



Park District offers affordable outdoor day camps

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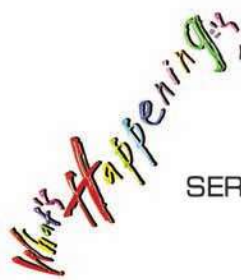
LOV presents Kim Angelis in concert

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Local candy company sets world record

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May 3, 2016

Vol. 15 No. 18



Indo-American Charity Ball

SUBMITTED BY RAKESH SHARMA

Indo-Americans for Better Community (Indo-ABC) is hosting the 13th annual "Indo-American Charity Ball," an evening of dinner, dance, and entertainment, on Saturday, May 7 at the DoubleTree

continued on page 5



Photo by Jack Burgess

Ride the "Katie" train at 'Railroad Adventure Day'

SUBMITTED BY THE RAILROAD MUSEUM AT ARDENWOOD OPERATED BY SPCRR

Join The Railroad Museum at Ardenwood for "Railroad Adventure Day" at Ardenwood Historic Farm in celebration of the "Katie" train.



Katie is a 48-year-old 5-ton gasoline locomotive. She had damage to her cab, which was repaired by volunteers under the leadership of project manager Andrew Cary. They also gave Katie a new paint job based on the color she had when originally built in 1968 by Plymouth Locomotive Works in Plymouth, Ohio (she was yellow when The Railroad Museum got her). She was named Katie by the previous owner, and the name stuck.

At Railroad Adventure Day on Saturday, May 14 attendees can ride the Katie train to Deer Park where they can participate in several hands-on activities including the "Find Katie and Her Train" game, coloring a picture of Katie, posing for fun photos with our Katie cutout (bring your camera), playing engineer with our wooden railroad, and designing and building with wooden blocks. Be sure to visit the Train Book Treasures on a Tarp in a Tent where we will have a number of train books for kids to read or share with a parent.

Ardenwood has a lot of room where kids can run around and just be kids. Don't forget to visit the farmyard and see the baby pig, lambs, goats, chickens, and sheep when you play the Find Katie and Her Train game!

Photo by Bruce MacGregor

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OneChild Founder Bernie Dutra with backpacks and supplies

How OneChild was born and raised

BY LINDA-ROBIN CRAIG

Now and then a story comes along that has a sad beginning and a big-smiles-all-around happy ending. This is one of them.

Bernie Dutra was abandoned by her mother when she was just a little girl. Her father raised her and her three brothers on his earnings as a bus driver. The kids went without many things and were always short of clothing and school supplies. Other kids taunted and bullied them. After once being surrounded and spat upon, Dutra's self-esteem and sense of worth were shattered. Not until many

years later, when she married in her early thirties, did she walk the road to recovery with her husband's love and support.

Later in life when she learned she had breast cancer, Dutra faced and fought it by starting a non-profit organization to provide clothing and school supplies to children in need. Her early experience was turned into the driving force that would help her lift the self-esteem of many children, leading them to do better not only in school but in life. All of the clothes and supplies provided were brand new; no hand-me-downs that would separate them from their peers at a glance.

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Summer Grilling Can Provide Healthy, Delicious Meals

Summer is just around the corner and it's time to get the outdoor grill cleaned up and ready for a summer of grilled treats.

Your outdoor (or indoor) grilling can be a healthy eating experience just by following a few tips from Anna Mazzei, a registered dietitian and certified diabetes educator at Washington Hospital.

Healthy summertime grilling at home can be good for you if you focus on low-fat grilling, Mazzei says. "Use lean meat with excess fat removed, ground beef or turkey that's 90 percent fat free, and use marinades which can enhance the grilled meat while providing some protection from grill smoke."

Mazzei and Washington Hospital Chef Alfredo Macias will demonstrate healthy grilling and share recipes at a two-hour seminar on Wednesday, June 8. The free seminar will be from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium at Washington West, rooms A & B, 2500 Mowry Ave., in Fremont.

Enrollment is limited, so register early. Sufficient parking is available in the Washington West parking lot.

Mazzei will discuss ways to grill meat, poultry, fish, vegetables and fruit to provide healthy meals for all the family. Chef Macias will demonstrate several recipes that then will be available for tasting by the audience.

Contrary to some reports, grilling food needn't be harmful as long as you don't let fat from the food being grilled melt onto the coals or the gas grill, causing smoke to come back up onto the food, Mazzei explains.

"It's the smoke that's not healthy, along with the char that develops on food — meats and vegetables — cooked over a too-high flame with flare-ups that the griller needs to eliminate."

The American Institute for Cancer Research's Guide to Safe Grilling (on its website) recommends:

- pre-cooking large cuts of meat to reduce the time the meat is on the grill and exposed to flames or smoke
- using lean cuts of meat trimmed of fat, and turning the meat often on the grill
- cutting meat into smaller portions and mixing with vegetables such as fish or chicken kabobs



The Healthy Home Grilling Demonstration is a free community event scheduled for Wednesday, June 8, 2016. The cooking demonstration will take place at 1 p.m. in the Conrad E. Anderson, MD, Auditorium in Washington West (2500 Mowry Ave., Fremont). To register call (800) 963-7070 or go to whhs.com/events.

- marinating (just be sure to throw out the used marinade to avoid food poisoning)

The AICR guide also recommends avoiding hot dogs, sausages and other processed meat.

Chicken and fish, including shrimp, are great on the grill, Mazzei says. If you want to cook beef, use lean cuts with the excess fat trimmed and make sure ground beef or turkey for hamburgers is 90 percent fat free. If you like pork, lean pork can have less fat than chicken thighs. But other meats, such as high-fat pork ribs, for example, are not good choices.

You can use a variety of marinades to flavor the food, she explains, and use a little olive oil

or canola oil to keep the food from sticking to the grill. Mazzei also will share recipes for marinades and explain how to successfully grill a wide variety of vegetables and fruit.

She also recommends that, when grilling fish, you should use a thick cut so that the fish doesn't begin to fall apart when removing it from the grill.

A healthy grilled meal should be half vegetables along side the meat. "And grilled vegetables and fruit can be delicious." Fruit that is firm-fleshed does best when grilled. Try peaches, nectarines, plums, bananas, pineapple chunks and strawberries.

Other tips include:

- flipping meat with a spatula or

tongs to avoid piercing that lets juices run out

- using tinfoil between the meat and the flames
- keeping a water-spray bottle on hand to keep flames in check
- not squirting water onto the coals while meats are cooking (as that creates smoke)

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

For those unable to attend the monthly program, the seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.tv.

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
	5/3/16	5/4/16	5/6/16	5/7/16	5/8/16	5/9/16	5/10/16
12:00 PM 12:00 AM	Learn About the Signs & Symptoms of Sepsis	Your Concerns InHealth: Sun Protection	New Treatment Options for Chronic Sinusitis	Diabetes Matters: Understanding Labs to Improve Diabetes Management	Family Caregiver Series: Legal & Financial Affairs	Sideline by Back Pain? Get Back in the Game	Eating for Heart Health by Reducing Sodium
12:30 PM 12:30 AM	The Real Impact of Hearing Loss & the Latest Options for Treatment		Lunch and Learn: Yard to Table	The Real Impact of Hearing Loss & the Latest Options for Treatment	Menopause:A Mind-Body Approach		The Real Impact of Hearing Loss & the Latest Options for Treatment
1:00 PM 1:00 AM		Shingles				The Weigh to Success	
1:30 PM 1:30 AM	Get Your Child's Plate in Shape		Washington Township Health Care District Board Meeting April 13, 2016	Learn More About Kidney Disease	Washington Township Health Care District Board Meeting April 13, 2016		GERD & Your Risk of Esophageal Cancer
2:00 PM 2:00 AM		Family Caregiver Series: Panel Discussion				Preventative Healthcare Screening for Adults	
2:30 PM 2:30 AM	Snack Attack		Voices InHealth:Washington's Community Cancer Program	Prostate Cancer: What You Need to Know	Heart Irregularities		Washington Women's Center: Sorry, Gotta Run!
3:00 PM 3:00 AM		Diabetes Matters: Protecting Your Heart				Heart Healthy Eating After Surgery and Beyond	
3:30 PM 3:30 AM	Peripheral Vascular Disease: Percutaneous (Under the Skin) Treatment		How Healthy Are Your Lungs?	Good Fats vs. Bad Fats	Take the Steps:What You Should Know About Foot Care		Washington Township Health Care District Board Meeting April 13, 2016
4:00 PM 4:00 AM		Voices InHealth: Healthy Pregnancy				Inside Washington Hospital:The Green Team	
4:30 PM 4:30 AM	Diabetes Matters: Sugar Substitutes - Sweet or Sour?		Community Based Senior Supportive Services	Knee Pain & Replacement	Family Caregiver Series: Coping as a Caregiver		Hip Pain in the Young and Middle-Aged Adult
5:00 PM 5:00 AM		Washington Township Health Care District Board Meeting April 13, 2016				Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	
5:30 PM 5:30 AM	Family Caregiver Series: Fatigue and Depression		Voices InHealth: Radiation Safety	Latest Treatments for Cerebral Aneurysms	Diabetes Matters: Protecting Your Heart		Diabetes Matters: Diabetes Meal Planning
6:00 PM 6:00 AM		Deep Venous Thrombosis				Arthritis: Do I Have One of 100 Types	
6:30 PM 6:30 AM	Getting the Most Out of Your Insurance When You Have Diabetes		Get Back On Your Feet: New Treatment Options for Ankle Conditions	Your Concerns InHealth: Senior Scam Prevention	Strengthen Your Back! Learn to Improve Your Back Fitness		Do You Suffer From Anxiety or Depression?
7:00 PM 7:00 AM		Family Caregiver Series: Nutrition for the Caregiver				Heads Up on Concussions	

Does Knee Pain Keep You Down?

Doctors use range of procedures to repair cartilage defects

Are you one of the millions of Americans who have knee trouble? Painful, hard-to-move knee joints can affect your quality of life, limit your ability to be productive, and make it difficult, if not impossible, for you to be as physically active as you'd like. One common cause of knee problems is damage to part of the cartilage from overuse or injury.

The articular cartilage is the tough, flexible, slippery tissue covering the ends of your bones in a joint. It lies on the surface of the bones, allowing them to glide over each other as you bend or straighten your knee. When this cartilage is damaged and wears away, the bones can rub together, leading to painful, debilitating osteoarthritis.

“Think about your knee as a hard-boiled egg without the shell,” suggested Stephen Franzino, MD, an orthopedic surgeon with Washington Township Medical Foundation. “The white is the articular cartilage and the yoke is the bone. When the cartilage wears away, you get down to the bone and this is one form of arthritis. The joint doesn’t glide freely and pain ensues.”

Meeting the challenge

For many years, doctors have looked for the best way to meet the challenge of restoring specific areas of damaged knee cartilage. Medication, rest and physical

therapy can temporarily relieve some symptoms but don't repair the damage.

Over the last several decades, other procedures have been developed to replace these defects. The goal has been to regenerate cartilage tissue and use the new tissue to reconstruct the damaged area.

“These salvage procedures are not for everyone. The intent is to stop the progression of arthritis that can occur with a specific cartilage defect,” Dr. Franzino said. “If you are between the ages of 15 and 40 and have an area of defective cartilage, it is an option that may help you maintain an active lifestyle. Some very active older patients may also be candidates.”

First procedure

One of the first reconstruction procedures to be developed was called a microfracture. With this procedure, the surgeon fractures the bone beneath the damaged cartilage, with the intent that the lower level of cartilage called fibrocartilage will work naturally to fill in the defect. Currently, the microfracture is performed by some orthopedic surgeons.

In another treatment, called autologous chondrocyte implantation (ACI), which uses a cellular product called Carticel, the surgeon harvests a small piece of the patient's good cartilage. The biopsy is sent to a cell processing facility where an

enzyme is added and the tissue multiplies into millions of cartilage cells called chondrocytes. The surgeon then re-implants the new tissue into the original defect during a second procedure. This approach works best for patients with a single cartilage defect.

“In the appropriate patients, this approach has had up to a 90 percent success rate,” explained Dr. Franzino. “The advantage is that the patient's own cartilage is used to stimulate production of new cartilage in their knee.”

More developments

There are more developments in the field of cartilage restoration and reconstruction. In one procedure, tissue from a human donor or cadaver is implanted into the damaged cartilage, similar to the ACI approach. The benefits of this option are that it requires only one surgery and is less expensive.

Another procedure uses a matrix impregnated with cartilage

stem cells that can be inserted into the knee joint with the intent of stimulating the growth of real cartilage. In a surgery called OATS (osteoarticular transfer system), the surgeon transfers healthy cartilage from another area of the patient's knee or from a cadaver and fits it into the defect. This approach is good when the damaged area is larger.

“It's much like tile making, where you measure the space and then cut and insert cartilage tissue to fit,” Dr. Franzino added.

Different concept

One of the most recent procedures is based on a very different concept. Some doctors believe pain from a damaged cartilage is not coming from the cartilage itself, but from the bone beneath.

“An approach called a subchondroplasty can work for patients with mild-to-moderate arthritis in one compartment of their knee and when an MRI shows bone edema or fluid,” stated Dr. Franzino. “We use

a needle to place a calcium carbonate substance into the area of bone edema.”

Dr. Franzino explained that this part of the bone is like a beehive with lots of compartments. The injected fluid fills the compartments, hardens and turns to bone over time. The minimally invasive procedure shores up the bone and remaining cartilage, with the goal of relieving the pain.

“I have used this procedure on several patients who, in the short term, are pain free,” he reported. “The hope is to help them avoid or delay the need for a total or partial knee replacement.”

Learn more.

To find out more about cartilage repair and restoration, go to the web site of the American Academy of Orthopaedic Surgeons at www.orthoinfo.aaos.org . For more information about Washington Township Medical Foundation, visit www.mywtmf.com.



Knee pain resulting from cartilage damage is a reality for millions of people. Orthopedic surgeon Stephen Franzino, MD, tells his patients that treatment options for cartilage damage are available to alleviate pain and symptoms, while others can treat or repair the damage.

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

Dear Doctor,

With the summer weather coming soon, what is the best way to prevent heat illness?

Dear Reader,

Heat illness can also be called heat exhaustion or heat stroke, the commonality being dehydration or lack of adequate amounts of water in the human body. Once dehydration starts to set in, a cascade of bodily functions begin to take over in order to preserve fluids. Thirst is the earliest symptom with dizziness, nausea and red-hot skin as later signals. People who work or play outdoors should be in tune with the weather reports. If you know it is going to be a hot day, drink enough water THE DAY BEFORE so that your urine is clear the following day. The morning of your work day or sporting event is critical – if your urine is dark yellow, then you did not drink enough fluid the day prior. Of course, it's always a good idea to bring along water and drink it throughout your work day or event. More importantly, never allow your urine to become dark or get to the point where you become thirsty in order to stay properly hydrated.

Dear Doctor,

Is it true if you “pop” the knuckles in your hands you will develop arthritis?

Dear Reader,

An emphatic, “no.” The sound coming from a finger joint when someone “pops” it is a vacuum effect producing the sound. It cannot be reproduced again for several hours as it takes time to re-develop the vacuum inside the joint. So long as no pain is caused by these sudden stretching movements, no arthritis or damage will result, no matter how many times it is done. This is the same sound that comes from your back or neck when it is manipulated by an osteopathic physician, physical therapist or chiropractor. The reason it feels good is not completely understood, but it is generally thought to be due to a muscle relaxation feedback loop with the associated joint.

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.



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Health&Wellness



Free Community Seminar



SPEAKER

Tam Nguyen, MD

Family Medicine

Washington Township Medical Foundation



Washington Township Medical Foundation

Part of Washington Hospital Healthcare System

Skin Health: What You Need to Know

Skin health is not only important for your appearance; it performs many essential tasks for your body. Skin protects your body in many ways, reducing the risk of skin cancer and minimizing the invasion of the many viruses and bacteria that you are exposed to on a daily basis. At this seminar, you will learn how to care for your skin and keep it healthy.

Tuesday, May 17, 2016

1 to 3 p.m.

Conrad E. Anderson, MD, Auditorium, rooms A & B

Washington West, 2500 Mowry Ave., Fremont



Stay connected to Washington Hospital through Facebook, YouTube and Twitter. Watch InHealth Channel videos, learn about upcoming events and seminars and see what's happening at your community hospital.





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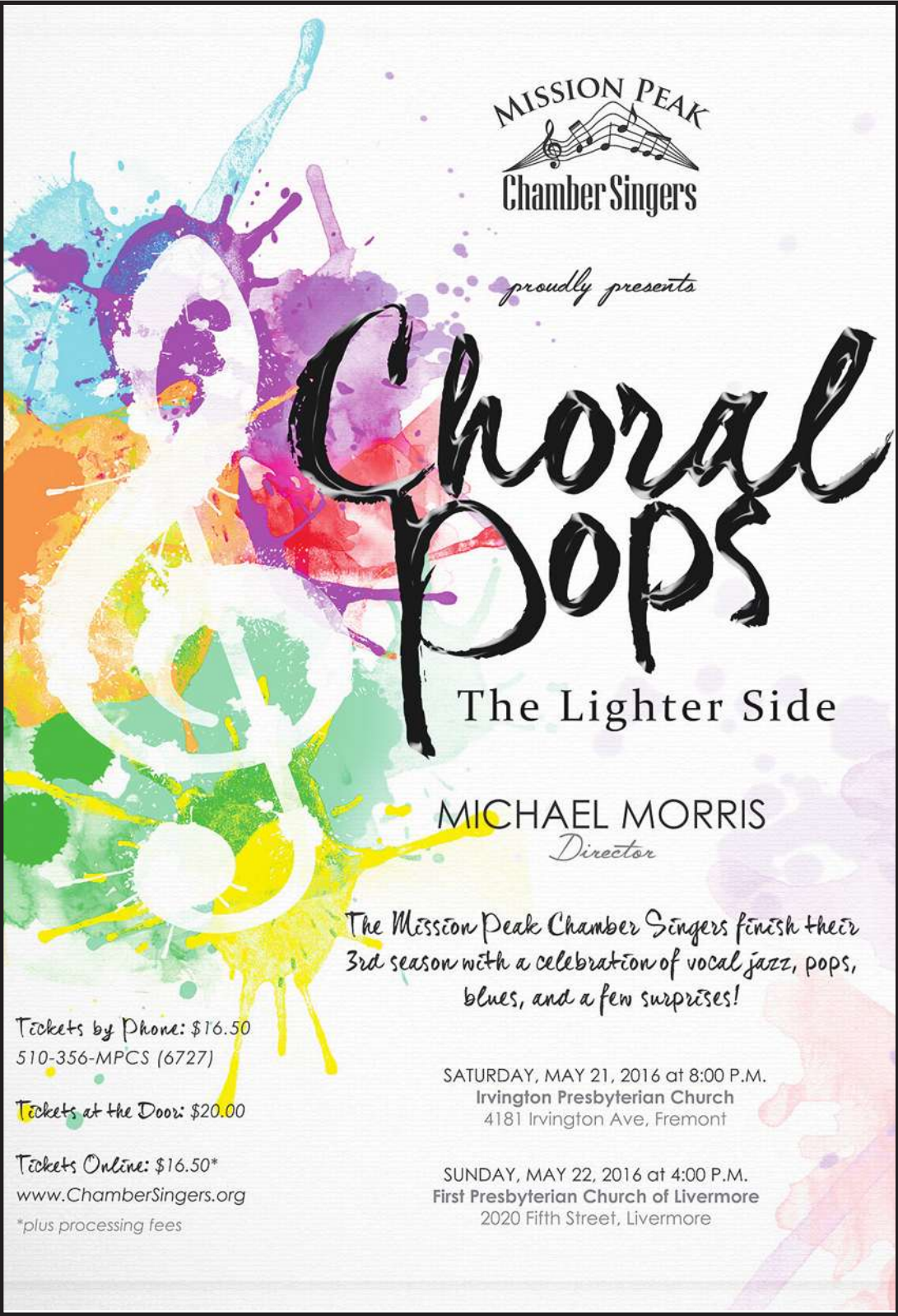
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Tickets at the Door: \$20.00

Tickets Online: \$16.50*
www.ChamberSingers.org
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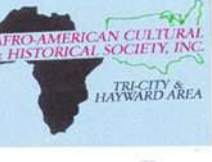
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The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published.

Letters that are 350 words or fewer will be given preference.

Letters are subject to editing for length, grammar and style.

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continued from page 1

Indo-American Charity Ball

Charity ball unites community for a cause

by Hilton in Newark.
Indo-ABC's primary goal is to serve and support our community through volunteer work and local charities. Our volunteers are passionate in their dedication to serving local nonprofit organizations.
An Indian dance number will kick off the event as guests gather to socialize with community members who share a common cause. Fremont-based Yoko's Dance & Performing Arts Academy and Aerial Dance Productions from San Jose will provide the night's entertainment.
This year, the charity ball will benefit Abode Services (formerly Tri-City Homeless Coalition), which provides shelter, housing, mobile health clinic and support to needy families and individuals; and LIFE ElderCare's Meals on Wheels program, in which volunteers deliver over 350 meals a day to homebound elderly and disabled adults. Representatives from both organizations will attend the event and show a video presentation highlighting their programs and services.
The last 12 Indo-American Charity Ball events have been successful due to generous contributions from donors, along with the help of matching grants. Indo-ABC has raised over \$550,000 for local charities including Abode Services, LIFE ElderCare, Kidango,

Fremont Senior Center, Ohlone College Foundation, Niles Rotary Foundation, Fremont Symphony, Discovery Cove Children Center (Fremont Resource Center), and many others. Past events were attended by over 300 guests, including local leaders, physicians, businesses, and the community at-large.
Tax-deductible donations for the event may be made payable to "Indo-American Charity Ball" at 707 Pilgrim Loop, Fremont, CA 94539. Sponsorship opportunities are also available from \$500-\$20,000. Tickets are \$60 per person or \$600 for a table of 10 (\$10 per person is tax deductible). Please wear formal attire; black tie is optional. For more information, call (510) 468-4680 or visit <http://indoabc.org/charityball>.

Indo-American Charity Ball
Saturday, May 7
6:30 p.m. – 8:00 p.m.:
Complimentary Bar
8:00 p.m. – 9:00 p.m.:
Dinner/Program
9:00 p.m. – 11:00 p.m.:
Dancing
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(510) 468-4680
<http://indoabc.org/charityball>
Tickets: \$60 per person,
\$600 table of 10
Sponsorship: \$500-\$20,000

Film confronts the roots of America's black/white divide

SUBMITTED BY
NILES DISCOVERY CHURCH

"Racism, unfortunately, is baked into the DNA of the United States of America," says the Rev. Jeffrey Spencer, Senior Pastor at Niles Discovery Church. "Slaves were considered less than fully human in our founding documents, and only people of color were slaves."
Spencer's church will screen the feature documentary "Traces of the Trade: A Story from the Deep North," on Saturday, May 14. In this feature documentary, filmmaker Katrina Browne discovers that her New England ancestors were the largest slave-trading family in U.S. history. She and nine cousins retrace the Triangle Trade and gain powerful new perspectives on the black/white divide in America.
The screening will be followed by a discussion led by the Rev. Sandhya Jha and attorney Peggy Bristol. Both Jha and Bristol have extensive experience in anti-racism work. The screening is free and open to the public; donations are welcome to help cover the costs of the screening.
Given the myth that the South is solely responsible for slavery, viewers will be surprised to learn that Browne's ancestors

were Northerners. In following Browne and nine fellow family members on a remarkable journey, Traces of the Trade brings us all face-to-face with the history and legacy of New England's hidden enterprise.
The issues with which the De-Wolf descendants are confronted dramatize questions that apply to the nation as a whole: What, concretely, is the legacy of slavery for diverse whites, for diverse blacks, for diverse others? Who owes who what for the sins of the fathers of this country? What history do we inherit as individuals and as citizens? How does Northern complicity change the equation? What would repair - spiritual and material - really look like and what would it take?
This screening is part of the Second Saturday Documentary Series, cosponsored by Niles Discovery Church and the San Jose Peace and Justice Center.
Traces of the Trade: A Story from the Deep North
Saturday, May 14
1:30 p.m.
Niles Discovery Church
36600 Niles Blvd, Fremont
(510) 797-0895
Free but donations gladly appreciated

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SUBMITTED BY IVY WU

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Get information and resources about children's health (mental, emotional, physical, and nutritional) to help promote this campaign. Help raise fund to support mental health programs in schools by digitizing your old printed photos. All net proceeds from the photo scanning will go to support children's mental health programs in the Fremont Unified School District schools. For more information, visit www.fuss4schools.org.

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Kidango celebrates new kitchen facilities



Preparing meals for 3,000 hungry kids is no easy task. It takes a team of dedicated people and facilities that can handle preparation and delivery to make it happen every day. For some Kidango participants, these meals are the best nutrition they receive. It is well known that malnourished children are often unable to concentrate and thrive physically or mentally. Kidango serves to break this pattern through education and activities to stimulate young children. Kidango has grown to meet the challenge with installation of a massive walk-in oven and kitchen space to meet the challenge. In a ribbon cutting ceremony on April 27th, Chamber of Commerce members and invited guests were able to view the impressive facility.

For more information about Kidango services for infants, preschool and school age children, visit: www.kidango.org

California native leads the few, proud in Okinawa

STORY BY
LANCE CPL. CARL KING

Back in 1779, a Marine Corps recruiting ad in the Providence Gazette read, “The Continental ship Providence, now lying at Boston, is bound on a short cruise, immediately; a few good men are wanted to make up her complement.”

From the beginning, the Marine Corps has been looking for those select individuals who have what it takes to be a warrior and a leader of Marines. Sgt. Chad Nillo, a squad leader with Alpha Company, Battalion Landing Team 1st Battalion, 5th Marines, 31st Marine Expeditionary Unit (MEU), is one of those few good men they've been looking for.

Nillo was born in Newark, Calif. When he enlisted into the Marine Corps straight out of high school, he thought the entire Marine Corps was strictly infantry. “I didn't realize that the Marine Corps had other jobs until the end of boot camp when I heard my fellow Marines in my platoon getting their military occupational specialties,” said Nillo. It didn't matter to Nillo. He still knew that being an infantry Ma-

rine is what he wanted to do.

Fast forward eight years. Nillo has deployed twice with the 31st MEU and was also an instructor at The Basic School. Nillo has served as a squad leader with the company for the last year and has had a great impact on the Marines he's serving with. “I've had a lot of squad leaders since I've been here, and Sgt. Nillo has been the one that's taught me the most,” said Lance Cpl. Kevin Cravey, an automatic rifleman with Alpha Co., BLT 1/5, 31st MEU. “Whenever we do squad internal things he treats us like men instead of treating us like junior Marines who don't know anything.”

Nillo said from the experience he's gained as a squad leader he knows what it takes to be a leader. “I think the impact I have on the junior Marines is not only setting the standards for training, but also affecting their morale,” said Nillo. “The hardest part of being a leader is connecting with each individual Marine. You've got to understand the differences and the ways you can actually impact them and convey things to them.”

Being a leader in the Marine Corps infantry is nothing like

being a leader in the civilian sector. Infantry leaders not only teach people things but also have to show no weakness and be proficient when under extreme situations. “The field sucks for everybody, but when I look at him I never see it,” said Cravey, a native of Cedar City, Utah. “When I see Sgt. Nillo looking unbothered during a long hike, it inspires me to keep going because I want to be like that.”

Nillo is not only liked by junior Marines, but respected by his leaders. “As a married man with kids, Sgt. Nillo is responsible, a great father, a great husband and overall a great Marine,” said Staff Sgt. Charles Higgins, a platoon sergeant with Alpha Co., BLT 1/5, 31st MEU. “I believe if he were to stay in, when he moves up to (staff noncommissioned officer), he'll be a solid leader.

Though Nillo knows he has a great impact on junior Marines and has gained a great deal of knowledge from his eight years in the Marines Corps, he will continue to learn and grow. “I think the most important thing to understand is that there is always more to learn, and you'll never know it all,” said Nillo.



High on a hill

Standing tall on the hills above Union City, a massive 750,000 gallon water storage tank serves the needs of 650 homes below. Although most citizens give little thought to how water is delivered to them, those at Alameda County Water District that serves Fremont, Newark and Union City are focused on not only delivery but what can be done to prevent disruption during a crisis such as a major earthquake. Not only do delivery concerns occupy their thoughts but, in the case of a storage tank perched above hundreds of homes and businesses, protecting the integrity of the tank and connections as well.

On April 28, 2016, dignitaries and ACWD officials gathered to honor Frank Borghi, who served three decades on the board and has been and remains a Union City icon. A man of all seasons, County Supervisor Richard Valle and Union City Mayor Carol Dutra-Vernaci spoke warmly about growing up in the Decoto area of Union City and their association with neighborhood folks such as Borghi, Shorty Garcia and others now known through street names and other identifications. Valle referred to Borghi as “a special man” and “salt of the earth”; Dutra-Vernaci readily agreed. Both recognized the correlation with a natural and vital resource as appropriate. Dutra-Vernaci added that Borghi “got involved and never stopped.” His extensive service to the community included active participation and board service on the New Haven School District and Decoto Chamber of Commerce. He was known as someone the community could count on to step forward and serve its interests.

Introduced by ACWD Board President Judy Huang, Borghi spoke briefly about his years with the water district and helped unveil a plaque on the water tank in his honor. This was no ordinary dedication as it served to highlight the seismic upgrade program to ensure major protective measures by the district. ACWD General Manager Bob Shaver highlighted the significant improvements of the seismic upgrade. The tank, for instance, is now bolted to a reinforced pad and features a “double ball joint differential coupling” that will allow movement of the pipe that connects to the tank when an earthquake hits. A motorized shutoff valve can also curtail damage until repair crews are activated.

In addition, ACWD Board members Marty Koller, John Weed, Jim Gunther and Paul Sethy added their comments, especially Paul Sethy who reminisced and called the ceremony “bittersweet” since his father was hired to survey the area for the original tank in 1963. However, a replacement and significant improvements were seen as definite improvements and heavily weighed toward a sweet side of the day. With completion of the new and improved storage tank, Union City residents know that the Appian Tank, with the added nomenclature as the Frank Borghi Tank will serve and protect their best interests.



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6,240 ducks splashed down for charity

SUBMITTED BY SHIRLEY SISK

Sponsored by the Kiwanis Club of Fremont, 6,240 ducks raced toward the finish line on April 23 for the 22nd Annual Tri Cities’ Ducks For Bucks Benefit Race. The rubber duck “athletes” won some great prizes for their sponsors:

- Grand Prize of \$2,000 went to Stephany Blalock sponsored by Kiwanis Club members Chip and Laura Koehler, Al and Marsha Badella, Shirley Sisk and Tom Blalock.
- First place: Nick Pace won a \$1,725 Wellness Package, donated by Tereo Chiropractic
- Second place: West Metro Kiwanis won a Living Trust donated by Bernard, Balgley, Bonaccorsi, LLP.
- Third place: Betsy Schooley who won a four stone diamond pendant from Chris Jewelers.
- Fourth place: Carol Williamson won a \$1,000 gift certificate to beautify her garden, donated by Dale Hardware.

- Fifth place: Sylvia Phillips won four Disneyland all day park hopper passes, valued at \$650.
 - Sixth place: Bob Wiecekowski won \$100 gift certificates for fine dining at: Bistro 880, Papillon, Massimo’s, Spin-a-Yarn, The Rose Garden and The Vine.
 - Seventh place: Meg Amouroux won a \$500 gift certificate from Dale Hardware.
 - Eighth place: Teresa Powell won a boy’s and a girl’s bicycle, valued at \$500, donated by Special Needs Children’s Center Foundation.
 - Ninth place: Keith Elrod received a \$250 certificate from TGIF Body Shop.
 - Tenth place: Harry Reis is going to enjoy a gourmet express lunch for two on the Napa Valley Wine Train, valued at \$250, donated by Gloria Hemez.
- The 29 schools and non profit agencies who participated in obtaining ducks sales will be invited to a Kiwanis Club breakfast on May 17 when over \$17,000 in checks will be given to them.

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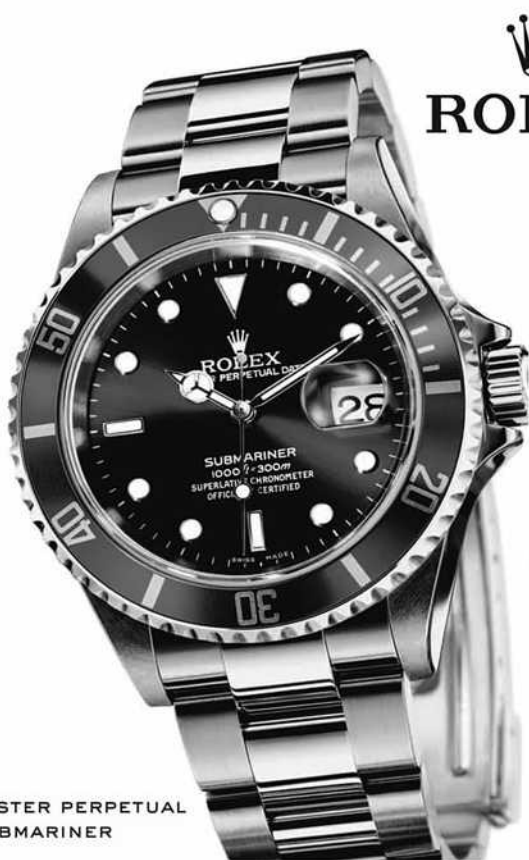
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Review: Kindle Oasis aims at avid readers, pricy for others

But I also enjoyed reading
with the Voyage and Paperwhite.

The Oasis comes with a leather case, in black, merlot or walnut, so you're saving \$15 or so, presuming you'd be buying a

Amazon's other Kindles already provide a pleasant e-book reading experience. You could buy both a \$100 Paperwhite and a \$180 Fire HD tablet for the price of an Oasis, with \$10 to spare for your first e-book.

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Kindles compared:
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Mills holds a Master of Science in Genetics from the Stanford University School of Medicine. He received his Bachelor of Science in Genetics from the University of California at Davis in 1996. His minor was in history.



Life in the fast lane

By DAVID R. NEWMAN

As many Bar Area motorists know, commute traffic can be a nightmare. And with the region's population expected to grow by over 2 million by 2040 (according to the Metropolitan Transportation Commission [MTC]), it's only going to get worse. Add to that limited transportation funding and hardly any land left for road expansion, and you've got a recipe for eternal gridlock.

Enter the Express Lane. Just change lanes and merge into the far left lane of the freeway, also known as the Carpool Lane. This is the proposed idea by local transportation agencies to relieve congestion and transform our automotive network into a more efficient and better manageable system.

"We're borrowing from operational success in other parts of the country," says John Goodwin, Public Information Officer at MTC. "There have been Express Lanes in Southern California, San Diego in particular, for well over a decade now. They also have Express Lanes in the Miami Metro Area, Atlanta Metro Area, Houston Metro Area, Minneapolis, Seattle."

The idea behind Express Lanes is simple: to increase the capacity of carpool lanes by giving solo drivers the option to use them by paying a toll. Says Goodwin, "The era of large scale freeway construction and expansion is not only over, but it has been over for over a generation now. So the onus is on us, as planners, to use the assets that we have as efficiently as we can. And that's where Express Lanes come in."

So how do these new Express Lanes work, exactly? Here is a quick primer:

1. Dashed lane markings show where it is OK to enter and exit.
2. All solo drivers need a regular FasTrak or a FasTrak Flex to drive in the lane during hours of operation.
3. Carpools, vanpools, commute busses, motorcycles, and eligible clean air vehicles travel toll-free, but may need a FasTrak Flex on certain Express Lanes.
4. Overhead signs display the amount of the toll, which is determined by the distance traveled and the amount of traffic. License plate cameras prevent cheating and support enforcement.
5. Electronic FasTrak tag readers over the express lane automatically charge applicable tolls to a vehicle's FasTrak account.
6. Double white lines show where it is illegal to enter and exit the express lane at any time.

The first Express Lane in the Bay Area appeared in 2010 on a southbound section of 680 from Sunol to Milpitas. There have since been two other Express Lane openings: at the junction of 237 and 880 (both directions) on the Milpitas/San Jose border in 2012, and on 580 between Dublin and Livermore (both directions), which opened up earlier this year. A section on 580 between Walnut Creek and San Ramon (both directions) is scheduled to open next in spring of 2017.

The MTC is working in conjunction with the Alameda County Transportation Commission (Alameda CTC) and the Santa Clara Valley Transit Authority (VTA). The plan is to blanket Express Lanes over 550 miles throughout the East and South Bay by 2035, primarily along Interstates 80, 880, 680, 101 and State Routes 237 and 85.

Residents of Fremont can look forward to Express Lanes along I-880 by 2019, with construction beginning sometime in the next six to eight months. Specifically, the new Express Lanes will run from Hegenberger Road to Dixon Landing Road in the southbound direction, and from Dixon Landing Road to Lewelling Boulevard in the northbound direction. The MTC will be working in tandem with Caltrans, who will be replacing the median barrier along the same corridor.

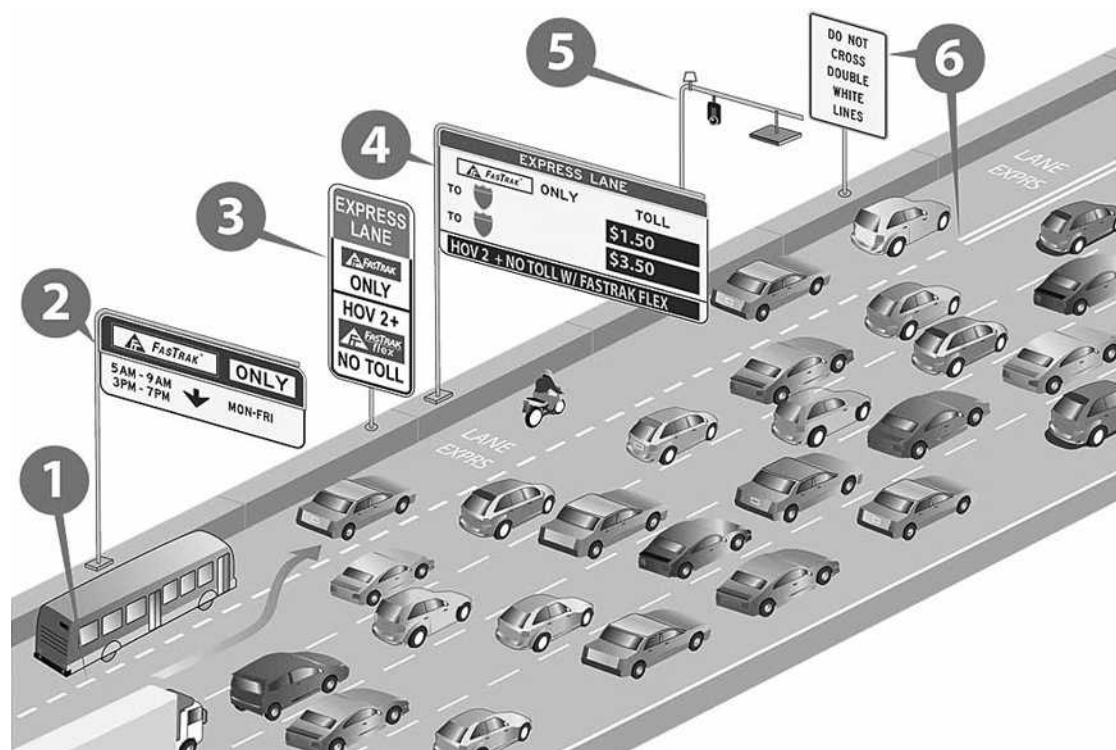
"The good news is that this is a conversion of the existing carpool lane, rather than construction of a new lane, so the impact on the traveling public day to day is going to be limited. This is work that can be done at night," says Goodwin.

The hours of operation vary currently, but Goodwin says they are trying to establish a consistent network-wide model (Monday through Friday, 5 a.m. to 8 p.m.). Outside the posted hours of operation, a sign may display a message like "open to all" instead of a price to indicate that you can use the lane at no charge without FasTrak or being a carpool.

Also, if the Express Lane gets too crowded, a sign may display a message like "HOV only" instead of a price (HOV stands for High Occupancy Vehicle).

Yes, soon everyone will have the chance to enjoy life in the fast lane. But Goodwin leaves us with a sobering thought: "On a corridor like the Nimitz, this is not going to be a magic bullet. These are among the most crowded carpool lanes in the region, so there's not a huge amount of extra capacity to make available to toll-paying vehicles. It's going to help a little bit, but it's not going to eliminate congestion."

For more information on Express Lanes, visit www.mtc.ca.gov and www.bayarearexpresslanes.org; for more about FasTrak Flex, visit www.bayareafastrak.org.



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continued from page 1

How OneChild was born and raised

To spare even one child what she had suffered, Dutra's organization, OneChild, gained the support of family, friends, businesses and the community. Over 6,000 children to date have been assisted. This is the 15th year that OneChild has presented a fundraiser that invites the community to help in a very enjoyable way. On Friday, May 13, Spin-A-Yarn Restaurant in Fremont will host a buffet in support of OneChild to help make more new clothing and school supplies available to more kids.

Dutra's son, Tony, recently recalled "searching through the Internet, trying to find anyone who would donate brand new clothes for kids." He found a group in San Francisco that contributed clothing. "That welcome donation was supplemented by the fundraising we did and clothes we purchased with those funds," said Tony. They decided to give the kids a real "shopping" treat. Brier Elementary School, where Tony's wife taught Kindergarten and first grade, supplied a room that was decorated with beautiful drapes and all the clothes were hanging on racks, rather than piled in bins. They were organized by size and marked, "just like you would find in an upscale store environment. We worked for four days until after midnight, every day, to get the room ready."

When asked about how her foundation handles donations to the kids, Dutra answers, "A private and respectful few moments is waiting for a family, one at a time, one child at a time. They enter the store, a bit unsure and reserved at first but volunteers guide them through and assist them. Parents, the kids, me, we're all smiling and sometimes tearful when they leave with brand new books, backpacks and clothing; things that will help them get by."

At that time, the teachers knew which students were hurting and in need of these

services. Later, Dutra worked through the Family Resource Center in Fremont to locate children they could help. Then Washington Hospital came forward and gave OneChild an entire room in which to hang all of the children's clothes. The space also made dressing rooms possible, provided storage space, and even an office. Dutra enthused, "Washington Hospital could not be more supportive of our group and Fremont Bank has been there every step of the way contributing \$10,000 per year and the South Bay Community Church has provided backpacks and other school supplies for years!"

Dutra is a powerful survivor and Tony, now chairman of the board of OneChild, is working toward establishing an endowment "that will allow us to gain assets that will make OneChild a sustainable charitable organization long after we are gone. My mother is the inspiration, spirit and hero of this organization; together we invite the community to join us and our many friends in celebrating the 15th year of service in support of the continuing growth of Bernie's dream foundation, OneChild."

So the story really doesn't end after all, but happily marches on into the future.

Purchase tickets for the fundraiser at <http://onechildca.org/news-events/>. Please contact Tony Dutra at tony@dutraland.com or (510) 353-9984 x3 with any questions.

One Child Fundraiser
Friday, May 13
5:30 p.m. – 7:00 pm
Spin-A-Yarn Steakhouse
45915 Warm Springs Blvd,
Fremont
(510) 353- 9984 x3
<http://onechildca.org/>
Tickets: \$50
Free parking

Statue of Immaculate Heart of Mary visits Hayward



SUBMITTED BY
RON YTEM

The Pilgrim Immaculate Heart of Mary statue will be visiting St. Joachim Parish in Hayward on Wednesday, May 11. The statue of the Immaculate Heart of Mary was blessed by his Holiness Pope Francis on October 23, 2013. It shows Our Lady's image in her "Last Vision" as she appeared to Sister Lucia at the convent in Tuy, Spain on June 13, 1929. The statue travels around the U.S. under the sponsorship of the World Apostolate of Fatima, spreading the important message of the Fatima.

From May to October 1917, the Blessed Mother appeared to three shepherd children (including Lucia) in Fatima, Portugal. The Blessed Mother told the three children: "Jesus wishes to make use of you to make me known and loved. He wants to establish in the world devotion to My Immaculate Heart. To whoever embraces this devotion, I promise salvation; these souls shall be dear to God, as flowers placed by me to adorn His throne."

Statue of Immaculate
Heart of Mary Visitation
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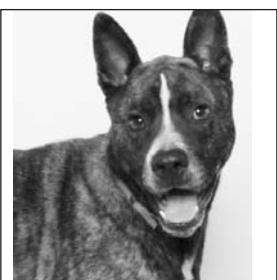


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Hercules is an intelligent, gentle 1.5 yr old Akita mix who already knows "sit" "lay down" and "shake". Though he's a big boy, he's very well mannered and attentive to his people. He loves playing with squeaky toys and tennis balls. He's good with other dogs. Because of his size, he'd do best in a home with children 7 yrs+. More info: Hayward Animal Shelter. (510) 293-7200.



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Shape Our Fremont

**Where Fremont residents can learn about shaping
proposed housing developments**

Sticking to the General Plan?

The City uses "conforming to the General Plan" as the reasoning behind many of its decisions. But is the City really following the General Plan as a whole, or does it pick and choose parts that help justify its position? A General Plan is a roadmap for future growth and development - a framework for policies. The General Plan of December 2011 is comprised of 12 elements or chapters. Here are ways in which we feel the City is veering off the path that each element promotes.

1. Sustainability Element

This important element "summarizes the City's vision for a more environmentally sustainable future" and "serves as a kind of executive summary of the 'sustainable urbanism' embodied in the rest of the document."

Adding dense housing all over Fremont increases traffic. It adds commuters, as well as parents who must drive their children to distant schools because of overcrowding. Every minute spent sitting in congested traffic adds to our environmental footprint.

2. Land Use and Open Space Elements

The General Plan maps out Land Use Designations for each of the areas in Fremont. The most dense designation is the Urban Residential in a Transit-Oriented Development Overlay District (TOD). However, if a parcel had been designated as a Planned District prior to December 31, 2012, this designation does not apply. The proposed Walnut Residences apartment project is being processed by the City as an Urban TOD development even though it is currently zoned as a medium density Planned District P-2004-267.

Preserving Open Space by restricting developments to "infill" sites is a good goal. But what is an "infill" site? Several large parcels with old non-tract houses on them have been declared "infill" sites even though the houses are not vacant nor run down.

3. Circulation (Mobility) Element

Traffic is bad all over town. A new housing development won't be denied for traffic reasons unless the traffic generated from

that one project will worsen it substantially. The cumulative effect of all recent and proposed new housing is not evaluated. Traffic Impact fees are collected but they are not used until after the foreseen problems arise.

4. Community Character Element

"Community Character is about design, aesthetics and place-making." This element has been the most neglected element in reviewing development applications. Here are just two examples:

The Historic Preservation and Cultural Resources Goal promotes "conservation and enhancement of Fremont's historic sites, buildings, structures, objects, and landscapes into the 21st century and beyond." Ten old homes, including Pop Goold and Millie Logan Goold's home on Peralta Boulevard, are proposed to be demolished because an evaluator from outside Fremont couldn't discover historic references to the past owners.

This element includes a Place-Type Design Manual "... to guide and evaluate urban development in terms of form, scale and function in the built environment." A Landscape Place Type is to have primarily low-rise buildings, wide setbacks and abundant trees and landscaping. The Mission-Stevenson and Granite Ridge projects are on streets with a Landscape Place Type. They were both approved despite one having three-story buildings lining the street only 5 ft. from the sidewalk and the other having a four-story apartment house right on Paseo Padre near Quarry Lakes.

5. 2015-2023 Housing Element

The Housing Element assigns housing quotas for different levels of affordability. For 2015-2023, the Very Low and Low Income quota is 2,640, the Moderate Income is quota 978, and the Above-Moderate Income quota is 1,837.

Already as of April 2016, the Above-Moderate Income eight-year quota has more than been filled. We are marching ahead on the Very Low and Low Income housing. Extremely little Moderate Income housing has been approved or is even

proposed.

6. Economic Development Element

The City has a "retail pruning" policy for underutilized commercial centers and allowed The Connolly Center in Irvington to be re-designated as Residential. As a result, 11 viable businesses will be pruned.

7. Conservation Element

This element "presents measures to preserve and enhance Fremont's natural resources." Mature old-growth trees have been allowed to be cut down and merely replaced with new trees that are more conveniently positioned on the developments.

8. Parks and Recreation Element

The City sold about a third of the 19.8 acres of Palm Avenue Park land to SummerHill Homes for a single-family development.

9. Public Facilities Element

The City is moving ahead with a new Civic Center but has postponed the needed parking structure indefinitely.

10. Safety and Noise Elements

The General Plan's Acceptable Exterior Noise Level Standards set the maximum instantaneous noise level in bedrooms at night at 50 decibels. The Peralta Crossings development was approved despite the train horn noise at the crossings being four times greater than the builder could mitigate.

11. Community Plans Element

Guidelines for the Town Centers of Niles, Irvington, Mission San Jose, and Centerville are under this element. The architecture in Niles Gateway starkly contrasts to the rest of the Town Center.

12. Implementation Element

Amending the General Plan is part of this element. Developers can request a General Plan Land Use Amendment (GPA) to change the type and density of a parcel. Six out of the most recent 28 approved housing developments have involved a GPA and not one amendment was rejected.

Read the General Plan at
http://www.fremont.gov/398/General-Plan.

The Model A Era comes to Hayward

SUBMITTED BY MARCESS OWINGS

"We love our Model A's"—that's what members of the Acorn A's Model A Ford Club of Castro Valley have in common. The group is dedicated to the preservation of the cars and fashions of the Model A era (1928—1931). The club is bringing their love of the Model A to the Hayward Museum of History and Culture's Community Gallery in the upcoming exhibition, The Model A Era, from May 7- June 19.

The exhibition highlights the design and style of this fascinating period. Three unique examples of the legendary Model A Fords are on display as well as hats, dresses, jewelry and more. These modern fashions and attainable automobiles reflect the boom of the 1920s and the bust of the 1930s.

On Saturday, May 21, travel even deeper into the time period at "Fashions of the Model A Era," an informal fashion show highlighting the clothing worn during the era. The fashion show starts at 1 p.m. and is free with museum admission.

To learn more, please see the exhibit at the Hayward Area Historical Society's (HAHS) Museum of History and Culture. The museum is open Wednesday through Sunday from 10 a.m. to 4 p.m. Admission is \$5 for adults, \$3 for students and seniors, and free for HAHS members. For more information, call (510) 581-0223 or visit www.HaywardAreaHistory.org

Model A Era Exhibit

Saturday, May 7 – Sunday, June 19
10 a.m. – 4 p.m. (Wednesday – Sunday)

Saturday, May 21/Fashion Show
1 p.m.

HAHS Museum of History and Culture
22380 Foothill Blvd, Hayward
(510) 581-0223

www.HaywardAreaHistory.org
\$3 - \$5

continued from page 1

Ride the “Katie” train at ‘Railroad Adventure Day’

Safety first! To participate in activities children must be supervised by an adult. Bring hats and sunscreen. We encourage you to bring a picnic and drinks; no food or drinks will be for sale.

The Railroad Museum at Ardenwood is operated by the Society for the Preservation of Carter Railroad Resources (SPCRR), a registered 501(c)(3) non-profit. Revenue from events goes toward our main mission, which is to restore the historic railroad cars in our collection,

some of which were built in Newark. Our main emphasis is cars built by Carter Brothers, which was the first industry in Newark.

With Katie freshly painted and drawing a lot of attention from children visiting Ardenwood with their families, SPCRR changed our usual four Saturday train rides into a celebration of Katie, especially for families with children under 8 years old. The second Railroad Adventure Day featuring Katie

the locomotive has already been scheduled for Saturday, June 18. Entrance to Ardenwood is \$3 for adults and seniors, \$2 for ages 4-17, and children under four are free. Katie train tickets are just \$3 each for ages two and above (children under two must sit on a lap) and include all-day train rides pulled by Katie plus all activities. Cash and credit cards accepted for train tickets. To learn more about SPCRR, visit www.spcrr.org.

Railroad Adventure Day
Saturday, May 14
10 a.m. – 4 p.m.
Ardenwood Historic Farm
34600 Ardenwood Blvd,
Fremont
(510) 544-2797
www.ebparks.org
www.spcrr.org
Admission: \$3 adults & seniors, \$2 ages 4-17, under 4 is free
Katie train tickets: \$3 each
Free parking

Sanchez chosen for Superintendent at Newark Unified School District

SUBMITTED BY LIZ WARREN

On April 27, School Board President Ray J. Rodriguez announced the finalist in Newark Unified School District's search for a superintendent. Patrick Sanchez was selected from an outstanding field of candidates. He is currently Superintendent of Adam 14 School District in Commerce City, Colorado. He will start July 1, 2016.

During his four year tenure as superintendent he exhibited the ability to bring his diverse community together. He was instrumental in establishing an academic recovery program that resulted in increased academic performance. He is a White House “Courageous Champion.” Mr. Sanchez has developed strong parent and community partnerships to engender trust, foster cooperation and engage the community to sustain an effective and positive learning environment.

The Newark Unified School Board of Education will vote on his contract at the May 3 meeting. The community will have a chance to meet Mr. Sanchez at a Meet and Greet at the Newark Memorial High School Library on May 4.



Meet and Greet with Superintendent
Wednesday, May 4
4 p.m. – 6 p.m.

Newark Memorial High School, Library
39375 Cedar Blvd, Newark
(510) 818-4112

LETTER TO THE EDITOR

BART shuttle will help neighborhoods

If a BART station is needed in south Fremont and is not yet open, it's not surprising that potential BART passengers would be driving to the [existing] Fremont station to catch a ride. Since the Fremont station parking lot is full, these drivers feel they have no choice but to park in adjacent neighborhoods sometimes a twenty minute walk to the station.

I live near Parkmont School where for years parents have been lining up on Parkside Drive or parking nearby to deliver and pick up their kids. Parkmont residents have adjusted to this phenomenon by, for example, scheduling doctors' appointments so they didn't have to contend with the traffic. Tolerance for crowded parking allowed us to put up with ever increasing aggravation of the problem by BART users. Any tendency to complain was held in check by BART's promise to open the Warm Springs station by the end of 2015.

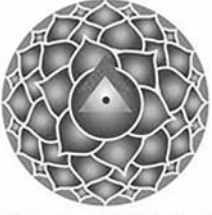
Now it seems that not even BART knows when the station will open. Tolerance has limits: we are getting tired of (1) not being able to have our streets cleaned, (2) having people desperate for a parking

space take our trash bins off the street thus denying access to them by the trash trucks and (3) occasionally having our driveways blocked.

I have asked BART if the Warm Springs station parking lot was going to be completed ahead of the opening of the station. The person I talked to said that she didn't know and would have her “line manager” call me within 48 hours. That didn't happen. I was going to suggest to him that BART should open the parking lot as soon as possible so that BART riders could park there in order to take buses to the Fremont Station.

I have taken the “bus bridges” when repairs on the tracks necessitated a detour and found them to be quite efficient. BART can provide the service but what kind of pressure does it take for them to actually do it? Does the City of Fremont have influence?

Frank C. Tharin Jr.
Fremont



Anandi has 16 years experience teaching Yoga for Kaiser Hospitals



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10:30 - 11:45 Extra Gentle Yoga
12:15 - 1:30 Prenatal Yoga Expanded

Fremont - The Gala Event Hall
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Wednesday
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6:00 - 7:15 Yoga for Wellness
7:30 - 9:00 Prenatal Yoga Expanded

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9:00am - Fair Open
All Day - IDEAL Tradesman Competition
All Day - Powder Actuated Tool Certifications
All Day - Emergency Preparedness
TBD - Impact Bay Area Women & Children Self Defense
9:00am - Kaiser - Life Care Planning
10:00am - Lunch Open
10:00am - IDEAL Test & Measurements
11:00am - Blood Circulation
11:00am - Kaiser - Life Care Planning
12:00PM - Crossfit Pleasanton Nutrition & Fitness
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1:00pm - Kaiser - Life Care Planning
3:00pm - Fair Close



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Home & Garden

Herb garden allies: Sage

SUBMITTED AND PHOTOS BY
LALITHA VISVESWARAN

The herbal home apothecary needs only a sunny square of earth or a kitchen window sill of herbs to be well stocked. Sage is the second herb in my formulary for the Four Thieves Vinegar, an elixir famed to have offered four grave-robbing thieves absolution of their crimes in exchange for sharing the protective formula during the Great Plague in France.

At my farm in Sunol I planted a 100-foot row of culinary sage as

undemanding, and very tolerant of low-water gardens. The velvety leaves have a soft gray blue tinge to it, and the plant bursts into purple spikes of spring blossoms when the soil warms, attracting swarms of bees and hummingbirds.

The culinary appeal of sage is so strong that its mere mention evokes memories of holiday meals and well-fed stupor. The addition of sage aids digestion of foods high in fat and foods that are a little harder to digest. Its warm aroma makes it the perfect flavoring for winter and cold season meals. It does very well in soups, sauces, and stews, roast meats and



Sage ghee

a hedge to act as a border, barrier, and pollinator buffet. Sage can also be the gatekeeper between health and illness.

Salvia officinalis or garden sage is one of hundreds of plants that come under the genus salvia, which literally translates to “savior.” Sage can refer to anything from the ceremonial smudging herb that is white sage to clary sage, whose essential oil has been used as a fixative in Old World perfumery, to the hallucinogenic salvia divinorum that is said to send one to altered states of consciousness. However, we are going to confine ourselves to the common culinary sage.

In the garden, sage loves warm and dry soil. It thrives in sun as well as part shade. It doesn’t particularly demand rich soil but benefits from an annual hard pruning. Sage is carefree,

vegetables and is great for wrapping cheese and preserved goods.

Sage also has a reputation for neutralizing free radicals and has anti-aging properties. Its gentle, yet assertive fragrance is often appealing in lotions and salves. It is antiseptic and will accelerate the healing of cuts, wounds, and can clear up skin afflictions. Sage is also anti-microbial and anti-bacterial. An infusion makes an excellent mouth gargle for a sore throat, when the flu strikes, or when sinuses get clogged.

Fresh sage leaves macerated in vodka makes a cheap and efficient natural homemade deodorant. Simply pour a good quality drinking vodka into a jar that has been half filled with fresh sage leaves. Let it sit between two to six weeks. Strain and dilute with distilled water at a ratio of 1:1. Spritz!

Sage can also be used as a smudging herb. It is a suitable



Sage herb with peppers and lavender

substitute for the traditional white sage that has been excessively wild harvested due to alarming high commercial interests. Snip 10 to 12 tender stems and wilt for a day until it’s somewhat dry but isn’t yet too brittle that it will crumble. Trim the ends and tie it together into a tight bunch with thin cotton string. Allow it to dry completely by hanging it upside down. Light the smudge and allow the smoke to cleanse your surroundings.

Sage contains rosmarinic acid, which makes it brilliant as an anti-inflammatory agent. Combined with its high levels of anti-oxidants and bone-building properties, proper use of this herb promotes health and offers protection against common illnesses and degenerative diseases.

Sage eases swelling and helps alleviate symptoms of acid reflux, asthma, arthritis, fibromyalgia, and can help regulate menstrual cycles. During menopause, it can help women deal with excessive sweating. It is one of the best

herbal allies a new mother can have when it is time to wean the baby.

On the mental plane, it can help increase attention span, boost concentration, and be supportive during times of grief and depression.

Sage tea is never bitter and only turns so because of over-steeping or using too much. A teaspoon of dried sage for one cup of boiling water is to be

brewed for no more than two to three minutes. Sweetened with honey, it is an aromatic and warming medicinal tea. If using fresh sage, it may be brewed with a handful of leaves and stems for up to five minutes.

A shortcut would be to preserve the herb in honey by infusing it over a long period of time. To make sage honey, fill a jar half full with fresh, slightly

continued on page 16



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continued from page 15

Herb garden allies: Sage

wilted roughly-chopped leaves. Pour honey until the herbs are fully covered and there is very little head space between the lid and the contents. This is to prevent oxidation. Poke contents of the jar with chopsticks and swirl them around so there are no air bubbles. Let it sit for at least six weeks on a cool, dark shelf. Don't forget to label and date it. When it's ready, pour a heaping tablespoon of sage honey into a hot cup of water and strain for the easiest sweet medicinal tea you can prepare at a short notice.

My other favorite way to preserve an end of season sage harvest is to make sage ghee. Ghee is essentially caramelized clarified butter that is part of Indian and many other ancient culinary traditions. The process removes all moisture from butter to create a shelf-stable product that is 100 percent butterfat and

no water at all. Flavoring ghee with sage makes a delicious cooking fat infused with the herb's aroma. This is perfect for roast potatoes and to drizzle over squash or pasta. I love to mix a little sage ghee with plain rice and sautéed garlicky Swiss chard. I also like making little polenta squares and drenching it with sage ghee and finely chopped chives.

Sublime as salad dressing or when combined 1:1 with raw honey, sage vinegar makes an excellent medicinal oxymel. A tablespoon of sage-infused apple cider vinegar in a large glass of water every day is said to regulate blood sugar levels. Fill a jar three fourths full with fresh sage leaves and submerge them with raw apple cider vinegar. Let it sit for at least six weeks and strain into a clean bottle. Only use glass jar and plastic lids while preparing



medicinal vinegars as metals will corrode upon contact with acetic acid or vinegar.

Last, but not least, a sweet ending. For sage blossom syrup boil two cups of water and pour over two cups of fresh sage blossoms. Strain. Bring to boil with two cups of granulated sugar until it dissolves. Add two

tablespoons of freshly squeezed lemon juice. Strain again through a fine cheesecloth and bottle it. Refrigerate.

Stay tuned for the next installment of our herbal allies series!

Lalitha Visveswaran is a full-time farmer at Jellicles Farm in the Sunol AgPark where she grows vegetables, herbs, flowers, and lavender. www.jelliclesfarm.com, www.facebook.com/jelliclesfarm, www.instagram.com/jelliclesfarm

LITTLE SHOP OF HORRORS

SUBMITTED BY JAMIE STROUD



Washington High School's performance of Little Shop of Horrors opens Friday, May 6 with additional shows May 13-14 and May 20-21 at 7:30 PM in the Husky Theatre. On Sunday, May 8, join us for a special Mother's Day performance at 4 p.m. All moms are free provided they bring along at least one child (any age). Mother's Day tickets with accompanying ticket are sold at the theatre only. The Friday, May 20 show will be a special student sign language interpreted performance.

Tickets for all shows are: \$15 general admission; \$12 students 14 and older and seniors; \$10 Assoc. Student Body (ASB) students, and \$8 for Youth 13 and under. Children 3 and under are free if they sit on a lap. Seating is limited, but you can purchase tickets online at: <http://tinyurl.com/whslittleshop>

For more information, call (510) 505-7300 ext. 67362.

Little Shop of Horrors

Friday: May 6, 13, 20 and Saturday: May 14, 21
7:30 p.m.

Sunday, May 8
4 p.m.

Washington High School, Husky Theatre
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(510) 505-7300 ext. 67362

Tickets: <http://tinyurl.com/whslittleshop>
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LOV presents Kim Angelis in concert

SUBMITTED BY SHIRLEY SISK

On Sunday, May 15 at 2 p.m. the League of Volunteers (LOV) and the Newark Arts Council welcome you to a musical odyssey, guided by the internationally acclaimed, award-winning violinist and composer, Kim Angelis. Her music has been used at the Olympics and World Cup gymnastics events, in film and on TV. From Africa to Asia, from Alaska to Chile, the passionate, beautiful and timeless music of Kim Angelis has captivated audiences and inspired musicians. Accompanied on the guitar by her talented husband, Josef, Kim's music literally sings with each string like a gypsy poet.

LOV's concerts are held in Thornton Junior High's Auditorium, Fremont. Doors open at 1 p.m. and the concert begins at 2 p.m. Admission is free with a

suggested donation at the door. Complimentary refreshments are served during intermission.

LOV Kim Angelis Concert
Sunday, May 15

2 p.m. (Doors open 1 p.m.)
Thornton Junior High,
Auditorium
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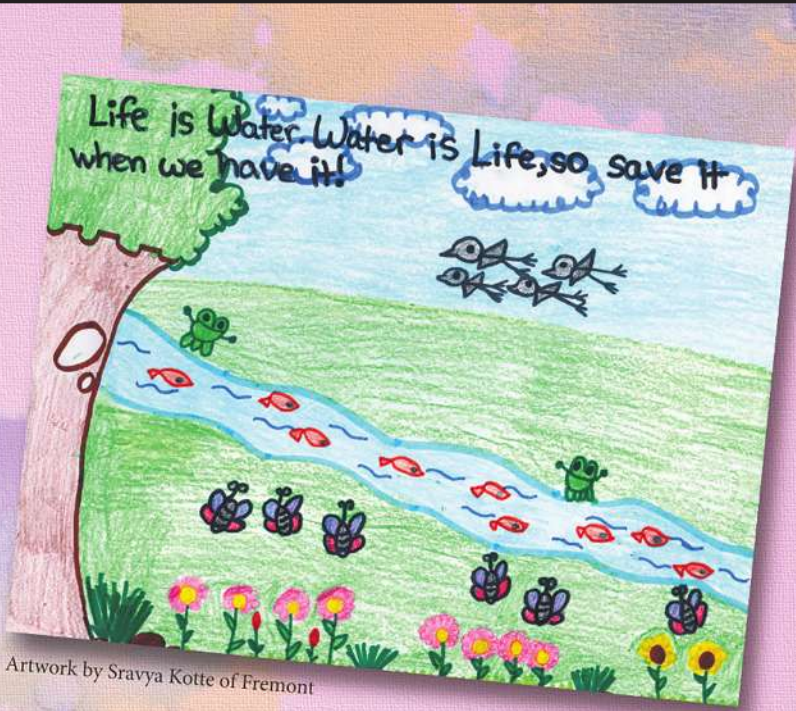
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May is Water Awareness Month!

Millions of people around the world walk several miles each day to obtain water. They have learned firsthand that water must be used wisely. Although water flows freely from our taps, the current drought reminds us that it is a resource too precious to waste.

Use Water Wisely, It's a Way of Life.



Artwork by Sravya Kotte of Fremont



CASTRO VALLEY TOTAL SALES: 5						
Highest \$: 1,060,000		Median \$: 885,000				
Lowest \$: 385,000		Average \$: 803,200				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
18073 Joseph Drive	94546	885,000	3	1921	195703-25-16	
2505 Miramar Ave #124	94546	385,000	2	898	198803-22-16	
2757 Talbot Lane	94546	1,060,000	3	1971	194703-23-16	
7297 Longmont Loop	94552	785,000	3	1785	200103-24-16	
30155 Palomares Road	94552	901,000	1	912	-03-24-16	

FREMONT TOTAL SALES: 47						
Highest \$: 2,500,000		Median \$: 850,000				
Lowest \$: 323,000		Average \$: 972,053				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1268 Albacore Terrace	94536	722,000	2	1178	1994 03-23-16	
36929 Allen Court	94536	1,550,000	3	1616	1951 03-25-16	
37155 Aspenwood Com #201	94536	560,000	2	1083	1986 03-24-16	
37215 Bodily Avenue	94536	810,000	3	1324	1954 03-25-16	
37465 Briarwood Drive	94536	705,000	3	1119	1954 03-22-16	
35425 Cabrillo Drive	94536	850,000	5	1714	1966 03-23-16	
2489 Country Drive	94536	861,000	3	1633	1976 03-24-16	
38431 Darnel Court	94536	1,153,000	5	3142	1960 03-24-16	
3830 Dunbar Place	94536	950,000	-	1453	1977 03-28-16	
37900 Essanay Place	94536	781,000	4	1408	1981 03-28-16	
35673 Gleason Lane	94536	1,413,000	4	2675	1979 03-23-16	
4539 Grover Court	94536	1,130,000	3	2028	1955 03-22-16	
331 Paloma Terrace	94536	710,500	3	1240	1973 03-25-16	
4180 Perkins Court	94536	1,325,000	4	3561	1964 03-28-16	
418 Rock Avenue	94536	690,000	3	1312	2008 03-23-16	
38136 Smith Court	94536	929,000	4	1591	1962 03-25-16	
3574 Sutton Loop	94536	854,000	3	1680	1963 03-24-16	
5500 Cosmos Common	94538	726,000	3	1309	1994 03-25-16	
39993 Fremont Blvd #8	94538	475,000	2	1360	1987 03-23-16	
4739 Griffith Avenue	94538	850,000	3	1596	1962 03-23-16	
4587 Hilo Street	94538	767,000	3	1148	1960 03-22-16	
5653 Impatiens Common	94538	540,000	2	850	1994 03-22-16	
40117 Laiolo Road	94538	735,000	3	1140	1959 03-25-16	
40243 Legend Rose Terr	94538	978,000	3	2000	2008 03-28-16	
40963 Olmstead Terrace	94538	625,000	4	1599	2010 03-25-16	
3909 Stevenson Blvd #708	94538	380,000	2	1042	1972 03-25-16	
39344 Sundale Drive	94538	639,000	3	1131	1963 03-23-16	
47065 Bennis Terrace	94539	435,000	2	926	1987 03-24-16	
414 Crystalline Drive	94539	1,630,000	4	2305	1985 03-28-16	
281 Fountain Grass Terr	94539	952,000	3	1795	2008 03-28-16	
44274 Hunter Place	94539	2,500,000	5	4596	1998 03-23-16	
240 Kimberwood Court	94539	2,000,000	4	2909	1994 03-25-16	
40641 Mission Boulevard	94539	940,000	3	1569	1975 03-25-16	
46200 Paseo Padre Pkw.	94539	1,590,000	4	2377	1974 03-23-16	
263 Rosado Road	94539	1,410,000	4	1784	1976 03-23-16	
462 Scott Street	94539	1,959,000	-	-	- 03-24-16	
46900 Shale Comm #136	94539	550,000	2	936	1987 03-25-16	
2335 Sueno Way	94539	970,000	2	1230	1970 03-22-16	
140 Tuolumne Drive	94539	1,300,000	4	1787	1977 03-28-16	
46770 Winema Comm #7	94539	535,000	2	897	1985 03-25-16	
33883 Abercrombie Place	94555	1,282,000	4	2409	1976 03-23-16	
4531 Donalbain Circle	94555	810,000	4	1214	1985 03-28-16	
3763 Dryden Road	94555	850,000	3	1376	1977 03-22-16	
33155 Egret Way	94555	1,270,000	4	2749	1980 03-25-16	
34221 Gannon Terrace	94555	1,045,000	4	1774	1988 03-25-16	
4289 Tanager Common	94555	627,000	3	1240	1984 03-23-16	
34112 Via Lucca	94555	323,000	2	1231	2007 03-28-16	

HAYWARD TOTAL SALES: 23						
Highest \$: 1,139,000		Median \$: 535,000				
Lowest \$: 270,000		Average \$: 535,522				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
665 Atherton Place #606	94541	470,000	3	1224	1997 03-22-16	
22569 Center Street	94541	450,000	3	1236	1947 03-28-16	
955 Leonardo Way	94541	515,000	3	1070	1951 03-22-16	
3051 Madsen Street	94541	550,000	3	1343	2012 03-24-16	
22260 Montgomery St	94541	695,000	4	2050	1938 03-25-16	
22610 Mossy Rock Drive	94541	545,000	3	1280	1979 03-23-16	
1066 Old Oak Lane	94541	575,000	3	1918	2010 03-22-16	
22229 Pearce Street	94541	278,000	2	758	1918 03-25-16	
205 Poplar Avenue	94541	385,000	2	1272	1980 03-23-16	
18543 Standish Avenue	94541	1,139,000	4	1706	1961 03-25-16	
27039 Belfast Lane	94542	605,000	3	2212	1984 03-25-16	
638 Barron Way	94544	521,000	3	1501	1960 03-25-16	
30158 Bridgeview Way	94544	980,000	5	3094	2000 03-25-16	
26604 Colette Street	94544	482,500	3	951	1950 03-25-16	
27943 Dickens Avenue	94544	455,000	3	1162	1955 03-25-16	
945 Fletcher Lane #A312	94544	335,000	2	946	1986 03-25-16	

29393 Lassen Street	94544	535,000	3	1132	1989 03-22-16
31154 Meadowbrook Ave	94544	550,000	3	1231	1955 03-23-16
562 Tennyson Road	94544	535,000	3	1696	2006 03-24-16
2451 Columbine Court	94545	561,500	4	1804	1975 03-23-16
25192 Copa Del Oro Dr #105	94545	320,000	2	958	1991 03-24-16
1981 Osage Avenue	94545	565,000	3	1232	1964 03-22-16
1256 Stanhope Lane #249	94545	270,000	1	748	1989 03-22-16

MILPITAS TOTAL SALES: 13						
Highest \$: 1,410,000		Median \$: 781,000				
Lowest \$: 443,500		Average \$: 785,115				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1392 Acadia Avenue	95035	760,000	3	1065	1963 04-08-16	
445 Dixon Road	95035	700,000	3	900	1960 04-07-16	
1400 East Calaveras Blvd	95035	475,000	3	1071	1955 04-08-16	
1840 Edsel Drive	95035	443,500	3	1102	1962 04-08-16	
346 Fairmeadow Way	95035	880,000	3	1427	1994 04-08-16	
727 Garden Street	95035	781,000	-	-	- 04-01-16	
685 Heath Street	95035	725,000	3	1160	1960 04-07-16	
1963 Journey Street #102	95035	803,500	-	-	- 03-28-16	
734 London Drive	95035	1,410,000	4	3204	1985 04-12-16	
1383 Olympic Drive	95035	942,500	3	1484	1963 04-08-16	
237 Rainbow Place	95035	785,000	3	1404	2000 03-28-16	
310 San Petra Court #3	95035	451,000	2	882	1971 04-12-16	
1835 Yosemite Drive	95035	1,050,000	4	2030	1967 04-11-16	

NEWARK TOTAL SALES: 8						
Highest \$: 1,120,000		Median \$: 680,000				
Lowest \$: 500,000		Average \$: 752,250				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
35128 Blackburn Drive	94560	899,000	3	1628	1963 03-23-16	
36418 Crystal Springs Ct	94560	1,120,000	5	2724	1998 03-25-16	
6421 Dairy Avenue	94560	569,000	3	942	1953 03-23-16	
6214 Noel Avenue	94560	500,000	3	942	1953 03-18-16	
6378 Normandy Drive	94560	680,000	4	1290	1960 03-28-16	
36701 Olive Street	94560	621,000	4	1993	1948 03-24-16	
8067 Peachtree Avenue	94560	810,000	4	1708	1974 03-23-16	
6037 Tourraine Drive	94560	819,000	4	2171	1959 03-25-16	

SAN LEANDRO TOTAL SALES: 18						
Highest \$: 887,000		Median \$: 596,500				
Lowest \$: 405,000		Average \$: 610,056				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1782 Astor Court	94577	887,000	3	2947	1985 03-28-16	
756 Bridge Road	94577	840,000	5	2210	1935 03-25-16	
297 Lorraine Boulevard	94577	635,000	3	1310	1941 03-25-16	
22 Sunnyside Drive	94577	582,500	2	1192	1927 03-22-16	
2030 Trombas Avenue	94577	440,000	2	1054	1944 03-23-16	
585 Tudor Road	94577	405,000	2	863	1948 03-24-16	
1264 Wainwright Avenue	94577	596,500	2	840	1943 03-25-16	
16622 Ehle Street	94578	438,000	4	1776	1947 03-25-16	
600 Heather Glenn Lane	94578	560,000	3	1317	2013 03-22-16	
2019 Manchester Road	94578	580,000	4	1365	1947 03-25-16	
2215 Pomar Vista Street	94578	550,000	3	954	1954 03-25-16	
13485 Rose Drive	94578	712,000	4	2286	1950 03-28-16	
1606 Russ Avenue	94578	600,000	5	2259	1948 03-25-16	
13839 School Street	94578	700,000	4	2944	1956 03-28-16	
15578 Baypoint Avenue	94579	755,000	4	2405	2000 03-25-16	
15383 Farnsworth Street	94579	410,000	3	1160	1955 03-28-16	
1391 Hubbard Avenue	94579	680,000	4	1749	1953 03-25-16	
15176 Norton Street	94579	610,000	3	1342	1949 03-28-16	

SAN LORENZO TOTAL SALES: 3						
Highest \$: 540,000		Median \$: 430,000				
Lowest \$: 415,000		Average \$: 461,667				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
578 Drew Street	94580	415,000	4	1911	1950 03-25-16	
16765 Ventry Way	94580	430,000	2	876	1956 03-22-16	
16068 Via Catherine	94580	540,000	3	1352	1956 03-24-16	

Sunol TOTAL SALES: 1						
Highest \$: 1,150,000		Median \$: 1,150,000				
Lowest \$: 1,150,000		Average \$: 1,150,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2394 Fern Trail	94586	1,150,000	3	2023	1929 03-22-16	

UNION CITY TOTAL SALES: 5						
Highest \$: 820,000		Median \$: 618,000				
Lowest \$: 330,000		Average \$: 613,600				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2484 Balmoral Street	94587	780,000	3	1720	1967	03-25-16
32616 Brenda Way #4	94587	330,000	2	798	1974	03-22-16
4337 Horner Street	94587	820,000	4	2070	1995	03-25-16
4241 Solar Circle	94587	520,000	4	1584	1973	03-23-16
33450 University Drive	94587	618,000	4	1276	1960	03-23-16

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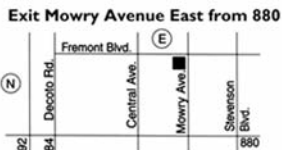
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TRAFFIC TALK

SUBMITTED BY THE
FREMONT POLICE
DEPARTMENT

Share the road.

It's a simple phrase that's emblazoned on signs and billboards across the country reminding motorists that vehicles with four wheels and two axles are not the only ones that use the roadways. While the phrase is almost cliché, it does have an underlying point worth hammering home – bicyclists and motorcycle riders are also on the roads, keep an eye out for them.

Yes, they sometimes ride in blind spots making them hard to see.

Yes, bicyclists have a dedicated lane -- but they are allowed to ride in normal lanes of traffic.

Yes, motorcycle riders split lanes – which they are allowed to do under the California Vehicle Code.

But if automobile drivers keep in mind that there could be one of these two-wheeled vehicles on the road near them, it could prevent the next crash, the next heartache, the next statistic.

Speaking of statistics, did you know that in 2015 there were

95 injury crashes in Fremont involving bicycles or motorcycles? A year before that there were 96, and one year before that there were 100. That's an average of nearly two per week for the last three years.

It's important to point out that the cause of all of these crashes vary, and automobile drivers are not always at fault.

That being said, operators of bicycles and motorcycles also should heed similar advice given to automobile drivers.

As a bicycle or motorcycle rider you are sometimes in a blind spot, do your best to avoid hanging out there.

As a bicycle rider you have your designated lane – use it when possible because it is safer. But when you're in lanes of traffic, be aware of your surroundings and be predictable.

As a motorcycle rider if you are splitting lanes, try to do so only when safe and try to anticipate the movement of vehicles around you.

Sharing the road is a two-way street, pun-intended, and the burden of safety not only lies with the automobile drivers but also with the bicycle or motorcycle riders.

The month of May has been designated as National Bicycle Safety Awareness Month by the National Highway Traffic Safety Administration. And throughout the month, we at the Fremont Police Department will be bringing to you via our Social Media accounts safety messages and reminders of what bicycle riders can do to minimize the risk of injury or the extent of damage should they be involved in a crash. Also wrapped into the month we will discuss similar topics as it pertains to motorcycle riders.

Keeping the community safe is a multi-faceted task that we at the Police Department take seriously and we hope that you, whether it is as a driver of a four-wheel vehicle or a two-wheeled one, will as well. Do your part. Share the road. Stay Safe, Fremont.

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](https://www.facebook.com/FremontPoliceDepartment)

Ella Gunady wins Optimist Club's District Essay Contest

SUBMITTED BY DARRYL REINA

In February, the Newark Optimist Club recognized Washington High sophomore Ella Gunady as the Club Level winner in their annual Essay Contest, and presented her with a \$200 cash award and a medallion. Her original essay, "Lead by Example: Reality or Fiction," was forwarded to Sacramento, and entered into the District level competition.

The Newark Optimist Club is pleased to announce that Ella's essay was recently selected as the overall contest winner by the Pacific Central District. Ella will be awarded a \$2,500 college scholarship at the Pacific Central District Convention later this summer. Congratulations Ella!

AMVETS Law Enforcement Certificate Awards

SUBMITTED BY
MICHAEL L. EMERSON

Officers of AMVETS (American Veterans) Hayward Post 911 presented a framed Certificate of Appreciation Award during their Post meeting on April 7. Also participating in the ceremony were Assemblyman Bill Quirk and Hayward City Council member Elisa Marquez.

Honorees were: Alameda County Sheriff Detective Shaun Corey, CHP Officer Michael Parks, and Hayward Police Officer Inspector John Lage.

Those selected for AMVETS yearly Award were honored for their outstanding Law Enforcement service to the community. In addition, all three are U.S. Military veterans. For more information, visit: www.AMVETS911.com

Honoree Alameda County Sheriff Detective Shaun Corey (holding certificate)

CHP Officer Michael Parks holds his certificate

Hayward Police Officer Inspector John Lage (holding certificate)



 Find Kid Scoop on **Facebook**

© 2016 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 32, No. 22

When this happens, the place where the warrior cells are fighting swells up, turns red and gets itchy. This is called an **allergic reaction**.

strawberry
peanut
egg
pollen
grass
cat
dog
milk
wheat

The Tale of the
CONFUSED WARRIORS
ALL ABOUT ALLERGIES



Standards Link: Health: Students understand the treatment of diseases in the human body and the behaviors to reduce the risk of disease.

The worksheet contains three rows of patterns on a background of alternating light and dark horizontal stripes. Each row is followed by a large empty rectangular box for the student to draw the next item in the sequence.

- Row 1:** Strawberry, Bone, Flower, Flower, Strawberry, Bone, Flower. The empty box is on the right.
- Row 2:** Milk Carton, Egg, Milk Carton, Milk Carton, Egg, Milk Carton, Milk Carton. The empty box is on the right.
- Row 3:** Cat, Strawberry, Bone, Cat, Strawberry, Bone, Cat. The empty box is on the right.

Below these rows, there is a fourth row of objects without a corresponding empty box: Flower, Strawberry, Strawberry, Bone, Bone, Flower, Flower, Flower.

Standards Link: Math: Recognize and extend patterns.

Aaa-CHOO! A big sneeze blew some words out of this story. Can you find where each word belongs?

Standards Link: Reading Comprehension: Use context clues to understand the meaning of sentences.

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

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

Standards Link: Health: Students recognize and practice positive health behaviors



ANSWER: You get SCENT to a specialist.

If the air near your home is polluted, there are ways for you to lower your risk of health problems caused by pollution. You can play outdoors at the times of day when air pollution levels are lower. In the summer, this is often in the morning or in the evening. Another good way to lower your risk is by taking it easier if we do play outdoors when air pollution levels are high. Also, if your chest ever feels strange or it is hard to breathe, stop playing outside, and tell your parents or teachers.

Standards Link:
Science: Investigation:
Group objects by
common attributes.

... eating right and getting
lots of exercise.

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

Pick something silly to be allergic to. How would this change your life?

Community Health Education Programs

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



May and June 2016

All our lectures are free and open to the public. Classes may have a fee.



Welcome to Medicare

May 18, 7 - 8:30 p.m.

Turning 65? Learn the basics of Medicare and your supplement options.

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



Prostate Cancer Update

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

PAMF clinical nurse specialist **Frank DeLaRama, R.N., M.S., AOCNS, AGN-BC**, will discuss prostate cancer screening and prevention, diagnosis, treatment options and life after cancer.

Dublin Center • 925-875-6429
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Childbirth and Parent Education Classes

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- 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



Living Well Classes

650-853-2960

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



Tamil music concert held to celebrate women

SUBMITTED BY TINA FERNANDEZ

On March 27, 2016, Fremont teens Rahul Sudharsan and Raghavan Kope hosted a fundraising Tamil music concert in celebration of women at the Ohlone College Smith Center. After many months of planning, the concert raised \$15,000 for domestic violence victim support organizations SAVE of Fremont and Maitri of San Jose.

The concert featured a band of Tamil musicians and singers called Pallavi. The selection of music was entitled "Achamillai Achimillai," which means "Fearless Fearless" and highlighted the many roles and experiences of Indian women from all walks of life. The songs featured the role of women as caregivers, wives, and farmers. Other songs centered on the magical qualities of women as creators, torchbearers, and revolutionaries, as well as the intricacies of arranged marriages.

The sold-out concert included refreshments and the presentation of awards for the event program art contest. SAVE thanks: Raghavan Kope and Rahul Sudharsan and their families for their tremendous efforts in making this concert such a success. SAVE also wishes to thank Fremont Mayor Bill Harrison for attending and the concert's many generous sponsors, including: Alameda County Supervisor Scott Haggerty (District 1), Dr. Raj Salwan, Laxman Jethani of New Century Executive, Inc., Realtor Ken Vasani, Auriga Travel, Genius Kids, Dublin Ranch Dental, and Kamakshi's Kitchen, among many others.

For more information about SAVE services and programs, or for information on how to volunteer or donate, visit <http://save-dv.org/>



Park District offers affordable outdoor day camps



SUBMITTED BY
ISA POLT-JONES

PHOTOS COURTESY OF
MICHAEL SHORT, EBRPD

trained staff of recreation leaders, lifeguards and naturalists.

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Monday, Jun 27 – Friday, Jul 1
Don Castro Regional Recreation Area
22400 Woodroge Ave, Hayward

Monday, Aug 1 – Friday, Aug 5
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont

Learn more and register online at www.ebparks.org/park-n-it or call (888) 327-2757, option 2.

Financial aid is available.



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May 8, 2016
Adults \$40++ | Kids (5 to 12) \$20++
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- **Carved Prime Rib**
- **Made to Order Omelet Station**
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Happy Mothers Day

The logo for DoubleTree by Hilton Newark - Fremont. It features a stylized tree icon above the text "DOUBLETREE BY HILTON" and "NEWARK - FREMONT".



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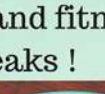




Grilled Mahi Mahi with
Pineapple Salsa and Grilled
Asparagus



Grilled chicken entree w/ lemon
& herb sauce, Boneheads Rice
and grilled zucchini



Half chicken w/ medium
Piri Piri, Boneheads rice
and seasoned broccoli

THOMAS KINKADEE
Signature Gallery

THOMAS KINKADEE
STUDIOS



A Mother's Perfect Day

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Mother's Day Specials

SMITH'S COTTAGE GALLERY *Since 1954*

- Browse Through Our 8-Room Cottage Gallery
- Large Selection of Collectible Gift Items **ON SALE**
- Open Wednesday-Saturday 11 a.m. - 5p.m.



Rita Hosking will be joined by Sean Feder and Keith Cary to perform as the Rita Hosking Trio at Mission Coffee.

Rita Hosking Trio

SUBMITTED BY
BRASK HOUSE CONCERTS
PHOTO BY RIK KELLER
PHOTOGRAPHY

Northern California's own Rita Hosking sings of forest fires, culture clash, demolition derbies, the working class and hope. From NPR's Weekend Edition to Bob Harris's BBC show, Hosking is moving audiences around the globe with her stories in song and doubly sweet and sinewy voice.

Hosking's style of country-folk has been lauded for story and sense of place, and her performances praised for capturing the audience. Honors include winner of the '08 Dave Carter Memorial Songwriting Contest at the Sisters Folk Festival, finalist in the '09 Telluride Troubadour Contest, and more. "This California girl comes by her mountain-music sensibility with true authenticity, with original songs deeply rooted in her family's frontier experience," said Dan Ruby, FestivalPreview.com, and Hosking's fans call her "the real deal." A descendant of Cornish miners who sang in the mines, Hosking grew up with deep regard for folk music and the power of the voice.

Hosking began recording and publishing in 2005 with "Are You Ready?" and followed in 2007 with "Silver Stream." "Come

Sunrise,” Hosking’s 2009 record, won Best Country Album Vox Pop in the 2010 Independent Music Awards. “Burn,” from 2011, was placed in the top 10 “Young Female Artist releases for 2011” by No Depression magazine, and listed as a “Hidden Gem of 2011” by the UK’s Observer. Hosking’s 2013 release, “Little Boat,” has been listed as one of the “Top 10 Country Albums of 2013” by the UK Telegraph.

Hosking will bring her much-lauded sound to Fremont's Mission Coffee on Saturday, May 7, appearing as the "Rita Hosking Trio" with her husband Sean Feder on Dobro and banjo, and Keith Cary on upright bass. Presented by Brask House Concerts, the community is invited to enjoy these musicians with a fine cup of coffee, dinner or dessert in a fun and intimate setting. Tickets are \$15 each and available at the door.

Rita Hosking Trio
Saturday, May 7
7 p.m. – 9 p.m.
Mission Coffee Roasting Co.
151 Washington Blvd, Fremont
(510) 623-6920

www.BraskHouseConcerts.com
www.fremontcoffee.com
<http://www.ritahosking.com/>
 Tickets: \$15 at the door

 **Fremont Symphony Orchestra**
PRESENTS

Accent on Youth

Michael Morgan returns to Fremont to introduce three gifted young conductors in music by Mendelssohn, Bizet and Mahler. Morgan himself will take the podium for Beethoven's Violin Concerto.



Michael Morgan,
Guest Music Director

Andrew Whitfield,
Conductor

Matilda Hofman,
Conductor

Tyler Catlin,
Conductor

David Southorn,
Violin Soloist

Saturday, May 14, 8 pm
Prince of Peace Lutheran Church
38451 Fremont Blvd., Fremont

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

The renowned Michael Morgan returns to Fremont to introduce three gifted young conductors – Andrew Whitfield, Matilda Hofman and Tyler Catlin – in Mendelssohn's Midsummer Night's Dream Overture and Bizet's Symphony in C and the tender *Adagietto* from Mahler's Symphony No. 5. Morgan himself will take the podium for Beethoven's Violin Concerto with our own Young Artist Competition Laureate David Southorn as soloist.

All are invited to the post-concert reception hosted by the Fremont Symphony Guild to meet our distinguished guest artists.

Tickets: www.fremontsymphony.org | (510) 371-4859
If this is your first time attending a Fremont Symphony concert enter coupon code "FREMONT10" for a reduced price when buying online or ask for the "First-Timer" special by phone.

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38991 Farwell Drive,
Fremont



CONTINUING EVENTS

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/>

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 May 31

Drop-In Advanced Math Help

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

Algebra, geometry, calculus, trigonome-
try and physics

Newark Branch Library

6300 Civic Terrace Ave., Newark

(510) 284-0677

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

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

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 con-
cepts

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

Arts & Entertainment

\$ = Entrance or Activity Fee

R= Reservations Required

Schedules are subject to change.

Call to confirm activities shown in these listings.



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MUSIC CALENDAR

FRIDAY, MAY 6

Tommy Castro

SATURDAY, MAY 7

Ruckatan Cinco de Mayo Party

Happy Hour

Mon.-Fri 2pm-6pm

Sat. 11am-4pm

Sun. All Day

Great Prices

Appetizers

and Drinks

At the
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New Lunch Menu - Lighter, Faster, Lower Cost!

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\$10.⁹⁵

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Farmers' Markets

FREMONT:

Centerville

Saturdays

9 a.m. - 1 p.m.

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

Downtown Fremont Farmers' Market

Wednesdays

3 p.m. – 7 p.m.

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

Kaiser Permanente Fremont Farmers' Market

Thursdays

10 a.m. – 2 p.m.

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

Irvington Farmers' Market

Sundays

9 a.m. – 2 p.m.

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

Niles Farmer's Market

Saturdays

9 a.m. - 2 p.m.

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

HAYWARD:

Hayward Farmers' Market

Saturdays

9 a.m. - 1 p.m.

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

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

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

SAN LEANDRO:

Kaiser Permanente San Leandro

Wednesday

10 a.m. - 2 p.m.

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

MILPITAS:

Milpitas Farmers' Market at ICC

Sundays

8 a.m. – 1 p.m.

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

NEWARK:

Newark Farmers' Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

UNION CITY:

Kaiser Permanente Union City Farmers' Market

Tuesdays

10 a.m. – 2 p.m.

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

Union City Farmers' Market

Saturdays

9 a.m. – 1 p.m.

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

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

Monday, Apr 5 - Friday, May 27

Art is Education Show

8 a.m. - 5 p.m.
HUSD student's art work display
Opening reception Friday, Apr 8
at 5:30 p.m.
John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

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
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Monday, Tuesday & Thurs- day, Apr 18 thru May 19

Spring Exhibition

10 a.m. - 1 p.m.
Variety of works from over 50 artists
Opening reception Saturday, Apr
16 @ 2 p.m.
PhotoCentral
1099 E St., Hayward
(510) 881-6721
http://www.photocentral.org/Spr
ing2016

Thursdays, Apr 21 - May 19

CERT Disaster Preparedness

Classes – R
6 p.m.
*Citizen training in first aid and disas-
ter management*
Silliman Activity Center
6800 Mowry Ave., Newark
(510) 221-6220
www.newarkcert.org

Thursday, Apr 21 thru Satur- day, Jun 4

Living Systems, Endangered An- imals Habitats

11 a.m. – 1 p.m.
Environmental Art
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Friday, Apr 22 thru Sunday, May 22

I Love You, You're Perfect, Now Change \$

Fri – Sun: 8 p.m.
Sun: 2 p.m.
*Comedic musical about romantic rela-
tionships*

Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Thursday, Apr 28 thru Friday, May 13

Works of Arc

10 a.m. – 4 p.m.
*Artwork by people with developmental
disabilities*
Opening reception Friday,
Apr 30 from 1 p.m. – 3 p.m.
Foothill Gallery
22394 Foothill Blvd., Hayward
(510) 357-3569
www.arcalameda.org

Friday, May 6 - Sunday, May 20

Little Shop of Horrors \$

Fri & Sat: 7:30 p.m.
Sun: 4:00 p.m.
*Comedic musical about a man eating
plant*
ASL interpreted performance
Friday, May 20
Washington High School



Mother's Day Weekend Concert

May 7, Saturday night, 7:00p
FREE Evening of Enjoyment

The Jeweltones

Ladies chorus with 40s n 50s music
Pathway Ukulele Club and singalong

Pathway Community Church
4500 Thornton Ave, Fremont - across from Thornton Jr Hi

Take Mom to Brunch on Her Special Day



Mother's Day Brunch

Sunday, May 8 from 9:00am to 1pm

ENJOY ALL OF YOUR BRUNCH FAVORITES
Carving Station with Prime Rib, Ham & Pork Loin
Eggs Benedict, Omelets, Scrambled Eggs,
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Adults: \$19.00,
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Fremont Elks Lodge

3899I Farwell Drive, Fremont

38442 Fremont Blvd., Fremont
(510) 505-7300 x67362
http://tinyurl.com/whslittleshop

Fridays, May 6 thru Oct 28

Fremont Street Eats

4:30 p.m. - 9:00 p.m.
*Food trucks, beer, wine and entertain-
ment*
Downtown Fremont
Capitol Ave. & Fremont Blvd.,
Fremont
https://www.facebook.com/Fre-
montStreetEats/

Saturday, May 7 - Sunday, Jun 19

The Model A Era Exhibit \$

10 a.m. - 4 p.m.
*Cars and fashions from the 1920s and
1930s*
Hayward Area Historical Society
Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

THIS WEEK

Wednesday, May 4

Meet and Greet with new Superintendent

4 p.m. – 6 p.m.
*Meet new Superintendent of Newark
Unified School District*
Newark Memorial High School,
Library
39375 Cedar Blvd, Newark
(510) 818-4112

Wednesday, May 4

Teen Activity Group

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

Wednesday, May 4

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, May 4

Art Quilt Presentation

7 p.m.
Discuss history of quilting
Fremont Art Association
37697 Niles Blvd., Fremont

(510) 792-0905
www.FremontArtAssociaion.org

Wednesday, May 4

Not a Genuine Black Man \$

7:30 p.m.
*Monologue recounts growing up in the
East Bay*
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Thursday, May 5

National Day of Prayer

12 noon
*Unite with others for public prayer
event*
Newark City Hall grounds
37101 Newark Blvd., Newark
(510) 793-1400
www.newark.org

Thursday, May 5

National Day of Prayer

7 p.m.
Unite for coast to coast public prayer
First Baptist Church
6320 Dairy Ave, Newark
(510) 793-4516

Thursday, May 5

Kayaking for Folk 50+ \$R

10 a.m. - 2 p.m.
*Discuss safety, equipment and practice
paddling*
Lake Chabot
17600 Lake Chabot Rd,
Castro Valley
(888) 327-2757
www.ebparksonline.org

Thursday, May 5 - Friday, May 6

Playwrights Festival Showcase \$

8 p.m.
Variety of short performances
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Thursday, May 5

Cinco de Mayo Celebration

6 p.m.
Mariachi music, dancing, and food
San Leandro Civic Center Plaza
835 East 14th Street,
San Leandro
(510) 577-3477
lrodriguez@sanleandro.org



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www.DriversForSurvivors.org

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A Rheumatology Patient & Family Education Symposium

**NC
RS** NORTHERN CALIFORNIA
RHEUMATOLOGY SOCIETY

May 7, 2016 (Saturday)

8:00 AM - 3:00 PM

DoubleTree by Hilton Hotel Newark-Fremont
(near 880 & Stevenson Blvd)
39900 Balentine Dr, Newark, CA 94560

Osteoarthritis & Joint Pain
Basic Immunology
Scleroderma & Raynaud's
HICAP/ Legal Assistance
for Seniors
Gout
Rheumatoid Arthritis
Lupus
Osteoporosis

Lunch break & Exhibit

Integrative Holistic Health in Rheumatology

Intro to Physical Therapy, Joint Protection, & Relaxation

Treating pain and inflammation with Acupuncture,

Acupressure, & Chinese Herbs



FREE to attend with Advance Registration by 5/3/16

1. Online via <http://www.norcalrheumatology.org/2016.html>

2. Fax a note with your Name, Phone or Email address to 888-599-8812

Visit www.NorCalRheumatology.org for details. Contact us:

NorCalRheumatology@yahoo.com or

eVoice: 415-735-6277 to leave a message

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M-F 9-6

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- ☒ Improve blood flow
- ☒ Revitalize your legs

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4067 Peralta Blvd. Fremont

Thursday, May 5

Diabetes Education Class – R

7 p.m. - 9 p.m.

The History of Diabetes and support group

Washington Hospital

2500 Mowry Ave., Fremont

(800) 963-7070

www.whhs.com/diabetes

Thursday, May 5

Senior Health and Wellness Fair

9 a.m. - 1 p.m.

Transportation, housing and home care information

First 100 people receive a free gift

Kenneth C. Aitken Center

17800 Redwood Rd.,

Castro Valley

(510) 881-6738

www.haywardrec.org

Thursday, May 5

Art for Adults – R

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

Create Mexican Tin art

Union City Branch Library

34007 Alvarado Niles Rd.,

Union City

(510) 745-1464

Thursday, May 5

Cinco de Mayo Celebration

5:00 p.m. - 7:30 p.m.

Ballet Folklorico, piñatas, and refreshments

Ashland Community Center

1530 167th St., San Leandro

(510) 881-6700

www.reachashland.org

Thursday, May 5

Walk This Way – R

8:15 a.m. - 9:00 a.m.

Strength, and cardiovascular for seniors

Fremont Senior Center

40086 Paseo Padre Parkway,

Fremont

(510) 790-6600

Friday, May 6

Milpitas Community Band Concert \$

7:30 p.m.

Celebrate mothers and all they do for us

Milpitas Community Center

457 E. Calaveras Blvd., Milpitas

(408) 586-3210

www.ci.milpitas.ca.gov

Friday, May 6

Hispanic Community Affairs Scholarship Luncheon \$R

11:30 a.m.

Student scholarship recognition and lunch

Doubletree Hilton

39900 Balentine Dr., Newark

(510) 331-1438

www.hcac-ac.org

Friday, May 6

Hot Havana Night \$R

6 p.m.

Live music, dancing and Cuban dinner

Fundraiser for Music at the Mission

Doubletree Hilton

39900 Balentine Dr., Newark

(510) 490-8390

<http://www.brownpapertickets.com/event/2524633>
www.musicatmsj.org

Friday, May 6 - Sunday, May 8

Live Music

Fri: 8 p.m., Sat: 5 p.m.,

Sun: 3 p.m.

East Bay Live, Touch of Class, Golden Gate Blues Society

World Famous Turf Club

22519 Main St., Hayward

(510) 881-9877

www.WorldFamousTurfClub.com

Friday, May 6 - Saturday, May 7

Relay for Life

10 a.m.

Cancer benefit walk

Cal State East Bay University

25800 Carlos Bee Blvd.,

Hayward

(510) 885-3118

brittany.yetter@cancer.org

<http://goo.gl/jMPn8E>

Friday, May 6

Tommy Castro

9 p.m.

Live Blues music

Smoking Pig BBQ

3340 Mowry Ave., Fremont

(510) 713-1854

www.smokingpiggbbq.net

Friday, May 6 thru Sunday, May 8

In the Beginning God Created Difference \$

Fri - Sat: 8 p.m.

Sun: 2 p.m.

Dance and musical theater storytelling

Cal State East Bay University

25800 Carlos Bee Blvd.,

Hayward

(510) 885-3118

www.csueastbaytickets.com

Saturday, May 7

Marble and Molding Architecture Tour \$R

10 a.m. & 1 p.m.

Discuss Victorian era styles and décor

Meek Mansion

17365 Boston Rd., Hayward

(510) 581-0223

www.haywardareahistory.org

Saturday, May 7

Nature Walk for Health

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

1.3 mile walk thru marshlands

SF Bay Wildlife Refuge

1 Marshlands Rd., Fremont

(510) 792-0222

Saturday, May 7

Bird Walk

8 a.m. - 10 a.m.

Discover migration patterns and habitats

Ages 8+

Garin Regional Park

1320 Garin Ave., Hayward

(510) 544-3220

www.ebparks.org

Saturday, May 7

Free Notary Signing Service – R

12 noon - 2 p.m.

Identification required

Hayward Main Library

835 C St., Hayward

(510) 881-7980

<http://tinyurl.com/notary-0516>

Saturday, May 7 - Sunday, May 8

Family Fun Hour

2 p.m. - 3 p.m.

Stories, games and activities

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

Saturday, May 7

Indo-American Charity Ball \$R

6:30 p.m. - 11:00 p.m.

Dinner, dancing and entertainment

Benefit ABODE services

Doubletree Hilton

39900 Balentine Dr., Newark

(510) 490-8390

www.IndoABC.org

Saturday, May 7

Black and White Ball \$R

6 p.m. - 10 p.m.

Cocktails, dinner and dancing

Drivers for Survivors benefit

Castlewood Country Club

707 Country Club Cir.,

Pleasanton

(510) 579-0535

events@DriversForSurvivors.org

Saturday, May 7

Bubbles of Fun Run \$

8 a.m.

5K walk/run, 10K run and children's races

NHSF benefit

Cesar Chavez Middle School

2801 Hop Ranch Rd.,

Union City

(510) 909-9263

www.nhsfoundation.org/events-2/fun-run

Saturday, May 7

Birds in the Garden

8:00 a.m. - 9:30 a.m.

Explore the grounds for warblers

No fee for early morning

program

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

THIS SUNDAY

20% OFF

HAND BASKET STOREWIDE SALE

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Into Our Hand Baskets



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8th**

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*Offer valid 5-8-16. Excludes sale items & gift cards. No coupons accepted. See store for details.

Power tools & small appliances qualify for a 10% discount

Rewards
members only
**ACE
REWARDS
MEMBER EXCLUSIVE**
Not a member? Sign up the day of the sale!

**UNLIMITED
HAND BASKETS**

Saturday, May 7

Springtime Flower Crowns \$

1 p.m. - 2 p.m.
Create a floral crown from the garden
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, May 7

Victorian Fans \$

2 p.m. - 3 p.m.
Create paper fans to take home
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, May 7

Canine Capers Walk

1 p.m. - 3 p.m.
Enjoy the park with your dog
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, May 7

Our Lady of Guadalupe \$R

9:30 a.m. - 12 noon
Guest speaker discussion
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
http://bit.ly/Our-Lady_Guadalupe

Saturday, May 7

Cinco de Mayo Celebration

10 a.m. - 5 p.m.
Mariachi, singing, dancing and food
Hayward City Hall
777 B St., Hayward
(510) 208-0410

Saturday, May 7

Mama Birds in the Marsh

12 noon - 3 p.m.
Bird show, crafts and games
Alviso Environmental Education
Center
1751 Grand Blvd., Alviso
(408) 262-5513

Saturday, May 7

Mother’s Day Concert: The Jeweltones

7 p.m.
Ukulele club, ladies chorus and singa-long
Pathway Community Church
4500 Thorton Ave., Fremont
(510) 797-7910
www.pathwaycommunity.info

Saturday, May 7

Ohlone Community Band Pops Concert

12 noon
Show tunes, jazz, and contemporary music
Central Park Performance
Pavilion
4000 Paseo Padre Parkway,
Fremont
(510) 790-5541
www.OhloneCommunityBand.org

Saturday, May 7

Children’s Mental Health Fair

11:30 a.m. - 3:00 p.m.
Resource materials on emotional health
Scan printed photos for a fee
Clubsport
46650 Landing parkway,
Fremont
(510) 226-8500
events@fuss4schools.org

Saturday, May 7

Parenting Class The Teen Years

10:30 a.m. - 12:30 p.m.
Discuss effects of social media, drugs and alcohol
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Saturday, May 7

Story Seekers Book Club – R

11 a.m. - 12 noon
Discuss “When You Reach Me”
Grades 3 – 5
Hayward Main Library
835 C St., Hayward
(510) 881-7980
cheryl.penick@hayward-ca.gov

Saturday, May 7

Writers Workshop

12 noon - 1:30 p.m.
Discuss readying your writing for sub-mission
Hayward Main Library
835 C St., Hayward
(510) 881-7980
http://tinyurl.com/ww-0513

Saturday, May 7

Rita Hosking Trio \$

7 p.m. - 9 p.m.
Live American Folk music
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Saturday, May 7

Ruckatan Cinco de Mayo Party \$

9 p.m.
Food and live music
Smoking Pig BBQ
3340 Mowry Ave., Fremont
(510) 713-1854
www.smokingpigbbq.net

Sunday, May 8

History of the National Wildlife Refuge System

1:00 p.m. - 1:30 p.m.
Walk and discuss the marshlands
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, May 8

Volunteer Orientation

11 a.m. - 12 noon
Discuss mission and goals of the refuge
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Sunday, May 8

Farm Chores for Kids \$

10:30 a.m. - 11:00 a.m.
Crack corn and feed the animals
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, May 8

Have Your Cake and Eat It Too \$

11 a.m. - 12 noon
Enjoy Strawberry Shortcake
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, May 8

Meet the Bunnies \$

1:00 p.m. - 1:30 p.m.
Interact with rabbits
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, May 8

Tussie-Mussie for Mom \$

2 p.m. - 3 p.m.
Create a floral message for someone special
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, May 8

Math for Adults

2 p.m. - 4 p.m.
All about exponents
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Sunday, May 8

Acting for Camera Class \$R

10:30 a.m. - 12 noon
Youth acting for confidence
Silliman Activity Center
6800 Mowry Ave., Newark
(510) 709-5082
www.thetheaterfactory.com

Monday, May 9

Estate and Trust Planning

7:00 p.m. - 8:30 p.m.
Discuss trusts, probate and tax matters
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Monday, May 9

Bogey Bash Golf Tournament \$R

9:30 a.m.
Golf, hosted bar, dinner, raffle and auction
Benefit for The Arc Alameda
County
Castlewood Country Club
707 Country Club Cir.,
Pleasanton
(510) 659-6053
http://alameda.chaperts.thearc.org/bogey-bash-registration/

Monday, May 9

Bingo Luncheon \$

12 noon
Food, raffle and bingo
Eagles Hall
21406 Foothill Blvd., Hayward
(510) 782-8187

Tuesday, May 10

Teen Activity Group: TAG

5 p.m. - 6 p.m.
Assist in planning teen library events
Hayward Main Library
835 C St., Hayward
(510) 881-7980
annie.snell@hayward-ca.gov
http://tinyurl.com/mtag-may16

Tuesday, May 10

What Restaurants Need to Know in 2016

10 a.m. - 12 noon
Workshop discusses legislation affecting dining
Hayward City Hall
777 B St., Hayward
(510) 208-0410

Tuesday, May 10

Kiwanis Club Meeting – R

6:30 p.m.
View photos and videos shot from balloons
Doubletree Hilton
39900 Balentine Dr., Newark
(510) 490-8390
www.kiwanisfremot.org

Tuesday, May 10

From Employee to Entrepreneur

7:00 p.m. - 8:30 p.m.
Discuss leadership and starting a business
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Wednesday, May 11

Mindful Meditation for Healing – R

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

Wednesday, May 11

Theater Auditions End of the World on OKCupid

6 p.m. - 9 p.m.
Prepare a 90 second contemporary monologue
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Saturday, Jun 4

Union City Lions Club Golf Tournament \$R

7 a.m.
Golf, prizes and luncheon
Deadline for registration May 7
SkyWest Golf Course
1401 Golf Course Road,
Hayward
(510) 366-4934
www.uclions.com

Eclectic Treasurers Boutique

**Saturday, May 7
10 a.m. to 5 p.m.**

*Antiques, Collectibles
and Handmade Items*

Information email: Imarias@att.net

**Niles Veterans Hall
37154 2nd Street, Fremont**



Fremont Art Association Gallery
37697 Niles Boulevard Fremont, CA 94536
Telephone: (510)792-0905
www.fremontartassociation.org
Open daily except Monday

Call for Artists

Art in the Garden at Regan's Nursery, June 27 & 28, \$45.00
Send 2 jpegs of your work to Simone Archer sarcher239@aol.com
Must have a 3' umbrella or 10' x10' tent, respond by May 2
See website for more info
Upcoming Events
May 2 & 3 White Elephant Art Supply Sale
May 5 to May 24 Fiber Arts and Flower Show see wesite for more details
May 6 May General Meeting and Demo with Cathe Lieb at 7 pm
May 7 Life Drawing at 7 pm



MODEL RAILROADS & MUSEUM



Tri-City Society of Model Engineers Looking for talented local artist

We are building a replica of the Niles, California area inside the restored Southern Pacific freight building and depot in old town Niles in Fremont. The artist will be asked to paint a backdrop of the Niles and surrounding areas (hills, trees, etc.) on the inside walls of the building.

**Contact: Bill 510-299-2279
37592 Niles Blvd. Fremont at the Niles Town Plaza**

BOOKMOBILE SCHEDULE

Alameda County Renew books by phone (510) 790-8096 For more information about the Bookmobile call (510) 745-1477 or visit www.aclibrary.org. Times & Stops subject to change	School, 34901 Eastin Dr., UNION CITY 4:15 – 4:45 Contempo Homes, 4190 Gemini Dr., UNION CITY 5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Cir., FREMONT
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Tuesday, May 3 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	Tuesday, May 10 9:45 – 11:30 Daycare Center Visit – FREMONT 2:30 – 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT 4:45 – 5:30 Baywood Apts., 4275 Bay St., FREMONT 5:50 – 6:30 Jerome Ave. and Ohlones St., FREMONT
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Wednesday, May 4 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	Wednesday, May 11 1:00 – 2:00 Del Rey School, Via Mesa at Via Julia, SAN LORENZO 2:30 – 3:00 Eden House Apts., 1601 165th Ave., SAN LEAN- DRO 3:30 – 4:00 Baywood Ct., 21966 Dolores St., CASTRO VALLEY 6:00 – 6:30 Camellia Dr., & Camellia Ct., FREMONT
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Thursday, May 5 10:00 – 10:30 Daycare Center Visit, CASTRO VALLEY 10:45 – 11:45 Daycare Center Visit, CASTRO VALLEY 1:20 – 1:50 Key Academy, 16244 Carolyn St., SAN LEANDRO 2:15 – 3:15 Cherryland School, 585 Willow Ave.,HAYWARD	Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060 Wednesday, May 11 1:45 – 3:00 Foothill School, 1991 Landess Ave., MILPITAS 3:15-3:45 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS
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Monday, May 9 9:30 – 10:05 Daycare Center Visit, UNION CITY 10:25 – 10:55 Daycare Center Visit, UNION CITY 1:45 – 2:45 Delaine Eastin	
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FREE Adult Reading and Writing Classes are offered at the Alameda County Library
Tell A Friend Call Rachel Parra 510 745-1480

Park It

BY NED MACKAY

As has been widely reported, East Bay Regional Park District’s Board of Directors has approved a ban on smoking in the regional parklands. The new rule allows smoking only in overnight campsites and nowhere else. It is in effect now.

The board acted at the request of Save the Bay as a way of reducing cigarette butt litter and promoting a healthier environment for park visitors. Countless cigarette butts wash into San Francisco Bay annually, and they contain chemicals harmful to wildlife and water quality.

The board also approved several other changes to Ordinance 38, the set of rules that apply in parklands. One clarification adds the word “drone” to the ordinance section that bans motorized model airplanes. Drones can be annoying to park visitors, disruptive to wildlife, and dangerous to aircraft including the district’s police helicopters.

In another change, the board opened some regional park single-track trails to bicycles. Bikes are now allowed on the Warep, Two Peaks, Goldfinch and Tree Frog Loop trails at Crockett Hills in Crockett, the Vollmer Peak Trail at Tilden Park near Berkeley, the Tassajara Ridge Trail in Dublin, the Ridgeline Trail at Pleasanton Ridge in Pleasanton, and several trails at Anthony Chabot Regional Park in the Oakland hills: the Towhee, Red Tail, MacDonald Trail to Grass Valley Trail and Grass Valley Trail to Bort Meadow.

You may remember the songbird Pointer Sisters. Well, three other famous “sisters” are corn, beans and squash, a staple of some Native American diets. The three will be planted together during a program from 3 p.m. to 4 p.m. on **Saturday, May 7 at the Environmental Education Center Kids Garden in Tilden Nature Area** near Berkeley.

Then from 10 a.m. to noon on **Sunday, May 8, there’s a program designed especially for people with developmental disabilities and their friends.** Naturalist James Wilson will lead a half-mile walk to Jewel Lake and back in search of deer, frogs, banana slugs and aromatic plants.

And there’s more. **James will lead a goat hike from 2 p.m. to 3 p.m. and again from 3:30 p.m. to 4:30 p.m. on Sunday, May 8 at Tilden’s Little Farm.** The goats will get some exercise, and James will talk about the historic connection between goats and people.

All three programs are free of charge, but registration is required for the Jewel Lake walk. To register, call (888) 327-2757, select option 2, and refer to program number 13080. The

center and farm are located at the north end of Tilden’s Central Park Drive. For general information, call (510) 544-2233.

Black Diamond Mines Regional Preserve in Antioch will celebrate Mother’s Day with a mine open house from noon to 4:30 p.m. on Sunday, May 8. Visitors ages 7 and older can **take a free, self-guided tour through the park’s 1930s-era Hazel-Atlas silica sand mine.** All ages are welcome in the nearby underground Greathouse Visitor Center. Black Diamond Mines is located on Somersville Road, 3.5 miles south of Highway 4. There’s a parking fee of \$5 per vehicle. For information, call (888) 327-2757, ext. 2750.

At Big Break Regional Shoreline in Oakley, there’s a Delta Discoveries program from 11 a.m. to 2 p.m. every Saturday and Sunday. Drop by to enjoy **hands-on arts and crafts activities highlighting the Delta environment. Or you can help the naturalist test the water from 9 a.m. to 10 a.m. every Saturday and Sunday.** Results are added to a regional database for use by scientists and water managers.

Early risers will enjoy the park’s dawn chorus yoga from 7 a.m. to 8 a.m. on Saturday, May 7. It’s a yoga session followed by a short walk to see the park’s awakening. Wear warm, comfortable clothes and bring a yoga mat if you have one.

Mother’s Day will be celebrated at Big Break in a program from 2 p.m. to 3 p.m. Sunday, May 8. Paint a flower pot and plant a special flower for mom. Big Break is at 69 Big Break Rd. off Main Street in Oakley. For information, call (888) 327-2757, ext. 3050.

There’s a **spring stroll scheduled from 10 a.m. to 12:30 p.m. Saturday, May 7** at Pine Creek in Castle Rock Regional Recreation Area. Naturalist Kevin Dixon will lead a walk along the creek with stops to admire spring blooms. Bring something for brunch on the trail; meet at the Orchard Staging Area on Castle Rock Road in Walnut Creek. For information, call (888) 327-2757, ext. 2750.

Mother’s Day will be celebrated with a “Moms on the Mudflat” program from 9:30 a.m. to 11 a.m. Sunday, May 8 at Crab Cove Visitor Center in Alameda, led by naturalist Morgan Dill. Bring your mud boots to learn what crabs, lugworms and other moms are doing to help their young survive. Crab Cove is at 1252 McKay Ave. off Central Avenue. Call (510) 544-3187 for information.

Fremont Street Eats returns

SUBMITTED BY
CINDY BONIOR

The Fremont Chamber of Commerce, in partnership with the Food Truck Mafia, invites you to join us in Downtown Fremont for “Fremont Street Eats” on Friday, May 6 on Capitol Ave. near Fremont Blvd. Lots of great food are coming to you in a traveling culinary caravan. The lineup (subject to change) for May 6 includes:

Tacos de los Altos
Phnom nom
Butler’s Bar B Q
Mario’s French Dip

Little Red Riding Truck
Yummi BBQ
Frozen Kusterd
Out of the Cave
Umber Coffee
Kettle Topia

Check our Facebook page at www.facebook.com/FremontStreetEats/ or www.Fremont.gov/StreetEats/ for the latest news and truck lineup.

**Fremont Street Eats
Friday, May 6
4:30 p.m. – 9 p.m.
Downtown Fremont
Capitol Ave between State St &
Fremont Blvd, Fremont
(510) 795-2244
www.Fremont.gov/StreetEats**

Upcoming events at Fremont Senior Center

SUBMITTED BY RAYMOND GRIMM

Walk this Way is a fitness and walking program which features balance, flexibility, strength, brain fitness, and walking activities for maintaining a healthy, active lifestyle. The class also provides information about community events. Class members enjoy walking together at Lake Elizabeth and in various East Bay regional parks. Walk This Way has added a class on Thursdays, beginning May 5 at Fremont Senior Center.

Preregistration is required; stop by at Fremont Senior Center to register. Don’t wait too long because space is limited. If you have any questions call (510) 790-6600.

**Walk This Way
Beginning Thursday, May 5
8:15 a.m. - 9 a.m.
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont
(510) 790-6600
www.fremont.gov/351/Senior-Center**

The Law Offices of Shirley M. White presents “Do You Have Estate Planning Questions?” on Thursday, May 12 at Fremont Senior Center. Get all of your questions answered as we will talk about trusts, wills, durable powers of attorney, health care directives and more. This estate planning presentation will be led by Shirley Micek White, an attorney who focuses her law practice in estate planning. Everyone needs a plan; come find out what is best for you.

Please register at Fremont Senior Center office or by dialing (510) 790-6600.

**Do You Have Estate Planning Questions?
Thursday, May 12
11 a.m. – 12 p.m.
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont
(510) 790-6600
www.shirleywhitelaw.com**

Audition for Center Stage Performing Arts shows

SUBMITTED BY MEI-WAN CHAI

Center Stage Performing Arts will be holding auditions for two upcoming shows.

Throw out your fairy-tale ideas of a Cinderella with dainty glass slippers and hideous stepsisters – this unique and hilarious adaptation has a new twist! In an English village in 1342, Cinderella, a plain looking girl with big feet, has to compete with her two mean-spirited but stunningly gorgeous stepsisters for the hand of the kind and sincere prince. With the help of her faithful feline companion, Tom, and a lovable but vision-impaired Fairy Godmother who’s always using the wrong wand, Cinderella finally learns that magic isn’t the answer to her problems.

Auditions will be held May 9 and 10 at the Milpitas Community Center for kids ages seven to 14. Be prepared to read from a provided script. Pre-register at the front desk now or register at time of auditions. Cast Info Sheet with parent signature due at audition (download at centerstagepa.org). Rehearsals will be held May 11 through June 23 with performances scheduled for June 24, 25 and July 1 and 2 (performance dates subject to change).

**Cinderella! Cinderella! Auditions
Monday, May 9 & Tuesday, May 10**

**4:00 p.m. – 6:00 p.m.
Milpitas Community Center
457 E Calaveras Blvd, Milpitas
CenterStagePA@yahoo.com
www.centerstagepa.org
Cost: \$130 (\$150 non-residents)
plus \$3 transaction fee**

Based on the Disney Channel original movie, auditions for “High School Musical on Stage!” will be held May 20 for kids ages eight and up. Be prepared to learn a dance, read from a provided script and sing a song of your choice from a musical. Cast Info Sheet with parent signature due at audition (download at centerstagepa.org). Rehearsals will be June 4 through July 14 with performances July 15 through 22 (performance dates subject to change).

**High School Musical on Stage! Auditions
Friday, May 20
6:30 p.m. – 8:00 p.m.
Milpitas Community Center
457 E Calaveras Blvd, Milpitas
CenterStagePA@yahoo.com
www.centerstagepa.org
Cost: \$130 (\$150 non-residents)
plus \$3 transaction fee**

Tape up Principal Whipple with Pennies for Patients

ARTICLE AND PHOTOS SUBMITTED BY
QUEENIE CHONG

One popular charity event that the Student Council of John Gomes Elementary School, Fremont, hosts each year is “Pennies for Patients.” The campaign seeks to raise funds for the Leukemia and Lymphoma Society in order to help fight blood cancer. Every nine minutes, someone in the United States dies of blood cancer. This includes former Gomes teacher Mr. Jason Whiting, who passed away last November after losing his battle with leukemia.

Under the guidance of teacher adviser Ms. Jana Harvey, Gomes School recently raised \$9,200 for the Leukemia and Lymphoma Society, the largest amount collected in recent years. Mr. Imran Ashraf’s class alone pitched in a lion’s share of \$1,300, and all his fifth graders celebrated with an ice-cream party.

This week-long fundraising project culminated with an exciting lunchtime activity when students had the opportunity to contribute more dollars and cents to buy pieces of duct tape, which they would use to tape Principal Douglas Whipple up onto the pole in the basketball court!

Mr. Whipple appeared confident that he would stay up as long as donations kept pouring in to help him rise to the challenge. Participants in the assembly all held their breath as the chair on which the principal had been standing was being carefully removed. Voila! Thanks to the generosity of all staff, students and families, Principal Whipple did meet a sticky end. Keep it up, Gomes Student Council





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*Birthday Parties

*Cross - Fit muscle up class



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All Ages!

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Must pay in full, no refunds - restrictions apply - call for details

***Recreational & Competitive Gymnastics, Boys & Girls !**
***FLIGHT NIGHT 2X A MONTH! ("Parents' Night Out")**
Www.TopFlightFremont.net Call for more Details

510.796.FLIP (3547)

SPORTS

Lady Huskies finally score winning run



Softball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

On April 26th, the Washington Lady Huskies finally broke a scoreless duel with their cross-town rivals John F. Kennedy Lady Titans in the ninth inning and came away with a 1-0 victory. Both teams fought to the very end with terrific defensive plays. A combination of timely hits propelled the Lady Huskies to the win.

Ohlone Renegades players selected to Scholar Athlete Team

Women's Volleyball

SUBMITTED BY
JEREMY PENAFLOR



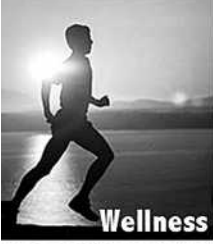
Jenni Brochu



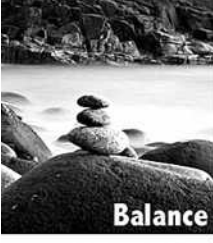
Camaryn Bricker

Two Ohlone College volleyball players were selected to the 2015-2016 California Community College Women's Volleyball Coaches Association Scholar Athlete Team. The two were sophomore setter and team captain Camaryn Bricker and sophomore outside hitter and team captain Jenni Brochu. The women are two of 18 selected this academic year, with the criteria being one season completed with 24 units accumulated and a minimum 3.5 grade

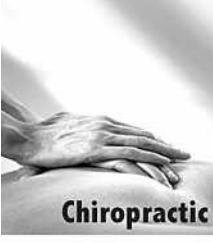
point average. This marks the first time an Ohlone College Volleyball player has been awarded this honor since coach Jeremy Penaflor took over in 2008.



Wellness



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Janet L. Laney, D.C., Q.M.E
510-792-9000
6943 Thornton Ave., Newark



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what is happening. We also have the
back issues archived

Titans and Cougars tune up for finals

Track & Field

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The John F. Kennedy Titans and Newark Memorial Cougars faced each other on April 29th in dual competition before they meet again at the Mission Valley Athletic League's (MVAL) finals. Although the Cougars came out on top, the Titans were competitive and MVAL competitions will be fun to watch.





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

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

Please visit our website for details
about the Memorial & how to help and donate:
www.Hayward911Memorial.com
Dedication will be on Memorial Day
Monday, 30 May 2016 starting at 1pm

Bike to Work Day

SUBMITTED BY CITY OF
FREMONT

Thursday, May 12, marks the Bay Area’s 22nd Bike to Work Day, an annual celebration to encourage bicycling as a healthy and enjoyable form of transportation to work. The event is part of National Bike Month.

More than one million Bay Area residents live within five miles of their work place, which is an ideal distance for bicycling. So next time you head out to go to work or school, run errands, or go shopping – save some gas and hop on a bike instead!

Energizer Stations will be located along local bike commute routes in all nine Bay Area counties to provide free beverages, snacks, and encouragement to bicyclists. Fremont will be hosting seven Energizer Stations.

Stop by with your bike and visit any of these Energizer Stations in Fremont for a free Bike to Work Day bag and refreshments:

**Host: City of Fremont
Fremont BART Station
2000 Bart Way, Fremont
Time: 7 a.m. – 9 a.m.**

**Host: GenZe
2901 Bayview Dr., Fremont
7 a.m. – 9 a.m.**

**Host: Centripedal Bikes
Alameda Creek Trail at
Isherwood Way
7 a.m. – 9 a.m.**

**Host: ClubSport Fremont
46650 Landing Parkway,
Fremont
7 a.m. – 9 a.m.**

**Host: Don Edwards
Wildlife Refuge
2 Marshlands Rd., Fremont
7 a.m. – 9 a.m.**

**Host: Kaiser Permanente
39400 Paseo Padre Pkwy at
Walnut, Fremont
7 a.m. – 9 a.m.**

**Host: Tesla Motors
45500 Fremont Blvd., Fremont
7 a.m. – 9 a.m.**

For complete details, including prizes, other Bike to Work Month activities, and The Team Bike Challenge, visit:
<http://www.fremont.gov/2665/Bike-to-Work-Day-2016> or
<https://bikeeastbay.org/news/bike-to-work-day-may-12-2016>

Swim Season opens

SUBMITTED BY
ISA POLT-JONES

The rain’s gone; the mercury’s up – time to cool off in one of the East Bay Regional Park District’s 10 swim facilities. Here’s a wrap-up of what’s open, what’s closed, and how to learn more:

Lake Temescal (Oakland): Open now for swim-at-your-own-risk. Lifeguards.

Lake Anza (Berkeley): Open for swim-at-your-own-risk. Lifeguards.

Contra Loma (Antioch): Now open

Cull Canyon (Castro Valley): Swim lagoon now open.

Roberts (Oakland): Open

Shadow Cliffs (Pleasanton): Open

Castle Rock Recreation Area (Walnut Creek): Opens Memorial Day weekend.

Don Castro (Hayward): Opens Memorial Day weekend.

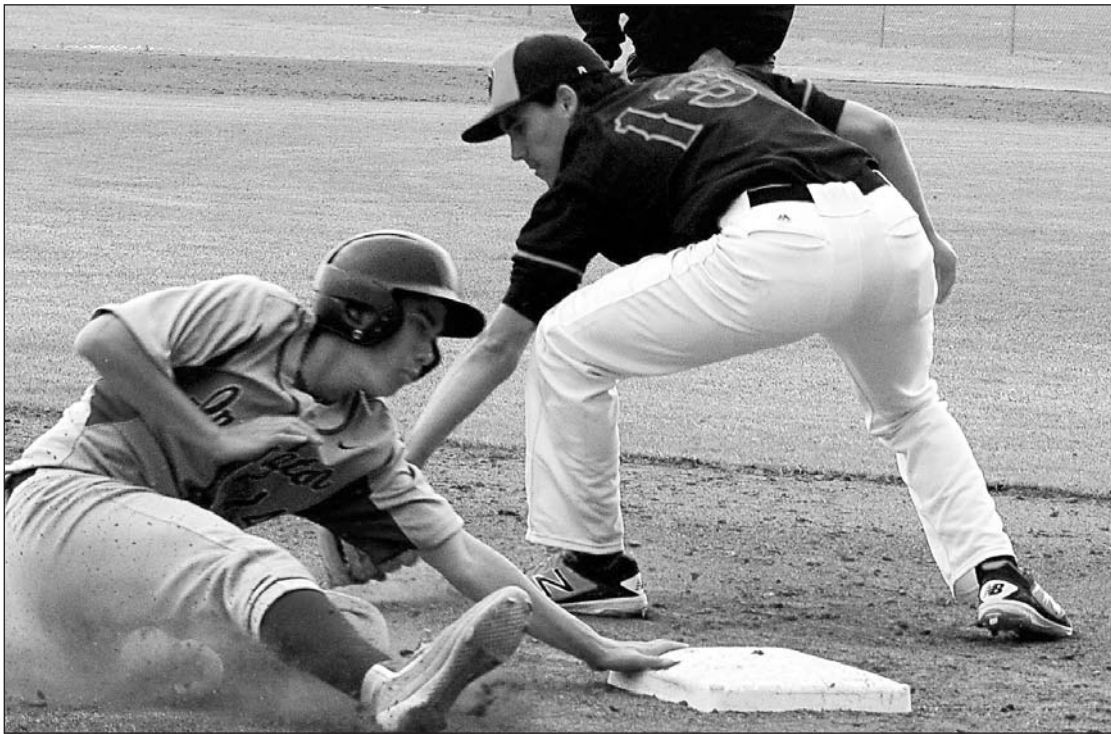
Lake Del Valle (Livermore): Open

Quarry Lakes (Fremont): Closed until further notice due to toxic algae.

Park District staff members test water quality at least once a week in our swim facilities, and post updates at www.ebparks.org and at the parks. Conditions can change at any time; please check regularly for updates.

For more information, contact Carolyn Jones at (510) 544-2217, cjones@ebparks.org

Huskies hang on for the win



Baseball

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

In a tight contest on April 27th that featured hitting power by both teams, the Washington Huskies brought home the 6-5 victory. A tense back and forth battle, the Irvington Vikings took the early lead in the in the first inning and added to it with runs in the second and fourth innings, holding a two-run lead through their half of the fourth.

But the Huskies bats exploded for four runs in the bottom of the fourth to reverse the advantage with their own two-run lead, 5-3. An additional run in the sixth inning gave the Huskies the margin they needed to secure the victory. It wasn’t that easy as the Vikings were stubborn on the field and at the plate, coming back to within a run in the top of the seventh inning. In the end, Huskies defense ended late threats to secure the victory.

Baseball

James Logan dominates Moreau Catholic

April 26, 2016

Logan 11, Moreau Catholic 1
Patino and Yates, Santa Cruz, Franco (5) and Carrizo (W) PatinoL (L) Santa CruzMC, 2B Cameron (MC), Yates (L) 3B Moran (L), Vargas (L), RBI Perez (MC), Mello (L), Sandoval 2 (L), Patino (L), Moran 2 (L), Vargas (L)

Union City Lions to host golf tournament

SUBMITTED BY DAVE GARGES

The Lions Club of Union City and New Haven Schools Foundation are hosting the third annual “Union City Lions Golf Tournament” on Saturday, June 4 at Skywest Golf Course in Hayward. The tournament is held to support education, youth and many other local community service projects.

The event features team awards, a tournament luncheon, tee prizes, specialty

holes, hole-in-one prize, raffles and more. Individual golfers may register for the \$125 golf package, which includes golf, games and luncheon. Golfers who would like to register for foursomes are also welcome to register for \$500, which includes golf, banquet, awards, tee prizes and more. Sponsorship opportunities are also available for \$500 (silver), \$1,000 (gold) or \$1,500 (platinum). Those who would like to attend the luncheon only may register for \$25.

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

**Union City Lions Golf Tournament
Saturday, Jun 4**

**7 a.m.: Registration
7:30 a.m.: Putting Contest
8 a.m.: Shotgun Start
12 p.m.: 19th-Hole Party
1 p.m.: Luncheon**

**Skywest Golf Course
1401 Golf Course Rd, Hayward
(510) 366-4934
(510) 909-9263
<http://uclions.com/>
Single Golfer: \$125
Foursome: \$500
Sponsorship: \$500-\$1,500**



Union City hosts inaugural ‘TRYathlon’

ride, and a 15 minute run. Scores will be calculated based on the distance covered in each leg of the event and posted within a week after the event to view.

Athletes of all fitness levels are welcomed to enter this event. Participants must be comfortable in the water, be able to swim at least 8 feet, and youth athletes must be at least 4 feet, 11 inches tall for spin bike use.

Participants will be divided into different waves/groups of 10 to 12 people. Those who register with a group or larger party may be placed in different waves depending on time of registration and availability.

Mark your calendars and sign up now, space is limited! For more information or to register, visit <http://www.active.com/union-city-ca/triathlon/races/mark-green-sports-center-s-tryathlon-2016?int=>.

**Mark Green Sports Center TRYathlon
Sunday, May 15
8 a.m. – 5 p.m.
8 a.m. – 9 a.m.: Check in
9 a.m.: Race Start
Dan Oden Swim Complex
33901 Syracuse Ave, Union City
(510) 675-5808
www.unioncity.org
Fees: \$20 - \$35**

SUBMITTED BY THE CITY
OF UNION CITY

Challenge yourself like never before in the Mark Green Sports Center’s first ever TRYathlon. As the name suggests, this event will “effort” over competition and will be a great experience for the new or beginner triathlete. This event will be comprised of a 15 minute swim, 15 minute spin bike

Ohlone for Kids and Teens offers summer courses

SUBMITTED BY OHLONE COLLEGE

This summer, instead of playing video games, let your kids design their own video games at Ohlone for Kids and Teens. Now in its 27th year, the award-winning Ohlone for Kids and Teens summer enrichment program continues to offer a variety of classes and workshops geared to your child’s interest. The fun, interactive environment will get kids and teens excited to attend and keep their academic skills honed and ready once school begins again.

The Ohlone for Kids and Teens program caters to students entering grades 3-11. Kids who like to build and create will enjoy the LEGO © Robotics class; language enthusiasts can learn Spanish or ASL; and curious technological minds will love the Game App Design course. High school students can take PSAT and SAT Prep courses or get an early start with AP Biology and expository writing. The program provides a great opportunity to meet students with similar interests and to build confidence in a safe and supportive environment.

Returning by popular demand, Middle School Career Exploration Week helps middle school and high school students develop interest in degree and career pathways and gain hands-on lecture and lab experience, choosing from fields including health, biotechnology, and engineering. The Career Exploration Week is held August 8 through 11 at the Ohlone College Newark Center.

In addition, Ohlone for Kids classes are offered in three sessions at Ohlone College in Fremont and Cesar Chavez Middle School in Union City. Online registration has begun. Classes run from June 20 through August 4.

For more information and complete course listings please visit www.ohloneforkids.com

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) 403-2607
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

Union City City Council Meeting

April 26, 2016

Proclamations and Presentations:

- Recognize April 30, 2016 as Arbor Day in Union City.
- Introduce finance director
- Presentation by Alameda County Fire Chief David A. Rocha on the relationship between Alameda County Fire and Union City.

Consent Calendar:

- Adopt ordinance to annex certain land into city community facilities district and levy a special tax to be specified in the resolution.
- Adopt a resolution to appropriate public art funds & award contract in the amount of \$250,000 to Newark-based muralists known as Illuminaries for public art for the Union City Teen Center.
- Authorize payment by phone for \$3.00 per day, Monday through Friday on Alvarado-Niles Road, Meyers Drive, J Street and 12 Street and authorize city manager to execute contracts to implement the program.
- File application for funding from the Metropolitan Transportation Commission and commit the necessary matching funds for Clipper-Card Transponder Option Usage on Union City Transit.

portation Commission and commit the necessary matching funds for Clipper-Card Transponder Option Usage on Union City Transit.

- Award a contract in the amount of \$145,433 to Rodan Builders, Inc. for modular building renovation at Kennedy Park, City Project.

Decommission two Union City Transit Buses and authorize their auction.

- Award contract to DATA911 and subsequent financing with HP Financial Services for the procurement of Police Mobile Data Terminals in the amount of \$339,708.75.

Public Hearings:

- Public Hearing to adopt a resolution for the vacation and disposition of a pedestrian access easement at 24-34 Union Square.

City Manager Reports:

- Hold a discussion on the city council retreat, to be held June 4 at the Ruggieri Senior Center in Union City from 9:00 until 1:00, tentatively. Topics will include the general plan and the budget.

Mayor Carol Dutra Vernaci Aye
Vice Mayor Emily Duncan Aye
Lorin Ellis Aye
Pat Gacoscoc Aye
Jim Navarro Aye

Santa Clara County Board takes step toward bond measure

SUBMITTED BY
JANICE ROMBECK

Encouraged by results of a survey that shows strong support for public investment in affordable housing in Santa Clara County, the Board of Supervisors took a first step toward putting an Affordable Housing Bond measure on the November 8 ballot that would generate funding for housing projects.

On a motion from Supervisor Cindy Chavez, the Board voted, 4-0, at its April 26 meeting, for administrators to return to the Board on June 7 with details of a bond measure, including a framework on how funds generated from a general obligation bond would be invested. The Board further asked for a resolution to consider at its June 21 meeting that would include more details about how the bond would be structured and its oversight. The deadline for the measure to be included on the Ballot is August 12.

Supervisor Chavez and Supervisor Mike Wasserman served on the Housing Task Force, which recommended the development of funding revenue tools throughout the County for to address

affordable housing needs.

San Jose leaders have also been closely involved in the County's exploration of a potential affordable housing bond and Mayor Sam Liccardo offered his support of efforts to generate a revenue stream for affordable housing.

The County hired EMC Research to survey likely voters to determine the support for revenue measures to fund County programs, and the firm conducted phone interviews in late March and early April. Half of the 805 surveyed were asked about support for a bond measure and the others were asked about a charter fund in which money would be set aside from existing funding without a tax increase. Nearly two-thirds of respondents favored the measures, which is the threshold needed for ballot measure approval.

The survey results also showed strong support for more housing for disadvantaged residents, including homeless individuals and families, low-income households, seniors and veterans.

For other questions, contact Supervisor Dave Cortese's office at (408) 299-5030.

TAKES FROM SILICON VALLEY EAST



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

The Technology Inside the Technology – How Essai Supports Silicon Valley Innovation

By SCOTT FORSTER, PH.D.,
HEAD OF
ESSAI GLOBAL SOLUTIONS,
SALES, MARKETING &
BUSINESS DEVELOPMENT

Continuing in our quest to highlight Fremont-based manufacturing and technology companies that support Silicon Valley's innovation economy, we recently caught up with Essai, a global player that provides engineering solutions and rapid prototyping to the who's who of advanced industries.

City of Fremont: Briefly describe Essai and the primary markets you serve.

Scott Forster (SF): Essai is an innovation support company. We provide custom solutions for companies seeking to get products to market at accelerated performance, increased profitability, and faster timescales. We work across most electro and electro-mechanical markets including fast-moving consumer electronics, aerospace, life sciences, automotive, manufacturing, and test automation, as well as defense.

Fremont: Essai has been ranked by Inc. 5000 as one of America's Fastest Growing Private Companies, and yet, you don't see the name Essai on products. Can you explain this?

SF: Believe it or not, Essai has been included in America's Fastest Growing Private Companies for three years in a row! I guess it's because we make the technology inside the technology, or the technology that makes the technology work. While you might never see the Essai brand, I can almost guarantee everyone reading this has held or used a technology that we have supported. When innovative companies hit a road block, we're the resource they turn to for a solution. Whether it's a new device with breakthrough performance or a design that contains a manufacturing challenge, we find a way to make it happen.

Fremont: Aside from your headquarter operations in Fremont, why is it important to have a manufacturing presence in Silicon Valley?

SF: We're a Silicon Valley company with a global reach. I'm not sure there are many places in the area that operate 24/7 supporting design and manufacturing. We have materials testing, design, and engineering in close proximity to real manufacturing and assembly. This proximity, combined with some unique business processes, leads to uniquely reactive innovation capability.

Fremont: Can you talk about Essai's strong commitment to sustainability and reducing its environmental impact?

SF: Essai is continuously seeking to reduce its impact on the world around us. We take pride in our green working initiative. It's about continuously assessing our work and the work we undertake to ensure that the negative environmental impacts are reduced.

Fremont: What do you see as Essai's biggest growth opportunities?

SF: In the last year, we've seen a huge diversification in Silicon Valley, with classical computing power migrating into automation, transportation and even medical sciences. With self-driving vehicles, drone/UAVs, and the connected world of "Internet of Things" starting to trickle out into the market through real-life applications, we're always looking to support the next wave of innovation that's waiting around the corner. We pride ourselves in maintaining client confidentiality, but it's really a special feeling to be right at the cutting edge of technology development and implementation, making the world a smarter and more efficient place to be. Collecting, managing, and utilizing data is clearly a trend that will continue to grow, and wherever there's a technical challenge, we'll be there to help.

Hayward City Council

April 26, 2016

Presentations and Proclamations:

- The third annual Hayward Youth Poetry Contest awards were presented.

Consent:

- Council approved approval of plans and specifications and call for bids to be received by Tuesday, May 17 for the Runway 10R-28L Rehabilitation Project at Hayward Executive Airport.

- Council approved budget appropriation for Hazardous Materials Program settlement funds.

Public Hearing:

- Council approved adoption of a resolution of intention to introduce an ordinance approving an amendment to the contract between the City of Hayward and Califor-

nia Public Employees Retirement System (CalPERS) for miscellaneous members in HAME, Local 21, and the unrepresented employee group.

Legislative Business:

- Council discussed Hayward Police Department administration facility's needs assessment progress and amendment to the agreement with RossDrulisCusenberry for additional needs assessment work and an increase of \$75,000. The police administration building is located on Winton Avenue.

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

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 given preference.

Letters are subject to editing for length, grammar and style.
tricityvoice@aol.com

Fremont Family Resource Center Needs You

SUBMITTED BY CITY OF FREMONT

On Tuesday, May 3, the Fremont Family Resource Center (FRC) will participate in East Bay Gives, a 24-hour online fundraiser for local nonprofits hosted by the East Bay Community Foundation.

During the 24-hour donation period, you can help the FRC Division of the Human Services Department sustain critical programs for families including safety net services, SparkPoint financial services and the Discovery Cove drop-in childcare center. These programs make a tremendous difference in the lives of the Fremont and Tri-City families who visit the FRC every day.

It's easy to give where you live. On May 3, visit East Bay Gives at: <https://eastbaygives.org/> and donate to support the FRC and local families.

OPINION



WILLIAM MARSHAK

Open Space – protect or develop?

just as important as economic vitality. After all, positive attitudes about quality of life for existing residents are vital as well as the progressive development attitudes of planners and developers.

A case in point is the reemergence of Kimber Park open space issue. Through a misstep by the City of Fremont, designation of a central parcel as private open space is now contested by the owner. All of the same arguments are coming to the fore with a developer assessing the economic potential of the property in contrast to neighbors who value an open space icon of their neighborhood and believed the battle won and over. Again, the question arises over whether past promises and recreational/open space is valued or such space is simply development left undone.

As government applies pressure to cities for more density and high rise buildings to achieve their goals, propensity toward canyons of steel grows. Even if small parcels are left to open space/parks, what more can be done to ensure the health and prosperity of our cities? Large parks and real linear parks with trails for bikes and pedestrians that lead somewhere, not just in circles, are essential to the mental and physical

health of citizens, but so too are developments that integrate with adjoining living spaces. If the intent of planners is to cause change through disruption and discord, we will all suffer through the transition, but true and effective planning integrates rather than segregates.

Single family homes convey a particular neighborhood character that is distinctly different from urban monolithic complexes. Both may play a role in development, but balance and placement are key elements for growth. Real estate agents are schooled in the mantra of land value since it is a limited commodity. The same logic applies to open space, parks, recreation and peace of mind. Open space is a limited and valuable commodity and should be weighed as such when considering further developments.

William Marshak
PUBLISHER

A five acre parcel sits vacant. What does this represent? For some, that open space allows breathing room for those who live around it. It may provide an area for play, relaxation and a habitat for flora and fauna. Others may see this as an opportunity to provide housing or commercial development for a neighborhood. Who is right?

This is not a new conundrum, rather a matter of perspective. A myriad of factors can be relevant while preserving owner rights as well. As infill development becomes prevalent, General Plan agreements over quality of life issues and “character” should be

Abode Services volunteers honored

SUBMITTED BY CHRIS DE BENEDETTI

Abode Services was proud to recognize an individual and two businesses at a recent ceremony for their commitment to ending homelessness through numerous volunteering efforts.

Those honored during the Volunteer Appreciation Reception exemplify Abode Services' mission and spirit, and showed why the organization has had such success moving people off the streets and into homes. They received their awards in a public ceremony held April 4 at Centerville Presbyterian Church in Fremont. The awardees hailed from Fremont, Newark, and Milpitas.

Those honored included:

Mr. John Louis Holmes – Distinguished Service Award



Abode Services Executive Director Louis Chicoine (left) and Leah Doyle-Stevens, Communications and Outreach Coordinator to Supervisor Scott Haggerty (right), present the Distinguished Service Award to John Louis Holmes of Newark

A volunteer for Abode Services since 1992, John Louis Holmes' many volunteer duties include picking up bread, pastries, and other donations at local stores to benefit single adults and families in our programs. He also delivers donation bins to local schools, businesses, and churches, and picks up the donations for delivery to Abode Services' emergency shelter. During his 24 years of service, he also has recruited family, friends, and church members to join him in volunteering for Abode.

Premier Nissan Kia of Fremont – Community Partner Award

Employees at Premier Nissan Kia of Fremont have provided generous support to Abode Services, including providing

Thanksgiving meals and donating a new commercial-size refrigerator and sports equipment for children. Recently, the dealership's employees cleaned and painted one of the dining rooms at Abode Services' emergency shelter. In addition, they have sponsored Abode Services' annual Journey Home Breakfast fundraising event.

FireEye, Inc. – Corporate Partner Award

Last summer, the Milpitas-based cyber security firm's employees made major improvements to the family room, playground, and garden at Sunrise Village Emergency Shelter. Their work included: cleaning 20-foot-high ceiling ducts, planting flowers, cleaning and replacing ceiling light bulbs, painting walls, doors, and fences; repairing various shelter items, cleaning playground equipment, and vacuuming and organizing furniture.

For more information, visit www.abodeservices.org



Fremont Mayor Bill Harrison (left) chats with Carlos Mandigma of Premier Nissan Kia of Fremont, which received the Community Partner Award

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

What's Happening's TRI-CITY VOICE™

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

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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.

Kitchen Event!

Join the Fremont Discovery Shop this Friday for our Kitchen Event. Pots, pans, dish sets, utensils, small appliances, everything you need for the kitchen. Don't forget to ask how to get all of your purchases for 25% off!

Event begins Friday, 5/6!

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

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510-520-7770

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Newark City Council

April 28, 2016

Presentations and Proclamations:

- Introduction of Police Officer Blair Slavazza
- Proclaim May 13-21 Affordable Housing Week in Newark; accepted by Thuy Fontelera
- Proclaim May as National Water Safety Month in Newark: accepted by Aquatics Coordinator Nick Cuevas
- Proclaim May 5 as National Day of Prayer in Newark; accepted by Pastor Emeritus Ed Moore

Consent:

- Authorize submittal for Measure B and BB funding for paratransit services
- Approve final map for 213-unit residential subdivision at 37555 Willow Street
- Adopt five year forecast 2016-2021
- Accept work by Rosas Brothers Construction for curb, gutter and sidewalk replacement



Proclaim May 5 as National Day of Prayer in Newark; accepted by Pastor Emeritus Ed Moore



Proclaim May 13-21 Affordable Housing Week in Newark; accepted by Thuy Fontelera

- Reclassify Accounting Technician position

Non-Consent:

- Authorize Master Program Funding Agreement with

Alameda County Transportation Commission

- Authorize a Contractual Services Agreement with RHAA Landscape Architecture and Plan-



Introduction of Police Officer Blair Slavazza



• Proclaim May as National Water Safety Month in Newark: accepted by Aquatics Coordinator Nick Cuevas

ning, Inc. to complete a Citywide Parks Master Plan

- Receive an update of the Civic Center Replacement/Relocation Feasibility Study

Mayor Alan Nagy
Vice Mayor Luis Freitas

Sucy Collazo
Michael Hannon
Mike Bucci

Aye
Aye
Aye
Aye

Be a City of Fremont Commissioner or Advisory Board Member

SUBMITTED BY
CITY OF FREMONT

Looking for a way to make a difference in the community? Consider serving as a commissioner or an advisory board member! The City of Fremont currently has vacancies on its Senior Citizens Commission and the George W. Patterson House Advisory Committee (East Bay Regional Park District representative). Current boards and commission vacancies include the following terms:

George W. Patterson House Advisory Board (EBRPD representative) – One vacancy.

Senior Citizens Commission – One vacancy. Term to expire 12/31/2018.

To download an Advisory Body application, visit: <http://www.fremont.gov/76/Boards-Commissions-Committeespage> and review the Resources section at the bottom of the page. You may also obtain an application from the City Clerk's Office at 3300 Capitol Ave, Building A. Please note that the City Clerk's Office accepts applications throughout the year, not just when there are vacancies. **For more information call (510) 284-4060.**

Sign up for Hayward citywide cleanup

SUBMITTED BY
CITY OF HAYWARD

From the hills to the shoreline, Hayward's beauty and environmental health depends on all of us. Join us on Saturday, May 14 to help clean up our City and connect with your fellow Hayward residents! Afterwards, there will be music, BBQ lunch, and thank you gifts. Sign up in advance and register today at www.hayward-ca.gov/cleanup or call Jennifer Yee at (510) 583-4709 or email: jennifer.yee@hayward-ca.gov

Looking for more ways to help?

Stay after the cleanup and learn how you can serve on a City board, commission, or task force in addition to many other volunteer opportunities throughout the city at our Community Engagement Fair. Opening remarks from Mayor Halliday start at 11 a.m.

**Hayward Citywide Cleanup
Saturday, May 14
8 a.m. – 12 p.m.
Weekes Park
27182 Patrick Ave, Hayward
(510) 583-4709
www.hayward-ca.gov/cleanup**

Avanzando honors students and educators

Organized over seven years ago, Avanzando supports the Latino community in Newark. Just as its name suggests, the

premise is to promote those who exemplify the spirit of progress and advancement. In that effort, each year Avanzando honors

Sen. Wieckowski honors Women of the Year

SUBMITTED BY
JEFF BARBOSA

Dr. Yassi Safinya-Davies, executive director of SAVE (Safe Alternatives to Violent Environments) and Kelly Phillips, co-founder of the Spirit of Giving Donation Pantry at Lincoln High School in San Jose are the Women of the Year in Senate District 10, as recently an-



Senator Bob Wieckowski with Dr.Yasi Safinya-Davies and her daughter



Senator Bob Wieckowski with Kelly Phillips



Senator Bob Wieckowski with Safinya-Davies, Phillips, their families, guests, and Fremont Vice Mayor Lily Mei and Santa Clara Council member Kathy Watanabe

nounced by Senator Bob Wieckowski (D-Fremont). A ceremony was held on April 28, at Senator Wieckowski's district office in Fremont.

"These are two phenomenal women who devote their time to helping people who are escaping violence or going without basic resources," Wieckowski said. "They are providing assistance when it is most needed to families in Alameda and Santa Clara Counties."

Before becoming executive di-

rector, Dr. Safinya-Davies directed SAVE's Youth Program to address teen dating violence prevention and awareness. She also directed the organization's counseling and trainee/intern program. Her professional focus is on issues concerning women, the impact of trauma, and severe-chronic psychological conditions.

Kelly Phillips, who also serves as the activities director at Lincoln High in San Jose, helped turn Lincoln's Spirit of Giving donation

drive into a year-round donation pantry for underprivileged students. Phillips had heard about a similar pantry in North Carolina. Lincoln has a large number of students from low-income families, but the pantry is for any student in need. A student can go to the pantry and receive a toothbrush, gift card or other items for free. Senator Wieckowski's 10th Senate District stretches from southern Alameda County to northeast Santa Clara County.

teachers and students who exemplified their goals. This year, on April 21st at Newark Pavilion, members of Avanzando gathered to recognize Newark educators and students for outstanding efforts in the community.

Following remarks by Mistress of Ceremonies Hon. Ana Apodaca and Chair Jacinta Artega, Educator Awards were presented by Lupe Lopez and Hon. Sucy Collazo to:

Lulu Erwin and Gloria Ruybal (Graham); Catherine Diaz-Centeno and Lupita Rodriguez (Kennedy); Wendy Stacy and

Eddie Rodriguez (Lincoln); Janet Zutler (Milani); Elba Herrera and Juan Moreno (Schilling); Jessica Tommasini and Jocelyn Munoz (Snow).

Additional awards were presented by Hon. Vivian Larsen and Hon. Sucy Collazo to:

Marla Veronica Rivas - Staff of the Year

Tom Collett – Teacher of the Year
Soleste Hilberg – Administrator of the Year

Avanzando scholarships were presented by Olga Borjon, Lucy Hernandez, the Avanzando board

and Ray Rodriguez, Scholarship Committee member to Newark Memorial High School students:

Angel Aparicio, Amanda Lynn Castillo, Andres Eduardo Landeros, Adrian Alonso Landeros, Jocelyne Quintana, Rebecca Eva Rodriguez, Enrique Rosas, Alexa Briana Sanchez, Samantha Bella Sanchez, Sandra Karina Soto.

Entertainment with a Latin flair was provided by Danza Alianza, Newark Memorial High School Ballet Folklorico.



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Senate committee approves bill limiting tobacco sales to cigar shops

SUBMITTED BY
JEFF BARBOSA

The tobacco industry's heavy marketing of its products in stores frequented by minors would end under a bill by State Senator Bob Wieckowski (D-Fremont) that limits sales to only tobacco stores, where minors are prohibited unless accompanied by their parent or legal guardian. SB 1400 passed the Senate Business, Professions and Economic Development Committee today and heads to the Senate Appropriations Committee.

"Each year 40,000 Californians die from a tobacco-related illness, and 90 percent of smokers start before the legal age of 18," Wieckowski said. "Children are bombarded by the industry's pervasive marketing material."

The Stanford University study found that convenience stores popular with adolescents displayed more than three times as many cigarette marketing materials in store windows, contained almost three times more advertising inside, and devoted twice as much shelf space to Marlboro, Camel, and Newport, three brands that account for more than 80 percent of the cigarettes bought by kids.

Currently, retailers selling tobacco products must obtain a license from the state Board of Equalization. Retail locations in-

clude convenience stores, airports, grocery stores, gas stations, drug stores, bars, hookah lounges and tobacco shops. SB 1400 would change the definition for tobacco retail locations to mean a tobacco store that generates more than 60 percent of its gross revenues annually from the sale of tobacco products and paraphernalia.

SB 1400 is another step forward in a national effort on tobacco prevention. CVS stopped selling tobacco products nationwide, and across the country more than 100 cities have passed tobacco-free pharmacy laws.

Today, roughly 5.6 million Americans younger than 18, are projected to die prematurely from smoking-related diseases, according to the Surgeon General. A 2014 University of California, San Francisco study found that smoking-related, preventable diseases cost California \$18 billion in direct healthcare costs and indirect costs from lost productivity due to illness and premature death.

Wieckowski's bill is supported by the American Lung Association, American Academy of Pediatrics, County Health Executives Association of California, First 5 Association of California and Regional Asthma Management & Prevention.

Wieckowski represents the 10th Senate District, which includes southern Alameda County and northeast Santa Clara County.

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Hayward Art Council 22394 Foothill Blvd., Hayward 510-583-2787 www.haywardarts.org Open Thurs. Fri. Sat. 10am-4pm Foothill Gallery, John O’Lague Galleria, Hayward Area Senior Center Exhibit Hall, Alameda County Law Library Hayward branch All open to the public	The Friendship Force San Francisco Bay Area Experience a country & its culture with local hosts; meet global visitors here.Travel to Brazil in June; Japanese visitors here in October. Many Bay Area social activities. www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont All are welcome, come join us www.fremontcoinclub.org 510-792-1511			
Troubled By Someone's Drinking? Help is Here! Al-Anon/Alateen Family Groups No cost program of support for people suffering from effects of alcoholism Call 276-2270 for meeting information or email Easyduz@gmail.com www.ncwsa.org		Tri-City Society of Model Engineers The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas. We meet Fridays 7:30-9:30pm. Please visit our web site: www.nilesdepot.org	Ohlone Humane Society Love animals & want to help? OHS is a nonprofit, volunteer supported animal welfare organization. Includes wildlife rehabilitation, companion animal rescue, animal assisted therapy, spay/neuter assistance and more. For info call 510-792-4587 www.Ohlonehumanesociety.org	Help with Math & Reading You can make a difference by helping Newark children with Math and reading. If you can give one hour a week, you can give a life-long gift of learning to a child. CALL Tom 510-656-7413 TKFEDERICO@SBCglobal.net	Deliver a smile and a meal to homebound seniors LIFE ElderCare – Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@fremont.gov www.LifeElderCare.org
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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/	Tri-City Society of Model Engineers - Open House June 11 & 12 10am-4pm N & HO scale layouts will be open & anyone interested is encour- aged to bring DCC equipped trains to run. Historic Niles Depot museum will also be open 37592 Niles Blvd. Fremont at the Niles Town Plaza www.nilesdepot.org
National Alliance on Mental Illness (NAMI) FREE confidential 10 week informational course - Adults living with mental health challenges Focused on Recovery 2 hrs Tuesdays Call Kathryn Lum 408-422-3831 for time and location	FREMONT STAMP CLUB SINCE 1978 Meets 2nd Thurs. each month 7pm Cultural Arts Center 3375 Country Dr., Fremont Everyone is welcome. Beginners to Advanced. For questions or more information: www.fremontstampclub.org/ or call Dave: 510-487-5288	Travel with Friends Choose from many home stays with Friendship Force club members around the world. Share our way of life with visitors & make new friends on 5 continents. Enjoy variety of Bay Area Activities www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	Newark Skatepark Join a group of Newark skaters and parents of skaters to spearhead a skatepark in Newark. We have a business plan. Now we need your help to execute on it! Angela at info@newarkparks.org https://www.facebook.com/grou ps/NewarkSkatepark/	Fremont Area Writers Like to write? Meet other writers? Join us from 2-4 p.m. every fourth Saturday except in July and December at DeVry University, 6600 Dumbarton Circle, Fremont. www.cwc-fremontareawriters.org	
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Police Appreciate Day in Milpitas



SUBMITTED BY
RIPPLE LEUNG

Crosspoint Church dedicated a day to honor and highlight the importance of local law enforcement. Although much of the media focuses on intermittent conflict between the police and our residents, the reality is far different: our police sacrifice their own safety for the safety of our community. Crosspoint Church

— in a first-of-its-kind celebration at the Milpitas PD Community Room - proclaimed Saturday, April 30, 2016 as Police Appreciation Day to honor this daily sacrifice and commitment of local law enforcement.

More than 90 Crosspoint Church members gathered with Milpitas PD Chief of Police Steve Pangelinan, Public Communications Officer Sergeant Bryan Hinkley, and

Commander A. Corpuz, to express their gratitude and thanks. The Church delivered 122 care packages along with messages of appreciation by children and youth. Mayor of Milpitas, Jose Esteves, attended to offer words of encouragement and solidarity with the Milpitas Police.

Rev. Abraham Chiu, Crosspoint's Senior Pastor, reflected on the similarity in goals

for both his faith-based community and law enforcement: spreading peace and providing security and comfort. While police officers ensure physical safety and rescue those in physical danger, the Church offers spiritual refuge and a path away from despair and fear toward inner security, stability and peace.

Crosspoint Church is a Christian Church in Milpitas which has grown from its incep-

tion in 2001 from 60 members to more than 800 members today. Police Appreciation Day for the Milpitas Police Department is the first in a series of events scheduled by the Church as part of its 2016 Community Action Plan. For details, please visit <http://www.crosspointchurchsv.org/>

Appointments to Measure “E” Citizens’ Bond Oversight Committee

SUBMITTED BY ROBIN MICHEL

Fremont Unified School District (FUSD) announced the appointment of two members to the Measure “E” Citizens’ Bond Oversight Committee (CBOC): Maria Torres and Eric Tsai. Torres was appointed as an alternate member to serve as a parent or guardian of a child enrolled in the Fremont Unified School District, a vacancy created due to the resignation of Nancy Beardsley, who served from October 2014-March 2016. Tsai was appointed as an alternate member representing a bona fide taxpayers’ organization. FUSD Board of Education approved the appointments at its April 13 board meeting. Torres and Tsai were both appointed to a two-year term.

Beardsley is active on the Irvington High School Parent Teacher Student Association and a member of the FUSD Financial Advisory Committee. During her tenure on the Citizens’ Bond Oversight Committee, several Measure E projects were completed, including the Azeveda Elementary and Matos Elementary new classroom buildings. According to CBOC Chair Anu Natarajan, Beardsley’s contributions on the committee will be greatly missed. “Nancy brought a great deal of experience and skills to our committee.”

Maria Torres will assume the seat vacated by Beardsley. She is an active parent of two children attending Ardenwood Elementary School, and an FUSD alum. A resident of Fremont for more than 30 years, she grew up with her parents’ family business before starting her own local family-run businesses. She is a graduate of Cal State East Bay with a degree in Microbiology and Chemistry and an alumna of UC Berkeley in Environmental Economics and Policy. She has more than a decade of experience in project analysis, community outreach and education. Asked why she applied to the CBOC, Torres replied, “I am a happy product of FUSD and want to give my time and efforts to making our schools better.”

Eric Tsai, who moved to Fremont four years ago, graduated from UCLA with a degree in Business Economics and is a CFA charterholder. His work experience includes business valuations and investment management. He is a member of the Howard Jarvis Taxpayers Association.

By law, school districts are obligated to establish an independent Citizens’ Bond Oversight Committee (CBOC) in order to satisfy the accountability requirements of Proposition 39 (2002). The purpose of the CBOC is to “actively review and report on the proper expenditure of taxpayers’ money for school construction” on general obligation bond projects.

Committees are appointed by the Board of Education and must include at least seven members who represent different stakeholder groups, including members from the following the five required categories:

- Business organization representing local business community
- Active in a senior citizens’ organization
- Parent or guardian of a child enrolled in the district
- Active in a parent-teacher organization and parent or guardian of a child enrolled in the district
- Active in a bona fide taxpayers’ organization

The FUSD Measure “E” Citizens’ Bond Oversight Committee, with first members appointed and bylaws approved in September 2014, provides fiscal oversight to the district’s \$650 million general obligation bond passed in June 2014. Measure “E” will upgrade and repair schools through an extensive list of modernization and new construction projects.

To learn more, please visit the District website at <http://www.fremont.k12.ca.us>

New Haven Unified Board news

SUBMITTED BY NEW HAVEN
UNIFIED SCHOOL DISTRICT

At the April 19 Board meeting, the District’s Teacher and Classified Employee of the Year were recognized and celebrated. The peer-driven selection process for these prestigious honors started at each school where members of each employee group nominated and selected their site representatives. This pool of exceptionally talented individuals was put forward to the appropriate District selection committee which had the difficult task of identifying the most deserving teacher and classified employee in the District; not an easy task!

The 2016-17 Classified Employees of the Year from each site are:

Marivic Galang, Alvarado Elementary; Amy Alvarez, Eastin Elementary; Kathleen Daniello, Emanuele Elementary; Sergio Maravilla, Hillview Crest Elementary; Anna Garcia, Kitayama Elementary; Sandra Sharp, Pioneer Elementary; Imelda Rivas, Searles Elementary; Brian Semprevio, Itliong-Vera Cruz Middle School; David Danko, Cesar Chavez Middle School; Ana Maria Campos, Logan High School; Christopher Perry, Conley-Caraballo High School; Brisa Jimenez, Decoto School for Independent Study; Jo Hendee, New Haven Adult School; Sandra Esparza, Educational Services Center; Theodore Bentley, Corporation Yard; Theresa Murti, Mary Cordoza Center.

Itliong-Vera Cruz Middle School’s Brian Semprevio was announced as the 2016-17 District Classified Employee of the Year.

The 2016-17 Teachers of the Year from each site are:

Stephen Partridge, Alvarado Elementary; Deborah Brazeal, Eastin Elementary; Jason Lowe, Emanuele Elementary; Melissa Repancol, Hillview Crest Elementary; Ermina Teramura, Kitayama Elementary; Rachel Sowell, Pioneer Elementary; M. Carmencita Kraska, Searles Elementary; Neil Schwartzfarb, Itliong-Vera Cruz Middle School; Jennifer Vijeh, Cesar Chavez Middle School; Terese Lampi, Logan High School; Kimberly Petit, Conley-Caraballo High School; Margarita Crump, Decoto School for Independent Study; Osman Nejat, New Haven Adult School.

Neil Schwartzfarb from Itliong-Vera Cruz Middle School was announced as the District’s Teacher of the Year.

Union City Mayor, Carol Dutra-Vernacci, requested assistance from the District and the Board to help communicate that the City of Union City needs the community’s input and feedback regarding public safety services. Information gathered from the community helps to determine the City’s focus in upcoming years. Last year, the community let the City know that 911 services, enhanced emergency response times, safety in our schools, and youth violence prevention, among other topics, were very important.

Local student wins big at Alameda County Science Awards

SUBMITTED BY LEAH TERAUSKIS

Stratford School Fremont campus student Shreya Ramachandran entered her two-year project, “Effectiveness of Soap Nuts Grey Water on the Environment,” in the Alameda County Science Awards and walked away with the following awards:

- Middle School Grand Prize
- 1st place award for her category – Reaction and Solutions chemistry
- Special prize from Alameda County Water District with a \$500 cash prize and an invitation to present at their board meeting
- Special prize from the US Navy for water research
- U.S. Stockholm Junior Water Prize

- Broadcom MASTERS (Math, Applied Science, Technology and Engineering Rising Stars) qualifier
- Invitation to the California State Science Fair

According to Shreya, “I started this project to be a part of the solution to the California drought. As many parts of the world are experiencing water scarcity, there is a growing interest for reusing grey water from the laundry. Since many commercial laundry detergents contain chemicals, I wanted to test if grey water from soap nuts, a natural laundry detergent derived from the Indian soap berry, could be used as irrigation water, without harming the environment. I found that soap nut grey water was not harmful to soil, plants, or aquatic life. I enjoyed presenting my project to the judges, and sharing my results. I also saw many other projects that inspired me to do more.”



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Solar Impulse lands in Silicon Valley

SUBMITTED BY SOLAR IMPULSE

Solar Impulse 2 (Si2) – the first solar airplane capable of flying day and night without using a drop of fuel – left Hawaii on April 21, 2016 at 6:15 a.m. local time (UTC-10) and landed at Moffett Airfield in Mountain View, Calif. on April 23, 2016 at 11:44 p.m. local time (UTC-7), completing the crossing of the Pacific Ocean with several world records. By attempting the first solar flight around the world, pushing back the boundaries of the possible, and taking on a project deemed impossible by industry experts, Bertrand Piccard and André Borschberg want to support concrete actions for sustainability and show that the world can be run on clean technologies.

At the controls of Si2, Piccard touched down at Moffett Airfield, home to NASA's Ames Research Center and Google's Planetary Ventures, after a flight of three days and two nights and 2'810 miles (4'523 km), while breaking several world records (pending FAI approval). Those include distance, speed, duration and altitude in the electric airplane category and altitude (gain of height) in the solar airplane category. The first part of the Pacific was accomplished by Borschberg in a world-record flight of five days and five nights from Japan to Hawaii last July.

Piccard initiated Solar Impulse to attractively promote a pioneering and innovative spirit, particularly in the fields

of renewable energy and clean technologies. On April 22, 2016, Piccard spoke with UN Secretary-General Ban Ki-moon and 175 heads of states, directly from the cockpit of Si2, during a video conference with the United Nations in New York for the signature of the Paris Agreement on Climate Change: a symbolic milestone for the solar airplane in the air, the launch of a clean revolution on the ground, and a strong message sent to the world.

"Solar Impulse showcases that today exploration is no longer about conquering new territories, because even the moon has already been conquered, but about

exploring new ways to have a better quality of life on earth," said Piccard, Initiator and Chairman of the project. "It is more than an airplane; it is a concentration of clean technologies, a genuine flying laboratory, and illustrates that solutions exist today to meet the major challenges facing our society."

The flight from Hawaii to California was the ninth leg of the Round-The-World Solar Flight that will continue onward to New York, Europe or North Africa and Abu Dhabi in the United Arab Emirates, where the adventure started in March 2015.

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Father and GROCO
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Juris Doctor, University of Illinois (7th in class)

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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987

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San Leandro PD receives Most Effective Social Media award

**SUBMITTED BY
SAN LEANDRO
POLICE DEPARTMENT**

The San Leandro Police Department (SLPD) is proud to announce that it is the recent recipient of an award of excellence from the California Association of Public Information Officers (CAPIO) for its social media campaign and community outreach efforts connecting with Chinese communities in San Leandro, the Bay Area, and around the world through its Weibo internet site and smartphone app.

Lt. Robert McManus, who attended the annual CAPIO conference, accepted the award on behalf of the San Leandro Police Department, after learning that they had won first place in the "Most Effective Social/New Media" category. To date, SLPD has more than 220,000 followers on Weibo.

Weibo, which translates into "micro blogging," is one of the most popular websites in China, with more than 500 million subscribers from around the world. The China-based social

media site is similar to Facebook and Twitter and is used by 30 percent of internet users.

San Leandro has a diverse population with approximately 85,000 residents, with approximately 30 percent being of Asian descent, making San Leandro one of the most diverse communities in the United States.

Inspired by SLPD Captain Edward Tracey, who lost a battle with cancer in April 2015, the San Leandro Police Department launched their Weibo social media platform in October 2014, becoming the first law enforcement agency in Northern California and second in the state to use Weibo to communicate with Chinese-speaking people.

Mr. Cartier Lee, a community member, and one of the founding members of SLPD's Chief's Advisory Board, designed the SLPD Weibo page and smartphone app, while volunteering countless hours his time to enhance the Department's outreach to the Chinese community. His efforts insure that current information is shared world-wide to subscribers that follow the San Leandro Police Department. He has direct

communication with communities world-wide and has been instrumental in providing department updates, crime prevention tips and explaining California policing, connecting subscribers with SLPD and other California law enforcement agencies with those around the world.

Since the San Leandro Police Department's launch of Weibo in 2014, Mr. Lee and Chinese-speaking members of the department have continued to expand outreach efforts to the growing Asian communities and now participate in radio talk shows monthly on both AM 1400 (Cantonese) and FM 96.9 (Mandarin). In addition to providing crime prevention tips and discussing law enforcement events, they take questions from callers interested in the services that law enforcement agencies provide to the communities that they serve.

SLPD's Weibo page can be found on the internet at www.weibo.com/SLPD. A free smartphone application can be downloaded from Apple and Android app stores by searching "Weibo."

Newark Police Log

**SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD**

Thursday, April 21

At 7:03 a.m., Ofc. Losier investigated a vehicle theft from the 7400 block of Wells Avenue. A red 2007 Nissan Versa (CA # 5YDX682) was stolen.

At 5:52 p.m., Ofc. Jackman responded to JCPenney for a shoplifter in custody. A 20-year-old male from Fremont was cited and released for petty theft.

At 2:18 a.m., Ofc. Posadas responded to the 36000 block of Dalewood Drive on a report of a stolen vehicle (2001 Chevrolet S-10). Fremont Police Department (FPD) located the vehicle and initiated a pursuit. The stolen vehicle ran out of gas, and a 30-year-old male transient from Newark was taken into custody by FPD. The vehicle was returned to the registered owner.

Friday, April 22

On April 19, 2016 Ofc. Posadas investigated the theft of a moped (CA # C036831). On April 22, 2016 Ofc. Posadas received a phone call from the victim stating he saw his moped advertised for sale on Craigslist. Ofc. Horst made arraignments to purchase the moped at an address on Smith Street with the purchase money to be placed in the mailbox. Officers driving unmarked vehicles located the moped in front of a residence on the 6300 block of Smith Avenue. Marked police units converged and recovered the moped. No suspect was located, but the investigation is continuing. The moped was released back to the registered owner.

At 10:59 a.m., Ofc. Fredstrom

investigated an auto burglary that occurred on April 20, 2016 on the 38000 block of Jonquil Drive. Unknown suspect(s) forced entry into a pickup truck and stole an airline employee badge card and gate card. At 8:08 p.m., Ofc. Taylor accepted an employee in custody for theft at JCPenney. A 19-year-old Newark female was cited and released.

At 11:33 p.m., Ofc. Slavazza investigated a window smash auto burglary in Lido Faire shopping center. Loss was a wallet. There was no suspect information at the time of this report.

At 12:52 a.m., Ofc. Rodgers was conducting a security check of the O'Sullivan's parking lot when he observed bar security in a verbal dispute with a male subject. Security flagged down Ofc. Rodgers and told him that the male was indicating that he had a gun. The security guard would not let the 31-year-old male from Oakland enter the bar because he was previously ejected from the bar for suspicion of using/selling cocaine in the men's bathroom. On this occasion the suspect told security that he "had something for them" and menacingly reached into his waistband area. Ofc. Rodgers contacted the suspect while he was seated in the front seat of his parked vehicle. Despite being ordered to keep his hands in plain view and being held at gunpoint the suspect continued to reach toward the passenger side of the vehicle. He was removed from the vehicle and detained. The suspect is on active searchable probation. Ofc. Taylor located approximately a half ounce of cocaine in the vehicle panel below the radio. Ofc. Sandoval assisted with the search and located a loaded Smith and Wesson handgun inside the vehicle panel. A scale and marijuana were also located inside the vehicle.

The suspect was placed under arrest and booked at the Fremont Jail where methamphetamine was also located on his person.

Upon checking a vehicle on Crestmont Avenue near Burning Tree Drive, Ofc. Khairy recovered an unoccupied stolen 1991 Honda Accord out of Hayward. The victim was notified and responded to retrieve it.

Saturday, April 23

While investigating water leaking through the office ceiling, the EZ8 Motel staff went to the room directly above the office to assess the maintenance issue. They found a naked woman flooding the room by clogging the tub with all of the linens in the room. She then locked herself in the bathroom and refused to open the door. Officers responded and the woman eventually came out and gave consent to search her purse where drugs were found. The 32-year-old transient was arrested for possession of a controlled substance and booked at Santa Rita Jail.

At 9:03 p.m., Ofc. Jackman accepted a shoplifter in custody for the theft at Macy's. A 25-year-old San Leandro male stole various clothing items. The suspect also had a small amount of methamphetamine and a methamphetamine pipe in his possession. He was cited and released.

Monday, April 25

At 8:58 a.m., Ofc. Losier investigated the theft of a 1996 Honda Accord (License #6ZKN377) from the 6300 block of Quartz Place.

Tuesday, April 26

At 10:40 a.m., officers responded to the 5800 block of Wintergreen Drive on a report of a possible burglary in progress. An alert neighbor yelled at the suspect who fled the scene. Ofc. Khairy checked the residence and found evidence of an attempted burglary.

Officer Involved Shooting

**SUBMITTED BY
SGT. FRANK MORALES, MILPITAS PD**

On April 29, at 12:51 a.m., a Milpitas police officer conducted a vehicle traffic stop in the parking lot of the Executive Inn, located at 95 Dempsey Rd., which resulted in an officer involved shooting. The suspect (27 year-old, Hispanic male, San Jose resident) fled on foot and was apprehended on the transition road

of westbound E. Calaveras Bl. to northbound Highway 680. A large amount of methamphetamines and cash were located at the scene.

The officer was uninjured during the incident and the suspect, who had several outstanding warrants, was taken to a local hospital for medical treatment for a non-life threatening gunshot wound. The case is currently under investigation.

Anyone with any information regarding this investigation or other similar incidents occurring in our city is encouraged to call the Milpitas Police Department at (408) 586-2400.

Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at:

<https://forms.ci.milpitas.ca.gov/forms/view.php?id=47511>

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

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

Raymond E. Richey
RESIDENT OF FREMONT
August 5, 1963 – April 25, 2016

Cecilia D. Pangilinan
RESIDENT OF UNION CITY
November 22, 1917 – April 26, 2016

Howard Mora
RESIDENT OF FREMONT
April 6, 1970 – April 27, 2016

Sally Ann Lomba
RESIDENT OF UNION CITY
January 17, 1947 – April 28, 2016

Benjamin J. Mozzetti Sr.
RESIDENT OF SUNNYVALE
May 4, 1922 – April 28, 2016

Diolinda J. Dias
RESIDENT OF HAYWARD
August 9, 1964 – April 29, 2016

Irmgard F. Neace
RESIDENT OF NEWARK
November 17, 1942 – April 30, 2016

Arnold A. Olea
RESIDENT OF FREMONT
April 19, 1936 – May 1, 2016

Luis R. Alvelais
RESIDENT OF FREMONT
August 2, 1941 – May 2, 2016



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Nicolas Contreras
RESIDENT OF UNION CITY
December 6, 1917 – April 11, 2016

Katharine E. Olson
RESIDENT OF SAN JOSE
October 19, 1926 – April 11, 2016

Patrick D. McCoy
RESIDENT OF FREMONT
December 29, 1965 – April 12, 2016

Surjit S. Kayshap
RESIDENT OF FREMONT
May 8, 1938 – April 17, 2016

Lori J. Louie-Rebholtz
RESIDENT OF FREMONT
November 15, 1953 – April 17, 2016

George W. Aubrey
RESIDENT OF FREMONT
May 13, 1933 – April 19, 2016

Evangelina C. Oclima
RESIDENT OF FREMONT
February 25, 1925 – April 19, 2016

Wallace A. Klinger, Jr.
RESIDENT OF MILPITAS
March 3, 1927 – April 20, 2016

Matthew W. Estrada
RESIDENT OF SAN JOSE
December 15, 1988 – April 20, 2016

Duru G. Ramchandani
RESIDENT OF MILLBRAE
September 7, 1933 – April 21, 2016

Luis B. Delos Santos
RESIDENT OF FREMONT
August 24, 1925 – April 22, 2016

Sylvia Hasson
RESIDENT OF FREMONT
December 23, 1927 – April 24, 2016

Carter S. Hennessey
RESIDENT OF FREMONT
September 8, 1931 – April 24, 2016

Sanh H. Nguyen
RESIDENT OF FREMONT
December 1, 1926 – April 26, 2016

Kwok K. Chu
RESIDENT OF OAKLAND
May 16, 1950 – April 26, 2016

Sivaraman Anantharaman
RESIDENT OF INDIA
March 22, 1952 – April 27, 2016

Maricela M. Aguilar
RESIDENT OF TRACY
March 25, 1957 – April 28, 2016

Vasumati Shah
RESIDENT OF FREMONT
November 30, 1936 – April 28, 2016

Yvonne M. Ranger
RESIDENT OF FREMONT
September 13, 1933 – April 30, 2016

Steven J. Fesler
RESIDENT OF FREMONT
August 28, 1962 – April 29, 2016

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Obituary

Diolinda Jean Dias

Resident of Hayward

August 9, 1964 – April 29, 2016

Born on August 9th, 1964 in California, and entered into rest on April 29th, 2016 in Hayward, CA at the age of 51. Survived by her husband of 33 years, Joaquin Dias; children: Gordon K. Nelson, Jr., Linda and Shawn Mounoz, Kimberly A. Dias; father, Frank Sanders; brothers: Frankie Joe Sanders, and Leonard Jesse Richards; sisters: Joanna Marie Sanders, and Melissa S. Jaramillo;

brother-in-law, Chestley Dias; grandchildren: Emily, Hailee, Shawn Jr., Samuel, and Meggan; and nieces: Christina, Stephanie, Brittany, and Joleen.
Private services will be held.

Fremont Chapel of the Roses
510-797-1900

Obituary

Singman Peter Chung

July 18, 1938 – April 17, 2016

Resident of Fremont

Singman Peter Chung passed peacefully to be with our Lord on Sunday, April 17, 2016 after what he called a “triumphant” 25 year battle with ALS. He is survived by his devoted wife, Cindy, two loving daughters Eileen and Monica, six precious grandchildren, dearest siblings Yemun and Loling and the late BingSum.
Singman immigrated to America from Hong Kong at the age of 23 to pursue a college education, first at the University of Miami and then San Francisco and San Jose State Universities. Although his interest of study was earth science/geology, he eventually became a steadfast American Airlines employee for 25 years. This opportunity fulfilled his dream to travel the world, bringing his family to other countries for countless adventures. Photography also became a passion of his, as he processed his own film in the darkroom.

Singman, also known as Peter, his chosen American name, thoroughly enjoyed watching martial arts and action movies. Any film that featured Bruce Lee, Chuck Norris, and James Bond was a must-see. He was an avid soccer fan, always mimicking the exuberant Spanish-speaking announcers: “GOOOOAAAALLL!”. Peter also loved a good meal, always with friends and family with whom to share it. But his greatest delight was seeing his six grandchildren play and grow.

Singman's life was characterized by immense courage, gratitude and a



hospitable heart. Peter had a thirst for life and an amazing sense of humor despite the limitations ALS brought. He was able to reflect on his life by writing a remarkable 250-page memoir on his computer fashioned to a lever which was powered by his leg to spell out words using Morse Code. Singman was a devoted husband, loving father, and true friend who has left an indelible mark on this world. He will be dearly missed.

The Peter Singman Chung Memorial Fund through ALS Association Golden West Chapter Community of Hope has been established for those wishing to contribute.

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

Obituary

Arnold Albert Olea

April 19, 1936 – May 1, 2016

Resident of Fremont

Born on April 19th, 1936 in Arizona, and entered into rest on May 1st, 2016 in Fremont, CA at the age of 80. Survived by his wife of 43 years, Jetta; children: Kristine Kaiser of MI, Daniel Olea of Fremont, and Martin Olea of Citrus Heights; brother, Mariano Olea of Los Gatos; sisters: MaryLou Ruiz of Hollister, and Frances Earll of Fremont; and 7 grandchildren.

Arnold worked at NUMMI and General Motors for 28 years.

Private services will be held at a later time.

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

Obituary

Sally Ann Lomba

January 17, 1947 – April 28, 2016

Resident of Union City

Born on January 17th, 1947 in Louisiana, and passed peacefully on April 28th, 2016 at Windsor Country Drive Care Center in Fremont, California at the age of 69. Survived by her son, Everett McGee of Union City, CA. Predeceased by her daughter, Dia Lezada, and son, Quincy McGee.

Visitation will be held on Wednesday, May 4th, from 9-11am and a Chapel Service will begin at 11am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Inurnment at



Holy Sepulchre Cemetery in Hayward, CA. Services will be officiated by Pastor Tommy Smith, Jr.

Fremont Memorial Chapel
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PUBLIC NOTICES

creditors, and persons who may otherwise be interested in the will or estate, of: Michael Earl Espinola a.k.a. Mike E. Espinola. A Petition for Probate has been filed by Debbie Espinola in the Superior Court of California, County of Alameda. The Petition for Probate requests that Debbie Espinola be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on May 17, 2016 at 9:30 a.m. in Dept. 201 located at 2120 Martin Luther King, Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or

personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner/Attorney for Petitioner: Chamandeep K. Johal, 39300 Civic Center Drive, Suite 110, Fremont, CA 94538, Telephone: (510) 796-9055 4/19, 4/26, 5/3/16

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T.S. No.: 2015-04354-CA A.P.N.:543-0405-014-00 Property Address: 34311 O'connell Ct, Fremont, CA 94555 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN

DEFAULT UNDER A DEED OF TRUST DATED 03/28/2006. 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 PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: BILLY WAI CHAI, A SINGLE MAN Duly Appointed Trustee: Western Progressive, LLC Recorded 04/03/2006 as Instrument No. 2006128030 in book ---, page--- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 05/31/2016 at 12:00 PM Place of Sale: AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON STREET, OAKLAND, CA 94612 Estimated amount of unpaid balance and other charges: \$ 605,267.68 NOTICE OF TRUSTEE'S SALE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property unit and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 34311 O'connell Ct, Fremont, CA 94555 A.P.N.: 543-0405-014-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant

or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 605,267.68. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE OF

TRUSTEE'S SALE Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site <http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2015-04354-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: April 18, 2016 Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park, Suite 450 Irvine, CA 92606 Automated Sale Information Line: (866) 960-8299 <http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> For Non-Automated Sale Information, call: (866) 240-3530 Trustee Sale Assistant WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. 4/26, 5/3, 5/10/16

CNS-2871829#

Obituary

Serafin N. Arrivas, Jr.

July 13, 1933 – April 1, 2016

Resident of Fremont

Serafin Arrivas, Jr. was born on July 13, 1933 in Makati Rizal, P.I. and entered into rest on April 1, 2016 in Fremont, CA at the age of 82. He is survived by his loving wife of 59 years, Amelia Arrivas. His beloved children: Ann Marie Arrivas-Carbonell (Bienvenido, Jr.), Melvin Arrivas, Efreem Arrivas (Ellen), Larry Arrivas, and Ivan Arrivas; grandchildren: Alyssa, Efreem, Jr., and Serafin, III; brothers; Gonzalo Arrivas, Alejandro Arrivas, Sr., Romeo Arrivas, Sr., Augustin Arrivas, and Rodolfo Arrivas. Also survived by many nieces and nephews.

Serafin, Jr. proudly served in the United States Air Force with honor and distinction from 1953 to 1957 as a Firefighter and is a veteran of the Korean War. His duty to serving the United States earned him the National Defense Medal and Good Conduct Medal. After receiving a Bachelor of Science Degree in Electrical Engineering, he continued his dedication to our country by working up to Supervisor in Systems Operations



for 40 years with the Federal Aviation Administration (FAA).

Visitation will be held from 4-8pm both Sunday, April 10th and Monday, April 11th with a Vigil Service at 7pm on Monday at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Mass will be held at 10:30am on Tuesday, April 12th at St. Edward's Catholic Church, 5788 Thornton Ave., Newark, CA 94560.

Fremont Memorial Chapel
1-510-793-8900

Comcast beats forecasts, adds subscribers, unveils data plan

AP WIRE SERVICE

PHILADELPHIA (AP), Comcast Corp. on Wednesday reported first-quarter earnings that topped Wall Street's expectations with help from an increase in subscriber numbers.

The cable provider also announced a plan that will give customers in trial markets a terabyte, or 1,000 gigabytes, of data per month.

Comcast added 53,000 video subscribers during the quarter, appeasing fears about "cord-cutters" who get rid of cable subscription in favor of video streaming services like Netflix and Hulu. In all, Comcast added 269,000 subscribers during the quarter, up nearly 36 percent from the same period a year earlier.

The Philadelphia-based company said it had profit of \$2.13 billion, or 87 cents a share. Earnings, adjusted for non-recurring gains, came to 84 cents per share.

The average estimate of 22 analysts surveyed by Zacks Investment Research was for earnings of 79 cents per share.

Comcast posted revenue of \$18.79 billion in the period, also surpassing Street forecasts.

Twenty analysts surveyed by Zacks expected \$18.65 billion.

Separately, the company announced that it is giving customers in trial markets a terabyte-per-month data plan. The company said this is an "enormous" amount of data that 99 percent of customers do not even come close to using.

"Our typical customer uses only about 60 gigabytes of data in a month – that's far less than a terabyte (in fact, 940 gigabytes less), or less than 6 percent of a terabyte," the company said in a blog post.

The plans in the trial markets where the company caps Internet data use will move from a 300-gigabyte plan to a terabyte on June 1, Comcast said.

Comcast's shares rose 25 cents to close at \$61.30. Its shares have climbed 8 percent since the beginning of the year, while the Standard & Poor's 500 index has risen slightly more than 2 percent. The stock has risen almost 4 percent in the last 12 months.

which supplies drinking water to more than 2 million San Francisco Bay Area residents.

Tuolumne County Superior Court Judge Kevin Seibert sided with San Francisco officials who

Obituary

Yvonne Marie Rose-Harris

Yvonne Marie Rose-Harris went to be with our lord and savior on Monday April 4, 2016 just shy of her 79th birthday. Yvonne was a loving mother to daughters, Theresa Costello-deMalherbe and Patricia Costello-Ivascanin; adoring grandmother to 7; and great-grandmother to 5. Her loss proceeds youngest grandchild, Paula deMalherbe, from which she resided with in Castro Valley only 13 days prior. We all loved her very much and she will truly be missed.

Yvonne was an avid member of her Fremont community for the 20+ years she resided there, contributing her time to assisting with playground duties at



Azeveda Elementary 1982-1987 and childcare for Lisa's Kids 1989-1994. She was a well-known and active member at Cedar Boulevard Neighborhood Church in Newark and later lived with her daughter, Theresa and

family, where she passed in Castro Valley.

A celebration of life will be held at First Baptist Church on Saturday May 7 at 12:00pm: 18550 Redwood Road Castro Valley.

In lieu of flowers, donations will be welcomed in Yvonne's name to the following organizations:

Hayward Animal Shelter
16 Barnes Ct
Hayward
510-293-7200

Salvation Army
430 A St.
Hayward
800-725-2769

Obituary

Howard Mora

April 6, 1970 – April 27, 2016

Resident of Fremont

Howard M. Mora passed away peacefully at 10:20 am on April 27, 2016, in Fremont, California. He was 46. Howard was born April 6, 1970, in Skokie, Illinois, to Bruce and Freya (Rudnick) Mora. He is survived by his wife, Gretchen (Murawski) Mora, his children Elijah and Forrest Mora, his brother, Lowell Mora, his sister-in-law Jo Ann Mora, his three nieces, Samantha, Sarah and Isabel Mora, his Aunt, Lois Fine, and cousins Mark Fine, Hal Fine, Ron Fine, Michael Fine, Barb Kulinsky and Ray Feldman. He was preceded in death by his father, Bruce Mora, his mother, Freya Mora, his aunt, Natalie Klapman and his grandparents, Charles and Eleanor Rudnick.

Howard attended school in Des Plaines, Illinois, and graduated in the class of 1988 from Maine East High School. He was the Illinois State Student Council Treasurer and was active in symphony and the swim team. He attended Duke University in Raleigh, North Carolina, and graduated in 1992 with a Bachelors Degree in Biomedical Engineering. He was active in the service fraternity Alpha Phi Omega. He continued his education by earning his Masters Degree in Biomedical Engineering at the University of



Southern California, Los Angeles, in 1994. There he met his wife, Gretchen (Murawski) Mora. They were married on May 19, 1996, in Altadena, California. Howard earned several computer technology certificates and switched careers to focus on software quality assurance. He worked for various companies in Los Angeles until he and his wife moved to northern California in 1998. While working full-time, Howard became active in politics and ran for Congress in 2000 as the Libertarian candidate for his district. He enjoyed campaigning and challenging the other candidates in debates. In 2003, with the birth of his first son, Elijah, Howard left his employment and became the primary director of operations of The Animal Nanny Pet Sitting business that his wife had started

in 2001. While working as a pet sitter, Howard increased the service area and number of contractors, and gained a reputation as a good and reliable owner and operator. His second son, Forrest, was born in 2005. Howard and his wife decided to sell the pet sitting business in 2008. Howard took a long-deserved break and returned to QA management in the spring of 2009. He worked for several years at Stitcher and began specializing in QA of mobile applications. Howard also worked for Nokia, Deezer, and finally at AltSchool in San Francisco. Howard's hobbies were fighting red-light camera traffic violations, volunteering at the Fremont Animal Shelter, embroidery, and tracking the precious metals market. He also enjoyed vacations with his family to Disney World and Disneyland. He was active in his sons' Cub Scout Pack and Boy Scout Troop, serving as Treasurer and Equipment Manager, respectively.

In lieu of flowers, please donate to a charity that makes a difference in the lives of people or animals. Give blood when you can, and look for the good in all people. Howard would appreciate that.

Fremont Memorial Chapel
510-793-8900

have objected to draining the reservoir.

Restore Hetch Hetchy, the group that sued the city to close Hetch Hetchy, had argued that it violated the California Constitution.

But Seibert said the group's interpretation of the state constitution was pre-empted by the 1913 federal law that authorized the dam and reservoir at Hetch Hetchy.

Restore Hetch Hetchy Executive Director Spreck Rosekrans said he will appeal the ruling. He said San Francisco could store the water it needs elsewhere.

"We will show in court they can do this without losing one drop of water supply," he said.

The battle over Hetch Hetchy, which is located in Yosemite National Park, was first waged unsuccessfully by

naturalist John Muir in the early 20th century. San Francisco voters in 2012 rejected a ballot measure that sought a plan for draining the reservoir.

San Francisco City Attorney Dennis Herrera thanked Seibert, calling the Hetch Hetchy water system "pristine" and a "marvel of civil engineering and public service to millions."

Fremont Police Log

SUBMITTED BY
GENEVA BOSQUES, FREMONT PD

Friday, April 22

A resident on the 4700 block of Calaveras Avenue heard noises from the front of his house at approximately 12:00 p.m. The resident found his front door had been kicked open and saw an older black Volkswagen leaving the area. The vehicle was occupied by three males. The suspect vehicle was not located. Suspect 1: black male adult wearing a grey sweatshirt hoodie, with the hood on. Suspects 2 and 3: black male adults. Suspect vehicle: 90s black four-door Volkswagen.

Officers investigated a late reported robbery on the 43500 block of Christy Street that had occurred earlier in the evening at approximately 7:20 p.m. Three suspects entered a retail store and stole approximately \$750 worth of shoes. When employees confronted the suspects, they battered two of them and fled in a black SUV. Suspect 1: black female adult, medium build, and has medium length black/red toned hair. She was wearing a pink-hooded jacket, black football jersey with a red number “7”, black pants and black shoes. Suspect 2: black male adult, thin build, and has black hair. He was wearing a gray long sleeve sweater, light green pants and black shoes. Suspect 3: black female adult, light skin and has short black hair. She was wearing a black long sleeve jacket, baby blue pants and tan shoes. Suspect vehicle: black, small size SUV with tinted windows (possibly a BMW).

Saturday, April 23

At 6:13 a.m. a victim was

making a delivery at Denny’s. When he got out of the truck, a suspect punched him and then got into the 26 ft. box truck and drove away. Witnesses called to advise that the box truck was abandoned at Tyler Court. A perimeter was set and as the search was about to start, officers located a homeowner that had video surveillance cameras aimed in the direction of the truck. The video showed the suspect getting out of the truck and getting into a small, light-colored small SUV type vehicle. Officers continued on with the investigation and eventually arrested the 36-year-old adult male suspect.

Officers investigated an assault with a deadly weapon on the 3000 block of Heritage Terrace. At 10:17 a.m. Newark Police Department called to advise they were with a victim of a stabbing. The suspect was in a verbal argument with her boyfriend. She got angry and retrieved a knife from the kitchen. She stated that she accidentally cut the victim’s arm twice. A 24-year-old adult female was arrested for assault with a deadly weapon. Case was investigated by Ofc. J. Roberts.

Monday, April 25

At 12:18 p.m., a reporting party on the 4100 block of Broadmoor Court reported an unknown person was claiming to have kidnapped their sister and was demanding money. Ofc. Gaziano and Ofc. Layfield responded to the scene and verified that the caller was from out of the country. The reporting party was able to make contact via telephone and confirmed that sister was alright and this was a phone scam.

Tuesday, April 26

At 8:33 a.m., a concerned reporting party called Fremont Police Department (FPD) to report a suspicious vehicle parked on the 100 block of Mission Road. Dis-

patch ran the plate and learned that it was a stolen vehicle out of San Ramon. Marked units attempted a felony stop on the parked vehicle. The driver initially refused to exit the vehicle and after two minutes, the vehicle fled toward Mission Boulevard. Marked units pursued the vehicle for approximately two minutes before the monitoring sergeant terminated the pursuit. The vehicle was seen fleeing northbound on Mission Boulevard. The vehicle was a 1998 Acura TL, four-door, white in color, with CA # 4UIJ550. The suspect driver was described as a Hispanic male adult in his 20s, wearing a grey hoody. The passenger was a Hispanic female adult. The case was documented by Ofc. Nordseth.

At 9:39 p.m., a reporting party called to report a fight between two males, one of whom has a knife, on the 4200 block of Bay Street. Dispatch received multiple calls as officers were responding. One involved party was contacted walking away and was detained. After the investigation was concluded, it appears that the suspect went to an apartment to confront the residents and pushed his way in the door with a knife. The 43-year-old adult male suspect was intoxicated and fell when he tried to stab one of the occupants, causing him to drop the knife. The male suspect had injuries that were treated at a local hospital before being booked for assault with a deadly weapon, burglary and criminal threats. The other involved party had minor injuries that did not require medical treatment. The knife was collected and booked into evidence at the police department. Case was investigated by Ofc. Carter and Field Training Officer (FTO) Macciola.

BART Police Log

SUBMITTED BY
LES MENSINGER

Thursday, April 21

At 7:23 p.m., a victim reported the theft of his 1991 Honda Accord from Bay Fair Station between 5:45 a.m. and 7:20 p.m.

At 4:53 p.m., a victim reported he was robbed of his backpack at knife-point at South Hayward Station. Officers responded and searched the area for the suspect but with negative results.

At 10:31 p.m., officers responded to Hayward Station regarding the report of a male suspect having struck a male victim on the face with a wooden trekking pole during a child custody exchange. The incident, reported by the victim’s current girlfriend, further escalated as the suspect punched the child’s grandmother; and then veered his “burnt orange” colored Chevrolet Suburban toward the grandmother in an apparent attempt at striking her. BART and Hayward officers unsuccessfully searched for the suspect, who is reportedly transient. The investigating officer requested station video and canvassed the nearby neighborhood for potential video evidence of the assault(s). The male victim suffered a non-life threatening in-

jury to his left eye and was transported (via ambulance) to a local hospital for further medical attention. The second victim/grandmother was not injured. Local agencies were notified of the incident, via BOL.

Friday, April 22

At 2:35 p.m., a patron reported males casing out cars at Union City Station. Officers arrived and detained a male who was in possession of a wallet from inside the vehicle of one of the victims. The male was placed under arrest and booked after being interviewed by a detective.

At 11:53 p.m., officers responded to Bay Fair Station to meet with a female victim who had been robbed of her purse by two black males while walking on Hesperian Boulevard. A sergeant in the Dispatch Center observed via CCTV camera two males looking through a purse as they were entering the platform elevator of the station. BART officers, along with the San Leandro police, checked the platform and subsequently detained the two suspects. Both were positively identified by the victim and taken into custody by the San Leandro police. The purse was recovered from the scene.

San Leandro Police Log

SUBMITTED BY
LT. ROBERT MCMANUS, SAN LEANDRO PD

Friday, April 22

At 11:55 p.m., a woman was walking past Starbucks at Bayfair Center when she was confronted by two teens, ages 15 and 17, who stole her purse from her. The victim struggled with the suspects, who ripped her purse from her shoulder and ran through the shopping center’s parking lot to the BART station, where they waited to board a BART train. The victim followed and notified police of their location. BART police officers responded and found the suspects on the BART platform. The suspects were detained until officers arrived. After they were both identified and had the stolen items in their possession, officers transported the suspects to the Alameda County Juvenile Justice Center, where they were booked on suspicion of robbery. The woman was not injured and had her belongings returned to her.

Saturday, April 23

At 5:00 a.m., a San Leandro Unified School District employee responded to James Madison Elementary School after being notified of a silent alarm at the school. When he arrived, he saw that the door to the school’s music room had been pried open, so he called police. Responding officers set a perimeter around the elementary school. A team, including a police canine entered the school to search for a suspect. The police dog led the officers to a bathroom in the school and indicated that the sus-

pect was hiding inside. Officers found the door locked and the “occupied” sign displayed on the door. Officers ordered the man, who they identified as Vallejo resident Darrell Robinson, to come out. He complied and was arrested without incident. The officers found a backpack belonging to the man inside of the bathroom that contained gloves, tools, and five iPads, believed to have been stolen from the school. They arrested Robinson on suspicion of burglary. Police determined that the iPads had been stolen from the school and returned them undamaged.

Sunday, April 24

At 1:15 p.m., officers responded to the shopping center located in the 1300 block of Fairmont Avenue to investigate a report of a man who had brandished a firearm at another motorist while driving in San Leandro. Police had minimal information about the suspect and his vehicle. Seven minutes later, another officer spotted a vehicle matching the description provided of the suspect and his vehicle and stopped it in the 15200 block of Hesperian Boulevard. The officer spoke with Jose Reyes of unincorporated San Leandro and found him to be on searchable probation from a prior criminal conviction. Reyes’ girlfriend and 10-year-old daughter were also in the car. They interviewed him about the incident and subsequently searched the car, finding a loaded pistol with a high-capacity magazine containing 28 rounds of ammunition under the driver’s seat. The pistol was not registered. Reyes was arrested on suspicion of carrying an unregistered, loaded, concealed firearm with a high-capacity magazine and later transported to Santa Rita Jail in Dublin.

Union City Police Log

SUBMITTED BY
UNION CITY PD

From Monday, April 18 through Sunday, April 24, there were four reported vehicle thefts. As of the time of this report, three of the vehicles have been recovered. One of them was recovered shortly after it was stolen, and Karla Garcia, a Newark resident, was arrested for vehicle theft. A 15-year-old male and a 14-year-old male, both of Union City, were also arrested and then released to their guardians with a Notice to Appear. Stolen property from an unrelated auto burglary was found inside the vehicle and in the possession of the 15-year-old. The victim of the auto burglary responded to Union City

Police Department (UCPD) and recovered his property.

Monday, April 18

At around 1:00 p.m., officers responded to an assault call that had occurred in the 4100 block of Polaris Avenue. The victim said he was shot about 15 times with a paintball gun, causing injury to his head. The suspect was known to the victim, and this appears to be an isolated incident.

Thursday, April 21

At around 12:05 a.m., Ofc. Cota and trainee Ofc. Bellotti were patrolling the area of Dyer Street and Alvarado-Niles Road when they located a vehicle reported stolen out of Milpitas. The driver led police on a short pursuit, and then abandoned the vehicle and attempted to flee on foot. Chung Lee, a San Francisco resident, was arrested for vehicle theft.

Saturday, April 23

At around 8:00 a.m., officers were dispatched to the area of Al-

varado Boulevard and Dyer Street on a report of an assault with a deadly weapon. The victim said he noticed a male subject vandalizing a speed limit sign. When the victim confronted him, the male pulled out a metal pipe and swung it at the victim several times. He fled the scene but was located nearby. Jason Handy, a Union City resident, was arrested.

A commercial burglary occurred on the 32600 block of Alvarado Boulevard around 6:30 a.m. The glass front door was smashed, and the loss included business cards.

Sunday, April 24

At around 7:15 p.m., Ofc. Parodi was dispatched to Begonia Street on a report of indecent exposure. Victims from two different residences said a known suspect exposed himself in front of their homes. Christopher Turner, a Union City resident, was arrested for indecent exposure.

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

Donating blood helps save lives in the emergency room

SUBMITTED BY
NATIVIDAD LEWIS

May is Trauma Awareness Month and American Red Cross urges eligible donors to give blood or platelets to help ensure lifesaving blood products are available for trauma patients and others with serious medical needs. Each year, trauma accounts for approximately 41 million emergency department visits and 2.3 million hospital admissions in the U.S., according to the National Trauma Institute. A single car accident victim can need as many as

100 units of blood.

The Red Cross provides blood to approximately 2,600 hospitals nationwide, including more than 30 throughout the Northern California Blood Services Region. When there is no time to determine a patient’s blood type, such as in trauma situations, type O negative blood and type AB plasma are what emergency personnel reach for because they can be given to patients with any blood type. Donors with these blood types are an important part of the trauma team and encouraged to donate as often as they are eligible.

Donors of all blood types are currently needed. Blood donation appointments can be scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org, or calling 1-800-RED CROSS (1-800-733-2767). Here are the upcoming blood donation opportunities:

Newark:
Saturday, May 7
7:30 a.m. - 2:30 p.m.
Fremont - Newark Blood Donation Center
39227 Cedar Blvd, Newark

San Leandro:
Friday, May 6
10 a.m. - 4 p.m.
San Leandro Hospital
13855 E 14th St, San Leandro

San Jose:
Wednesday,
May 4 through
Saturday, May 7
11:30 a.m. - 6:30 p.m.
San Jose Blood Donation Center
2731 N First St, San Jose

A blood donor card, driver’s license, or two other forms of identification are required when checking in. Individuals who are 17 years of

age (16 with parental consent in some states), weigh at least 110 lbs., and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online on the day of their donation prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

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ON TIME SIGNS

Local candy company sets world record

Photo by David R. Newman

Gary Gogol, President of Annabelle Candy Co., with Kaitlin Holl, Guinness World Records Adjudicator. Photo by David R. Newman.

BY DAVID R. NEWMAN

On Friday, April 15, 2016, Annabelle Candy Company, Inc. in Hayward set a Guinness World Record for the "World's Largest Taffy." The maker of such classics as Rocky Road, U-No, Look!, and Big Hunk, Annabelle Candy created a 1,000 foot-long

President of the Hayward Chamber of Commerce Kim Huggett. Guinness World Records Adjudicator Kaitlin Holl was also on hand to make it official, along with her two-man team: a food hygienist for safety, and a surveyor for measuring. It took 20 employees two hours to create the record-setting

from Luna, who was inspired by a memory of the world's largest individual chocolate, a Hershey's Kiss, that weighed 30,540 pounds, created to honor Hershey's 100th anniversary in 2007. She approached Guinness, who approved her application and set the weight to beat at 440 pounds. Says Holl, "We get

Gogol is proud of his family business. "My grandfather started this business with a pushcart on Market Street in the 1940s. He developed the Rocky Road candy bar in his kitchen, and named the company after his baby daughter, Annabelle, who was my mother." The company moved to Hayward in 1965. In 1972 the

years ago, leaving the company to Gogol and his sister, Susan. Annabelle Candy Company continues to be one of the largest independently owned and family operated candy bar manufacturers in the United States, with distribution focused mainly on the West Coast. Hayward is the sole factory, with 56 employees. Says Luna, "All the employees have been here for years. We're all very loyal. It feels like a family."

Indeed, this event felt very much like a family gathering as everyone celebrated Annabelle Candy Company and their recent accomplishments. Of course, eating sweets does tend to put a smile on your face. In fact, one of the stipulations set by Guinness is that all of the taffy produced for the record needs to be consumed.

When asked what his favorite candy is, Gogol smiles. "Now that's a really tough question. I'm going to say Rocky Road because we make the best marshmallow in the world. We really do. And it's our founding bar. I also think the Big Hunk bar is a magnificent piece of candy."

Annabelle candy can be found in stores throughout the Bay Area or can be ordered online directly from their website. Be careful when eating these delicious confections, however, as you may hear a song start playing in the background:

*"Who can take a sunrise, sprinkle it with dew
Cover it with choc'late and a miracle or two
The Candy Man, oh the Candy Man can
The Candy Man can 'cause he mixes it with love and makes the world taste good"*

For more information, contact the Annabelle Candy Company at (510) 783-2900 or visit online at annabellecandy.com.

Annabelle Candy employees creating the World's Largest Taffy. Photo courtesy of Annabelle Candy Co.

Abba Zaba taffy bar (sans peanut butter filling) that weighed in at 524 pounds. The record attempt was set to coincide with Annabelle Candy's 65th anniversary. Says Andrea Luna, Vice President of Marketing, "People recognize our brand but we're not completely mainstream. We've been around 65 years. Not too many companies can say that, so let's show it off." Over 100 people attended the event, including Assembly Member Bill Quirk, City Council Member Francisco Zermeño, and

confection, which snaked its way along metal trays. Among those gathered to cheer on the workers was a first grade class from Hayward's St. Bede Catholic School. Principal Jocelyn Pierre-Antoine was excited. "We're just delighted that Hayward is going to be on the map for a Guinness World Record." Her students agreed. Benjamin Danabar III commented, "I think it's really cool!" His classmate, Izabella Rodriguez, smiled. "I like being in a candy factory." The idea to attempt a Guinness World Record came

over 1,000 applications a week. In this case it was Annabelle Candy Company who came up with the idea to break the record for the largest taffy." After the record was confirmed, Holl presented the Guinness World Record title to the President of Annabelle Candy, Gary Gogol, who thanked the many employees, friends, and family in attendance. "Getting into the Guinness World Records is great but celebrating that our customers continue to enjoy our candy is even more rewarding."

company acquired the Golden Nugget Candy Company, makers of Look! (a chewy nougat bar with whole roasted peanuts coated in chocolate) and Big Hunk (a chewy, honey-sweetened nougat bar with whole roasted peanuts). In 1978 they acquired the Cardinet Candy Company, which added U-No (a smooth rich milk chocolate bar with a truffle-like center covered in milk chocolate and ground almonds) and Abba Zaba (a chewy taffy bar with a creamy peanut butter center) to the Annabelle Candy line. Annabelle passed away a few

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Saturday, May 7, 2016

Registration - 8:00 a.m.
5K/10K Races - 9:00 a.m.
Youth Races - after 5K/10K concludes

Cesar Chavez Middle School
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EVENTS

Kids Race (10 years old and under)
5K Run/Walk* (all ages)
10K Run* (all ages)
400 Meters (grades K-5)
800 Meters (grades 6-8)
1 Mile (grades 9-12)

*5K/10K race courses close at 11:00 a.m.

FEES

\$25 for General, Pre-registered 5K & 10K Runners
\$5 for Kids Race only
\$10 for Grades K-8
\$15 for High School Runners

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