Fictitious Business Name(s): Attiser, 34420 Alberta Ter, Fremont, CA 94555 , County of Alameda Registrant(s): Seema Asnani, 34420 Alberta Ter, Fremont, CA 94555 Business conducted by: An Individual The registrant began to transact business using the fictitious business name(s) listed above on 01/01/2016 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/ Seema Asnani This statement was filed with the County Clerk of Alameda County on March 10, 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). 3/15, 3/22, 3/29, 4/5/16
CNS-2857093#
FICTITIOUS BUSINESS NAME STATEMENT File No. 514796
Fictitious Business Name(s): California Offender Program Services (COPS), 333 Ohlone St., Fremont, CA 94539 , County of Alameda Mailing address: 643 Sultana Ct., Ripon, CA 95220, County of San Joaquin Registrant(s): Jesus Flores, 333 Ohlone St., Fremont, CA 94539 Michael Wynne, 643 Sultana Ct., Ripon, CA 95366 Business conducted by: A General partnership 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 Wynne, General Partner This statement was filed with the County Clerk of Alameda County on February 19, 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). 3/15, 3/22, 3/29, 4/5/16
CNS-2856397#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515579
Fictitious Business Name(s): Poke Me Up, 207 Montevina Way, Hayward, CA 94545 , County of Alameda Registrant(s): Yung Tu, 207 Montevina Way, Hayward, CA 94545 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/ Yung Tu This statement was filed with the County Clerk of Alameda County on March 8, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/15, 3/22, 3/29, 4/5/16
CNS-2855957#
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME File No. 468310
The following person(s) has (have) abandoned the use of the fictitious business name: Express Towing, 3841 Cosmic Pl., Fremont, CA 94538 The Fictitious Business Name Statement being abandoned was filed on 8-9-2012 in the County of Alameda Fawad Roshaan, 3841 Cosmic Pl., Fremont, CA 94538 Farzan Roashan, 3841 Cosmic Pl., Fremont, CA 94538 S/ Fawad Roshaan This statement was filed with the County Clerk of Alameda County on March 3, 2016. 3/15, 3/22, 3/29, 4/5/16
CNS-2855166#
FICTITIOUS BUSINESS NAME STATEMENT File No. 515252
Fictitious Business Name(s): Paint Your Dragon, 4017 Coralline Court, Fremont, CA 94555 , County of Alameda Registrant(s): Phillip Burgess, 4017 Coralline Ct, Fremont, CA 94555 Business conducted by: An Individual The registrant began to transact business using

the fictitious business name(s) listed above on 3/14/2006 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/ Phillip Burgess This statement was filed with the County Clerk of Alameda County on February 29, 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). 3/15, 3/22, 3/29, 4/5/16
CNS-2855113#
GOVERNMENT
NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg B, Fremont, California, up to the hour of 2:00 PM on May 4, 2016, at which time they will be opened and read out loud in said building for:
2016 REFURBISHMENT PROJECT AQUA ADVENTURE WATER PARK
Provide labor, necessary equipment and materials to refurbish a Whitewater West AquaPlay 250 with tipping bucket and Splashtacular four slide complex including access tower. Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Santa Clara located at 821 Marin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/location/santa-clara . Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.
Sandy Smith Purchasing Division CITY OF FREMONT 4/5, 4/12/16
CNS-2865302#
CITY OF FREMONT PUBLIC HEARING
Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, April 19, 2016, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard:
DENSITY BONUS ORDINANCE UPDATE - CITYWIDE - PLN2016-00276 Public Hearing (Published Notice) to Consider the Planning Commission's Recommendation to Approve an Update to the City's Density Bonus Ordinance for Compliance with Recent Revisions in State Law, and to Consider an Exemption to the Requirements of the California Environmental Quality Act (CEQA) Pursuant to CEQA Guidelines Section 15061(b)(3) in that the Proposed Update is not an Activity that Would Have the Potential to Cause a Significant Effect on the Environment.
FY 2016/17 AND FY 2017/18 CDBG FUNDING RECOMMENDATION AND FY 2016/17 ACTION PLAN Public Hearing (Published Notice) on the Use of Federal Community Development Block Grant Funds for FY 2016/17 and FY 2017/18. Adoption of a Resolution Approving the FY 2016/17 CDBG Program Final Statement of Community Development Objectives and the FY 2016/17 Action Plan; and Authorizing the City Manager to Execute Agreements with the U.S. Department of Housing and Urban Development and CDBG Grantees
If you challenge any decision of the City Council 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.
SUSAN GAUTHIER CITY CLERK 4/5/16
CNS-2864990#
NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg B, Fremont, California, up to the hour of 2:00 PM on April 26, 2016, at which time they will be opened and read out loud in said building for:
MULTI-MODAL IMPROVEMENTS: BICYCLE AND PEDESTRIAN IMPROVEMENTS-BART WAY & GATEWAY PLAZA, CITY PROJ# 8868(PWC) FEDERAL PROJECT NO. STPL-5322(055)
Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/location/santa-clara . Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.
LINDA WRIGHT PURCHASING DIVISION CITY OF FREMONT 4/5, 4/12/16
CNS-2864614#
NOTICE TO BIDDERS
Land For Sealed Bid Auction Sealed Bid Opening will be held publicly at the Finance Department / Purchasing Division at 3300 Capitol Avenue, Building B, Fremont CA 94538 at 2:00 P.M. PST on Tuesday, May 10, 2016 9.59± Acres Zoning: MX District,

Mixed-Use District 4178, 4194 and 4268 Decoto, Fremont, CA APNs 543-0256-022-04, 543-0256-021-00 and 543-0256-023-03
Minimum Bid: \$28,000,000.00 Close of Escrow: 15 months (Estimated Close of Escrow: September of 2017)
Site Tour: Available Upon Request Please contact Eva Ip at eip@fremont.gov for arrangements
Submit Sealed Bids to: City of Fremont Finance Department / Purchasing Division at 3300 Capitol Avenue, Building B, Fremont CA 94538 no later than 2:00 P.M. on 5/10/2016
A \$200,000 bid deposit is required with the sealed bid Bids submitted after 2:00 P.M. on 5/10/16 will not be considered
*An oral bid auction will be held immediately after the sealed bid opening if the City receives written bids that result in a tie. Only the highest bidders who made the same offer will be allowed to participate.
For more information, please visit www.fremont.gov/386 3/29, 4/5/16
CNS-2862294#
NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on April 19, 2016, at which time they will be opened and read out loud in said building for:
2016 PAVEMENT REHABILITATION PROJECT, CITY PROJECT 8234P(PWC)
Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/ca/santaclara . Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.
LINDA WRIGHT PURCHASING DIVISION CITY OF FREMONT 3/29, 4/5/16
CNS-2861951#
NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on April 20, 2016, at which time they will be opened and read out loud in said building for:
CITYWIDE COUNTDOWN PEDESTRIAN SIGNAL UPGRADE PROJECT, CITY PROJECT 8917(PWC)
Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/ca/santaclara .
Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.
LINDA WRIGHT PURCHASING DIVISION CITY OF FREMONT 3/29, 4/5/16
CNS-2861729#
PROBATE
NOTICE OF PETITION TO ADMINISTER ESTATE OF Anna Mae Fowler CASE NO. RP16808439 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Anna Mae Fowler A PETITION FOR PROBATE has been filed by Mark D. Fowler in the Superior Court of California, County of ALAMEDA. THE PETITION FOR PROBATE requests that Mark D. Fowler be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on 5/17/2016 at 9:30 a.m. in Dept. 201 located at 2120 MARTIN LUTHER KING JR. WAY BERKELEY CA 94704 Berkeley Courthouse. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first

issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Shannon M. Bio (CSB 275401) Toewss & Murphy, Inc. 1212 Marsh Street, Suite 3 San Luis Obispo, CA 93401 3/29, 4/5, 4/12/16
CNS-2861726#
TRUSTEE SALES
APN: 531 -0033-064-00 TS No: CA08000350-12-3 TO No: 95308874 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED September 14, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On March 2, 2016 at 02:00 PM, at the Fallon Street entrance to the County Courthouse, 1225 Fallon Street, Oakland, CA 94612, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on October 3, 2006, as Instrument No. 2006372180, of official records in the Office of the Recorder of Alameda County, California, executed by CELESTE LANDINI, A SINGLE WOMAN AND, KRISTIN CAMPBELL, A SINGLE WOMAN, as Trustor(s), in favor of WASHINGTON MUTUAL BANK, FA, A FEDERAL SAVINGS BANK as Beneficiary, WILL SELL AT PUBLIC AUCTION THE HIGHEST BIDDER, in lawful money of the United States, \$1,000,000.00, payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designations, if any, of the real property described above is purported to be: 5686 GREELEY PLACE, FREMONT, CA 94538 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total figure prior to the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$694,933.86 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank, specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the Trustee. The figure as a partial payment of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders if you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner: The sale date shown in this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call In Source Logic at 702-659-7766 for information regarding the Trustee's Sale or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA08000350-12-3. Information about postponements may be very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: March 28, 2016 MTC Financial Inc. dba Trustee Corps TS No. CA08000350-12-3 17100 Gillette Ave Irvine, CA 92614 949-252-8300 TDD: 866-660-4288 Myron Ravelo, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.insourcelogic.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: In Source Logic AT 702-659-7766 MTC Financial Inc. dba Trustee Corps MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. ORDER NO. CA16-000950-1, PUB DATES: 04/05/2016, 04/12/2016, 04/19/2016 4/5, 4/12, 4/19/16
CNS-2864742#

Milpitas native serves in the Navy

SUBMITTED BY
MC3 JAMAL MCNEILL

A 2007 Milpitas High School graduate and Milpitas native is serving in the U.S. Navy aboard the amphibious assault ship, USS Bataan (LHD 5). Petty Officer 2nd Class Michael Hall is a personnel specialist aboard the Wasp-class amphibious assault ship operating out of Norfolk, Virginia. A Navy personnel specialist is responsible for personnel pay and accounting.

"I like the interaction I get to have with the sailors aboard the ship," said Hall. "I am able to help them with something they are not able to do themselves."

Commissioned in 1997, the Wasp-class amphibious assault ship, USS Bataan, is 844 feet long. The ship is named in honor of the defense of the Bataan Peninsula during World War II and is the second ship to bear the name. Bataan, one of the largest of all amphibious warfare ships, resembles a small aircraft carrier. It is equipped with a mix of helicopters and attack aircraft, launchers and machine guns and an extensive medical facility with 600 hospital beds.

"I have the best job in the entire world," says Capt. J.C. Carter, commanding officer of the USS Bataan. "Every day, I get to work the best young Americans that our country has to offer! They have endured long deployments and they have engaged the enemy successfully! It is an honor to serve alongside the next greatest generation!"

Approximately 70 officers and 1,000 enlisted men and women make up the ship's company. Their jobs are highly specialized and keep each part of the amphibious assault ship running smoothly. The jobs range from washing dishes and preparing meals to maintaining engines and handling weaponry. "I like the underways that we get to do aboard this ship," said Hall. "I enjoy getting out to see the world."

"I have learned a lot since joining the Navy," added Hall. "I have gained leadership skills which has made me able to communicate with people better."



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

Manuel Lesico
RESIDENT OF FREMONT
July 14, 1920 – March 8, 2016

Manuel Farias Bernal
RESIDENT OF NEWARK
September 30, 1932 – March 8, 2016

Walter Jensen
RESIDENT OF FREMONT
February 16, 1925 – March 9, 2016

Palmira Aguiar
RESIDENT OF NEWARK
January 15, 1922 – March 10, 2016

Ta Hong Kwan
RESIDENT OF FREMONT
June 20, 1944 – March 12, 2016

Dorothy Tavash
RESIDENT OF FREMONT
June 27, 1934 – March 13, 2016

Kuo-Liu Chang
RESIDENT OF UNION CITY
July 24, 1926 - March 13, 2016

Maria Berta de Oliveira
RESIDENT OF FREMONT
April 26, 1943 – March 13, 2016

Sixto Valadez
RESIDENT OF FREMONT
January 14, 1967 – March 16, 2016

Gerald “Jerry” Ortega
RESIDENT OF UNION CITY
September 24, 1946 – March 17, 2016

Ruth B. Gamba
RESIDENT OF FREMONT
November 20, 1918 – March 17, 2016

Pasqual G. Soto
RESIDENT OF FREMONT
May 18, 1930 – March 18, 2016

Glenn Fernandez Sr.
RESIDENT OF FREMONT
June 10, 1963 – March 17, 2016

Gloria Vasquez de Waites
RESIDENT OF CUPERTINO
May 24, 1929 – March 19, 2016

Norma Kent
RESIDENT OF HAYWARD
December 27, 1940 – March 20, 2016

Thomas V. Pugmire
RESIDENT OF NEWARK
November 2, 1942 – March 25, 2016

Magdalena M. Abarientos
RESIDENT OF FREMONT
May 25, 1935 – March 25, 2016

Salvador Munoz Sr.
RESIDENT OF NEWARK
November 18, 1932 – March 26, 2016

Donald W. Ochsenfeld
RESIDENT OF FREMONT
February 9, 1948 – March 25, 2016

Kemawathie Hansrajh
RESIDENT OF FREMONT
February 23, 1944 – March 27, 2016

Jane L. Kuhlman
RESIDENT OF FREMONT
July 29, 1923 – March 28, 2016

Margaret Soza Barriga
RESIDENT OF FREMONT
April 7, 1939 – March 31, 2016

Jui Cheang Mason
RESIDENT OF SAN FRANCISCO
July 6, 1953 – March 31, 2016

Berniece Hollingsworth
RESIDENT OF STOCKTON
February 28, 1932 – April 1, 2016

Serafin N. Arrivas, Jr.
RESIDENT OF FREMONT
July 13, 1933 – April 1, 2016

Judith Plummer
RESIDENT OF FREMONT
September 26, 1940 – April 2, 2016

Kathleen Gutierrez
RESIDENT OF UNION CITY
September 7, 1951 – April 2, 2016

Allen J. Potts
RESIDENCE OF NEWARK
September 2, 1929 - April 3, 2016



Fremont Chapel of the Roses
(510) 797-1900 FD1007
1940 Peralta Blvd., Fremont
www.fremontchapeloftheroses.com



Adriana E. Adams
RESIDENT OF FREMONT
July 17, 1920 – March 11, 2016

Genevieve M. Creighton
RESIDENT OF FREMONT
November 6, 1922 – March 13, 2016

David Taylor
RESIDENT OF SAN JOSE
October 5, 1973 – March 12, 2016

Allie M. Bennett
RESIDENT OF FREMONT
August 19, 1931 – March 15, 2016

Margaret C. Jokerst
RESIDENT OF SAN RAMON
May 14, 1925 – March 16, 2016

Theodore R. Klein
RESIDENT OF FREMONT
June 6, 1929 – March 16, 2016

Guilhermina I. Saleem
RESIDENT OF FREMONT
June 25, 1922 – March 16, 2016

Virginia R. Remington
RESIDENT OF MILPITAS
August 25, 1938 – March 18, 2016

Jewel B. Frealy
RESIDENT OF FREMONT
July 3, 1919 – March 19, 2016

Russell L. Morrison
RESIDENT OF FREMONT
May 4, 1942 – March 22, 2016

Sister M. Jacinta Fiebig
RESIDENT OF FREMONT
November 15, 1928 – March 24, 2016

Gary J. Gu
RESIDENT OF FREMONT
July 23, 1938 – March 27, 2016

Mitsuru Nakagawa
RESIDENT OF WALNUT CREEK
May 6, 1930 – May 25, 2016

James E. Gilbert
RESIDENT OF FREMONT
August 18, 1948 – March 26, 2016

Russell L. Morrison
RESIDENT OF FREMONT
May 4, 1942 – March 22, 2016

Sister M. Jacinta Fiebig
RESIDENT OF FREMONT
November 15, 1928 – March 24, 2016

Gary J. Gu
RESIDENT OF FREMONT
July 23, 1938 – March 27, 2016

Mitsuru Nakagawa
RESIDENT OF WALNUT CREEK
May 6, 1930 – May 25, 2016

James E. Gilbert
RESIDENT OF FREMONT
August 18, 1948 – March 26, 2016

Harsh Vardhan Reddy Eppagunta
RESIDENT OF FREMONT
May 16, 1992 – March 27, 2016

Krishnan Venkataaman
RESIDENT OF PLEASANTON
August 10, 1955 – March 28, 2016

Sister Angelina Dutra
RESIDENT OF FREMONT
January 31, 1927 – March 30, 2016

Muktaben H. Doshi
RESIDENT OF SAN JOSE
April 6, 1925 – March 31, 2016

William J. Dellaria
RESIDENT OF FREMONT
June 4, 1925 – April 2, 2016

Nikki L. Fudenna
RESIDENT OF FREMONT
July 21, 1952 – April 4, 2016

Arthur L. Shiffrar
RESIDENT OF FREMONT
1926 - 2016

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Obituary

Donald William Ochsenfeld

February 9, 1948 – March 25, 2016

Resident of Fremont

Donald William Ochsenfeld passed away peacefully on Friday March 25th, 2016 after a valiant battle against ALS. He was a devoted husband to Bonnie; loving father to Cherie, David and Barry; and affectionate grandfather to Mackenzie, Abby and Amelia. Donald was son of Elizabeth and Raymond Ochsenfeld and brother to Richard, Lois, Marilyn and Phyllis.

Donald was born in Canton, Ohio on February 9th, 1948. He graduated from Lincoln High School in 1966 and began his 49 year career as a well-respected Machinist. He was married to Bonnie on June 14th, 1969 and they welcomed their daughter, Cherie later that year. Donald and Bonnie moved their family to California in 1978 for a career opportunity. Donald enjoyed the California landscape and loved to camp and sail throughout the state. Their twin sons, David and Barry, were born on March 16th, 1982. Donald retired in 2015 from M.A.R.S Engineering after approximately 15 years of dedicated service.

He was known for his dry sense of humor, his love of classic cars and racing. He was an avid fan of NASCAR racing throughout much of his life. His favorite drivers were Dale Jarrett, Dale Earnhardt Jr., and Carl Edwards. He will be remembered for his generosity and loyalty. Donald loved his children deeply and was dedicated and a loyal friend to each of them throughout his life. We



will miss his contagious grin and joyful laughter. Donald was a faithful friend and mentor to many people throughout his life.

Donald battled ALS for 2 years before joining his parents and brother. He passed away at the young age of 68 in the home he built. He is survived by his loving wife, Bonnie, their three children and three grandchildren. His legacy will be maintained in the shared wisdom, memories and hearts of all his family and friends.

A Memorial Service will be held on Friday, April 1st, 2016 at 1:00 pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. In lieu of flowers, the family requests that donations be made in memory of Donald to the ALS Association at www.alsa.org.

Fremont Memorial Chapel
510-793-8900

LETTERS POLICY

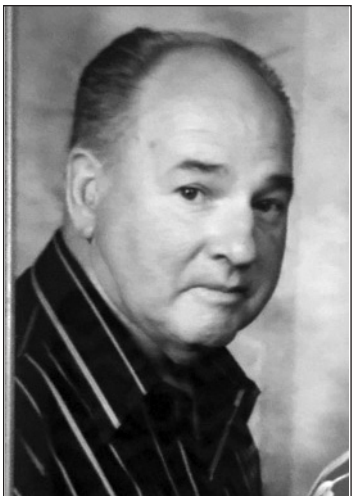
The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be give preference. Letters are subject to editing for length, grammar and style. tricityvoice@aol.com

Obituary

Thomas Vaughn Pugmire

November 2, 1942 – March 25, 2016

Resident of Newark



Tom was born in Niles, California - a place he loved throughout his life. He attended Washington High School in Fremont where he met the love of his life, Myrna Meneze. After high school they married, and soon after Tom joined the Navy. Tom and Myrna settled in Newark where they raised their

two beautiful daughters Kimberly and Kerri. Tom was a fun-loving, hardworking, good man, always there to help those in need. The only thing bigger than his pride was his heart. Tom loved his three grandchildren more than anything, they will miss him dearly. Tom was taken into the Lord's hands on March 25th, 2016. May he forever rest in peace. We love you "Pops".

Preceded in death by his wife Myrna Pugmire in 2015. Survived by his daughters: Kim Culp, and Kerri Douglas (Jeffrey); and grandchildren: Alyssa Armstead (Derek), Jordann Douglas, and Matthew Cannataro.

Private family services will be held.

Fremont Chapel of the Roses
510-797-1900

Newark
Police Log

SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD

Saturday, March 26

At 11:54 p.m., officers responded back out to the area of Mirabeau Park to contact a couple reported to be possibly engaged in a battery near a parked pickup truck with a trailer. The same couple was also contacted earlier in the day. The 46-year-old male from Newark and the 28-year-old female from Union City admitted to being in a verbal argument and agreed to separate for the evening. Less than 5 minutes later, the male was reported to be banging on the door of the trailer. Ofc. Khairy responded back to the area and located the male driving on Toulouse Street. He was arrested for driving under the influence and transported to Fremont Police Department Jail.

Ofc. Mapes was dispatched to a business located in the 37000 block of Hickory Street for a domestic violence case. The victim called to report her husband had punched her in the face while the two were in a heated argument over the care and custody of their children. The victim refused medical treatment; an Emergency Protection Order was granted and served to both parties. The 42-year-old male was arrested and later booked at Santa Rita Jail.

Monday, March 28

At 8:57 a.m., Ofc. Johnson handled a false vehicle registration case at the DoubleTree hotel. The vehicle was in a position that made it difficult to tow. Ofc. Johnson removed the plates and left the vehicle. At 10:25 a.m., Ofc. Johnson spotted the vehicle parked in front of a business on the NewPark Mall Ring Road. While starting the paperwork to tow the vehicle, a male approached him and asked what he was doing with his car. The 38-year-old male from Stockton was found to be on active searchable probation. A search of the vehicle yielded indications of identity theft. The suspect was detained and transported back to Double-Tree, where he had a room rented under his name. A probation

search of the room was conducted. The search yielded dozens of stolen credit cards, a card reader, stolen property, and washed checks. A 29-year-old female from Stockton was contacted inside the room and detained. Both were arrested and later booked at Santa Rita Jail. This case involved over 10 victims of identity theft. Detectives advised they will be assisting with the case. The two suspects were booked on several different felony charges pertaining to credit card fraud.

Tuesday, March 29

At 12:36 a.m., California Highway Patrol (CHP) officers terminated a vehicle pursuit of a stolen vehicle that was last seen westbound Mowry Avenue. Ofc. Norvell responded to the area and the abandoned vehicle was located at the extreme dead end of Mowry Avenue. A K-9 track indicated the suspects fled on foot toward the wetlands into an area inaccessible due to cyclone fencing and barbed wire. CHP handled the recovery of the vehicle and no suspects were located.

At 6:22 a.m., Community Service Officer (CSO) Verandes responded to Joaquin Murieta Avenue regarding a stolen Honda that was taken overnight. While CSO Verandes was taking the report, Det. Warren located the stolen vehicle parked in a nearby motel parking lot with the engine running and a suspect sound asleep in the driver's seat. The 20-year-old male from Oakland was taken into custody without incident. The suspect was charged with the theft of the vehicle, possession of burglary tools, and burglary (he had burglarized a PG&E vehicle in the same parking lot). The suspect also admitted to driving the stolen vehicle CHP had pursued into Newark (see previous incident).

At 9:55 a.m., Newark Police Department units responded to the Check Center on Thornton Avenue on a report of a subject trying to cash a stolen check. Ofc. Homayoun arrested the 22-year-old male from Hayward. The suspect had stolen credit cards in his possession from at least three auto burglaries in Fremont. The suspect was booked at Santa Rita Jail for possession of stolen property, burglary, and identity theft.

Obituary

Kathleen Christine Gutierrez

September 7, 1951 – April 2, 2016

Resident of Union City



Kathleen Christine Gutierrez was born on September 7, 1951 and entered into rest on April 2, 2016 in Fremont, CA at the age of 64. She is survived by her devoted husband Jose Gutierrez; brother Jack Guerra Sr.; nieces: Rose Guerra Machado & Raphaela Guerra; nephews: Jack C. Guerra Jr. and Ralph Guerra. Also survived by many great nieces and nephews and many loving cousins.

A Memorial Service will be held at 7pm on Monday, April 11th at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536.

Seeds to snacks

SUBMITTED BY RACHEL DUBIN

Yalla Mediterranean, an emerging, authentic fast-casual concept with seven restaurants currently in California, launches “Seeds to Snacks,” an Earth Day campaign that educates children on the importance of sustainabil-

ity and nourishing food. In partnership with FARM to KIDS, a philanthropy-based organization, Yalla will sell almond bags at all locations and provide one pound of almonds to children in need for every pound purchased, with the opportunity for onwards of 700 pounds to be donated.

The FARM to KIDS partnership will be visible at all Yalla lo-

cations, including Fremont, Pleasant Hill, Walnut Creek and Dublin in the Bay Area. Yalla will also plant lemon trees at local neighboring schools specific to each restaurant location. Yalla Mediterranean in Fremont is located at 3141 Mowry Ave. For more information, please visit www.yallamedia.com.

LETTER TO THE EDITOR

Advances in Equity in
Newark Unified School District

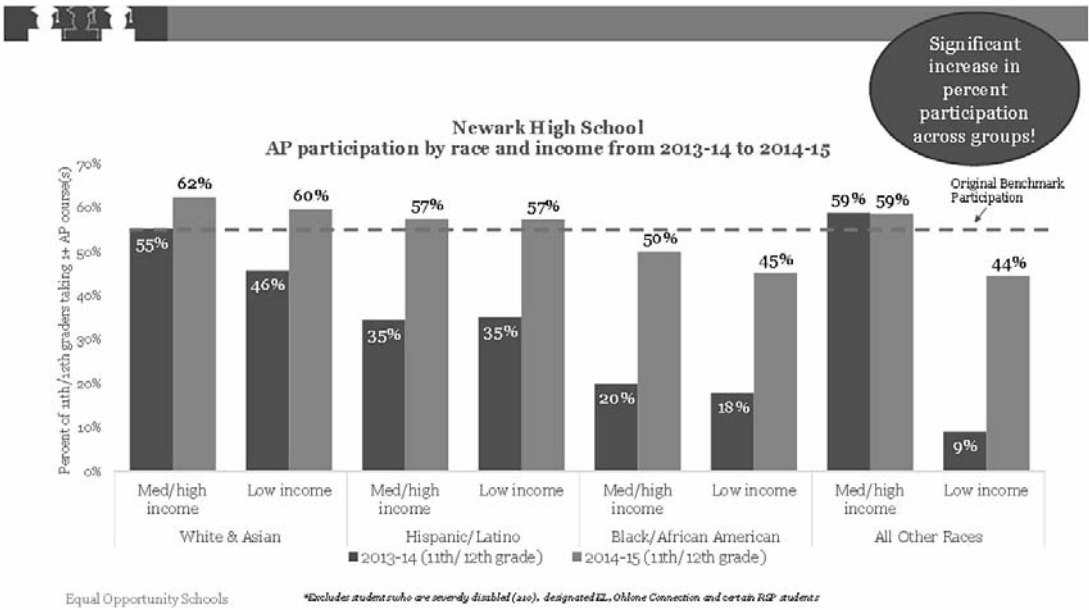
According to the National Equity Project, the goals of educational equity are to remove the predictability of success associated with ethnic and socioeconomic factors, to interrupt inequitable practices, and to create inclusive, multicultural environments for all members of our community. At Newark Unified School District (NUSD), equity is the lens through which we have come to view all aspects of our work. NUSD serves just over 6,000 students, approximately 54 percent Hispanic/Latino, 12 percent Asian, 2 percent Pacific Islander, 9 percent Filipino, 5 percent African American, 14 percent White, and 4 percent two or more races. Additionally, over

would just as quickly come to match the demographics of our students. This incredible accomplishment has placed Newark Memorial High School (NMHS) in the top 1 percent of high schools in the entire nation for the last two years.

In February, the Newark Unified School District was recognized for our successful efforts at educational equity, being named to the College Board's Gaston Caperton Honor Roll, placing us among only 19 other districts in California and 130 districts across the nation. We increased the number of underrepresented students who took the SAT, who took AP courses and exams, and who scored 1550 or higher on

teacher quotes to create individual student profiles that were shared with students during our recruitment process. EOS also trained our AP teachers, using data to demonstrate the relationship between students' success in rigorous AP courses and their likelihood of attending and graduating from college. They also provided skillful guidance that greatly expedited our success and the success of our students.

The National Equity Project was also very helpful in our efforts to re-envision and re-define equity and to shape our equity lens and sharpen our focus on our equity goals. As importantly, they helped us come to believe that, though determination, ef-



half of our students are from low-income households, are English Learners or are foster youth.

Three years ago NUSD began a partnership with Equal Opportunity Schools (EOS), funded by Google and Harvard Education Lab, to increase equity in participation in our Advanced Placement (AP) program. AP courses are powerful opportunities and determinative educational experiences for students, and therefore we saw this work as a potentially powerful step forward in our commitment to equity. We never dreamed that with the support of the team at EOS our enrollment in AP classes would double in our first year and that the student demographics in our AP courses

the SAT, indicating that they were on track for college. We also increased the number of underrepresented students who scored three or higher on an AP Exam and who sent their SAT scores to at least four colleges.

The team at EOS was tremendously helpful in all our efforts. They supported the administrative and counseling teams and the AP teaching staff at NMHS in a number of ways. For example, they used PSAT scores, administered to all NUSD sophomores and juniors, to identify students with the potential to be successful in AP courses. They surveyed staff members on why they believed individual students would be successful in AP and used

fort, and persistence, we can combat inequities within our system and support the success and wellbeing of all of our students.

We are immensely proud of and grateful to our administrative and counseling staffs and especially the AP teachers at NMHS for their efforts in opening the doors of our AP Program to students who traditionally have not been included in these courses. Just as importantly, the percentage of students passing these courses has held steady, promising continued success.

Soleste Hilberg, Ph.D.,
Assistant Supt. of
Educational Services
Newark Unified School District

Startup Grind Fremont Chapter

SUBMITTED BY CITY OF FREMONT

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. The Tuesday, April 19 Startup Grind Fremont Chapter event will include a fireside chat with Donna Novitsky. She is a former partner of a top tier venture capital firm, teaches marketing to engineers and entrepreneurs at Stanford

University, took a startup to IPO, and is the mother of two teenage children. She was named one of the 2014 Top 10 Women to Watch in Tech by Inc. Magazine in April 2014.

To register for this event:
<https://www.startupgrind.com/fremont/>

Startup Grind Fremont Chapter
Tuesday, Apr 19
6 p.m. – 8 p.m.
DeVry University
6700 Dumbarton Circle, Fremont
Register: <https://www.startupgrind.com/fremont/>
\$10 General / Students free with ID

Innovative housing idea

Local Group Explores Innovative Housing Idea

Seven reasons to live in cohousing

Mission Peak Cohousing and the City of Fremont will co-sponsor a free presentation about cohousing on Friday, April 8 at 6:45 p.m. in Fremont Main Library (2400 Stevenson Blvd). Cohousing neighborhoods are composed of privately owned homes clustered around shared open space and common facilities, including a community center that serves as the heart of the neighborhood for community dinners and activities. Cars are kept to the exterior of the site in order to make the neighborhood pedestrian-friendly and encourage interaction. Future residents participate in the design so that the neighborhood reflects their own needs and priorities.

Here are seven benefits mentioned by residents in the 161 cohousing sites throughout the U.S.:

1. It's the wave of the future.

With land at a premium in the Bay Area, cohousing allows families with similar values to live in ecologically sensitive neighborhoods they helped design. Because they share amenities, the cost of living is more affordable. A co-houser recently said, "We are like a herd of elephants—stronger and better when we work together."

2. It strengthens social ties.

Living in housing designed as a close-knit neighborhood makes it easier to develop, maintain and build deep connections with others, particularly as we age. The community center allows for dining together and group activities. Residents encounter one another more often than when living in most housing developments. Barriers to neighborly interactions such as front-yard garages and cars are placed under or at the perimeter of the neighborhood.

3. It increases the family's variety of experiences.

Living in a community of diverse people with many life experiences and interests makes one appreciate different life perspectives. Happiness research indicates that exposure to novelty increases dopamine in the brain.

Dopamine increases feelings of happiness. Cohousing communities expand their members' exposure to new ideas and interests through activities on the premises such as book discussions, yoga, movies, theater, and political events, to name a few.

4. It encourages learning and personal growth.

Living in close proximity with others who have chosen cohousing improves opportunities to share skills and develop new talents. One might grow vegetables in the community garden, produce arts and crafts in the workshop, or teach and take classes given by members in the common room.

5. It promotes healthy living.

Exercising together in the community center or outside the neighborhood is an encouraged part of cohousing life. There might be yoga, dance, or other movement classes offered on a regular basis. Notices on the community's bulletin board or e-mailed communications alert residents where to learn about important health issues. Cohousing communities band together to assist residents with newborns, illnesses, in bereavement, or with other needs. Neighbors help with offers of transportation, child-care, food, etc.

6. It provides enlarged opportunity for sharing interests and concerns.

Though a husband and wife may not share an interest such as football, sewing, or photography, most likely someone else in the cohousing neighborhood will, thus opening up additional ways of social bonding. Likewise, in a group of 40 to 60 people living in close proximity, organizing for a particular charitable or other local benefit is easier and more likely to succeed. Commitments to worthwhile causes are contagious and promote hopeful, creative, and generous living.

7. It is a more sustainable way of life.

In addition to having a com-

munity garden, cohousing communities emphasize sustainable ways of living. The goal is to share resources and thereby conserve them. This translates to reduced use of water and energy. Sustainability begins with the architectural design, as in the 19-unit Mountain View Cohousing Community. The roof of the building is angled so the sun shines directly into the units for warmth in the winter but not in the summer. Windows are positioned to allow air to flow through the units so there is no need for air conditioning. Living units are clustered on the property to make less of an ecologically damaging footprint.

The presenters at the April 8 event will be Charles Durrett and Kathryn McCamant, the husband and wife architect team that introduced the cohousing concept to North America in the late 1980s with their seminal book, "Cohousing: A Contemporary Approach to Housing Ourselves."

"The Housing Element of our General Plan specifically identifies cohousing as a housing approach that the City wants to encourage," points out Dan Schoenholz, deputy community development director for the City of Fremont. "Co-sponsoring this event with Mission Peak Cohousing is a way to increase public awareness of how the concept can augment Fremont's housing mix."

Presentation: Put the Neighbor Back in Neighborhood
Friday, April 8
6:45 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
Open to the public
without charge

Next week: Having dinner together in cohousing communities
Mission Peak Cohousing is a group of friends forming a cohousing community in Fremont.
For information, contact
MissionPeakCohousing@gmail.com.

ABWA Patherfinder Chapter names its Woman of the Year

SUBMITTED BY
SALLY PIERCE

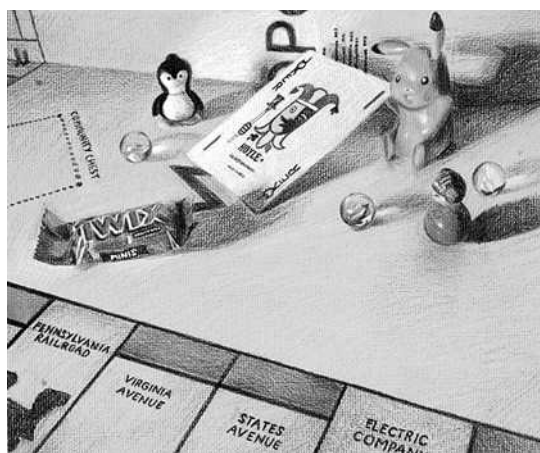


The Pathfinder Chapter of the American Business Women's Association (ABWA) is pleased to announce that Jackie Kranich has been nominated and selected 2016-2017 Woman of the Year.

Chapter members are nominated for this prestigious honor and selected by secret ballot. Kranich was elected by the membership at the monthly meeting held on March 16. She is a longtime member of ABWA and currently serves as chapter Vice President. Kranich is semi-retired representing Juice Plus and DoTerra Essential Oils and resides in Fremont.

Our chapter is honored to have such an outstanding member as our newly elected Woman of the Year.

'Celebrating Visual Art in Our Schools'



SUBMITTED BY
GEOFF LANDREAU

The community is invited to attend the upcoming show, "Celebrating Visual Arts in our Schools," opening at the John O'Lague Galleria on Friday, April 8.

This show will feature works from most of the schools in the Hayward Unified School District that currently offer visual art classes: Mt. Eden High School, Tennyson High, Hayward High, Ochoa Middle School, Martin Luther King Middle, Harder Elementary, Eldridge Elementary, Park Elementary, Bowman Elementary, and Faith Ringgold. Each teacher was tasked with selecting five exceptional pieces for this show and the resulting collection will surely not disappoint.

The Mt. Eden string orchestra will play at the opening reception on Friday, April 8 and refreshments will be served. The exhibit will be on display until May 27. Please come out and show your support for our public school art programs.

Celebrating
Visual Art in Our Schools
Friday, Apr 8 – Friday, May 27
Monday – Friday,
8:00 a.m. – 5:00 p.m.

Opening Reception:
Friday, Apr 8
5:30 p.m. – 7:30 p.m.

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City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

Voter-Approved Funds Improving Accessibility on Fremont Roadways

Construction is currently underway to install new pedestrian curb ramps at a number of street intersections throughout the City of Fremont. This project is made possible through Measure B, BB and Vehicle Registration Fees (VRF Measure F), which are voter-approved funds dedicated to transportation projects in Alameda County.

Measure B is the proceeds of a half-cent sales tax, and Measure BB augments and extends the existing Measure B by an additional half-cent to April 1, 2045. In 2010, Measure F was approved by voters and the City of Fremont receives proceeds from a fee on each annual motor vehicle registration or renewal in Alameda County. Fifteen percent of the Measure BB funds allocated to local streets and roads are dedicated to pedestrian and bicycle improvements.

The new curb ramps will provide better access at street intersections for all residents who live in the Fremont community. Many of the ramps being installed are located at intersections along major residential streets, including Parkside Drive, Grand Lake Drive, Nicolet Avenue, Farwell Drive, Rancho Arroyo Parkway, Butano Park Drive, and Fernald Drive. This \$1.3 million project is just one part of a larger plan to create safer and more enjoyable travel alternatives on Fremont roadways.

Fremont Encourages You to Go Green with Your Spring Cleaning

While spring cleaning is great for making more room, a lot of waste is generated in the process. Here are some helpful tips from the City of Fremont on how to divert usable materials from landfills:

- Reduce your garbage by recycling and composting. Learn more about what is recyclable versus compostable by calling (510) 494-4570 or visiting www.Fremont.gov/RecyclableCompostable.

- Dispose of household hazardous waste (HHW) such as cleaning products, automotive fluids, and sharps in approved sharps containers for free at the Alameda County Household Hazardous Waste facility, located at 41149 Boyce Rd. in Fremont. Facility hours and instructions can be found by calling (800) 606-6606 or online at www.Fremont.gov/hhw.

- Donate your unwanted clothes, items, and/or furniture to a local thrift store.

- Single family residents are allotted two free bulky pick-ups each calendar year. Call Republic Services at (510) 657-3500 to schedule your free bulky pick-up today.

- Host a garage sale or organize a block-wide garage sale event with your neighbors.

- Dispose of expired or unused medications for free at various locations throughout the Tri-City area. More information can be found by calling Union Sanitary District at (510) 477-7621 or online at www.UnionSanitary.com/SafeMedicineDisposal.htm.

- Use Bay-friendly native plants if you are replacing your garden plants. Check out the Bay-Friendly Landscape Guidelines at www.BayfriendlyCoalition.org.

- Get creative! Find ways to reuse or repurpose items to give them a second life. For example, reuse empty bottles and jars to organize and store other things such as pens or pasta. Or turn your old keys into a wind chime. The possibilities are endless!

Startup Grind Fremont Chapter

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. Join us on Thursday, April 19 from 6 p.m. to 8 p.m. at EFI, located at 6700 Dumbarton Circle, for the Startup Grind Fremont Chapter event. This event will include a fireside chat with Donna Novitsky. Donna is a former partner of a top tier venture capital firm, teaches marketing to engineers and entrepreneurs at Stanford University, took a startup to IPO, and is the mother of two teenage children. She was named one of the 2014 Top 10 Women to Watch in Tech by Inc. Magazine in April 2014. To register for this event visit: www.StartupGrind.com/Fremont.

Fremont's Volunteer Income Tax Assistance Program is Wrapping Up

The Fremont Family Resource Center's (FRC) free tax preparation service began on January 27 and will be ending on April 16. Since 2002, FRC has helped more than 19,000 families receive over \$29 million in refunds. The City's Volunteer Income Tax Assistance (VITA) program provides free quality tax preparation and e-filing services for qualified individuals and families with an annual household income of \$54,000 or less. If VITA can help your clients, family, and/or friends save money, share these free tax services that are available at four separate locations.

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

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

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

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

For more information about VITA, please contact SparkPoint Fremont at (510) 574-2020 or visit www.Fremont.gov/SparkPointFRC.

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continued from page 1

Take a walk on the wild side



Fisher returns for the Butterfly Glide walk, suitable for kids of all ages. This is an easy stroll in honor of everybody's favorite insect, the flying flowers of spring and summer!

Do to construction taking place there will be no slideshows this year, but there are several craft opportunities. To make a Leaf Print Tree Shirt, purchase a T-shirt at the visitor's center for \$5 and take it to the tree shirt booth to print using real leaves. Make a springtime crown using flowers, ferns, and ribbons. Or go for the Mud Cups, yummy chocolate "dirt" with all the components of soil. Make Seed Bonbons using clay and soil with wildflower seeds to throw into your garden. Create a Floral Banner using real flowers. Do you want to learn the ins and outs of flowers? Flower Dissection gives folks a close up look at flower parts and seeds. Make a Bee Box for native bees to hang in your garden and increase pollination. Transport poppy seedlings home to your garden in Newspaper Pots. Wildflower Sketching will help visitors make beautiful colored pencil sketches from live native flowers. And you can also make Sticky Bugs (refrigerator magnets) or design Butterfly Pins from felt and beads.

Visit http://www.ebparks.org/features/Spring_Wildflower_Festival_at_Sunol_Regional_Wilderness to download wildflower guides to study before your visit or bring along with you.

Spring Wildflower Festival
Saturday, Apr 9
11 a.m. - 4 p.m.

Sunol Regional Wilderness
1895 Geary Rd, Sunol
(510) 544-3249

http://www.ebparks.org/features/Spring_Wildflower_Festival_at_Sunol_Regional_Wilderness

Free admission

Parking: \$5 cash

(please carpool as parking is limited)

Walk Schedule:

Meadow Meander
11:15 a.m. - 12:15 p.m.

Flora and Serpentine
11:45 a.m. - 1:15 p.m.

Ethnobotany Adventure
1:30 p.m. - 3:30 p.m.
(Recommended for ages 7+)

Little Yosemite Hike
1:45 p.m. - 4:30 p.m.
(Recommended for ages 7+)

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

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Dancing into history



BY JULIE GESIN
PHOTOS BY PACIANO
TRUFINO PHOTOGRAPHY

Can you imagine students from the district's biggest elementary school dancing in perfect unison so they can become a part of history? That is exactly what kids at Delaine Eastin Elementary in Union City set out to do. On the sunny afternoon of March 25, 2016 Eastin students, parents, teachers, and volunteers gathered on the blacktop to break the 2011 world square dancing record of 800 simultaneous dancers, set by Yorkville Middle School in Yorkville, Illinois.

Every year, kids at Eastin Elementary have five weeks of square dancing as a physical education requirement, but they have never attempted anything like this before. When a team of teachers suggested beating the current world square dancing record, Eastin Principal Carla Victor immediately said: "Let's do it!" Victor had no doubts that her well-organized team of instructors would work together to accomplish the set goal and give the kids a chance to be a in the spotlight.

"Trivia records are fun to read, because they are so unique," says Eastin media teacher, Laura Cox. "Students were very happy to hear they may be a part of history." While practicing for the event, kids were learning about the origins of square dancing, as well as about the previous record holders. By combining music, movement, history, and geography in one art form, students were able to experience learning across the curriculum.

Spearheaded by Eastin music teacher Ivan de Souza and coaches Darlene Crittendon and Megan Northcote, the endeavor required school-wide collaboration. They had to follow many strict rules and guidelines set by the Guinness Book of World Records' officials. Bob Eling, an expert with 44-years of experience in square dance calling and music production, was contacted for supervision and advice. Singer/songwriter Andy Grammer agreed to grant de Souza permission to modify his hit song

"Honey, I'm Good" for a children's event. Not only did de Souza record and sing the new version of the song, he also had to learn how to be a square dance caller himself. Since January, all the students, ranging from age 4 to 11, have been practicing three times a week to prepare for their big day.

The idea also received a lot of support from parents, some of whom volunteered not to just help with the event but to dance in it as well. "This brings the whole school together," explained Arian, a fifth grader at Eastin, swinging Landon, her four-year-old partner in an arm turn. As the whole Eastin community united for the event, students learned just how much can be accomplished through teamwork.

The teachers at Eastin agree that square dancing contributes to developing skills such as creativity, critical thinking, collaboration, and communication. Without working together, this dance simply would

half, she would consider trying to break another world record. "The kids get to leave their mark in history and create memories to last a lifetime."

What Eastin Elementary students got was even greater than what they had expected: a beautiful spring day, television and radio stations, newspaper reporters, and Delaine Eastin herself, the first and only woman to be elected to the office of California State Superintendent of Public Instruction. Union City Mayor Carol Dutra-Vernaci also attended the event along with City Manager Tony Acosta. It will now take 4 to 6 weeks for Guinness to evaluate the evidence and announce the official results, but whether or not the record was broken, the beauty was in the process of working together to reach a common goal, and that's something that Eastin Elementary students will not soon forget.



School namesake Delaine Eastin and Eastin Elementary Principal Carla Victor witnessed students' attempt to break the world square dancing record on March 25, 2016

not work. When older kids paired up with younger children and special needs partners, they were able help and encourage each other, as well as share creative criticism with fellow students. "We even have students who have become dance teachers by helping other teachers and parents," explains Northcote. A fifth grader named Desi enjoyed the event because she loved helping younger kids learn how to square dance. "It was really fun, it was a great experience."

Crittendon says that in spite of the tremendous amount of time and work on everyone's be-



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