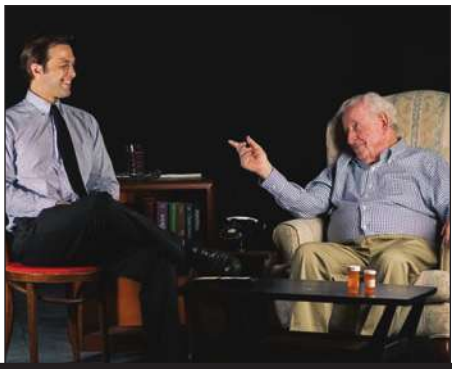




Block party celebrates Union City's east side
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Apples take center stage at Garin festival
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Morrie brings humor and insight to Chanticleers
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September 6, 2016

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Take a voyage to the stars at Newark Days

SUBMITTED BY
CAROLYNE ROHRIG

Who hasn't dreamed of becoming an astronaut? Of floating, bouncing, and doing somersaults in zero gravity? Of eating freeze-dried spaghetti and meatballs? Of looking out the spacecraft's windows and peering down at the earth below?

The Newark Days' theme this year is "Voyage to the Stars" and

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Help protect our bay, creeks and wetlands

SUBMITTED BY ALAMEDA COUNTY
CLEAN WATER PROGRAM
PHOTOS COURTESY OF
BARBARA SILVA

Volunteers throughout Alameda County are preparing for the 32nd annual "California Coastal Cleanup Day" scheduled for Saturday, September 17. The event is expected to draw tens of

thousands of participants throughout the state who will help remove trash accumulating on California's beaches and inland waterways. In 2015, more than 68,300 volunteers joined the half-day effort, ridding California of more than 1.1 million pounds of trash.

Only a small amount of marine debris enters waterways directly. The vast majority of litter found in the ocean—up to 80 percent—originates inland, where it is carried by rainwater, street runoff and wind into the storm drain system. From there litter travels into creeks, the bay and the ocean, as stormwater generally does not pass through a water treatment plant. Litter poses a hazard to marine wildlife, entangling and poisoning animals that mistake the items for food.

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Bill Stone, of All State Insurance, is the mastermind who created this event eight years ago.

Eat, drink, be merry and change people's lives

BY PHILIP KOBYLARZ
PHOTOS COURTESY OF UNION CITY LIONS CLUB

Normally, lions roam the African veldt for prey. This is not so for the Union City Lions who, like the glorious beasts they are named after, will provide a feast for our local pride of community do-gooders. The 2016 "Lions Club Restaurant Stroll" is a food and drink fest that features local restaurants' participation in an evening walkabout meant to bring the community together and offer the opportunity to help others both here and abroad.

Bill Stone, of All State Insurance, is the mastermind who created this event eight years ago. The Union City Lions Club needed an opportunity to raise funds for their charitable work. Locally, they assist people who cannot afford vision and hearing

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Learn About Sepsis—Knowing the early signs can help save lives

You may have heard of a medical condition called sepsis. But, do you know how serious it can be, what the symptoms are, or who can be affected?

The Sepsis Alliance states that sepsis is “the body’s overwhelming and life-threatening response to infection which can lead to tissue damage, organ failure and death.” Severe sepsis strikes more than one million Americans every year. This is more than the number of Americans who die annually from prostate cancer, breast cancer and AIDS combined, according to the National Institute of General Medical Sciences (NIGMS). The Institute also reports that the number of cases of sepsis in the U.S. is on the rise.

Certain infections and germs are more likely to lead to sepsis. These include infections of the lungs (pneumonia), urinary tract, skin and gut.

Anyone can get sepsis. Those who are most vulnerable are:

- people with weakened immune systems
 - children and infants
 - the elderly
- You are also at increased risk of getting sepsis if you have a chronic illness, like diabetes, AIDS, cancer, or kidney or liver disease, or if you have suffered a severe burn or physical trauma.
- Two well-known victims of sepsis were Muppets creator Jim Henson, who died at age 53 after having pneumonia, and Pope John Paul II, who died at age 84 after a urinary tract infection.
- “Sepsis, or septicemia, is one of the most common reasons Americans go to the hospital. It can be very deadly,” said Carmencita Agcaoili, MD, medical director of Critical Care at Washington Hospital. “But, if sepsis is diagnosed in the early stages, the chances for survival are better.”
- Although many people with sepsis are hospitalized, the



Sepsis is the body’s overwhelming and life-threatening response to infection that can lead to tissue damage, organ failure and death. To learn more about sepsis’ signs and symptoms, attend the Tuesday, September 27, seminar from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium (Washington West, 2500 Mowry Ave., Fremont). To register for the free seminar, visit whhs.com/events or call (800) 963-7070.

Centers for Disease Control (CDC) states sepsis starts outside of the hospital nearly 80 percent of the time. That is why it is important to build public awareness about the signs and symptoms of this potentially deadly condition.

Free sepsis seminar

During September—Sepsis Awareness Month—you can learn more about sepsis at a free community seminar called “Learn about Signs & Symptoms of Sepsis.” It will be held on

Tuesday, Sept. 27 from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium of the Washington West building next to Washington Hospital.

Dr. Agcaoili and Katie Choy, RN, the Hospital’s senior director of nursing practice and education, will lead the class. For more information or to reserve your spot, go online to whhs.com and click on “Events.” Then, select “September 27” on the calendar or, call (800) 963-7070.

“When it comes to sepsis, timing can make all the difference to the outcome,” added Dr. Agcaoili. “We should think of this condition as a time-sensitive illness, the way we do with stroke or heart attack.”

Reducing the sepsis death rate

Sepsis is unpredictable. It can develop rapidly and get worse very quickly. It is a major

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



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InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY					
	9/6/16	9/7/16	9/8/16	9/9/16	9/10/16	9/11/16	9/12/16					
12:00 PM 12:00 AM	Nerve Compression Disorders of the Arm	Diabetes Matters: Diabetes & Heart Disease	Vertigo & Dizziness: What You Need to Know	Strengthen Your Back		Voices InHealth: Medicine Safety for Children	Partnering with Your Doctor to Improve Diabetes Control					
12:30 PM 12:30 AM		Preventive Healthcare Screening for Adults		Superbugs:Are We Winning the Germ War?	Raising Awareness About Stroke	Alzheimer's Disease	Preventive Healthcare Screening for Adults					
1:00 PM 1:00 AM								Diabetes Matters: Type 1.5 Diabetes	Family Caregiver Series: Panel Discussion	Diabetes Matters: Insulin: Everything You Want to Know		
1:30 PM 1:30 AM	Advance Healthcare Planning		Washington Women's Center: Cancer Genetic Counseling	Eating for Heart Health & Blood Pressure Control	Washington Township Health Care District Board Meeting August 10, 2016			Minimally Invasive Surgery for Lower Back Disorders			The Real Impact of Hearing Loss & the Latest Options for Treatment	Washington Township Health Care District Board Meeting August 10, 2016
2:00 PM 2:00 AM	Arthritis: Do I Have One of 100 Types?	Dietary Treatment to Treat Celiac Disease				Learn About Nutrition for a Healthy Life	From One Second to the Next					
2:30 PM 2:30 AM								Cognitive Assessment As You Age	Inside Washington Hospital: The Green Team			
3:00 PM 3:00 AM			Urinary Incontinence in Women:What You Need to Know	Heart Irregularities	Family Caregiver Series: Caregiving From A Distance		Deep Venous Thrombosis			New Treatment Options for Chronic Sinusitis	Inside Washington Hospital:Advanced Treatment of Aneurysms	
3:30 PM 3:30 AM	Learn How to Eat Better!	Eating for Heart Health by Reducing Sodium				Heart Healthy Eating After Surgery and Beyond		Knee Pain & Replacement	Not A Superficial Problem:Varicose Veins & Chronic Venous Disease			Family Caregiver Series: Coping as a Caregiver
4:00 PM 4:00 AM												
4:30 PM 4:30 AM			Good Fats vs. Bad Fats	Diabetes Matters: Understanding Labs to Improve Diabetes Management	Don't Let Hip Pain Run You Down		Washington Township Health Care District Board Meeting August 10, 2016			Washington Township Health Care District Board Meeting August 10, 2016	Relieving Back Pain: Know Your Options	
5:00 PM 5:00 AM	Snack Attack	Sports Medicine Program:Youth Sports Injuries				Preventive Healthcare Screening for Adults		Skin Health: Skin Cancer & Fountain of Youth	Diabetes Matters: Gastroparesis			Do You Suffer From Anxiety or Depression?
5:30 PM 5:30 AM												
6:00 PM 6:00 AM			Sidelined by Back Pain? Get Back in the Game	Acetaminophen Overuse Danger	Shingles		Your Concerns InHealth: Senior Scam Prevention			Get Back On Your Feet: New Treatment Options for Ankle Conditions	Lunch and Learn: Yard to Table	
6:30 PM 6:30 AM	Family Caregiver Series: Legal & Financial Affairs	Washington Township Health Care District Board Meeting August 10, 2016				Where Have All The Patients Gone?		Menopause:A Mind-Body Approach	Learn More About Kidney Disease			Voices InHealth: Healthy Pregnancy
7:00 PM 7:00 AM												
7:30 PM 7:30 AM			Prostate Cancer: What You Need to Know	Community Based Senior Supportive Services	Your Concerns InHealth: Senior Scam Prevention		Get Back On Your Feet: New Treatment Options for Ankle Conditions			Lunch and Learn: Yard to Table	Voices InHealth: The Legacy Strength Training System	
8:00 PM 8:00 AM	Minimally Invasive Options in Gynecology	Community Based Senior Supportive Services				Your Concerns InHealth: Senior Scam Prevention		Get Back On Your Feet: New Treatment Options for Ankle Conditions	Lunch and Learn: Yard to Table			Voices InHealth: The Legacy Strength Training System
8:30 PM 8:30 AM												
9:00 PM 9:00 AM			Shingles	Family Caregiver Series: Tips for Navigating the Healthcare System	Your Concerns InHealth: Senior Scam Prevention		Get Back On Your Feet: New Treatment Options for Ankle Conditions			Lunch and Learn: Yard to Table	Voices InHealth: The Legacy Strength Training System	
9:30 PM 9:30 AM	Colon Cancer: Prevention & Treatment	Keeping Your Heart on the Right Beat				Family Caregiver Series: Tips for Navigating the Healthcare System		Your Concerns InHealth: Senior Scam Prevention	Get Back On Your Feet: New Treatment Options for Ankle Conditions			Lunch and Learn: Yard to Table
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10:30 PM 10:30 AM			Prostate Cancer: What You Need to Know	Community Based Senior Supportive Services	Your Concerns InHealth: Senior Scam Prevention		Get Back On Your Feet: New Treatment Options for Ankle Conditions			Lunch and Learn: Yard to Table	Voices InHealth: The Legacy Strength Training System	
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Zika Virus Poses Risk for Pregnant Women

Most People Infected Have No Symptoms



The mosquito-borne Zika virus has become a concern in the United States, particularly for pregnant women whose infants can suffer serious Zika-related birth defects. The Zika virus is mainly transmitted to people by Aedes mosquitoes, which are not native to California; however since 2011 they have been detected in several counties including Alameda, according to the California Department of Public Health (CDPH).

The vast majority of Zika cases in the U.S. have been travel-associated, meaning those infected contracted the virus in another country where the Aedes mosquitoes are more prevalent, according to the U.S. Centers for Disease Control and Prevention (CDC). The virus can also be sexually transmitted, but that accounts for a small number of cases as well.

Since January 2015, there have been 2,722 cases of Zika in the U.S, the CDC reported on August 31. Of those, 2,686 were travel-related and 23 were sexually transmitted. According to the CDPH, there were 241 cases in California as of September 2, all travel-related except one, which was sexually transmitted. Sixteen of those cases were in Alameda County.

“About 80 percent of people who are infected with the Zika virus don’t have any symptoms,” said Dr. Dianne Martin, a Washington Township Medical Foundation physician and member of the Washington Hospital medical staff who specializes in internal medicine and infectious diseases. “But the virus can be devastating for pregnant women because it puts their babies at risk for microcephaly, which causes an abnormally small head and brain and other birth defects. There have been two cases of Zika-related microcephaly in California.”

She said the Zika virus has also been associated with Guillain-Barré syndrome, a rare nervous system disorder that can cause muscle weakness and paralysis. There have been seven cases of Zika-related Guillain-Barré syndrome, according to the CDC.

A new study out of the United Kingdom shows that the Zika virus may harm adult brains as well. The study was conducted with mice and researchers are trying to determine how the findings might apply to humans.

“Right now the results are just too preliminary to draw any conclusions about the human brain,” Dr. Martin said. “We just don’t know what it means yet. The best

thing to do at this point is protect yourself from mosquito bites.”

So far what we know is that for the vast majority of people who get the Zika virus and actually experience symptoms, they are generally not serious, Dr. Martin said. Most common are fever, rash, joint pain, and conjunctivitis or pink eye. Symptoms usually appear a few days to a week after being bitten by an infected mosquito or having unprotected sex with an infected partner, she added.

“You generally feel achy and tired,” Dr. Martin said. “Very few people require medical attention, but you should contact your doctor if symptoms are severe.”

Take Precautions

Women who are pregnant or planning to become pregnant should take precautions, according to Dr. Martin. They should avoid traveling to any areas where there are cases of locally transmitted Zika virus, meaning those infected contracted the disease from a mosquito bite they received there.

Women who have traveled to those areas should wait at least eight weeks after returning before trying to become pregnant, she explained. Because the Zika virus can be sexually transmitted, men who have traveled to these areas should also wait eight weeks before trying to conceive. However,

The best way to prevent the Zika virus, or other mosquito-borne illnesses like West Niles virus, is to prevent mosquito bites. Internal medicine and infectious diseases specialist, Dianne Martin, MD, urges people of all ages to avoid being bitten by mosquitos by taking precautions such as: wearing insect repellent, wearing long sleeves and pants when outside, securing the inside of homes by making sure that screens and doors are without tears or holes and eliminating standing water around your property. For more information about Zika, visit www.cdd.gov/zika.

men who have contracted the Zika virus should wait six months before having unprotected sex with their partner, she added.

While there is no evidence that mosquitoes are transmitting the Zika virus in California, it’s still important to protect yourself against mosquito bites, especially if you are pregnant or are trying to conceive, or travel to areas where mosquitoes are transmitting the virus, Dr. Martin said. Taking precautionary steps to avoid mosquito bites can also help you avoid West Nile virus, another mosquito-borne illness.

When you are outside, particularly in wooded areas where there tend to be more mosquitoes, Dr. Martin recommends wearing bug repellent that contains DEET, picaradin, oil of lemon eucalyptus, or IR3535. DEET can be used safely on infants and children 2 months old and older. Wear long sleeves and pants when possible.

To keep mosquitoes from coming inside, be sure screens on doors and windows have no tears or holes. It’s also important to get rid of any standing water, where mosquitoes lay their eggs. Drain

all sources of standing water in your yard, including buckets, old car tires, rain gutters, birdbaths, flower planters and pet bowls.

Dr. Martin said there is still a lot that is not known about the Zika virus. It is much more prevalent in areas where Aedes mosquitoes are more common such as South America and the Pacific Islands. There has also been an outbreak of locally transmitted Zika in Florida. She encourages pregnant women to check the CDC website to see where the Zika virus is present before traveling.

“Pregnant women are being advised not to travel to those areas,” she added. “We don’t think Zika is a major threat for most people, but we’ll have to see what further research tells us.”

For more information about the Zika virus, visit www.cdph.ca.gov or www.cdc.gov/zika. To find out about Washington Hospital services that can help you stay healthy, visit www.whhs.com.

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

How Much Sleep Is Necessary

Dear Doctor,

Exactly how much sleep do my grade-schooler, teenager and my husband need? It never seems to be enough for them!

Dear Reader,

Children under the age of 7 will require more sleep depending on their age. At 7, most children require at least 10 hours of sleep. Teenagers should try to get eight to nine hours, and adults – even the elderly – should aim for seven to eight hours of sleep. These are recommended minimums but additional sleep may be needed if there are bursts of activity or periods of stress.

Mary S. Maish, MD



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



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Anna Mazzei, RD, CDE
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Seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at inhealth.tv.

New Dietary Guidelines for Healthy Choices

Healthy eating is one of the most powerful tools to reduce the onset of disease. Learn about the latest edition of the Dietary Guidelines which provide recommendations on food and nutrition to help you keep weight under control, and prevent chronic conditions.

Wednesday, September 21, 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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continued from page 2

Learn About Sepsis—Knowing the early signs can help save lives

challenge in hospital intensive care units, where it is one of the leading causes of death.

Over the past nine years, Washington Hospital has worked hard to reduce the mortality rate of sepsis patients. Its mortality rate for sepsis patients is now well below the average rate at hospitals across the country.

To achieve this improvement, the Hospital adopted quality initiatives with its staff and physicians and collaborated with other hospitals and experts in the field of critical care medicine. It has also mounted an aggressive public education and awareness campaign in the community. The sepsis class on Sept. 27 is part of that campaign.

Learn more

To find out more, including how to prevent sepsis and detect the early signs so you can help

avoid a more severe infection, come to the free community seminar “Learn about Signs & Symptoms of Sepsis” on Sept. 27. To sign up, go online to whhs.com or call (800) 963-7070.

Signs of sepsis

According to the CDC, sepsis is usually a combination of one or more of these symptoms:

- shivering, fever or feeling very cold
- extreme pain or general discomfort
- clammy or sweaty skin
- confusion or disorientation
- shortness of breath
- high heart rate

Since it is the result of an infection, symptoms of sepsis can also include diarrhea, vomiting or sore throat.

Diabetes and Wellness Day brings community together

SUBMITTED BY
CATHY STONEFELT

The Diabetes Community Advisory Board recently announced the 3rd annual Diabetes and Wellness Day event on Saturday, September 17 in San Leandro. Admission is free for all ages and all members of the general public with an interest in health, wellness and diabetes are invited to attend. Please register in advance at www.diabetesandwellnessday.myevent.com

The exhibit hall will host various exhibitors specializing in the management and prevention of diabetes and showcase life-enhancing products and services. Health professionals will be on-site to provide free health screenings and wellness advice. Speakers include Diabetes Specialist, Paul Rosman, D.O. presenting, “Thrive with Diabetes” and Cynthia Sweet Ph.D., presenting “Maintaining Health and Wellness Using Technology.”

The kick-off will start at 8:30 a.m. with a one mile, family fun, “Walk for Wellness,” led by retired Oakland A’s baseball player David Anderson. The first 200

registered walkers can pick up a free event t-shirt accompanied with a wellness bag including water and nutritious snacks. Other fitness activities on-going throughout the day will include demonstrations on yoga and Tai Chi and a Children’s Activity Center.

UCLA Center for Health Policy Research estimated in March 2016 that 55 percent of the state’s adult population—either has diabetes or pre-diabetes. It is critical to learn how to prevent diabetes, reduce complications associated with diabetes and improve the quality of health for our diabetic population. The Diabetes and Wellness Day event is designed to inspire you to learn how habits of living well can provide improved health and a high quality of life.

Diabetes and Wellness Day
Saturday, Sept 17
8:30 a.m. – 1:30 p.m.
San Leandro Senior
Community Ctr
13909 East 14th St,
San Leandro

Register: www.diabetesandwellnessday.myevent.com
Free

Giving Hope Day at Whole Foods

SUBMITTED BY MONICA DOMINGUEZ

On Wednesday, September 14, Whole Foods at 3111 Mowry Ave. in Fremont will donate five percent of their profits to the Giving Hope Project. This program, through Fremont’s Human Services Department, provides holiday gifts to low income seniors, families, and seniors with animal companions.

So please consider doing your grocery shopping at Whole Foods on September 14. It’s a very easy way to help others in our community. Again, many thanks to Whole Foods for their generosity!

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continued from page 1

Take a voyage to the stars at Newark Days

with it comes four days of high-voltage adventures that are sure to ignite your imagination. The energy-packed days will take place in Newark September 15 through 18. It's the best space trip of the season at the Newark Community Center and surrounding galaxies guaranteed to fuel your zeal in outer-space travel. This marks the 61st annual Newark Days celebration commemorating the city's birthday.

Voyage to the Stars will offer plenty of voyaging fun with lots of music, games, shows, food and family excitement. Families and children will enjoy arts and crafts, music and song, entertainment with a "Star Wars" movie, and fun with paints, crayons and paper. Included in the four days are lots of activities: a parade, carnival, delicious foods from around the world, marching bands, contests, demonstrations, and a car show. On the last day, the city will celebrate its 61st birthday with a very large cake.

"This is the highlight of my year," says Shirley Sisk, President of Newark Days. "It takes a ton of work to organize it, but amazingly, when the day finally arrives I'm as excited as a commander of a spaceship." The fun begins on the MacGregor Playfield on Thursday, September 15 with the carnival preview where everyone can ride the night away for \$1/ride.

On Friday, September 16 guests will be treated to the food and game booths, the carnival for \$30 a ticket for unlimited rides, and the ever-popular \$600

haystack hunt for the kids at Area #8 sponsored by the Newark Rotary Foundation. Music begins with the K&K Twirlers show at 6 p.m. on the Musical Space Station Stage. From 7 p.m. to 9 p.m. it's movie night featuring "Star Wars, The Force Awakens" sponsored by Newark Relay for Life.

Saturday, September 17 events begin at the Community Center Front Lawn with the 32nd annual Newark Mile race, followed by the Voyage to the Stars Parade at 9:45 a.m. Grand Marshals are The Galactic Warriors, and Snoopy and the Gang from Great America are returning as Children's Grand Marshals. The MCs and spotters for the event are Bill Fitts, Jim Reese, Bernie and Carol Nillo, David Smith, and Betty Cole.

Game and food booths open up and serve their out-of-this-world offerings from 10 a.m. to 6 p.m.

After the parade, it's off to Area #11 to see the Car, Truck & Custom Bicycle Show. Dads and sons, moms and daughters will appreciate the many vintage models of wonderful cars and trucks, and bicycles of many styles, shapes, and colors, and listen to foot-stomping music. Children can enjoy petting the ponies and taking a pony ride in Area #15.

A great line-up of performers at the Musical Space Station Stage begins with Wadaiko Newark Taiko Drums followed by The FOG. Rounding out the day to entertain you are Tru Dance, Newark Symphonic Winds, Groovy Judy, DUB RAE - vocal duo, and headliner The Ron Thompson Rhythm & Blues.

Coloring contest awards are presented at the Voyage to the Stars Stage along with Galactic Warriors who arrive on planet earth as Luke, the Master of Light to protect all the children from the Dark Lord.

Lori & RJ's Star Dust Alley are bringing their interactive shows with continuing entertainment including: Doll Robots, a Star Wars Trivia Game, a Planet Walk Game, lots of music and dancing, plus a prize ticket to give away for unlimited rides at the Santa Cruz Beach Boardwalk.

Sunday, September 18 is Newark's History Project where you can bring in your historic photos for scanning at the Community Center Area #13. If you participate in an oral interview you will receive a copy of the history project. Bring a memory stick with you.

The headliner show on Sunday is The Legacy Band with their music from the '40s, '50s and '60s. Salvador Vazquez and his Mexican harp will open for them on the Musical Space Station Stage.

Voyage to the Stars Newark Days is free, so mark these four days on your calendar and enjoy a citywide celebration with your neighbors and friends.

For a complete list of activities and times, visit www.newarkdays.org or consult the event book in the September 13 issue of the Tri-City Voice.

Newark Days Thursday,

Sep 15 – Sunday, Sep 18

Thurs, Sep 15:

6 p.m. – 10 p.m.

Fri, Sep 16:

5 p.m. – 11 p.m.

Sat, Sep 17:

7 a.m. – 8:45 p.m.

Sun, Sep 18:

12 p.m. – 6 p.m.

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SUBMITTED BY SHERRI PLAZA

Every weekday morning at 10:15 a.m. a cadre of 25 enthusiastic volunteers gather in the parking lot behind Fremont City Hall; they are awaiting the arrival of the LIFE ElderCare Meals on Wheels truck. Within minutes of its arrival, they unload the truck, load their cars with coolers, and are ready to deliver 360 hot, nutritious meals to seniors throughout Fremont, Newark, and Union City. The volunteers are not only delivering a meal, though. They are also bringing a warm hello, a smile, and a check-in for seniors who otherwise may not see anyone else throughout the day.

As a volunteer and Newark City Council Member, Michael Hannon says that the volunteers benefit as much from delivering meals as the seniors who receive the food. Hannon writes the following:

When I first started volunteering, honestly, I made several mistakes right from the get go, including delivering a diet meal instead of a vegetarian one, providing milk instead of juice, or forgetting to give applesauce to a client who was on a special diet. I can only attribute those mistakes to wanting to ensure that meals were delivered hot and within a reasonable amount of time. It finally occurred to me that I could slow down, and still deliver the correct meals within a reasonable time. I certainly did not want to fail at this volunteer opportunity! Once I felt comfortable on my route I started to really enjoy my interactions with my clients. Though brief, I had an opportunity to hopefully brighten their day, while also assessing how each client was doing. After several weeks, I realized that not only were my clients comfortable with me, but I was also looking forward to my route, especially when I delivered meals to Florence Medeiros.

Florence was 85 years old and used a walker which oftentimes delayed her answering the front door, though she would let me know that she, by saying, "I'm coming." You learn quickly to be patient. Florence was such a charming individual; she'd open the front door and greet me by asking,

"How's my smiling Irishman today?" Florence always mentioned that her son would be home soon, maybe as a safety precaution, but would then ask me to place her food on a chair inside, which I was happy to do. Our weekly interactions were the same brief and always friendly. Florence passed away about six months into my assignment. I was heartbroken when I heard the news.

I then asked myself, 'How could an individual make such a tremendous impact on me in such a short period of time?' That was nearly one and a half years ago, and I still think of her today, especially when I'm on my meal delivery route. I quickly realized that even during our brief interactions, we establish a special bond with our clients.

I am so proud of the opportunity that LIFE ElderCare Meals on Wheels has given me to meet wonderful clients and other caring volunteers. These relationships will undoubtedly leave a lasting imprint on me. I encourage those who can spare the time, to volunteer with Meals on Wheels because you're given the opportunity to not only deliver a nutritious meal, but also a friendly hello and a warm smile.

LIFE ElderCare will be hosting its annual LIFE in Action open house on Friday, September 16. This free event is a wonderful opportunity to learn about the simple, yet important ways we all can help seniors with healthy meals, rides to important appointments, preventing falls, and alleviating loneliness and isolation. Everyone is welcome, especially if you know a senior who may need help, or if you are looking for a place to volunteer. Reservations are requested at LifeInAction2016.eventbrite.com or call (510) 574-2090 or info@LifeElderCare.org

**LIFE in Action – Open House
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Ohlone Humane Society

Bugs!

BY NANCY LYON, OHS
SPECIAL ASSISTANCE
DIRECTOR

This time of year OHS gets frantic requests for help from families with itchy and chewing animals, most are the victims of the summer and autumn crop of biting multi-legged critters or infestation from other invaders. It is our policy to make sure that callers understand that we are not veterinarians and we recommend professional care, but we also try to offer common sense ways to avoid or at least limit future exposure to the hazards.

A few of the recent questions warranted a trip to the books and an online search. Not surprisingly, the more you learn, the more you find out how much there is a need to be aware of potential dangers to your animal companion and to yourself. The search provided information on numerous hazards and the importance of keeping your ‘pet’ as healthy and parasite free as possible. In fact, it’s not unusual for them to be infected with external and internal parasites during their lifetime and while they effect the primary host—your dog, cat, or other pet—some can cross species (zoonosis) and become a general hazard if not avoided or left untreated.

Research shows there are multiple parasites lurking in common areas and waiting for a victim. The problem critters we are most often asked about are fleas, ticks and water-borne parasites that unfortunately thrive in our area even with this summer’s cooler weather. These flourishing blood-suckers can not only make your non-human friend miserable to the point of a full-blown lifelong allergy, they can cause difficult to treat health problems.

Many people think family pets are the source of the fleas, when the truth is that they too are vic-



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tims, not the originators, of these parasites. Fleas are practical creatures and will bite human family members if a tastier candidate is not available. Kicking pets out of the house to be eaten alive by these miniature vampires is not only illogical but inhumane. Check with your veterinarian and online to find the best environmentally safe means to remove them from your pet, home, yard, or any other breeding area.

If you and your dog are hiking companions, being aware of common ectoparasites like ticks (that feed externally) is important to you both. Attack by these disease carrying parasites can occur even on a brief outside journey. The popular myth that they fall from trees is mostly erroneous, rather, they cling to bushes and grasses waiting for a victim and attach themselves to the nearest target—you or your canine companion.

The degree of likely exposure will depend on region, exposure and weather—activity varies in cool and warm weather. Once attached, ticks feed on your dog’s skin, sucking blood and potentially exposing him or her to Lyme disease, painful joint lameness, and, with heavy infestation, they can consume enough blood to cause anemia. Exposure is common, so, in order to prevent disease, vigilance and prompt removal should be top priority. Check with your veterinarian about proper removal of ticks and the use of preventative vaccines, especially if you frequently hike or hit the trail together.

Another predator, Giardia, is less visible but no less a health hazard. It is a protozoan parasite that can infect the gastrointestinal

tract of dogs and others and is capable of causing diarrhea, vomiting, weight loss and lethargy, although many infected animals show no signs at all. It is common throughout the United States and can cause infections at almost any time of year.

This unpleasant microscopic creature is found in many waterways and streams and results from wildlife and livestock defecating upstream into the water and in areas shared with water fowl. A seemingly clear flowing stream can carry a microscopic load of protozoa that can cause you or your dog the extremely unpleasant symptoms of ailments that can be both difficult and expensive to eradicate. Carrying a supply of clean drinking water for you both when out waking, hiking or camping is easy and smart.

Having personally dealt with these common predators, I know that ridding your furry friends of these disease-carrying predators can be time-consuming, frustrating, expensive, and costly in terms of both physical discomfort and stress.

Check with your veterinarian before using any over-the-counter remedies to ensure they are safe for your pet and the environment. Take a few moments to get online and become better informed. Awareness and prevention will pay off.

For more information:
http://www.petmd.com/dog/parasites/evr_multi_common_fleas_dogs_cats
http://www.petmd.com/dog/parasites/evr_dg_10_ways_to_stop_ticks_from_biting_your_dog
<https://www.cdc.gov/parasites/giardia/>

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Express to De-Stress

SUBMITTED BY PALLAS WANG

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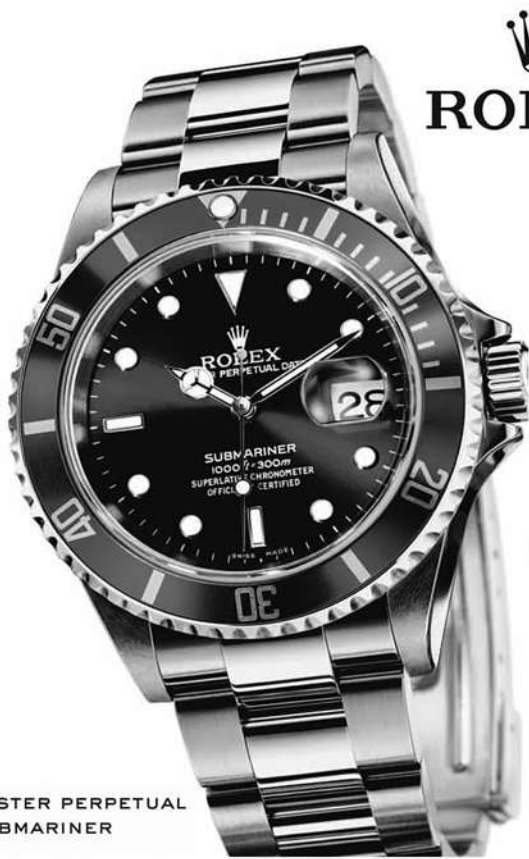
SoundPost Youth Foundation has organized the Express to De-Stress survey and video contest, aiming to have teens inspire each other by sharing ways to alleviate stress, learn to balance emotion and stay positive.

Winners of the video contest will be announced at the “Express to De-Stress Award Ceremony and Concert” on September 11 at The Tech Museum in downtown San Jose. The Express to De-Stress project is supported by A Gift For Music (AGFM), a nonprofit organization that serves about 450 students in need throughout the Central Florida community with access to music education and opportunities. SoundPost Youth is sponsoring one of AGFM’s talented students, Julia Reparip, a 10th-grade violin player, to fly in from Orlando,

Florida to perform with the SoundPost Youth Orchestra at the concert.

SoundPost Youth Foundation is a community based organization with the primary goal of providing a platform to enhance youth development through community engagement and outreach activities. Finalist videos can be viewed at <http://soundpostcontest.weebly.com>. For contest details, please visit www.soundpostyouth.org/express-to-de-stress.

**Express to De-Stress Award Ceremony
and Concert**
Sunday, Sep 11
12:30 p.m. – 3 p.m.
The Tech Museum of Innovation
201 S Market St, San Jose
soundpostyouth@gmail.com
www.soundpostyouth.org/express-to-de-stress
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back issues archived

Bank donates backpacks with school supplies

City National Bank recently announced that colleagues of the bank collected over 1,400 backpacks filled with school supplies as part of its 7th Annual Back-to-School Supplies Drive. The bank is donating the backpacks filled with supplies to 54 elementary and middle schools, and non-profit organizations in California, Nevada, New York, Georgia and Tennessee.

In the Tri-City area, recipients are: Cherryland Elementary in

Additionally, bank colleagues are taking part in teaching City National's Dollars + Sense financial literacy program to students at the schools receiving backpack donations. City National started its financial literacy program in 2007 as an enhancement to its award-winning Reading is the Way Up literacy program. The Dollars + Sense program is for grades K-12 and teaches age appropriate information about banking and finance.

Earlier, Facebook said editors would stop relying on outside news outlets to help decide which topics should be highlighted.

She says principals already can apply online for Niantic to remove their school from the game's global map.

California voters approved \$10 billion in bonds for the project in 2008, and federal officials awarded California \$3.5 billion.

Claiming Our Ground for Peace, a community event where all are welcome, will take place on Wednesday, September 14, from 7 p.m. – 8 p.m. at both Holy Cross Episcopal Church in Castro Valley, and St. Anne's Episcopal Church in Fremont. We are offering our outdoor Labyrinths as sacred places of peace to the wider community in this time of anxiety and tumult in the world. Everyone is invited to gather for Labyrinth walking, meditation and music so to bring peace to our lives and, from there, to the world around us.

For more information, please contact: the Rev. Martha Kuhlman (Holy Cross), martha@holycrosscv.org (510)-889-7233; or the Rev. Beth Lind Foote (St. Anne's), rector@stanneschurch.org (510) 205-9843.

Claiming Our Ground for Peace
Wednesday, Sept 14
7 p.m. – 8 p.m.
Holy Cross Episcopal Church
19179 Center St, Castro Valley
St. Anne's Episcopal Church
2791 Driscoll Rd, Fremont
(510) 889-7233 / (510) 205-9843

Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

September Development Hearings

As the days get shorter, the list of residential developments scheduled for final review gets longer. Here are a few that are coming up this month:

Centerville Junction

The developer proposes 52 three-story townhouses along the south side of Peralta Boulevard, east of Parish Avenue. Ten old houses and one small commercial center will be torn down. The house where long-time Washington High School educator “Pop” Goold lived is one of the homes slated for demolition unless it can be moved.

Opponents of the project point out that 23 of the townhouses will be placed in a straight line just 6 feet from the sidewalk on Peralta, in contrast with the Sequoia Crossings project across the street, which has generous front setbacks and less of a straight-line look to the buildings. Additionally, a quarter

of the garages will have tandem (end-to-end) parking with no driveway apron, which often leads to the owners’ cars being parked in the guest parking spaces or on the adjacent streets.

As for the “Pop” Goold house, if the development is approved, the fate of the old house depends on finding a place to move it. Although J. Vernon “Pop” Goold has been recognized as a person of historic significance in the Centerville area, the house itself is not considered historic because of a 2003 side extension.

This project was recommended for approval by the Planning Commission on July 28 and is now scheduled to be reviewed by the City Council on Tuesday, September 13, at 7:00 pm.

Mega-Mansions

Another reason to attend the City Council meeting on September 13 is that residents from several areas plan to voice their concerns about the

growing number of two-story “mega-mansions” that are sprouting up in existing neighborhoods. Because of their size, these houses can intrude on the privacy of nearby homeowners, block sunlight to adjacent gardens and solar panels, and clash with the established character of the area.

Currently, the only way for residents to restrict the size of these overly large houses is to obtain Designated Neighborhood status with special standards for their area. That takes a lot of time and effort on the part of the residents and the city staff. A better way might be for Fremont to establish new citywide size standards for all single-family houses in all existing neighborhoods.

Residents who are interested in limiting the size of mega-mansions in their neighborhoods are encouraged to attend the City Council meeting on Tuesday, September 13, at 7:00 pm and speak during the Public/Oral

Communications portion of the meeting. Because this topic is not on the agenda for that meeting, the Council and Staff cannot discuss the topic, but they can hear residents’ concerns, and that’s an important first step.

Walnut Residences

This 670-unit, four-story, above-market-rate apartment project will fill an entire square block at Walnut Avenue and Guardino Drive. The Planning Commission discussed it in July, but postponed any decision until the developer could prepare a viable Traffic Demand Management proposal to reduce the impact of traffic generated by the project.

Besides traffic, many residents think the density and height of the buildings still need to be decreased and the parking needs to be increased. Some point out this property was meant to remain under its current approved 2004 Planned District zoning that limits housing to a maximum of 440 units and is excluded from having to meet Transit Oriented Development (TOD) requirements. Both the zoning and the TOD exclusion were in effect when the developer purchased the property.

Discussion of this topic is tentatively scheduled to continue at the Planning Commission meet-

ing on Thursday, September 22, at 7:00 p.m.

Bye-Bye Bob’s Burgers

Finally, here’s a sad update on some old news. When a development firm bought Connolly’s Center and Chapel Business Center in Irvington, they proposed to tear down all the buildings and replace them with multi-family townhouses. That upset many local residents, who said the businesses were an important part of the community and should remain.

One of the businesses to be demolished is Bob’s Giant Burger, which has been serving old-fashioned hamburgers, french fries, and milk shakes at this location for over fifty years. During the Planning Commission and City Council meetings, statements were made that Bob’s would relocate in the Irvington District.

Unfortunately, that is not going to happen, and Bob’s will be moving to Modesto in the Central Valley. Their last day in Fremont is October 16.

Bye-bye Bob’s. Hello townhouses. Modesto wins. Fremont loses.

For the latest information on these and other residential development proposals, visit www.ShapeOurFremont.com

Passport to Adventure Program launches

SUBMITTED BY
PATRICIA SCHAFFARCZYK

The Tri-City area of Fremont is rich in local history that is a part of the larger history of California. This land was populated by prehistoric animals, settled by Native Americans (Ohlone), claimed by the Spanish, ruled by Mexico, and then became a part of the United States. We saw new immigrants build towns, changes in agriculture, the expansion of transportation and industry, population increases and demographic changes. All ages are encouraged to learn about this unique and exciting history.

Washington Township Museum of Local History is one of nine local history organizations that came together to create the Passport to Adventure Program. To begin, visit any one of the nine sites to pick up your passport postcard and have it punched at each location. After you have visited all nine historic sites you will receive a personalized certificate of completion and will become a “Passport to Adventure Historian.”

You can visit the Old Mission San Jose Mission Museum, cross

the street and visit the Olive Hyde Art Center, then walk a couple of blocks to visit the Museum of Local History. You will have three punches on your passport and be one-third of the way to completion of the program.

Passports are available at all participating locations below or can be downloaded from any of the websites:

- Washington Township Museum of Local History (museumoflocalhistory.org)
- Niles Depot Historical Foundation (nilesdepot.org)
- The Patterson House (fremont.gov/PattersonHouse)
- Olive Hyde Art Center (fremont.gov/OliveHyde)
- Niles Canyon Railway (ncry.org)
- Children’s Natural History Museum (msnucleus.org)
- Niles Essanay Silent Film Museum (nilesfilmmuseum.org)
- Shinn House (mission-peakreporter.org)
- Old Mission San Jose (missionsanjose.org)

Join Fremont Mayor Bill Harrison and us at a Ribbon Cutting Ceremony to the launch the Pass-



port to Adventure Program on Saturday, September 10 at Old Mission San Jose. Representatives from nine historic sites (dressed in period costumes) and families will be present to kick off the exciting new program. Light refreshments will be available.

Everyone is excited about this unique program for families and individuals who want to learn

more about our history while having fun. Let the adventures begin!

**Ribbon Cutting Ceremony:
Passport to Adventure
Saturday, Sep 10
Noon**

**Old Mission San Jose
43300 Mission Blvd, Fremont**

**<https://www.facebook.com/Passport-to-Adventure>
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Fatherhood Class

SUBMITTED BY BENTO LEAL

A free and exciting Fatherhood Class will begin on Thursday, September 29, in Fremont. It is called the R3 Academy because of its focus on a father's 3 key relationships: with his child/children, the children's mother, and with people at work. Fathers will learn evidence-based communication skills, job search and money management skills that will positively impact all these relationships.

This multi-week class is for fathers and expectant fathers of all ages. Due to a federal grant re-

ceived by Healthy Relationships California, a statewide non-profit organization, the class sessions and workbooks are offered free of charge to class participants.

The course will cover: Relationship & Parenting Skills, Conflict Management & Problem Solving Skills, Making Money, Work, Time Mgt Skills, Job Search Success, and Time Mgt & Job Improvement Skills.

Interested dads are encouraged to attend one of the Information Nights to find out more about what the course will cover and the class schedule. The Information Nights will be held on Tues-

days: September 13, 20, 27, 6:30 p.m. - 7:45 p.m. in Bldg. ABCD, Enterprise Rm, at Fremont Family Resource Ctr.

**R3 Academy Fatherhood Class
Thursdays: Starting Sept. 29
6:30 p.m. - 8:30 p.m.**

**Fremont Family Resource Ctr
Bldg. EFGH, Pacific Rm
39155 Liberty St, Fremont
RSVP required - Complete
Eligibility Survey online at:
www.RelationshipsCA.org/R3Academy
Apply now as space is limited
Free**

Flight 93 National Memorial offers free distance learning

SUBMITTED BY MIKE LITTERST

Students and teachers are invited to join a live, distance learning session on Friday, September 9 as part of the 15th anniversary observance of September 11, 2001. This educational videoconference is made possible through partnership between the National Park Service, Internet2, and the Keystone Initiative for Network Based Education and Research. The free, one-hour program will be broadcast live from Flight 93 National Memorial twice so student audiences coast-to-coast have the opportunity to participate.

The distance learning program, Action to Honor, is focused on grades 6-12 and goes live at 9:30 a.m. EDT, followed by a second live program at 1 p.m. EDT. Rangers from the National Park Service will explain how the memorial honors the Flight 93 passengers and crew, share their story and explore the symbol-

ism that can be found throughout the site today. Students will have the opportunity to submit questions during interactive 50-minute broadcast. Although the program is free, educators are required to register for the electronic field trip at <https://goo.gl/vRnpvE>.

"This program allows memorial staff to reach nationwide and begin relaying the events of 15 years ago to students who may not have even been born," said Steve Clark, superintendent of Flight 93 National Memorial. "We invite schools worldwide to join in this unique opportunity to connect to a memorial which honors the extraordinary actions of the 40 passengers and crew of Flight 93."

In addition to the distance learning programs, the memorial will provide live stream web programming between the broadcasts from 9 a.m. until 3 p.m. EDT. For live stream access to the broadcast, users can connect at <http://flight93.internet2.edu/>.

Justin Pastores Art Demonstration

SUBMITTED BY SCHATZ ROBIDEAUX

Justin Pastores, well-known Bay Area painter and draftsman, will give an art demonstration on Tuesday, September 13 at San Leandro Main Library. His paintings may be seen at justinpastores.com. The event is sponsored by San Leandro Art Association.

**Justin Pastores Art Demonstration
Tuesday, Sep 13
7 p.m.**

**San Leandro Main Library
300 Estudillo Ave, San Leandro
slartassoc@yahoo.com
www.slartassociation.org**

Correction

The following is a correction to the article "A picture is worth a thousand words" which appeared in the August 30, 2016 issue of Tri-City Voice. Heather Curtis is a registered Marriage and Family Therapy Intern who graduated from an approved American Art Therapy Association (AATA) program at Notre Dame De Namur University. The article incorrectly stated that Curtis is a "certified art therapist with ATR (Art Therapist, Registered and ATR-BC (Board Certified) credentials..." She is currently gaining hours towards licensure as a Marriage and Family Therapist as well as becoming a Registered Art Therapist (ATR). We apologize for this error.

Effective resumes workshop

SUBMITTED BY BARBARA TELFORD-ISHIDA

Shirley Calvert from the Tri-City One-Stop Career Center, Newark will teach how to write an effective resume on Thursday, September 15. Registration is not required for this drop-in series. For more information, contact (510) 284-0677.

**Effective Resumes Workshop
Thursday, Sep 15
1 p.m. - 3 p.m.
Newark Library
6300 Civic Terrace Ave, Newark
(510) 284-0677
www.aclibrary.org**

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Block Party celebrates Union City's east side



SUBMITTED BY CHRIS CARA

Youth and faith groups, community representatives and advocates are invited to participate in a block party sponsored by the Union City Human Relations Commission and Union City Youth Violence Prevention Coalition. A variety of programs and services serving Union City's youth and families will be highlighted and community members will meet

Congregations Organizing for Renewal, Filipino Advocates for Justice, Union City Pastor's Alliance and city and school district staff came together following the increase in youth-related violence in Union City. The coalition has engaged over 700 people and was successful in getting community support for a 2008 public safety initiative that currently funds Union City's Youth and Family Services to provide violence prevention and



Mayor Carol Dutra-Vernaci and Chief of Police Darryl McAllister with a young attendee.

neighbors and celebrate the heritage of Union City's east side at Decoto Plaza. The September 10 event will feature food, live music, a bounce house, and community resource tables. Community members are also invited to display Decoto area memorabilia. The block party will allow neighbors to get to know each other while highlighting and preserving the area's unique culture and history. Attendance is free for all ages.

The Youth Violence Prevention Coalition is a grassroots collective that was formed in August 2007 when local parents, students, and organizations including

intervention services. Today, the coalition is focused on advocating for affordable housing and tenant protections, preventing the violence of the displacement of working families from Union City. For more information, contact Chris Cara at (510) 487-8552 or ccara@filipinos4justice.org.

A Day in Decoto: Community Block Party
Saturday, Sep 10
12 p.m. – 5 p.m.
Decoto Plaza
E and 5th St, Union City
(510) 487-8552
www.ci.union-city.ca.us
Free

MINDFULNESS MEDITATION

SUBMITTED BY DOMINICAN SISTERS OF MISSION SAN JOSE

Explore ways to train your mind and heart to connect with your true inner self and to the God within on Wednesday, September 14 at a "Mindfulness Meditation: For Healing and Wholeness" session. Facilitator Joan Prohaska, O.P. is an internationally certified BodyTalk practitioner, Energy Medicine Specialist, Healing Touch Practitioner, massage therapist and yoga instructor.

The event is held once a month on Wednesdays. To register, call (510) 933-6360 or visit <http://bit.ly/CESMindfulness2>.

Mindfulness Meditation
Wednesdays: Sep 14, Oct 12, Nov 9 & Dec 14
10:30 a.m. – 12 p.m.
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3rd Place

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Cut here and return above portion

Rules & Regulations

- Contest is open to children ages 4-12.
- Entries will be judged according to the following age categories: 4-5; 6-7; 8-9; 10-12.
- One entry per child.
- All entries must be the sole work of the child.
- Winners will be selected on the basis of originality and art aptitude.

Winners will be awarded in each age category!

- Winners will be notified by phone and awarded prizes at a special ceremony Saturday, Sept 17, with first, second and third place winners for each category.
- Judging will be conducted by the Newark Arts Council. Decisions of the judges are final.
- Entry deadline is Wednesday, August 31 – 5:00 p.m. for all categories. Pictures will not be returned.

- All entries must include entrant's name, age, address and phone number on the back of the artwork.

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Home & Garden

RED WORMS WORK WONDERS ON WASTE

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

It is important to divert food scraps from the garbage as the local landfill's capacity diminishes. Wasted food is not the same as the food waste that ends up in the garbage. Food scraps that wind up in the landfill have no value. Landfill excavations have shown that some of the food had not decomposed but had mummified, taking up valuable space. Scraps that did show signs of decomposition did so by an anaerobic process because of the lack of oxygen. This created methane, ammonia, and other greenhouse gases. Wasted food that stays out of the landfill on the other hand, has value. It is rich in vitamins, minerals, nitrogen, and water. Home composting, feeding to pets, or

placing it in the green bin are all popular ways to derive value from discarded food. A less popular yet innovative way to recycle food scraps is to start a worm bin.

Worm composting or vermicomposting is an efficient, low effort way of turning food scraps into a potent organic fertilizer for a vegetable bed or garden by raising worms in a box or container. One pound of red worms can eat a half pound of food scraps per day. It takes about four passes through a worm's digestive tract before the food debris will be completely broken down into the optimal worm castings that will be used as fertilizer.

Worms can eat most foods. Coffee and tea grounds, potato skins, vegetable tops, wilted greens, egg shells, pasta, banana peels, moldy bread, and rotten tomatoes are all good. Worms do

not have teeth, so the softer the food the better. They can digest seeds and shells after they naturally break down into smaller pieces. Avoid spicy or oily food, and GMO (genetically modified organism) fruits and vegetables that target worms and caterpillars. Pesticide residue can impact the worm bin's vitality making the scraps from organic fruits and vegetables the best options. Dairy products and decaying meats can attract unwanted animals and should be avoided, even if the lid of the bin is secure. A healthy worm box will have no questionable odors.

A worm is both male and female and will begin mating at about ten weeks old. A single worm can then produce one to three cocoons per week for up to a year. Each cocoon can hold up to ten eggs. It takes about three weeks for the baby worms to hatch. Generally a thousand red worms weigh about a pound. If the conditions are favorable, it does not take long for a healthy worm bin to recycle most, if not all of a person or family's food waste. Environmental factors such as the availability of food and the amount of obtainable oxygen will keep the worm population under control and compatible with the size of the bin.

A worm bin can be purchased online or homemade. There are a few components to a worm bin that will ensure a successful vermiculture habitat. The box can be wooden or plastic. It should be dark since worms do not tolerate light; it will need air holes, a secured lid, and a drainage hole at the bottom. The average depth should be between ten and sixteen inches, and allow for one square foot of surface area per pound of foods scraps per week.

The box should be placed in the garage or outside near the



kitchen in an area protected from direct sunlight. A major component of any worm bin is the bedding. Fill the box one-third full of one-inch strips of slightly moistened newspaper, corrugated cardboard, or straw. Fluff the bedding so air can circulate and then sprinkle a handful of soil across the top to provide grit for the worms' gizzards. The worm's home is now ready for them.

Worms can be purchased online, but most local sporting good shops sell them. Red worms are the best choice. Earthworms need a larger space and require different types of environmental factors. Gently place the red worms towards the bottom of the box along with two handfuls of food scraps and cover with the moist bedding. Top off the

continued on page 14



Don O'Donnell tends a homemade worm bin.



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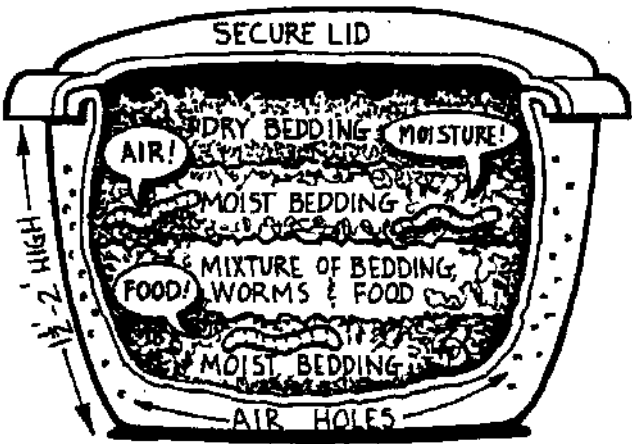

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continued from page 13

RED WORMS WORK WONDERS ON WASTE

remaining space with dry bedding so the worms will have a dry place if needed and secure bedding in half the box and exposing them to sunlight that the worms will migrate away



Elements in a working worm bin.

Image courtesy of StopWaste

the lid. Feed the worms by placing new foods on the old bedding and then covering with a dry layer. Keep the top layer high to reduce the number of flies by limiting the air space that they need to mate. There will be a one-inch layer of worm manure after six months at the bottom of the bin to harvest and start spreading throughout the garden. Commonly referred to as worm castings, they are amazingly odorless and resemble freshly brewed coffee grounds. One method of collecting the castings can be done by pulling back the

from. A second method is by placing the castings in a strainer and running water through it into a bucket. The worms left in the strainer can be put back in the bin and the nutrient rich water can be used in the garden. Worms are often times perceived as insignificant creatures; however a worm bin allows them to show how they can help reduce waste in a big way. Daniel O'Donnell is the co-owner and operator of an organic landscape design/build company in Fremont. www.Chrysalis-Gardens.com

MORRIE BRINGS HUMOR AND INSIGHT to Chanticleers

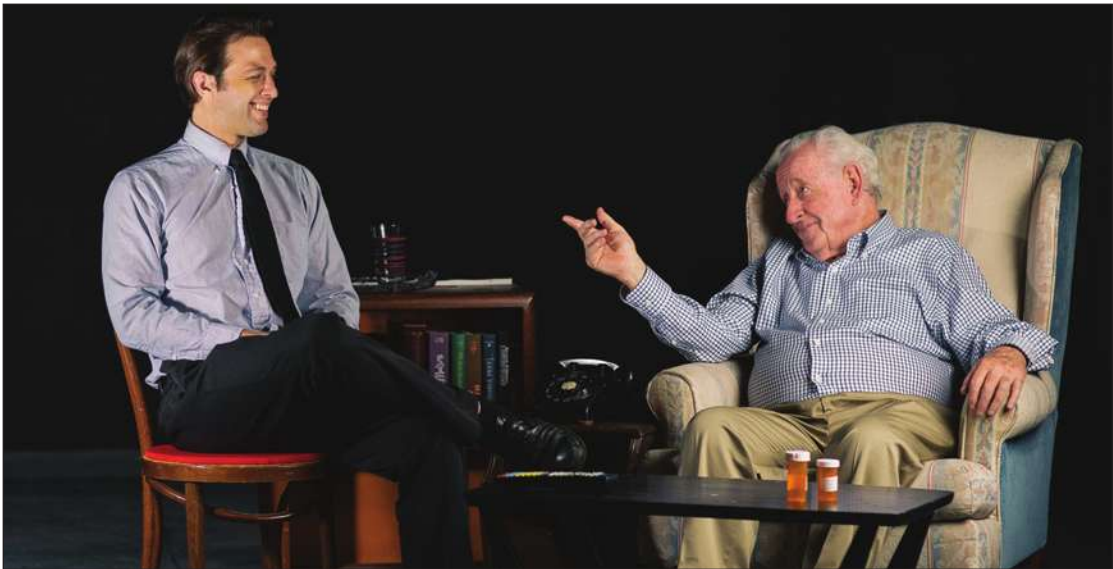
SUBMITTED BY FLOYD WAYNE
PHOTOS BY MICHAEL CLEMENS/SEES
THE DAY PHOTOGRAPHY

“Tuesdays with Morrie” at Chanticleers Theatre brings life’s lessons to the stage in a poignant and inspiring story based on author Mitch Albom’s own experiences. Morrie was Mitch’s favorite professor in college. They intend to stay in touch after graduation, but as happens so many times, life gets in the way. When Mitch and Morrie reconnect twenty years later, Morrie is fighting a losing battle with ALS, but has come to an understanding of life and death which he imparts to Mitch with humor and wisdom. He comments, “So many people walk around with a meaningless life. They seem half-asleep, even when they’re busy doing things they think are important. This is because they’re chasing the wrong things.” A two-man show, “Tuesdays with Morrie” has been excellently cast by director Jacqui Herrera. Kip Wixson, recently seen at Chanticleers as Norman in “On Golden Pond,” brings lifelike realism to the character of Morrie. The onstage relationship between Kip and his fellow actor, Kerel Rennacker, transforms the simple setting into a magical meeting of the minds with beautifully written lines like, “The truth is, once you learn how to die, you learn how to live.”



In a review of the play, John Simon of New York Magazine wrote, “This is a play that might – incredibly just might – change your life.” A Gala Opening is planned complete with champagne on Friday night, September 9. The show runs September 9 through October 2, Friday and Saturday evenings at 8 p.m. and Sundays (September 18, 25, and October 2) at 2 p.m. Tickets are \$25 for adults and \$20 for seniors and students. Tickets are available online at www.chanticleers.org or by calling (510) 733-5483. Group discounts are also available. There will be a Preshow Dinner on Saturday, September 17; call for details.

Tuesdays with Morrie
Friday, Sep 9 – Sunday, Oct 2
8 p.m., Sunday matinees at 2 p.m.
Chanticleers Theatre
3683 Quail Ave, Castro Valley
(510) 733-5483
www.chanticleers.org
Tickets: \$25 adults, \$20 seniors/students



CASTRO VALLEY TOTAL SALES: 5						
Highest \$: 925,000		Median \$: 795,000				
Lowest \$: 500,000		Average \$: 766,100				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
18723 Stanton Avenue	94546	500,000	3	1348	195307-26-16	
6693 Bellhurst Lane	94552	905,500	4	2262	198807-29-16	
7750 Pineville Circle	94552	925,000	4	2340	199507-29-16	
6365 Ridgewood Drive	94552	795,000	3	1408	199007-29-16	
20367 Summerpark Pl	94552	705,000	4	1666	199807-26-16	

FREMONT TOTAL SALES: 38						
Highest \$: 1,832,500		Median \$: 830,000				
Lowest \$: 425,000		Average \$: 854,947				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
3419 Bridgewood Terr #303	94536	510,000	2	990	1986 07-26-16	
3507 Buttonwood Ter #304	94536	449,000	1	936	1985 07-27-16	
38070 Buxton Common	94536	518,000	2	1024	1971 07-26-16	
4038 Central Avenue #19	94536	607,000	-	-	07-28-16	
4250 Dallas Court	94536	900,000	3	1400	1961 07-28-16	
4195 Eggers Drive	94536	888,000	3	1251	1959 07-26-16	
38860 Garibaldi Common	94536	725,000	2	1178	1994 07-29-16	
1432 Gilbert Avenue	94536	950,000	-	1785	1977 07-27-16	
4302 Glidden Way	94536	1,042,000	3	1738	1959 07-28-16	
4072 Grama Terrace	94536	630,500	3	1126	1972 07-28-16	
4627 Mildred Drive	94536	890,000	4	1413	1962 07-27-16	
38438 Moab Drive	94536	748,500	3	1120	1955 07-29-16	
145 Orchard Drive	94536	720,000	3	1200	1952 07-27-16	
38228 Paseo Padre Pky #14	94536	428,000	2	1033	1970 07-29-16	
36832 San Pedro Drive	94536	550,000	3	1330	1982 07-27-16	
35357 Terra Cotta Circle	94536	1,138,000	4	2075	1999 07-28-16	
273 Vivian Common	94536	612,500	2	1213	1983 07-29-16	
973 Avila Terraza	94538	735,000	2	1102	2001 07-27-16	
40179 Barbara Street	94538	775,000	4	1844	1958 07-27-16	
1975 Barrymore Com #O	94538	425,000	2	882	1982 07-29-16	
3176 Estero Terrace	94538	910,000	3	2093	2012 07-27-16	
4818 Regents Park Lane	94538	867,000	4	1552	1961 07-29-16	
40624 Robin Street	94538	830,000	3	1556	1962 07-29-16	
40817 Tomales Terrace	94538	875,000	3	1712	2014 07-26-16	
49002 Cinnamon Fern Com #302	94539	817,000	3	1382	2009 07-26-16	
158 Emory Common	94539	1,832,500	-	-	07-29-16	
1165 La Purissima Place	94539	1,580,000	4	2439	1969 07-28-16	
1926 Mandan Court	94539	1,580,000	-	2781	1978 07-27-16	
47460 Mantis Street	94539	1,085,000	4	1544	1969 07-29-16	
3645 Beard Road	94555	765,000	2	982	1925 07-27-16	
34640 Calcutta Drive	94555	880,000	-	1376	1976 07-26-16	
4389 Calypso Terrace	94555	965,000	3	1826	1992 07-26-16	
34229 Gannon Terrace	94555	880,000	3	1481	1988 07-29-16	
34668 Greenstone Com	94555	500,000	2	988	1970 07-29-16	
34365 Maybird Circle	94555	1,150,000	3	1932	1990 07-29-16	
5459 Ridgewood Drive	94555	960,000	3	1641	1989 07-26-16	
5278 Tacoma Common	94555	620,000	2	1050	1989 07-26-16	
5117 Xavier Common	94555	1,150,000	3	1932	1990 07-28-16	

HAYWARD TOTAL SALES: 24						
Highest \$: 880,000		Median \$: 530,000				
Lowest \$: 240,000		Average \$: 557,978				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
625 Artisan Place	94541	520,000	3	1595	2004 07-29-16	
357 B Street	94541	725,000	4	1607	2015 07-29-16	
22533 Bayview Avenue	94541	530,000	2	1152	1958 07-29-16	
23852 Clayton Street	94541	652,000	4	1502	1959 07-29-16	
20342 Concord Avenue	94541	771,000	4	2001	1930 07-28-16	
22113 Main Street	94541	880,000	6	2340	1956 07-26-16	
22775 Moura Court	94541	706,364	3	1661	1998 07-27-16	
25648 Paul Court	94541	739,100	3	1810	1969 07-27-16	
22358 South Garden Ave	94541	340,000	3	1313	1931 07-27-16	
1749 Toucan Court	94541	470,000	3	1293	1972 07-28-16	
3103 Vista Lane	94541	795,000	4	2530	2003 07-28-16	
2112 Thistle Court	94542	600,000	3	1399	1997 07-27-16	
25787 Cascade Street	94544	525,000	3	1081	1954 07-29-16	
29300 Dixon Street #208	94544	251,000	1	650	1984 07-26-16	
945 Fletcher Lane #C120	94544	310,000	1	730	1986 07-29-16	
26089 Jane Avenue	94544	520,000	3	1070	1952 07-29-16	
27136 Lemay Way	94544	580,000	3	1596	1957 07-27-16	
27414 Susan Place #2	94544	240,000	2	869	1980 07-28-16	
674 Woodchuck Place	94544	630,000	4	1712	1965 07-26-16	
24434 Calaveras Road	94545	695,000	5	2891	1979 07-29-16	
27819 Hummingbird Ct	94545	360,000	2	936	1971 07-29-16	
27787 Melbourne Avenue	94545	510,000	3	1000	1955 07-29-16	
2501 Oliver Drive	94545	382,000	2	884	1970 07-28-16	
27714 Treat Lane	94545	660,000	4	1576	1994 07-26-16	

MILPITAS TOTAL SALES: 11						
Highest \$: 1,213,000		Median \$: 880,000				
Lowest \$: 390,000		Average \$: 824,827				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1159 Columbus Drive	95035	880,000	3	1497	1971 08-11-16	

432 Dempsey Road #235	95035	390,000	2	842	2007 08-11-16	
663 Folsom Circle	95035	918,000	3	1698	1983 08-15-16	
853 Hamilton Avenue	95035	1,213,000	4	2038	1981 08-10-16	
349 Laguna Drive	95035	845,000	4	1773	1978 08-11-16	
1464 Lassen Avenue	95035	891,000	4	1451	1963 08-12-16	
1551 McCandless Drive	95035	956,000	3	2202	2014 08-12-16	
1199 North Abbott Ave	95035	411,000	2	863	1979 08-11-16	
264 Parc Place Drive	95035	662,000	2	1104	2005 08-10-16	
81 Pimentel Circle	95035	1,092,100	4	2426	2012 08-12-16	
1258 Stellar Way	95035	815,000	4	1630	1969 08-10-16	
312 Summerfield Drive	95035	1,000,000	3	1833	1998 08-05-16	
2008 Trento Loop	95035	702,500	2	1416	2015 08-08-16	

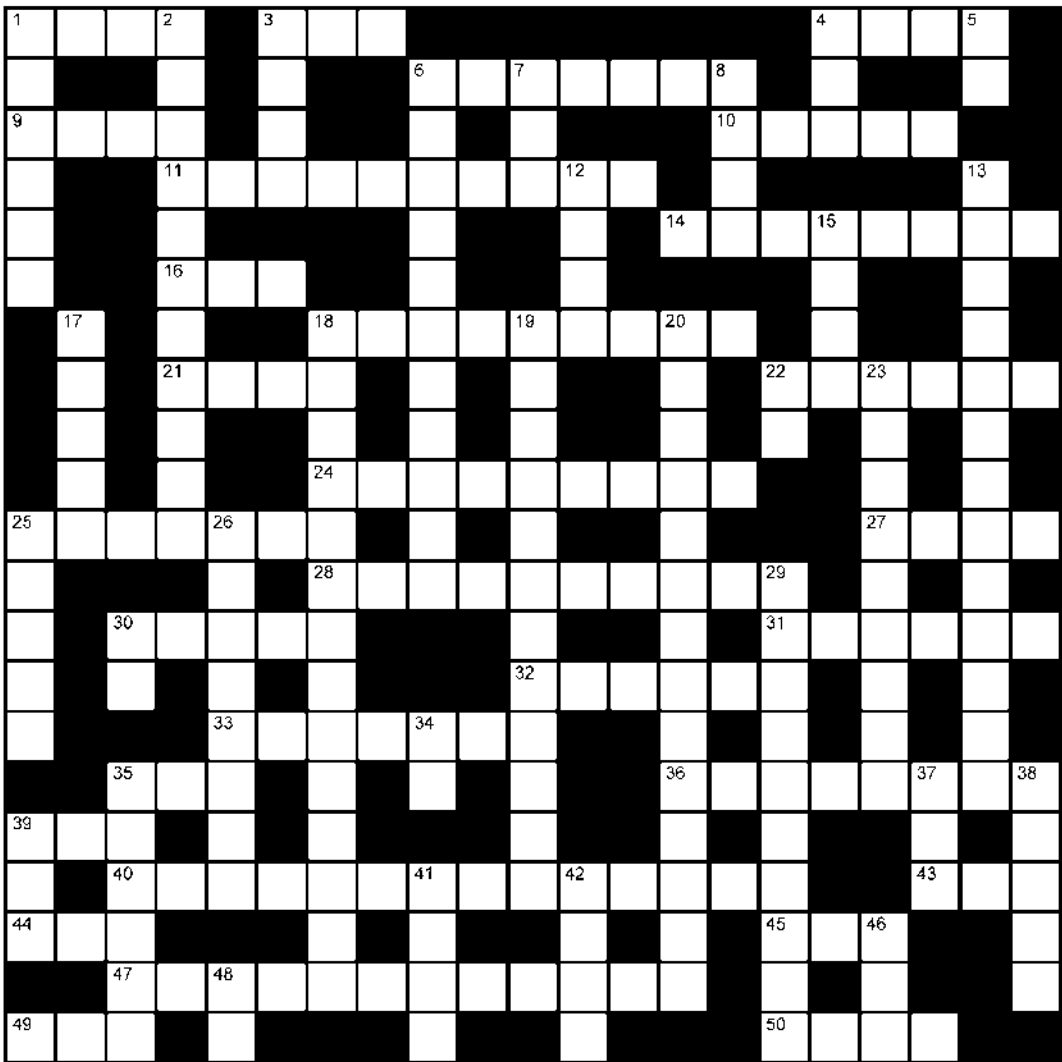
NEWARK TOTAL SALES: 10						
Highest \$: 1,210,000		Median \$: 730,000				
Lowest \$: 530,000		Average \$: 783,450				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
6000 Allium Place	94560	954,500	-	-	07-28-16	
5527 Azalea Way	94560	750,000	-	-	07-28-16	
6709 George Avenue	94560	610,000	3	1166	1948 07-27-16	
6433 Market Avenue	94560	730,000	3	1194	1953 07-26-16	
6214 Mayhews Landing Rd	94560	530,000	3	942	1953 07-29-16	
5255 Orkney Court	94560	1,210,000	3	2123	1978 07-28-16	
36225 Ruschin Drive	94560	770,000	3	1136	1960 07-27-16	
8198 Tanforan Court	94560	997,000	4	2317	1998 07-29-16	
6213 Thomas Avenue	94560	703,000	3	1690	1960 07-28-16	
6258 Zulmida Avenue	94560	580,000	3	939	1953 07-28-16	

SAN LEANDRO TOTAL SALES: 18						
Highest \$: 850,000		Median \$: 538,000				
Lowest \$: 287,500		Average \$: 532,889				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
343 Accolade Drive	94577	612,000	4	1627	2002 07-28-16	
346 Accolade Drive	94577	629,000	3	1460	2003 07-27-16	
243 Arroyo Avenue	94577	570,000	2	1540	1919 07-29-16	
13481 Aurora Drive #6	94577	460,000	3	1694	1982 07-28-16	
14293 Doolittle Drive	94577	412,000	3	1190	1974 07-28-16	
1453 Gardner Boulevard	94577	580,000	3	1458	1942 07-28-16	
822 Martin Boulevard	94577	354,500	2	1352	1942 07-26-16	
540 Mitchell Avenue	94577	624,000	2	1135	1925 07-29-16	
2506 West Avenue 130th	94577	735,000	5	1866	1948 07-27-16	
2285 West Avenue 135th	94577	850,000	6	2184	1963 07-29-16	
1477 140th Avenue	94578	680,000	3	1314	1946 07-29-16	
1744 150th Avenue	94578	490,000	-	1480	1977 07-26-16	
311 Caliente Circle	94578	370,000	2	1060	1980 07-29-16	
16901 Ehle Street	94578	287,500	1	620	1947 07-28-16	
14955 Lark Street	94578	538,000	3	1553	1945 07-29-16	
1699 Mono Avenue	94578	450,000	2	1273	1952 07-28-16	
1460 Plaza Drive	94578	405,000	4	1540	1940 07-26-16	
14745 Van Avenue	94578	545,000	3	1463	1962 07-28-16	

SAN LORENZO TOTAL SALES: 6						
Highest \$: 1,232,318		Median \$: 520,000				
Lowest \$: 510,000		Average \$: 661,720				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
15514 Lorenzo Avenue	94580	622,500	3	1743	1988 07-29-16	
17336 Via Andeta	94580	517,500	3	1000	1944 07-29-16	
15803 Via Del Prado	94580	520,000	3	1181	1947 07-28-16	
17320 Via Encinas	94580	510,000	3	1567	1947 07-27-16	
1772 Via Lacqua	94580	568,000	3	1549	1955 07-27-16	
333 Via Lucero	94580	1,232,318	3	1432	1944 07-28-16	

Mind Twisters

Crossword Puzzle B 3794



- Across

1 "I had no ____!" (4)

3 Census datum (3)

4 Check (4)

6 aged (7)

9 Come down hard (4)

10 Part of "the works" (5)

11 significant (10)

14 Gem of the Ocean (8)

16 "It's no ____!" (3)

18 Holy central site (9)

21 Farfetched (4)

22 3-D likeness (6)

24 artificial (9)

25 how things are done (7)

27 Beehive, e.g. (4)

28 a sort of strength (10)

30 Succinct (5)

31 They're cast (6)

32 Mame, for one (6)

33 they multiply (7)
- Down

1 effect (6)

2 science of soils and plants (11)

3 Boutique (4)

4 Schuss, e.g. (3)

5 "___ word!" (2)

6 amused (11)

7 Animal house (3)

8 It comes easily to hand (2-2)

12 Icy (4)
- 35 Caribbean, e.g. (3)

36 set upon (8)

39 Cow chow (3)

40 a sort of table (14)

43 Assent (3)

44 Kind of rule (3)

45 Balloon filler (3)

47 setting things in order (12)

49 "___ say!" (3)

50 Fastidious (4)
- 13 perimeter of a circle (13)

15 Condo, e.g. (4)

17 Inflexible (5)

18 sorting into groups (14)

19 mad about (12)

20 a campus building (14)

22 true (2)

23 without thinking (9)

25 Auto option (5)

26 Drops from above (8)

29 rank (10)

30 "To __ or not..." (2)

34 from (2)

35 sign with a message (6)

37 E or G, e.g. (3)

38 gets water from a well (5)

39 Be busy (3)

41 Shirking working (4)

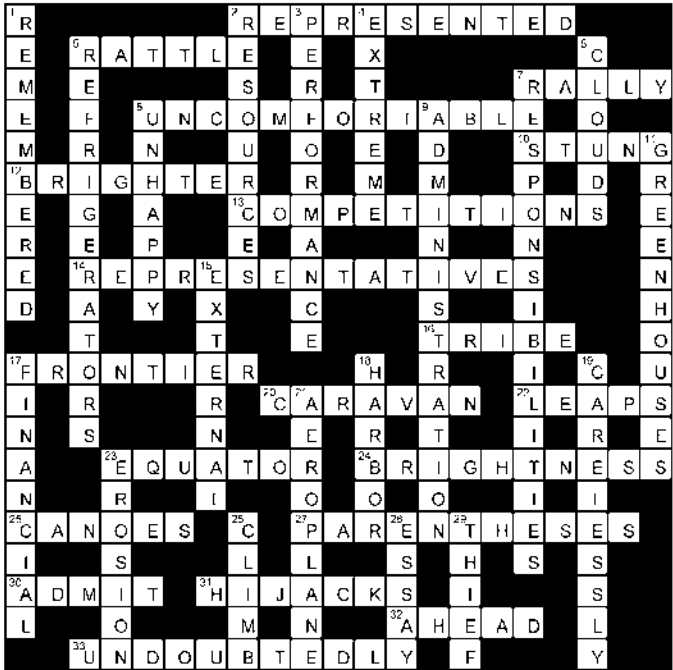
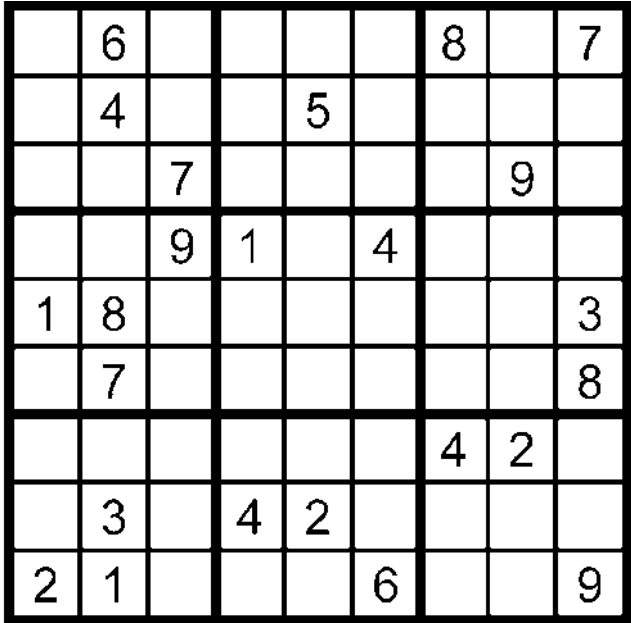
42 x, y or z (4)

46 Free from, with "of" (3)

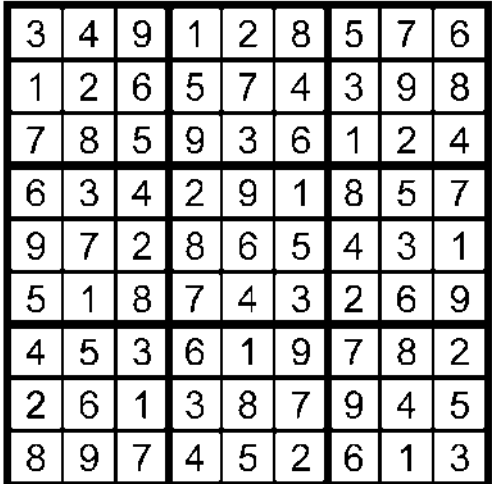
48 "We are __ for takeoff!" (2)

Sudoku:

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



B 3793



Tri-City Stargazer SEPTEMBER 7 - SEPTEMBER 13, 2016

For All Signs: We have experienced the square of Saturn to Neptune since the fall of 2015. It has affected each of us in significant ways. Illusions that we have held onto, even since childhood, are cracking and we cannot fix the damage. We can only attempt to fill in the holes or step around the losses and move forward. When I was a child, I learned that police are always the good guys. It turns out that isn't always true. Another example is that we have been coached into believing that our country is a republic with a democratic election. Many, including myself, have never heard of "special" delegates who do

not have to reflect the popular vote of their states. Multiple states dumped voters from their lists so their votes did not count. The picture is egregious. All we hear is "Oops, well, too bad!" We are each personally affected with one or more crushed fantasies or illusions as well. The last square is on September 10, but I feel certain the meaning of the aspect will continue until the end of this year, given we are faced with a major election. Each of us is in pain and grief about something important. The best we can do is to recognize that hurt and be kind to each other...

Aries the Ram (March 21-April 20): Events and circumstances may come up that require you to act swiftly and with an element of force. Drive carefully. Apply heavy muscle to exercise or a chore that needs to be done. Otherwise you may become snappy and liable to pick a fight. Avoid battles over ego, which waste your energy.

Taurus the Bull (April 21-May 20): Good planning on your part allows you to help one or more others to achieve their goals. If there are power issues between you and another, this is the week that they will be in full bloom. Remember that Mercury is retrograde at this time and it is probable that one or both of you does not have all the necessary facts.

Gemini the Twins (May 21-June 20): This is a highly significant period in your family relationships. You have issues to work through and healing to do for everyone involved. Sidestep the temptation to drill your truth into the mind of another. If you do not share a consensus reality, then search for a higher perspective that includes both.

Cancer the Crab (June 21-July 21): This is a challenging

eclipse season for you because there are three in a row. That means three times the intensity. This is a rare occurrence. This week is the valley of time between the last two. One was September 1 and the last will be September 16. There have probably been many things requiring change that have become apparent. You can manage these changes. Take them one at a time.

Leo the Lion (July 22-August 22): The bright lights of Mercury and the Sun are in your house of resources and financial matters. You may not have a clear perspective on these areas. You feel the pressure to spend in a hurry. Listen to your closest friends who know you well. They can see what you may not at this time.

Virgo the Virgin (August 22-September 22) Take your vitamins and get plenty of rest this week. You are subject to allergic reactions or opportunistic viruses that cross your path. Your mind may feel foggy and unclear (perhaps due to allergy medications). Drive and handle tools carefully. Your dreaming mind could be especially active now.

Libra the Scales (September 23-October 22): This is an intense week. You may feel it necessary to let go of something that has been of value to you. This may be an object or possibly a family member. Do not attempt to press anyone to adopt your point of view now. That would only create negative feelings. Let some time go by to allow the intensity to decline.

Scorpio the Scorpion (October 23-November 21): Give close attention to details, such as where the keys are and whether you have the needed tickets. The situation around you may change rapidly and cause you to mislay a credit card or your billfold. At the beginning of the week, a friend may offer assistance. Restlessness and high energy want you to keep moving, whatever else you do.

Sagittarius the Archer (November 22-December 21): One of your upcoming plans may be sabotaged by the mishandling of details. Take a deep breath and try again in better times, maybe when you can move at a more careful pace. It is too easy to be angered into snappish behavior. Admit your

frustration. The cosmos is rough right now, but it isn't trying to run over you specifically.

Capricorn the Goat (December 22-January 19): Your career or life direction is blending harmoniously with what you feel is the "right" thing to do. People with power are giving help and/or education as you need it. Forward motion moves slowly but smoothly. It is possible that you are the one who offers mentoring to someone newer or younger to your profession.

Aquarius the Water Bearer (January 20-February 18): You have lost something of value in recent months. It may have been returned on a gradual basis, but it will probably not be whole as it once was. What-

ever the damage, it is done, so you do not have to worry about additional consequences.

Pisces the Fish (February 19-March 20): You may have allowed your body to go without serious attention for a while. It is clear to you now that you cannot continue on that path. Age is creeping up, no matter how old you are. Saturn has been squaring your Neptune ruler for a year. If you have been wise and maintained a good health routine you will be rewarded. Saturn demands work and it also compensates fairly.

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



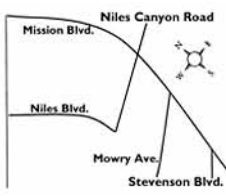
www.horoscopesbyvivian.com

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City of Fremont
News Briefs

SUBMITTED BY
CHERYL GOLDEN

Fremont Sets a Game Plan to Address Traffic Congestion

Earlier this year, the City of Fremont conducted its 2016 community survey among 600 registered voters and randomly selected Fremont residents. One of the findings from this survey confirmed that traffic congestion is among the community’s major concerns. Considering traffic issues span the entire Bay Area and that this region is one of the top three traffic-plagued regions in the country, it’s no surprise Fremont residents are concerned.

Silicon Valley is experiencing tremendous job growth with roughly 50,000 new jobs created annually over the past few years, with only about 5,000 housing units in the region added annually. In other words, development growth in Silicon Valley is severely imbalanced with only one new housing unit built for every 10 new jobs added. This results in workers traveling longer distances to their workplaces, putting strain on local freeways, city streets, and regional transit systems. In fact, recent news of Dublin ranking as the fastest growing city in Northern California and San Joaquin County (Stockton and Tracy) as the fastest growing county in the state should be no surprise to anyone.

In the heart of Fremont lies the Interstate 880, Interstate 680, Dumbarton and Niles Canyon corridors, which serve a vast majority of Silicon Valley commuters. This concentration of commute-heavy routes leads to

overflow traffic moving through Fremont streets and neighborhoods and creating severe traffic congestion “hot spots” near Mission Boulevard/I-680, Paseo Padre Parkway/Washington Boulevard/I-680, and Mowry Avenue/Mission Boulevard/Niles Canyon. Fremont is working to address the issue of traffic congestion through a variety of efforts:

- \$500,000 allocated for speed lumps on neighborhood streets with high traffic speeds as a part of the City’s Vision Zero traffic safety program
- Peak-period turn restrictions pilot program for cut-through streets
- Improving the efficiency and flexibility of the City’s aged traffic signal system to utilize current and future technology improvements for better signal coordination.

For regional relief, there are several larger-scale projects that will be implemented over the next few years by various Bay Area public agencies:

- The Warm Springs/South Fremont BART Station will be opening in the fall. Everyone is counting down the days knowing it will give much needed relief to the 880 corridor—the second worst commute in the Bay Area just after the Bay Bridge. Following on the heels of the new BART station opening, additional stops at Milpitas and Berryessa are scheduled for 2018 as part of Santa Clara Valley Transportation Authority’s (VTA) BART Silicon Valley Extension.
- The I-880 Express Lane project will complete construction in early 2018.
- I-680 Northbound Carpool/Express Lane project will start construction in 2017 and be complete in early 2019.
- The Altamont Corridor Express (ACE) is proposed to increase from four to six trains in

2020, and to 10 trains in 2025.

The City of Fremont is doing everything in its power at both the local and regional levels to address traffic congestion issues not only in Fremont, but across the Bay Area. You can view our infographic at <https://fremont.gov/Document-Center/View/31384> for more information.

City of Fremont Traffic Safety Field Supervisor Awarded APWA Northern California Transportation Staff Employee of the Year

It takes hard-working and dedicated employees to keep a city running smoothly. Luckily, the City of Fremont has a staff that goes above and beyond to serve its community. One of Fremont’s Public Works employees, Steven Martin, was recently recognized as the American Public Works Association (APWA) Northern California Transportation Staff Employee of the Year. Steven was honored along with the other nominees at the APWA Northern California Chapter Staff Appreciation Luncheon on August 25, 2016 at the Shannon Community Center in Dublin.

Recipients of this award are employees who have made significant contributions to their communities within Public Works and are evaluated on their profession, leadership, innovation, and sustainability, as well as agency, customer and community service. During his 16 years with the City of Fremont, Steven has always gone above and beyond to serve the community, demonstrating incredible leadership, innovation, and commitment.

Free Telephone Reassurance Program for Elderly, Disabled and Home Bound Residents

In the City of Fremont we

want our elderly, disabled, and homebound citizens to know that they are never alone. The You Are Not Alone (Y.A.N.A.) program is a free telephone reassurance service provided by Fremont Police volunteers for City of Fremont residents. Fremont Police volunteers provide enrolled participants with peace of mind and a sense of security for those who enjoy the independence of living alone, yet want the assurance of knowing someone will call and check in on them daily.

How does it work? Police volunteers will provide each participant with a daily check-in phone call, Monday through Friday between 8 a.m. to 12 p.m. If an enrollee does not answer the phone after a few attempts, a series of follow up steps are taken to ensure the participant’s safety and well-being, which could include a home visit. Enrollees must want the service and participate in an assessment prior to being accepted into the program.

Volunteers and staff are immediately ready to begin accepting new participants. If you know someone who could benefit from this service, please visit www.FremontPolice.org/Yana or contact Volunteer Administrator Lauren Baca at (510) 790-6691.

Movies under the Stars: ‘Star Wars: The Force Awakens’

Join the City of Fremont Recreation Services for a free Friday night movie on September 23 in Downtown Fremont. “Star Wars: The Force Awakens” is rated PG-13 and will start in the evening after sunset. Enjoy this outdoor movie on the big screen for a fun night out with delicious gourmet food trucks as part of Fremont Street Eats, which is hosted by the Fremont Chamber of Commerce in partnership with Food Truck Mafia. This Friday

night movie will take place on Capitol Avenue between State Street and Fremont Boulevard. For more information, visit www.Fremont.gov/MovieNight.

Senior Center Summer Night Dinner and Dance

Join the Fremont Senior Center for a lovely dinner and dance on a summer night from 5 p.m. to 8 p.m. on Thursday, September 15. The evening will offer delicious food cooked onsite by our culinary trained Chef Jeff Castillo, dancing, live entertainment, and a lot of laughter! Doors will open at 5 p.m. sharp. Tickets are available now for only \$25 per person. To purchase tickets, stop by the Fremont Senior Center at 40086 Paseo Padre Pkwy. or call (510) 790-6600 with any questions.

California Coastal Cleanup Day is September 17

In honor of the California Coastal Cleanup Day, the City of Fremont will be hosting creek cleanup events at 10 different locations on Saturday, September 17 from 9 a.m. to 12 p.m. Please join families, friends, coworkers, scout troops, school groups, service clubs, and individuals as they come together to celebrate and share their appreciation of California’s fabulous coast and waterways.

If you are interested in participating, please pre-register at www.Fremont.gov/Coastal-CleanupRegistration to guarantee a spot. Please note the City does not allow anyone under the age of 6 to participate in this event. For more information please contact the Coastal Cleanup Day Coordinator at environment@fremont.gov or (510) 494-4570.

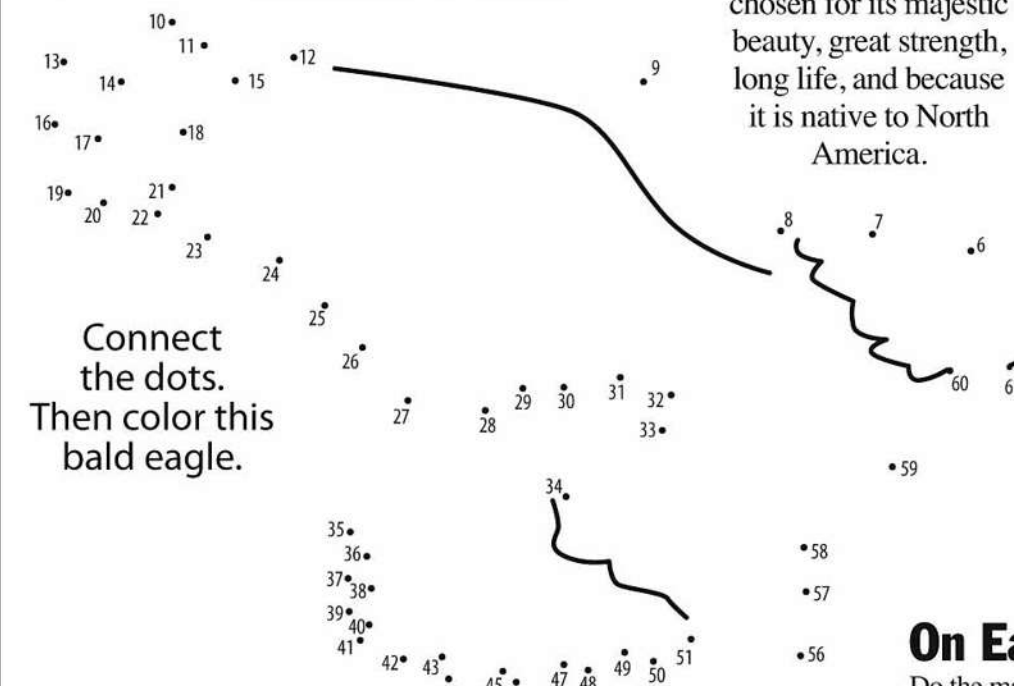
The Bald Eagle

A SOARING SYMBOL

The bald eagle became the national bird of the United States in 1782. It was chosen for its majestic beauty, great strength, long life, and because it is native to North America.

We Be People

In September 1787, the Founding Fathers signed the United States Constitution. Every year, a day in September is recognized as the day to celebrate the importance of the Constitution. This year it's on September 16. And **Kid Scoop** is celebrating with a page about a great American symbol: The bald eagle!



Connect the dots. Then color this bald eagle.

Eagles Everywhere

The bald eagle can be found on the Great Seal of the United States, on the country's money and in many images of patriotism. This week, look around you and see how many times you see pictures of a bald eagle.



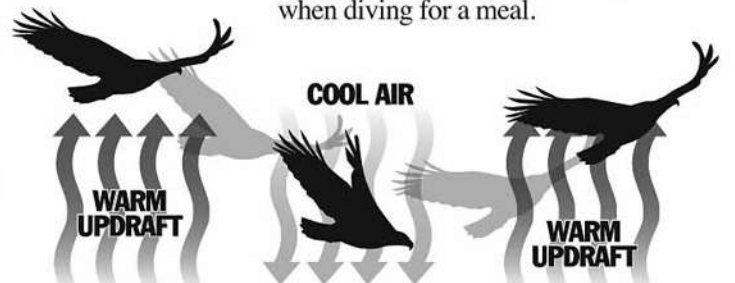
The back of a quarter

The Great Seal can be found on the back of a dollar bill.

On Eagle's Wings

Do the math to discover amazing bald eagle facts.

- ★ The height of an adult bald eagle is $16 - 12 =$ _____ feet.
- ★ The wings of a bald eagle can span $2 + 5 + 1 =$ _____ feet wide.
- ★ A bald eagle can reach a speed of up to $75 + 75 + 50 =$ _____ miles per hour when diving for a meal.



A bald eagle's long, broad wings make them good at soaring through the air. On long flights, eagles rarely flap their wings. Instead, they use thermal updrafts. Thermal updrafts are currents of warm air that rise up from the ground. Eagles save energy by flying high in a thermal updraft and then gliding down to catch the next one.



Photo: iStock / draco-zlat

Eaglets – Awwwwwww!

Eagle chicks are brown and white. The female lays one to three eggs. The eggs take between one to one and a half months to hatch. The male and female take turns sitting on the eggs. After hatching, both the male and female feed the hatchlings until they learn to fly. Eaglets are capable of flying at 10 to 12 weeks old.

Eaglets don't develop their normal white heads and tails until they are four to five years old. In the wild, eagles can live to be 35 years old or more.

Extra! Extra!

What People Say

Select one article from today's newspaper. Highlight or underline all of the quotes in the article.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

The scientific name for a bald eagle is *Haliaeetus leucocephalus*. Write the letter that comes before each letter to find out what this means.

X I J U F I F B E F E

T F B F B H M F

A bald eagle isn't really bald. The name comes from an old English word, *balde*, meaning **white**.

If an eagle loses a feather in one wing, the matching one on the other wing also drops off. This keeps the bird in balance.

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

PATRIOTISM
STRENGTH
NATIONAL
MAJESTIC
THERMAL
UPDRAFT
SYMBOL
BEAUTY
RARELY
EAGLE
BROAD
BALD
SPAN
WING
RISE

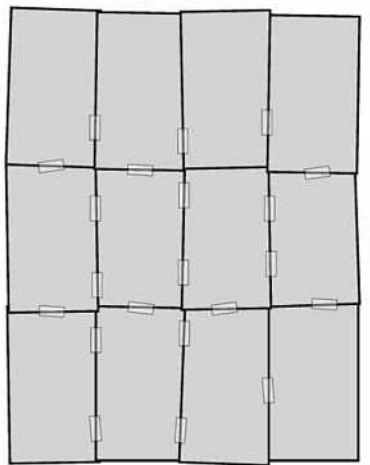
Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

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

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

Make a Life-Sized Newspaper Eagle

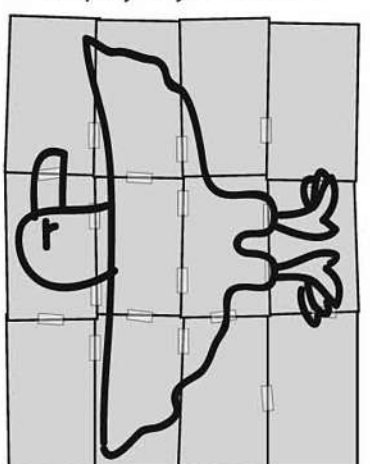
Lay out several newspaper pages and tape them together to make a large sheet of paper about six feet by eight feet.



Complete the "On Eagle's Wings" math activity to find out the height and wing span of an adult eagle. Then work with a partner to measure and mark these points on the newspaper sheet.

- TOP OF THE HEAD
- TALON
- TIP OF LEFT WING
- TIP OF RIGHT WING

Connect the points you measured and draw and color a life-sized bald eagle. Cut out the bald eagle to display in your room!



Learn how to draw an eagle in a few easy steps! Visit: kidscoop.com/how-to-draw/how-to-draw-an-eagle/

Kid Scoop VOCABULARY BUILDERS

This week's word: SYMBOL

The noun **symbol** means a picture or object that represents something else.

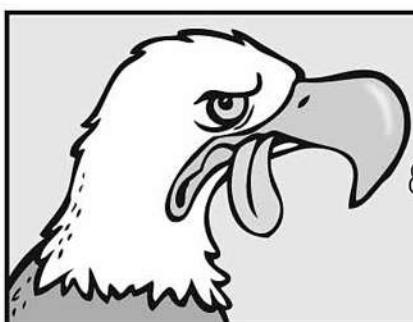
The white dove is a **symbol** of peace and harmony.

FROM THE Kid Scoop LESSON LIBRARY

Freedom of Speech

Look through today's newspaper to find an opinion column or letter. Do you agree with the writer? Why or why not? Write a letter to the editor sharing your opinion.

Standards Link: Reading Comprehension: Follow multiple step written directions.



An eagle with the stomach flu got a ticket for making a left turn. Why?

ANSWER: Because it was ill eagle left turn.

Write On! 

Facts & Opinions

Write three to five facts about the Constitution and then write three to five opinions about the Constitution.

Community Health Education Programs

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



September and October 2016
All our lectures are free and open to the public. Classes may have a fee.

Live Call for PAMF Fertility Patients: Mindfulness – Ancient Practices Meet Modern Medicine
Oct. 5, 5 to 6 p.m.

Learn about how mindfulness can ease symptoms of stress and help optimize your chances of success with fertility treatment.

To register, call 800-597-2234 or visit pamf.org/healtheducation.

Interactive Discussion on Food Labeling and Claims
Oct. 12, 7 to 8:30 p.m.

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

Medicare Update for Alameda County
Oct. 19, 7 to 8:30 p.m.

A Health Insurance Counseling and Advocacy Program (HICAP) counselor for Alameda County will explain what's new in Medicare for 2016.

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

Fremont Community Health Resource Center
3200 Kearney Street, Fremont • 510-623-2231
pamf.org/healtheducation/hrc

Childbirth and Parent Education Classes
650-853-2960

- Breastfeeding Your Newborn
- Childbirth Preparation
- From Hospital to Home: Advice from Your Baby's Doctor
- Baby Basics

Living Well Classes
650-853-2960

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

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

Weight Management Programs
510-498-2184

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

continued from page 1

Eat, drink, be merry and change people's lives

related healthcare expenses. Last year, the Union City Lions Club went to Aguascalientes, Mexico, where they set up an eye clinic, bringing with them four doctors and 4,000 pairs of glasses. In two days, people who never had access to 20/20 vision were given the gift of enhanced sight. In many cases, this provided the needy with an experience tantamount to a miracle: the ability to clearly see the world and the faces of others.

Their Hearing Foundation, Ear of the Lion, functions as a non-profit that donates hearing aids to low-income people who are not able to receive other assistance. The Lions Eye Foundation of California-Nevada assists in preserving and restoring the gift of sight by offering free ophthalmic examinations, operations, and medical care to the less fortunate members of our community. Currently, the Lions are active in providing aid for the earthquake victims of central Italy.

Union Landing was chosen for the Restaurant Stroll due to its inclusion of so many great restaurants and shops. The Stroll has become so popular that it sells out yearly. Three hundred and fifty tickets are reserved for the festivities. Fifteen businesses will participate this year: Waggin' Tails Pet Supplies, Massage Envy and Spa, Backyard Bayou, Chili's, Gerry's Grill, Applebee's, Baskin Robbins, Starbucks, Tomatino, Togo's, Krispy Kreme Donuts, TGI Fridays, Buffalo Wild

Wings, and Tribu Grill.

Participants encounter a spread of culinary delights from all of the eateries, and also included will be coupons issued by the business that are not generally available to the public. Word about town is that there is enough food to feed an army or



three. Usually, there are crowds walking by who did not purchase tickets and truly desire to get in to what seems like a spontaneous street party.

Many people have heard of the Lions but might not know its history. The Lions are working women and men dedicated to making life better for their communities by providing eyeglasses, hearing aids, eye surgeries, kids summer camps, reading help, student scholarships, vocational and life skills training, disaster relief, drug and alcohol abuse prevention programs, and financial and human assistance for those in need.

The Lions Club concept was founded by an Arizona-born transplant to Chicago, an insurance businessman named Melvin Jones. His personal vision in his own words was, "You can't get very far until you start doing something for somebody else." Out of this desire to help others, the organization has blossomed since 1917. He was truly a visionary and his spirit of brother and sisterhood is preserved and celebrated by the Lions to this very day. Their motto is "We Serve."

The Restaurant Stroll itself is an outing with a cuddly Lion mascot, balloons, endless

gourmet/gourmand opportunities, fun, and friendship. Old friends re-connect and new ones are made all in the name of philanthropy. One hundred percent of the proceeds go to community organizations and those in need.

Tickets for the September 15 event can be purchased from Chairperson Tim Gutierrez at Sign-O-Rama at 33424 Alvarado Niles Road in Union City. His wife, Gloria, will be happy to assist in the process. Tickets can also be purchased online at www.uclions.com. The price is \$20 per person. Participants meet at the Union Landing Starbucks.

For further information, please call Tim Gutierrez (510) 589-9751, Gloria Gutierrez (510) 589-9753, or Greg Stewart (510) 366-4934.

Union City Lions Restaurant Stroll

Thursday, Sep 15
5:30 p.m. – 8:30 p.m.

Union Landing Meet at Starbucks
32240 Dyer St, Union City
(510) 589-9751
www.uclions.com
Tickets: \$20 per person





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5pm, Sat, Sept 10 - Kaye Bohler Show
3pm, Sun, Sept 11 - **Blues Jam**

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SUNDAY 18, NOON-9:00 pm

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I need a Forever Home



Star is a sweet 9 yrs young gal who loves to talk! She'll tell you all about her day as she rubs up against you for pets. She loves attention and is partial to ear scratches. Info: Hayward Animal Shelter. (510) 293-7200.



Eve may be a bit unsure about handling at the moment, however with a little attention and TLC, she'll blossom. She has multi-colored fur, striking blue eyes and a sweet disposition. Info: Hayward Animal Shelter. (510) 293-7200.

ENRICH YOUR LIFE - BECOME A VOLUNTEER!

Hayward Animal Shelter

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

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

It's A Date

CONTINUING EVENTS

Fridays, May 6 thru Oct 28
Fremont Street Eats

4:30 p.m. - 9:00 p.m.
Food trucks, beer, wine and entertainment
Downtown Fremont
Capitol Ave. & Fremont Blvd., Fremont
https://www.facebook.com/FremontStreetEats/

Monday, Jun 27 - Saturday, Sep 24

Labor Exhibit
Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Sat: 12 noon - 3 p.m.
Longshoreman photos by Frank Silva
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Friday, Jul 22 - Sunday, Sep 25

Botanical Beauties in Water-color and Ink
10 a.m. - 5 p.m.
Refreshing view of plant kingdom
Opening reception Saturday, Jul 23 @ 2 p.m.
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Wednesdays, Jul 27 - Sep 28

Canasta
9:15 a.m.
Card game
No experience necessary
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Thursdays, Jul 28 - Sep 29

Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Fridays, Jul 29 - Sep 30

Mahjong
9:15 a.m.
Tile game
No experience necessary
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Mondays, Aug 1 thru Sep 26

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

Tuesdays, Aug 9 thru Sep 27

Bingo \$
1:15 p.m. - 3:30 p.m.
Progressive blackout games
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Sunday, Aug 9 - Monday, Oct 31

Harmony Art Exhibit
12 noon - 6 p.m.
Portraits of wildlife and nature
Milpitas Library
160 North Main St., Milpitas
(408) 262-1171
www.sccl.org

Arts & Entertainment



Voted Best BBQ

LIVE MUSIC/Dancing

Friday & Saturday 9pm
MUSIC CALENDAR

FRIDAY, SEPTEMBER 9TH
Steve Freund Band featuring Ken Saydak

SATURDAY, SEPTEMBER 10TH
Alvin Johnson

Happy Hour

Mon.-Fri 2pm-6pm **Great Prices**
Sat. 11am-4pm **Appetizers**
Sun. All Day **and Drinks** At the Bar Only

New Lunch Menu - Lighter, Faster, Lower Cost!

SMOKING FAST LUNCH SPECIALS

Mon.- Fri. 11am-2pm

\$10.⁹⁵ Rib & Chicken Combo
Pulled Pork & Brisket Combo
Hot Link & Chicken Combo
Chicken & Pulled Pork Combo
All Combos served with 2 sides of your choice

We Deliver

CATERING 510-713-1854

www.smokingpigbbq.net

3340 Mowry Ave., Fremont

BRONCO BILLY'S PIZZA PALACE

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

M, T, W, Th, Sun 11am-10pm Expires 10/30/16
Fri & Sat. 11am - 11pm

ANY X-LARGE PIZZA \$3 OFF
ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF
510-792-1070

Dine In - Take Out - Delivery (Limited Area & Time)
3765 I Niles Blvd. Fremont
Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

NEED STORAGE SPACE?



50% OFF

FIRST 2 MONTHS

On selected sizes only. New rentals only.
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OPEN 7 DAYS A WEEK

CAL SELF STORAGE

26869 Mission Blvd., Hayward
(Behind FOOD SOURCE)
510-538-1536

Farmers' Markets

FREMONT:

Centerville

Saturdays

9 a.m. - 1 p.m.

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

Downtown Fremont Farmers' Market

Wednesdays

3 p.m. - 7 p.m.

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

Kaiser Permanente Fremont Farmers' Market

Thursdays

10 a.m. - 2 p.m.

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

Irvington Farmers' Market

Sundays

9 a.m. - 2 p.m.

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

Niles Farmer's Market

Saturdays

9 a.m. - 2 p.m.

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

HAYWARD:

Hayward Farmers' Market

Saturdays

9 a.m. - 1 p.m.

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

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

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

SAN LEANDRO:

Kaiser Permanente San Leandro

Wednesdays

10 a.m. - 2 p.m.

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

MILPITAS:

Milpitas Farmers' Market at ICC

Sundays

8 a.m. - 1 p.m.

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

NEWARK:

Newark Farmers' Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

UNION CITY:

Kaiser Permanente Union City Farmers' Market

Tuesdays

10 a.m. - 2 p.m.

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

Union City Farmers' Market

Saturdays

9 a.m. - 1 p.m.

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

Thursday, Aug 25 - Sunday, Sep 18

Real Women Have Curves \$

Thurs - Sat: 8 p.m.

Sun: 2 p.m.

*Heartfelt celebration of women work-
ing together*

Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Thursday, Aug 26 - Sunday, Sep 24

New Visions

12 noon - 5 p.m.

Variety of mediums and techniques

Featuring Allied Artists West
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Monday, Sep 1 thru Friday, Sep 29

San Leandro Art Association Members 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

Monday, Sep 6 - Saturday, Sep 24

Halloween Costume Donations

11 a.m. - 5 p.m.

Drop off gently used costumes

Children ages 5 - 16 only
Hayward Main Library
835 C St., Hayward
(510) 881-7946
annie.snell@hayward-ca.gov

Monday, Sep 6 - Thursday, Dec 15

10th Street After-School Pro- gram

4 p.m. - 6 p.m.

Sports, arts and crafts and games

Drop-in program, no day care
10th Street Community Center
33948 10th Street, Union City
(510) 675-5488
www.unioncity.org/depart-
ments/community-recreation-ser-
vices

Thursday, Sept 8 - Sunday, 25

Serra Center Artists' Exhibition

12 noon - 5 p.m.

Variety of works in various mediums

Artists' reception Sunday, Sept 11
at 3 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Fridays, Sep 9 thru Sep 30

Teen Night Out!

5:30 p.m. - 8:30 p.m.

Play pool, air hockey and video games

Ages 12 - 17
Union City Teen Center
1200 J St., Union City
(510) 675-5600
http://www.ci.union-
city.ca.us/departments/commu-
nity-recreation-services



Fremont Art Association
37697 Niles Boulevard Fremont, CA 94536 (510)792-0905

51 st Annual Art Show September 27-October 30 2016

The association is holding its 51 st Annual Art Show.
Members and the general public are invited to submit two
and three-dimensional art for this juried show.
All applications, submissions and payments
will be done on line.

The general public is welcome to submit entries.

Deadline is September 10.

<http://tinyurl.com/faaannualshow>



LIFE ElderCare

Join us for
LIFE in Action
Friday, September 12
9:30 - 10:30 am
Parking lot behind Fremont City Hall
3300 Capitol Avenue

*Come and
find out why we
need to bring meals,
rides, friends,
and strength to
homebound
seniors every day.*



Breakfast provided by xxxxx

Everyone welcome. Pre-registration required at
LIFEinAction.eventbrite.com
LifeElderCare.org

Friday, Sep 9 - Sunday, Oct 2

Tuesdays with Morrie \$

8 p.m.
Sunday matinees 2 p.m.
Student and teacher reconnect 20
years later
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Mondays and Wednesdays, Sept 12 thru Oct 12

Develop Your Own Food Busi- ness - R

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

*Discuss operating models, costs and
marketing*

Hayward Adult School
22100 Princeton St., Hayward
(510) 293-8595
[https://www.facebook.com/hay-
wardchamber/](https://www.facebook.com/haywardchamber/)

Mondays, Sep 12 thru Oct 17

Meditation Heartfulness Class

11 a.m. - 12 noon

Connect with your inner light and joy

Ages 55+
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, Sep 13 thru Nov 1

Finding Wellness - R

9:30 a.m. - 11:00 a.m.

*Discuss nutrition and stress manage-
ment*

Participate in gentle exercises
Ages 55+
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, Sep 13 thru Nov 8

Memory Academy \$R

2:00 p.m. - 3:30 p.m.

Strategies to increase brain function

Kenneth C. Aitken Center
17800 Redwood Rd.,
Castro Valley
(510) 881-6738
www.haywardrec.org

THIS WEEK

Wednesday, Sep 7

Teen Activity Group

4 p.m. - 5 p.m.

Volunteer to plan library events

Earn volunteer hours

Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5366
rob.spitzel@hayward-ca.gov



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what is happening. We also have the
back issues archived



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cancer patients
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and Union City Area

Have you received the devastating
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appointments?
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Help us raise funds: come to an event
or give a cash donation

Please call 510-896-8056

Email: programassistant@driversforsurvivors.org
www.DriversForSurvivors.org



You're Invited

AAUW Fremont Branch Annual Fall Brunch

All are welcome - members, friends and guests

- Learn about programs and activities and join us to make an impact
- Meet Tech Trek and Ohlone College scholarship recipients
- Enjoy a delicious complimentary brunch
- Participate in a drawing* for a beautiful quilt**

* to support Ohlone College Scholarships for Women

** donated by the Piecemakers' Quilt Guild

Saturday, September 10, 2016

9:30 - 11:30 a.m.

Niles Discovery Church

36600 Niles Blvd., Fremont

(near Mission Blvd. & Nursery Ave.)

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

AAUW Fremont Branch Website: <http://fremont-ca.aauw.net>

For more information, contact Sandi Cole email: slcole24@gmail.com



BRONCO BILLY'S
PIZZA PALACE

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

M, T, W, Th, Sun 11am-10pm
Fri & Sat. 11am -11pm

ANY X-LARGE PIZZA \$3 OFF
ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF

510-727-0532

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

26775 Hayward Blvd. Hayward

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

Expires 10/30/16



Pentecostal Missionary Church of Christ (4th Watch)

GOD is inviting YOU!!
Be One in PRAYER for our NATION!!
September 11, 2016 | 10:00AM
Crown Plaza Hotel
32083 Alvarado Niles Rd, Union City
PMCC 18th Church Anniversary

Let us remember those that have lost their lives and serve our country. Reconnect with God & experience His mighty power thru music and His words to be ministered by the **SurerWord TV** keynote speaker **Bishop Jonathan Ferriol.**

Free lunch to follow in World Gourmet Buffet in Stevenson Blvd., Fremont

Present this ad in Crown Plaza to receive your ticket to free lunch
For more information please call or text Ptr Jun 5104600277 / 5104023185

Neighborhood “Village”

Non-profit to help people stay in their homes as they age

Eden Area Village is developing a non-profit membership group to serve **Hayward, Castro Valley** and **San Lorenzo** area.

Public outreach meetings held 1st Friday of each month 2pm
Hayward City Hall
777 B Street, Hayward



CASA ROBLES
Mexican Cuisine & Cantina

Menudo every Sunday
Mariachi- 8pm Friday Night

Catering and Party Trays
www.casaroblesrestaurant.com
510-770-9572
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Fremont (Irvington District)

50%off

Buy one Entree at the regular price
Get the second entree of equal or less value for 50% off
Seafood Excluded
Holidays Excluded
Must present coupon with order
Exp. 10/30/16

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

Wednesday, Sep 7
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, Sep 7
Open House \$
1 p.m. - 3 p.m.
Docent led tours of historic home
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Wednesday, Sep 7
Ribbon Cutting Ceremony
2 p.m.
Dedication of new 12 classroom building
Funded by Measure E
Warm Springs Elementary
47370 Warm Springs Blvd., Fremont
(510) 659-2542
http://www.fremont.k12.ca.us/Page/27317

Wednesday, Sep 7
Guest Artist Presentation
7 p.m. - 9 p.m.
Pastel painting demonstration
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Thursday, Sep 8
All in White Casino Night \$
6 p.m. - 10 p.m.
Benefit for Give Teens 20
Resources for higher education and career direction
Magnussen's Lexus of Fremont
5600 Cushing Pkwy., Fremont
(510) 790-1673
infor@giveteens20.org
www.GT20.org

Thursday, Sep 8
Music for Minors II Kids Choir Auditions \$
3:15 p.m.
Prepare one song to sing a cappella
Niles School Auditorium
37141 Second St., Fremont
(510) 733-1189
mfm2kidschoir@gmail.com
http://www.musicforminors2.org/

Thursday, Sep 8
Tri-City Youth Chorus Rehearsal
4:15 p.m. - 5:15 p.m.
Children grades 5 - 8 learn to read music and sing
No audition required
Niles Discovery Church of Fremont
36600 Niles Blvd., Fremont
(510) 797-0895
www.tricityyouthchorus.weekbly.com

Friday Sept 9
Murder in the Library
7:30 p.m. to 8:30 p.m.
San Leandro Main Library, Carnegie Hall and Theater
300 Estudillo Ave, San Leandro
(510) 577-3970 / (510) 577-3986
Free

Friday, Sep 9 - Saturday, Sep 10
American Red Cross Blood Drive – R
7:30 a.m. - 2:30 a.m.
Call to schedule an appointment
Drop-ins welcome
Fremont-Newark Blood Center
39227 Cedar Blvd., Newark
(800) 733-2767
www.redcrossblood.org

Friday, Sep 9 - Sunday, Sep 11
Live Music
Fri: 8 p.m. Uptown Six
Sat: 5 p.m. Kay Bolhler
Sun: 3 p.m. Blues Jam
World Famous Turf Club
22519 Main St., Hayward
(510) 881-9877
www.WorldFamousTurfClub.com



Centerville Presbyterian Church

Centerville Presbyterian Church has been reaching out to the tri-city community for more than 150 years. As part of our commitment to building and encouraging healthy marriages, our Marriage Ministry team is hosting a special Date Night Event. This event is open to all couples seeking to gain perspective on conflict resolution and continue growing in relationship with each other.

Reservations

Contact CPC office by phone or email
Tel: (510) 793-3575
Email: cpcoffice@cpcfremont.org
Web: cpcfremont.org
Address: 4360 Central Avenue
Fremont, CA 94536

Schedule

5 PM – Register at CPC
Drop Children off at Kids Care in the Family Education Building

6:45 PM – Return to CPC
To enjoy dessert served in the Centre Building

7:15 PM – Panel Discussion
Panel discusses disagreement and conflict resolution

Marriage Date Night & Panel Discussion



Marriage is about patience, commitment, sharing, caring, giving, receiving, respect, understanding, overcoming, reconciling and rejoicing

Healthy Marriages normally encounter disagreement and conflict yet practice successful conflict resolution

Here's How Date Night Works...

- Couples are encouraged to enjoy an early evening dinner out (child care provided). A list of topics will be provided for couples to share at dinner to get the most from observing the following Panel Discussion
- Then, attend the Marriage Panel Discussion at CPC (dessert provided)
- Real couples, representing different age groups, have been selected to share their challenges and disagreements as well as insights into conflict resolution
- Pastors Marsha and Greg Roth will moderate the discussion and bring many years of marriage and ministry experience to the event

Friday, Sept 9
Mudpuddle concert
8 p.m. – 11 p.m.
The Mudpuddle Shop
37433 Niles Blvd, Fremont
Seating limited to 30
RSVP:
info@michaelsmcnevin.com
RSVP: FB Link:
https://www.facebook.com/event/s/210370199365449
\$20

Saturday, Sep 10
Stir Up the Praise Gospel Concert \$
6 p.m. - 9 p.m.
Featuring variety of singers and dancing
Shiloh Baptist Church
22582 S Garden Ave., Hayward
(510) 491-3702

Saturday, Sep 10
Pet First Aid and CPR \$R
9 a.m. - 1 p.m.
Focus on basic first aid
Ages 12+
Lake Chabot
17600 Lake Chabot Rd, Castro Valley
(888) 327-2757
www.ebparksonline.org

Saturday, Sep 10
Garin Apple Festival \$
12 noon - 4 p.m.
Music, dancing, games, crafts and food
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

Saturday, Sep 10
Wax: It's the Bee's Knees \$
2 p.m. - 3 p.m.
Create candles and taste honey
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Sep 10
Corn Mosaics \$
1 p.m. - 2 p.m.
Create a craft with rainbow corn
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Sep 10 - Sunday, Sep 11
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, Sep 10
Digging Up the Past
9 a.m.
Visit the final resting place of area's founding families
San Lorenzo Pioneer Cemetery
Usher Street & College Street, San Lorenzo
(510) 581-2516
www.haywardareahistory.org

Saturday, Sep 10
Train Ride and Wine Tasting Special \$
1 p.m. - 3 p.m.
Ride the rails and enjoy local wines
No outside food or beverages
Must be 21+
Niles Canyon Railway
Niles Depot Station
37001 Mission Blvd., Fremont
(510) 996-8420
www.ncry.org

Saturday, Sep 10
Apple Cider Pressing \$
11 a.m. - 12 noon
Squeeze juice for a tasty treat
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Sep 10
Twilight Marsh Walk – R
7:00 p.m. - 8:45 p.m.
Discover the shoreline at dusk
Not suitable for young children
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x363
https://donedwardstwillight.eventbrite.com

Saturday, Sep 10
eBook and eAudiobook Help
10:30 a.m. - 12:30 p.m.
Assistance with downloading electronic books
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Saturday, Sep 10
Fall and Winter Gardening – R
1 p.m. - 3 p.m.
Discuss cool weather crops and mulching
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677
btelford-ishida@aclibrary.org

Saturday, Sep 10
Stitch an Inch Crochet and Knitting Club
12:30 p.m. - 2:30 p.m.
Create hats and sock
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 795-2627
btelford-ishida@aclibrary.org
www.aclibrary.org

Saturday, Sep 10**Fixit Clinic – R**

1 p.m. - 4 p.m.

Repair small electronics, appliances and toys

Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677
btelford-ishida@aclibrary.org

Saturday, Sep 10**Movie Night \$**

7:30 p.m.

Rudolph Valentino in Son of the Sheik

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

Saturday, Sep 10**Saturday Stroll \$**

10 a.m. - 12 noon

Easy 3.5 mile shoreline walk

Dogs welcome
Lake Chabot
17600 Lake Chabot Rd,
Castro Valley
(888) 327-2757
www.ebparks.org

Saturday, Sept 10**Stir Up the Praise II Gospel Concert**

6 p.m.

Shiloh Baptist Church
22582 South Garden Ave,
Hayward
(510) 491-3702

Saturday, Sep 10**Community Carnival**

10 a.m. - 3 p.m.

Food, games, magic show and photo booth

Cross Point Church
658 Gibraltar Ct., Milpitas
(408) 586-8688
http://communitycarnival.org/

Saturday, Sep 10**AAUW Annual Fall Brunch**

9:30 a.m. - 11:30 a.m.

Complimentary brunch and raffle

Niles Discovery Church of
Fremont
36600 Niles Blvd., Fremont
(510) 797-0895
slcole24@gmail.com
http://fremont-ca.aauw.net

Saturday, Sep 10**Laughter Yoga**

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

Reduce stress and improve respiration

Hayward Main Library
835 C St., Hayward
(510) 881-7975

Saturday, Sep 10**Day in Decoto Block Party**

12 noon - 5 p.m.

Food, music, bounce house, community resources

Decoto Plaza
E and 5th Street, Union City
(510) 487-8552
ccara@filipinos4justice.org

Saturday, Sep 10**Marc Black Concert**

2 p.m.

Popular songs from the 1950's and 1960's

Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Friday, Sep 10 - Saturday, Sep 11**Public Open House**

10 a.m. - 4 p.m.

View historical artifacts

Museum of Local History
190 Anza Street, Fremont
(510) 623-7907
www.museumoflocalhistory.org

Saturday, Sep 10**Passport to Adventure Program Launch**

12 noon

Visit historic sites in Fremont to discover the city's past

Old Mission San Jose
43300 Mission Blvd., Fremont
(510) 659-6158
https://www.facebook.com/Passport-toAdventure-319796038361048?

Saturday, Sep 10**Car and Bicycle Show**

10 a.m. - 5 p.m.

Live music, food, vendors and custom cars

Downtown Hayward
B St. and Foothill, Hayward
(510) 695-3211
info@vintagealley.com

Saturday, Sept 10**Das Brew Bash**

3 p.m. – 6 p.m.

Das Brew Craft Brewery
44356 S Grimmer Blvd, Fremont
(510) 270-5345
Das Brew
Website:http://www.dasbrewinc.com/
Das Brew Facebook:
https://www.facebook.com/JP-DasBrew
Free

Saturday, Sep 10 - Sunday, Sep 11**Fall Festival**

10 a.m. - 6 p.m.

Entertainment, arts & crafts, wine and food

Castro Valley Village
Redwood Road & Castro Valley Blvd., Castro Valley
(510) 537-5300
www.edenareachamber.com/fall-festival

Sunday, Sep 11**Lovely Ladies Croquet \$**

1 p.m. - 3 p.m.

Watch a Victoria era game

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Sep 11**Cooking in the Country Kitchen \$**

11 a.m. - 1 p.m.

Sample treats from a wood burning stove

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Sep 11**Wake Up the Farm \$**

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

Prepare morning snack for farm animals

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Sep 11**9/11 Remembrance and Prayer**

10 a.m.

Music, prayer and lunch

Crown Plaza Hotel
32083 Alvarado Niles Rd., Union City
(510) 460-0277

Sunday, Sep 11**Meet the Bunnies \$**

11:30 a.m. - 12 noon

Interact with the rabbits

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Sep 11**Math for Adults**

2 p.m. - 4 p.m.

Empirical Rule

Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Sunday, Sep 11**Play with Dough \$**

12:30 p.m. - 1:30 p.m.

Sift flour, knead dough and make pretzels

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Sep 11**Laurel and Hardy Talkie Matinee \$**

4 p.m.

Mush and Milk, Hog Wild, Thicker than Water

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

Sunday, Sept 11**Newark Library Sunday Opening Celebration**

2:00 p.m. – 4:30 p.m.

Newark Library
6300 Civic Terrace Ave, Newark
(510) 795-2627 / (510) 745-1544
Free

Sunday, Sep 11**All About Reptiles**

10 a.m. - 12 noon

Discover snakes, turtles and birds

Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Sep 11**Snakes, Stories and Spirals**

1:30 p.m. - 3:30 p.m.

Meet the snakes and make a craft

Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Sep 11**Harvest Music Festival \$R**

12 noon - 9 p.m.

Live music and BBQ

Bring your own food
Stone Garden
55 Mowry Ave, Fremont
http://www.michaelmcnevin.com/

Sunday, Sep 11**9/11 Remembrance Event**

10 a.m.

Honoring the lives lost on Flight 93

Hayward 9/11 Memorial Site
22738 Mission Blvd, Hayward
www.93Memorial.com
www.Hayward911Memorial.com

Sunday, Sep 11**Blues and Jazz Concert**

1 p.m. - 5 p.m.

O'clock Jump Big Band and Tablues

Hayward Memorial Park
24176 Mission Blvd., Hayward
www.haywardrec.org

Monday, Sep 12**Bingo Luncheon \$**

12 noon

Food, raffle and bingo

Eagles Hall
21406 Foothill Blvd., Hayward
(510) 782-8187

Monday, Sep 12**Lawyer in the Library – R**

6:00 p.m. - 7:45 p.m.

Consultation to provide legal guidance

15 minute session with appointment
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677

Monday, Sep 12**Book Discussion**

6:30 p.m.

Pedro Paramo by Juan Rulfo

Hayward Main Library
835 C St., Hayward
(510) 881-7700
thomas@hayward-ca.gov

Monday, Sep 12**Memoir Writing Workshop - \$R**

10 a.m. - 11 a.m.

Strategies to share your history

Ages 55+
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Monday, Sep 12**Ohlone College Golf Tournament \$R**

9:30 a.m.

Brunch, golf and banquet

Castlewood Country Club
707 Country Club Cir.
Pleasanton
(510) 659-6053
www.ohlonecollegegolf.org

WANTED!

Old or historical photographs of Newark. Help preserve Newark's history by bringing your photographs to be scanned. The images will be archived becoming a permanent part of Newark history.

The Museum of Local History Guild will be at the Newark Days Celebration - Community Center room on Sunday, September 18, 2016 from 10am—4pm to scan your old pictures.

Pictures will be returned along with your own digital images (bring a memory stick).

Participate in a Video interview 3-5 minutes

You can be recorded for posterity. Short, videotaped interview on any of the following subjects:

- my favorite memory of Newark
- my favorite thing in Newark that is now gone
- my earliest memories of Newark
- Newark's most unforgettable character or event



Contact Info:
Timothy Swenson
925-200-7517

Museum of Local History Guild
190 Anza St., Fremont

museumoflocalhistory.org

Tuesday, Sep 13**Bird Walk**

7:30 a.m. - 9:30 a.m.

Discover birds on a tranquil trail

All levels welcome
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Tuesday, Sep 13**Teen Activity Group**

5 p.m. - 6 p.m.

Assist in planning teen library events

Hayward Main Library
835 C St., Hayward
(510) 881-7946

Tuesday, Sep 13**Peer Writers' Group**

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

Discuss getting your writing ready for submission

Bring 10 copies to share
Hayward Main Library
835 C St., Hayward
(510) 881-7700

Tuesday, Sep 13**Booklegger Orientation**

2 p.m. - 3 p.m.

Volunteers read aloud to kids

Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

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Summer Concert Series

You’ve got the sun, your shorts and sandals – what else do you need to jump into summer? How about those sweet musical strains that soundtrack so many summer memories? Concert series are now kicking off in the Tri-Cities with something for every musical taste. Grab a friend, your shades, and a picnic and kick back and enjoy!

Pacific Commons
Summer Concert Series
Saturdays, 6:00 p.m. – 8:00 p.m.
The Block (near Dick’s Sporting Goods)
43923 Pacific Commons Blvd, Fremont
(510) 770-9798
http://pacificcommons.com/
Free
Sept. 10: Last One Picked (Rock & Americana)

HAYWARD
Hayward Street Party
Thursdays, 5:30 p.m. – 8:30 p.m.
B Street (between Foothill Blvd and Watkins St), Hayward
(510) 537-2424
www.hayward.org
Free
Sep 11: Blues & Jazz Concert: 3 O’Clock Jump Big Band and Tablues (benefiting Mt Eden High School Choirs), with Guest Celebrity Chef Hayward City Council Member Francisco Zermeno
Sep 18: Jazz Concert: What’s Up Big Band and the LaHonda All Stars Band (benefiting Hayward-La Honda Music Camp)
Sep 25: “Uncle Rico’s” Original Rock ‘n Roll featuring The Hypnotones, Hayward High School Marching Band, Band and Jazz Band members (benefitting Hayward High School Instrumental Music Program), with Guest Celebrity Chef Mark Salinas and donations from Chavez Market

Hayward Odd Fellows Summer Concert Series
Sundays, 1:00 p.m. – 5:00 p.m.
Hayward Memorial Park
24176 Mission Blvd, Hayward
fgoulart@pacbell.net
www.HaywardLodge.org
Free
Sep: 11: Blues & Jazz Concert: 3 O’Clock Jump Big Band and Tablues (benefiting Mt Eden High School Choirs), with Guest Celebrity Chef Hayward City Council Member Francisco Zermeno
Sep 18: Jazz Concert: What’s Up Big Band and the LaHonda All Stars Band (benefiting Hayward-La Honda Music Camp)
Sep 25: “Uncle Rico’s” Original Rock ‘n Roll featuring The Hypnotones, Hayward High School Marching Band, Band and Jazz Band members (benefitting Hayward High School Instrumental Music Program), with Guest Celebrity Chef Mark Salinas and donations from Chavez Market

BOOKMOBILE SCHEDULE

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about the Bookmobile call
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Times & Stops subject to change

Tuesday, Sept 6
4:30 – 5:20 Weibel School,
45135 South Grimmer Blvd.,
FREMONT
5:50 – 6:40 Booster Park, Gable
Dr. & McDuff Ave., FREMONT

Wednesday, Sept 7
12:45 – 2:15 Glenmoor School,
4620 Mattos Dr., FREMONT
3:15 – 3:45 Station Center,
Cheeves Way, UNION CITY
6:00 – 6:30 Camellia Dr. &
Camellia Ct., FREMONT

Thursday, Sept 8
11:30 – 12:30 Our Lady of
Grace, 19920 Anita Ave.,
CASTRO VALLEY
2:15 – 3:15 Cherryland School,
585 Willow Ave., HAYWARD

Monday, Sept 12
1:45 – 2:45 Delaine 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
Circle, FREMONT

Tuesday, Sept 13
2:30 – 3:25 Cabrillo School,
36700 San Pedro Dr.,
FREMONT
4:45 – 5:30 Baywood Apart-
ments, 4275 Bay St.,
FREMONT
5:50 – 6:30 Jerome Ave. &
Oholones St., FREMONT

Wednesday, Sept 14
1:00 – 2:00 Del Rey School, Via
Mesa & Via Julia.,
SAN LEANDRO
2:30 – 2:55 Eden House Apart-
ments, 1601 165th Ave.,
SAN LEANDRO
3:30 – 4:00 Baywood Court,
21966 Dolores St.,
CASTRO VALLEY
6:00 – 6:30
Camellia Dr. & Camellia Ct.,
FREMONT

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Monday, September 12
11:45 – 1:00 SanDisk
Corporation, 951 Sandisk Dr.,
MILPITAS
1:30 – 2:00 Friendly Village Park,
120 Dixon Landing Rd.,
MILPITAS

All In White Casino Night is here!



SUBMITTED BY KATHY LAIDLAW

GiveTeens20 (GT20) is an education non-profit organization helping teens find their perfect career fit through proprietary videos, in-class presentations and no-cost online resources. GT20, in association with Magnussen Lexus of Fremont, is hosting its second annual fundraiser, the “All In White Casino Night,” on Thursday, September 8 at Magnussen Lexus. This fundraiser is for ages 21 and over only, please!

As part of our initiative toward honoring community champions who have played an integral part in shaping young minds and equipping the individual, we are pleased to announce the recipient of the 2016 Teen Champion Award Mr. Wayne Phillips, International Relations teacher at Millbrae High School. The award will be presented by Ro Khanna, Democratic candidate for California’s 17th Congressional District. Khanna, as a teacher and politician, has made strengthening the public school system and the economy a first priority so it is only fitting that he honor Mr. Phillips with this award!

Tickets (\$50) to the event, are limited and restricted to 150 attendees, so buy yours today at <http://www.gt20.org>

All In White Casino Night
Thursday, Sept 8
6 p.m. – 10 p.m.
Magnussen Lexus
5600 Cushing Pkwy, Fremont
Tickets: <http://www.gt20.org>
Email: office@giveteens20.org
21 and older only

\$50/ person (Includes meal, beverage and \$200 in Casino Cash)

I Am For the Child

SUBMITTED BY
CAROL TROTTER

Court Appointed Special Advocates (CASA) of San Leandro and Alameda County will be holding their “I Am For the Child” fundraising event on Wednesday September 28 in Oakland.

CASA’s mission is to “recruit, train and support volunteers to speak and act as advocates for the best interest of abused, neglected and abandoned children and youth in the juvenile courts.”

Master of Ceremonies for the evening is Bill Somerville, Founder of Philanthropic Ventures Foundation. A special musical performance, by the Oakland Youth Chorus, adds to the festivities. Tickets are \$35 and include beverages and hors d’oeuvres. For more information, contact: Carol Trotter at ctrotter@acgov.org or (510) 618-1961.

I Am For the Child – CASA Fundraiser
Wednesday, Sept 28
6:00 p.m. – 7:30 p.m.
Wedgewood Banquet Ctr, Metropolitan Golf Links
10051 Doolittle Dr, Oakland
(510) 618-1961
ctrotter@acgov.org
\$35

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SPORTS

American High teen wins bronze medal in half marathon

SUBMITTED BY THAN TIROUVINGADAME

Gokul Krishna, 15, from American High School in Fremont, surprised many by completing the ZombieRunner Half Marathon and winning the bronze medal for his age group. His brother, Tharun, age 13, won the Silver medal in the 10 km race in his age group.

The event held by Coastal Trail Runs, known for their spectacular venues along Coastal California, had approximately 500 runners participating in the run on August 20. Gokul Krishna, finished the half-marathon at 2:27:15 minutes and won the bronze medal in the 13-19 age group.

The race that started at the East Beach continued underneath the Golden Gate and followed the Coastal Trail to Baker Beach with spectacular views of the Pacific Ocean along the way. Although the course is spectacular and the San Francisco weather



Gokul Krishna



Tharun Krishna

cool and encouraging, the trail can be very hilly and challenging. The course involves going up a set of wood and dirt stairs under the Golden Gate Bridge, and with major climbs/descents along the Golden Gate Promenade, making it a daunting task for runners who expect flatter, faster surfaces.

Gokul, who moved to the United States, four months ago, had participated in Track and Field events in India earlier, but this is the first time he had run in a half-marathon. Though skeptical during sign-up, he trained

hard during the summer and was overjoyed when he won the Bronze medal for his age group (13-19). His younger brother Tharun Krishna, who attends Thornton Junior High, ran in the 10 km race and won the Silver medal, in his age group (13-19).

For information about Coastal Trail Runs, visit:
<http://www.coastaltrailruns.com/index.html>

For results:
http://www.coastaltrailruns.com/zrsf_results_16.htm



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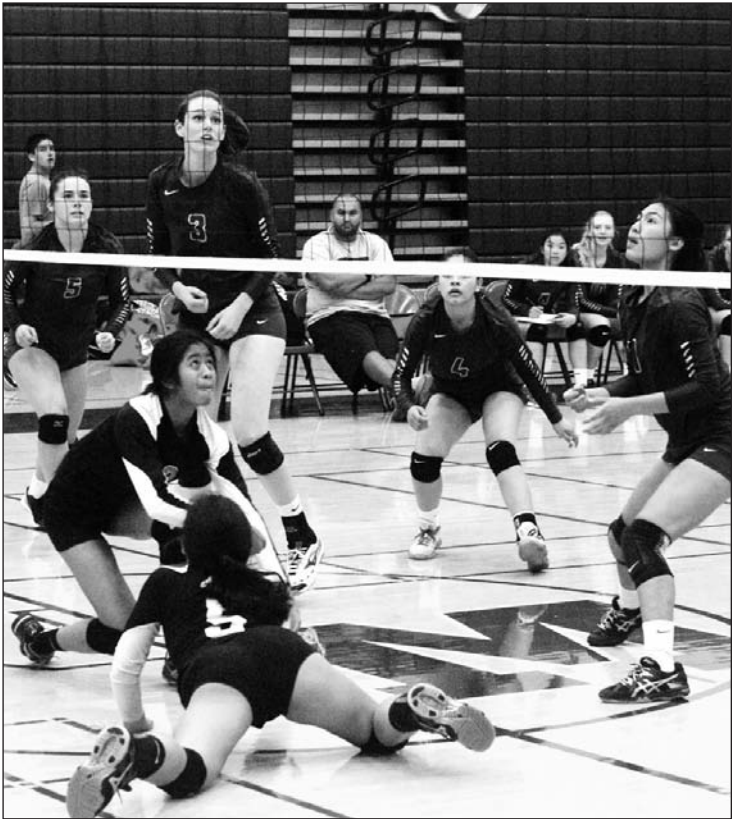
Janet L. Laney, D.C., Q.M.E
510-792-9000
6943 Thornton Ave., Newark

Women’s Volleyball

Cougars blank Dons

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Newark Cougars Volleyball team dominated their match on September 1st with the Arroyo Dons (San Lorenzo) 3-0.



Football

Granada tops Cougars in freshman contest

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Newark’s freshmen Cougars met the Granada High School Matadors of Livermore on September 1st and learned some valuable lessons for the future, suffering a 26-14 loss. The Matadors used great offensive techniques to secure the victory.





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Women's Volleyball

Ohlone College
Renegades Report

SUBMITTED BY
JEREMY PENAFLOR

Ohlone College Classic
Results 9-2-16
Ohlone d. Cosumnes River, 3-0 (25-20, 25-20, 25-20)
-Freshman outside hitter
Drew Pressler led with four kills
-Freshman setter Cassie
Cariño led with 23 assists
-Freshman libero Tasha

Harger led with 17 digs
Cosumnes River d. Los
Medanos, 3-2 (15-25, 25-23, 25-19, 22-25, 15-12)

Ohlone d. Los Medanos, 3-1 (25-15, 25-21, 23-25, 25-21)
-Freshman outside hitter led in kills with 19
-Freshman setter Hannah Finnigan led with 28 assists
-Freshman libero Tasha Harger led with 17 digs

Ohlone College vs. Lassen
College, 8-31-16
Folsom College Classic
Lassen d. Ohlone, 3-1 (25-21, 26-28, 25-17, 25-22)

Statistical highlights:
-Freshman middle blocker
Michelle Vo led in hitting percentage at 0.364 with 6 kills
-Freshman outside hitter
Drew Pressler led the team with 8 kills
-Freshman setter/outside hitter
Hannah Finnigan hit a percentage of 0.313 with 7 kills
-Freshman outside
hitter/libero Cassandra Hayashi led with 19 digs
-Freshman setter Cassandra Carino led with 33 assists

Folsom Lake d. Ohlone, 3-0 (25-19, 25-9, 25-17)

West Nile Virus positive mosquitoes
detected in Milpitas and San José

SUBMITTED BY SANTA CLARA
COUNTY PUBLIC AFFAIRS

Santa Clara County Vector Control District (SCCvcd) has confirmed that adult mosquitoes collected from parts of the 95035 and 95132 ZIP code areas of the cities of Milpitas and San José have tested positive for West Nile virus (WNV). The detection of mosquitoes infected with WNV prompted mosquito fogging treatment in the designated areas on August 31.

“Discovery of infected mosquitoes in the Milpitas area reminds us that the West Nile virus is present throughout the county,” said Santa Clara County Vector Control District’s Interim Manager, Paul Tavares. “All residents of the County should take precautions against mosquito bites.”

WNV infection does not cause symptoms in most people, but in some individuals it can cause fever, headache, body aches, and in severe cases, significant neurological damage or death. Adults older than 50 years and individuals with certain chronic medical conditions such as diabetes, high blood pressure, cancer, and kidney disease are most at risk for serious complications.

Residents can play a strategic role in preventing the spread of West Nile virus. It is important to remain vigilant by taking practical steps to eliminate standing water around the home.

Some practical measures against mosquito bites are:

At home:

- Mosquitoes lay eggs in water. Drain or Dump standing water weekly. Drain, remove, or turn over anything that can hold water: flowerpots, planter bases, bird baths, toys, cans, rain gutters, pet dishes, buckets, and old tires.
- Fix leaky water faucets and sprinklers.
- Screens on doors and windows should be tight-fitting and in good repair.
- Do not let your swimming pool water fall below the pump circulation area. Free mosquitofish placement can be requested through the SCCvcd for neglected pools or ornamental ponds.

Outdoors:

- Limit outdoor activities during dusk & dawn to prevent mosquito bites. Those are the times when the mosquitoes that transmit WNV are most active.
- If you need to go outside in an area where mosquitoes are active:
 - Dress in long sleeve shirts and long pants, preferably in light colors.
 - Apply insect repellent following label instructions.
- For free assistance with mosquito control, WNV, or other vectors, residents can contact the District office by calling (408) 918-4770 or fill out a service request online at SC-Cvector.org



Football

Titans offense overpowers
Berean Christian Eagles

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The Titans of John F. Kennedy High School (Fremont) beat the Berean Christian Eagles (Walnut Creek), 46 to 39 on September 3rd, with a great display of offense, opening holes in the Eagles defensive line. This allowed Titan runners to break free as they took the lead and never looked back. However, Eagles Isash Hodgins number 7, didn't make it easy, showing great versatility and speed, resulting in great plays. However, the Titans defense showed up in the fourth quarter, making exceptional defensive plays that shut down and held Berean Christian to less than 75 yards.



Lake Anza closed to swimming

SUBMITTED BY CAROLYN JONES

The East Bay Regional Park District has closed Lake Anza, in Tilden Regional Park in Berkeley, due to an outbreak of toxic algae. The swim lake will remain closed until further notice.

Tilden Park remains open for picnicking, hiking and other activities.

The Park District's other swim lakes and lagoons also remain open: Quarry Lakes in Fremont, Lake Temescal in Oakland, Lake Del Valle in Livermore, Cull Canyon in Castro Valley, Contra Loma in Antioch and Don Castro in Hayward.

Exposure to toxic algae, either through ingestion or skin contact, can cause rashes, skin and eye irritation, allergic reactions or gastrointestinal problems, according to the California Department of Public Health. Toxic algae can be fatal to dogs and they should refrain from direct contact.

Park District staff monitor all our lakes regularly. Find updates at: http://www.ebparks.org/features/Toxic_Algae_Update

Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov

Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us

Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov

Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us

San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org

Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd., Union City
(510) 471-3232
www.ci.union-city.ca.us

WATER/SEWER

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org

East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com

Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org

Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
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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

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Santa Clara Cty Board approves Affordable Housing Bond oversight structure

SUBMITTED BY
JANICE ROMBECK

With an unprecedented focus on transparency and accountability, the Santa Clara County Board of Supervisors unanimously approved an oversight model for the Affordable Housing Bond that voters will consider on the November ballot.

The proposal from Board President Dave Cortese and Supervisor Cindy Chavez, which includes recommendations from the California League of Bond Oversight Committees, will return to the Board for a final vote as a draft ordinance that would take effect if the bond measure is approved.

“Our oversight plan is structured so that the public can be assured that all money generated from the bond will be spent on affordable housing throughout the County,” said Cortese. “We and the community we represent want an Oversight mechanism that is as independent and transparent as the law allows.”

The model approved on Tuesday, August 16, has been endorsed by the League of Women Voters of Santa Clara County, the Cities Association of Santa Clara County and the California League of Bond Oversight Committees.

The Board voted to place the Affordable Housing Bond Measure on the ballot in response to the urgent need for affordable housing. The measure is expected to generate \$950 million to build housing for homeless, low- and moderate-income residents and first-time homebuyers.

The nine-member Citizens Oversight Committee for the Housing Bond would be comprised of at least one attorney, auditor/certified public accountant, investment professional, housing advocate and representatives from a civic organization, organized labor, business organizations, the County Cities Association and the County Assessor.

An independent auditor would report directly to the committee and prepare reports for the Board, which would be available to the public 14 days before public meetings. The reports would also be provided to each city in the County before meetings. The committee would receive all Housing Bond reports, as well as financial reports and budget documents. Besides comprehensive audits, the auditor will be able to make “spot check” audits and provide reports.

For questions, contact Supervisor Cortese’s office at (408) 299-5030 or Supervisor Chavez’ office at (408) 299-5020.

Alameda County considering plan to refund bond debt

SUBMITTED BY GUY ASHLEY

The Alameda County Board of Supervisors is considering a tax-exempt refunding of a portion or all of the outstanding Alameda County Joint Powers Authority Lease revenue bonds 2008 Series A. The fixed-rate refunding would involve issuing new lease revenue bonds in order to refund as much as \$120 million in outstanding County bond debt associated with the construction of the Alameda County Juvenile Justice Center (JJC) in San Leandro. The refunding would allow Alameda County to take advantage of historically low interest rates in order to save taxpayers an estimated \$1 million in annual debt service costs over the next two decades.

The refunding could result in as much as \$20 million in net

present value savings to the County over the next 19 years, said Susan S. Muranishi, Alameda County Administrator. The savings would give Alameda County additional flexibility in building its financial reserves, and in making further investments in critical infrastructure and vital community programs. Through a competitive process, County supervisors have appointed a team of outside attorneys, underwriters and financial advisors to execute the transaction.

The JJC opened off Fairmont Drive in San Leandro in 2007, providing at-risk youth in Alameda County with integrated health, education, legal, and correctional services in one location for the first time.

New health center to serve needs of African-American community

SUBMITTED BY JANICE ROMBECK

A new health center focused on the needs of African Americans received \$350,000 from the Santa Clara County Board of Supervisors on August 30, to cover construction and other initial costs of launching the project. The health center will be located at Ujima Adult and Family Services, 1898 The Alameda in San Jose.

The Board voted unanimously to support the Roots Community Health Center, which will be the first and only primary care facility in the County to specifically address the needs of residents of African ancestry.

The project will be a partnership of the Oakland-based Roots Community Health Center and the Ujima Adult and Family Services in San Jose, which currently provides mental health services to African-Americans.



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TAKES FROM SILICON VALLEY EAST

Silicon Valley real estate perspectives: Q&A with Joe Lewis, Orchard Commercial

BY JOE LEWIS,
PRESIDENT/OWNER
ORCHARD COMMERCIAL

Earlier this month real estate magazine The Registry hosted its 2016 Silicon Valley Market Perspectives event, highlighting some of the region’s biggest real estate players. Several of the featured panelists are active in the Fremont market, including Orchard Commercial’s Joe Lewis, who moderated a panel on residential development. We recently caught up with Joe to help us flesh out the event’s prevailing themes and to get his outlook on the state of Silicon Valley real estate.

1. Orchard Commercial has been a leading player in Silicon Valley real estate for over 40 years. Tell us more about Orchard and new projects you have on the horizon.

Orchard Commercial provides comprehensive commercial real estate expertise and services throughout Silicon Valley, operating a portfolio of 14 million sq. ft. with about 100 employees. We are on a continual search for new clients and projects that can use our expertise, experience, and efforts.

2. The recent Registry event included two great panels with deep expertise in the Valley’s real estate dynamics. What remarks struck you most?

The residential panel focused on solving Silicon Valley’s housing crisis. It is a very challenging proposition, but I was inspired by the thoughtful efforts of Summerhill and Sares Regis. What they attempt every day is complex and very important to the health of our region. The com-

mercial panel focused on finding a yield. Commercial real estate competes in financial markets for investment dollars. Anybody with money in a savings account knows that yields are very low—less than 2 percent. Quality commercial investment real estate, even with historic low yields of 4 to 6 percent, looks great alongside. Also, much of the money in real estate is made in the “buy low-sell high” side of the investment. That makes market timing and “what’s going on” such an important part of the skill set for investors.

3. What do you see as the Valley’s a) most serious challenge and b) best opportunity when it comes to real estate?

The biggest challenges of the Valley are traffic and housing. Discovering the biggest opportunities in real estate is why so many people attend these events! “Better lucky than smart” is a common joke among real estate investors. “Excellence of execution” would be a better philosophy to follow. Skill and diligence in your area of studied expertise will make the most difference over the long haul. Your best opportunity is using what you know.

4. Orchard Commercial has invested in Fremont with its successful Pacific Plaza shopping center. What attracted you to the Fremont market?

Fremont is an idea whose time has come. In the Bay Area, Fremont is the affordable, opportunity-rich, and diverse alternative for business, housing, and manufacturing. The Dumbarton Bridge, restored wetlands, new houses, Tesla, and other factors all play a role in this remarkable renaissance. In so many ways, it is the new place to be.

“The County will continue to support the Roots Community Health Center as it develops into a vital health care service provider for our African-American community,” said Board President Dave Cortese. “This project will improve the overall health of African Americans, and the overall health of the County.”

The health center was a recommendation of the County Public Health Department’s report, completed in 2015, the “Status of African/African Ancestry Health: Santa Clara County,” a health assessment called for in 2013 by Supervisor Ken Yeager when he was Board President. The Black Leadership Kitchen Cabinet of Silicon Valley partnered with the Public Health Department on the assessment.

While the health assessment found that disparities between the health status of the African/African Ancestry community and other racial/ethnic groups in the County had decreased in recent years, disparities continued to exist in several areas. The report revealed a lower life expectancy among this population compared to other racial/ethnic groups, a higher rate of infant deaths and higher rates of cancer, high blood pressure and newly diagnosed HIV cases.

Participants in the study cited that a lack of cultural competence in the healthcare delivery system that contributed to poor experiences and the lack of services to address the cultural practices and experiences of community members.

To address the disproportionately higher rates of illness and premature mortality, the report recommended the establishment of an Afro-centric health clinic that provides both physical and mental health services with an Afro-centric perspective to address client needs in a holistic way.

For more information, contact the Office of Supervisor Dave Cortese at (408) 200-5030 or Supervisor Ken Yeager at (408) 299-5040.

OPINION



WILLIAM MARSHAK

Labor Day reset

city council sessions that seemed to embrace a rush to infill all possible available space for development. This hiatus also offered a good opportunity to take a breath and observe the results. How does approved development fit into the grand plan for our communities? Much of this is spelled out in General Plans that, although modified over time, give a good representation of community goals. Slogans such as Fremont's "strategically urban" are fine, but what does this really mean and how does it fit into the ultimate vision for a city?

Some debate about the wisdom of frantic development activity will probably surface in political campaigns but such rhetoric can lead to an assessment that swings toward one extreme or another. Development is not a single, monolithic entity, rather a multitude of projects. These range from large, multistory residential and/or commercial proposals that are designed to enhance an area, infill of residential lots to do the same for neighborhoods versus those that create bizarre aberrations.

It is important to separate developments advocated by local citizens, directly affected by the impact of increased traffic, noise and population from other proposals with a different agenda. If developments are supported

primarily by distant companies and interests focused on warehousing workers without regard to local economic and community effects, this may not be in synch with a city's well-being. Can both efforts align? Of course they can, but not without close scrutiny and modification by our leadership. Creation of living spaces that are small, expensive and encourage – require – multiple occupants in spaces designed for one or two persons is ultimately counterproductive. Those living here know that this situation is already widespread in single family homes and apartments. We do not need more of this.

During this election season, voters should ask those running for office how they view growth in their communities and how that aligns with the character and wellness of the community they seek to serve.

William Marshak
PUBLISHER

Labor Day was created to give recognition of the efforts and accomplishments of the American work force. Since the 1800s, various states have adopted the celebration and now it is celebrated as a national holiday. For citizens in the Greater Tri-City area, this holiday break can also serve as a time to take stock of their community.

The unofficial end of summer, Labor Day signals the beginning of school and a return to work days sans family vacations. This is a good time to not only refocus on serious matters but to reset thinking about important issues of our cities. We have had a break from

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Communicating with Curiosity

BY TEAGAN WALL

With cell phones and the internet, we're used to communicating with anyone, anywhere, quickly and easily. But how do scientists communicate with things that aren't on our planet, such as the Curiosity rover on Mars? Communication beyond Earth is a bit more complicated.

We communicate with spacecraft using radio signals. Radio signals move at the speed of light, but they have a long way to travel. Even when it is closest to Earth, Mars is still about 35 million miles away, and

sometimes it's much, much farther! If you sent a text message to Mars, it would take on average about 14 minutes for it to get there.

This long distance makes talking with robots on other planets difficult. Imagine driving in a video game and waiting 28 minutes to see your car make a turn! It would take forever to drive the rover one turn at a time. Instead, we send Curiosity all the instructions for the day at once. Most of the rover's daily tasks—like taking photographs and zapping rocks—are planned out in advance.

Some days we can't directly talk to the rovers. We use antennas to send and receive signals, but Mars and Earth are both constantly spinning. On Earth, the antennas are located around the world so that at least one is always facing Mars. About half of the time, though, Curiosity's location on Mars is not facing toward Earth. During these times, Curiosity can't send signals directly to our antennas.

So how does the rover send its messages to Earth? Through an orbiter!

Orbiters are special spacecraft that spend their time continuously traveling around an object, such as a moon or a planet. There are several orbiters traveling around Mars. When Curiosity isn't facing Earth, it can send a message to one of these orbiters. Then, once the orbiter reaches the Earth-facing side of Mars, it sends the signal.

Each day, Curiosity sends information to at least one Mars orbiter, and the orbiter sends that information to Earth. Hurray for teamwork!

Learn more about Curiosity here: <http://spaceplace.nasa.gov/mars-curiosity/en/>

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Michele “Shelley” Bazzel
RESIDENT OF UNION CITY

October 4, 1950 – August 8, 2016

Alvah “Molly” McGhee
RESIDENT OF FREMONT

September 7, 1924 – August 14, 2016

Connie Martinez

RESIDENT OF FREMONT

June 28, 1943 – August 17, 2016

Dr. Francis L. Detert
RESIDENT OF SAN LEANDRO

April 13, 1923 – August 19, 2016

Lorianne Walker

RESIDENT OF FREMONT

September 29, 1961 – August 22, 2016

Howard C. Spann

RESIDENT OF FREMONT

May 25, 1951 – August 24, 2016

Evelyn M. Montez

RESIDENT OF FREMONT

January 5, 1928 – August 29, 2016

Richard D. Rosario, Jr.

RESIDENT OF UNION CITY

September 20, 1975 – August 30, 2016



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Dr. Peter S. Wong
RESIDENT OF FREMONT
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Norbert W. Hasson
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Obituary

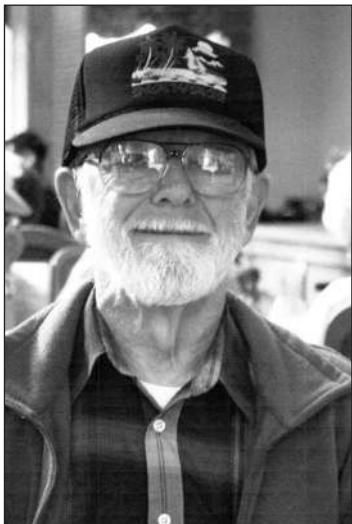
David Curtis Benedict

June 28, 1924 – August 26, 2016

Resident of Fremont

Born on June 28th, 1924 in New York, and entered into rest on August 26th, 2016 in Hayward, CA at the age of 92. Survived by his wife Charlotte Benedict; sons: Paul Benedict (Marilyn), Roger Benedict, Doug Benedict (Jodi); and 6 grandchildren. Preceded in death by his brother, James Benedict.

David was always an avid outdoors enthusiast. He enjoyed canoeing, water and snow skiing, hiking, and exploring the country on his motorcycle. In his later years, David took up bird



watching and volunteering at the Point Reyes Visitor Center to share his love of the outdoors with others. He was a thoughtful, caring man who is loved and missed by his friends and family.

At David's request, no services will be held.

Fremont Chapel of the Roses
510-797-1900

Obituary

Ted Radke,
former East Bay Parks
director, dies



constantly pushed for park funding.

“He was a conservation lion,” said Park District General Manager Robert Doyle. “He was very aggressive in advocating for preservation, especially along the Contra Costa County shoreline, and fought some very tough environmental battles to preserve open space. His strong leadership and legislative advocacy left a huge impact in the East Bay.”

Director Radke and his wife, Kathy, successfully pushed for the preservation of Alhambra Creek and the Martinez Shoreline, and worked with Rep. George Miller to secure funding for projects in Ward 7 such as expansion of the John Muir National Site and creation of Carquinez Strait Regional Shoreline. Along with his wife, Director Radke was the co-author of “The People's Choice: An Owner's Guide to Direct Democracy and Political Participation in California,” and was co-founder of Contra Costa Ecology Action and Eco-Info.

Director Radke received his master's degree in social science from San Francisco State University in 1969 and taught political science at Contra Costa Community College until he retired in 2004. Prior to serving on the Park District board, he served on the Martinez City Council and the Association of Bay Area Governments board.

His wife, Kathy, died in 2011. He is survived by two sons and several grandchildren.

Services are pending.

It is with great sadness that we report the passing of Ted Radke, who served on our Board of Directors for 36 years and was a key part of the East Bay Regional Park District's expansion and growth during that time.

Director Radke, a longtime Martinez resident, died Sunday at age 71. He was the longest-serving board member in the history of the 86-year-old Park District.

Director Radke was elected to represent Ward 7 on the Park District board in 1978, with stints as president in 1986, 1987 and 1995. During his tenure on the board, the Park District's acreage more than doubled, with large expansions into the Delta area and eastern Contra Costa County – a move for which he strongly advocated. Director Radke was also instrumental in the Park District strengthening its legislative ties in Sacramento and Washington, D.C., eventually becoming a national leader in park legislation advocacy. He

Obituary

Connie Martinez

June 28, 1943 – August 17, 2016

Resident of Fremont

Connie, born and grew up in Alvarado, went on to Washington High School. She worked several years for Sunshine biscuit, then later for United Can in Hayward until her retirement in July of 1988. Married 51 years to Ralph Martinez. With her husband by her side every day, Connie passed quietly and peacefully with her loved ones by her side til the very end, on August 17th, 2016 at Kaiser's ICU room, after a five month struggle with a rare type of pneumonia that finally took her frail life. She had fought long and hard, a very courageous fight to survive. Wishing and longing to come home for so long during that time. But that was never meant to be. Connie may have lost her battle, but won a place in Heaven with God our Creator. May God bless her soul, and welcome her to her new home with Him. With mother Ruth Urrutia, sister Helen, brother Joe, son Jim Mata, sister-in-law Dolly, along with uncle, aunts, and cousins, all waiting to help guide and lead her to her new home in Heaven. Connie will be missed



by all of her family and friends along with anyone who ever got to know her. She could easily start a conversation with a person wherever she went, no matter if she had never met them before. She will be greatly missed by husband Ralph, daughter Leonore, grandkids, great grandkids, brother Manual and wife Dottie, daughter-in-law Debbie, nieces, nephews, cousins, and all of the many friends who came to know her. Connie may have left us, but her footprints she leaves behind, and her large, warm, loving heart will never be forgotten.



Visitation will be held on Friday, September 9th, from 5-8pm with a Memorial Vigil at 6:30pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. A Memorial Mass will be celebrated on Saturday, September 10th, 10am at the Old Mission San Jose Church, 43300 Mission Blvd., Fremont, CA 94539. In lieu of flowers, the family requests donations to the American Cancer Society or American Lung Association.

Fremont Memorial Chapel
510-793-8900

New wheel tech quiets screeching rails

SUBMITTED BY BAY AREA
BART DISTRICT

There’s news about noise: using what is literally cutting edge technology, BART is slightly changing the surface of the train wheels to make for a quieter ride. The new “wheel profile” is already being used on the Fleet of the Future pilot car on the test track and the early reviews are glowing. “According to the train operators, the ride quality, compared to our existing cars, is like night and day,” says Chief Vehicle Engineer Henry Kolesar.

BART’s wheel surfaces are shaped to precise specifications using computerized cutters. Even miniscule changes to the specifications can have a big effect. To understand why, it helps to learn some BART noise basics.

When people talk about noise on BART and other rail transit systems, they are usually talking about “rolling noise,” sound generated by the vibration of wheels rolling over the rails. When this vibration creates visible ruts in the rail called “corrugation,” it creates even more noise. And when a BART train navigates some of the sharp curves in the track, the friction can create a squealing sound. Put all these factors together on a train in a tunnel and the noise is increased.

BART has spent considerable time and energy over the years

trying to reduce this noise with varying degrees of success. Among the most notable efforts is the on-going work to smooth out the corrugated rails. BART owns two rail grinders. While most of the Bay Area is tucked into bed overnight, the rail grinders are smoothing out a short section of rail. It’s a never-ending task; think of the Greek myth of Sisyphus, the king condemned to repeatedly roll a rock to the top of a mountain only to have it roll back again.

It wasn’t until about a couple of years ago that we reached a real breakthrough in solving the root cause of excess rolling noise. When BART sought a builder for its new fleet of train cars, it provided some challenging requirements to Bombardier, among them some pretty tough-to-meet noise specifications. Luckily for everyone, Bombardier had one of the top experts in the world.

The Bombardier engineer, using computer modeling technology that was unavailable even 10 years ago, found a way to change the shape of the wheel to a slightly tapered profile that promised to not only reduce noise, it promised to reduce wear and tear on the rails.

It all looked great on the computer but BART proceeded cautiously. “The 99 million dollar question was what about unintended consequences?” says Assis-



tant General Manager for Operations Paul Oversier. “Is there any risk that we would potentially have a negative impact on safety?”

Two years of testing followed. The tapered wheel profile was tested at BART and the results were checked by an independent third party. The results were sent to a second set of experts who validated the results. BART engineers checked again. All the data showed that the new wheel profile would not only be quieter, it

would be as safe if not even safer than the current cylindrical wheel profile.

How much quieter? Henry Kolesar says the testing shows the new wheel profile could cut noise by as much as 50 percent.

After performing their due diligence, BART’s Operations staff decided to not only cut the wheels of the new cars with the breakthrough profile but change the profile of the wheels on the existing cars as they come in for regularly scheduled maintenance.

It will take 12 to 36 months to change the wheel profiles on all of BART’s train cars but the result will mean not only a quieter ride for riders, but a victory in the constant battle against corrugation. Because the new wheel profile doesn’t create the same amount of corrugation, track grinding will eventually be reduced to a manageable rate, saving time and money. Sounds good, doesn’t it?

Senate approves Wieckowski bill removing barriers to granny flats

SUBMITTED BY
JEFF BARBOSA

California homeowners seeking to build an accessory dwelling unit (granny flat) on their property are one step closer to facing fewer barriers and lower fees after the California State Senate approved a bill by Senator Bob Wieckowski (D-Fremont). Senate Bill 1069, the most extensive bill on second units to be passed by the Legislature in decades, now goes to Governor Brown for his consideration. The Governor signaled his support for the bill in principle during his revise of the state budget in May.

“California is in a housing crisis and accessory dwelling units can be part of the solution because they provide opportunities for people of all ages to stay in their communities,” said Wieckowski, a member of the Senate’s Transportation and Housing Committee. “People are shocked and frustrated when they see the enormous fees and requirements that are preventing them from adding a small unit or converting a room in their house. SB 1069 will eliminate unnecessary fees and reduce requirements to give

homeowners more control over their home.”

SB 1069 eases regulatory burdens by eliminating excessive sprinkler requirements, providing exceptions to parking restrictions if the home is located within a half mile from public transit, requiring ministerial approval for the remodeling of existing homes when they are compliant with building and safety codes, and making utility connection fees for brand new construction proportionate to the burden the accessory dwelling will place on the water or sewer systems.

A 2015 University of California, Berkeley Center for Community Innovation study found a substantial market of Bay Area homeowners interested in building an accessory unit, but a significant number were deterred by unnecessary regulatory barriers. Attesting to the economic benefits the bill will provide, the California Chamber of Commerce placed SB 1069 on its “job creator” list of state legislation.

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

New traffic calming program to install speed lumps

SUBMITTED BY CITY OF FREMONT

As part of Fremont’s Vision Zero 2020, progress continues with our “20 Projects in 20 Months” program. At several priority locations throughout the city, speed lump installation is underway.

Vision Zero 2020 is the City of Fremont’s new traffic safety policy to reduce severe injuries and eliminate fatalities from traffic collisions to zero by 2020. The “20 Projects in 20 Months” program is an expedited rollout of projects designed to re-engineer streets to make them safer as listed in the Vision Zero Action Plan.

Completed speed lumps include Sundale Drive between Hilo and Robin streets, 2nd Street, Parkside Drive, and Palm Avenue. The City worked in partnership with neighborhood champions to collect signatures for the speed lumps in these neighborhoods. Speed lumps are raised asphalt structures installed on the pavement. They are 12 feet in length across the traveled way and about 3 inches in height and are designed to calm traffic in neighborhoods.

Jail Reform: In the 2016-2017 Budget that took effect on July 1, the Board approved adding staff and programs to serve our inmates at the Main Jail and Elmwood Jail in Milpitas, especially in the areas of mental and physical health. The County has also moved into the design phase of the new jail, and we’ve set aside reserves for future jail reforms that were recommended by the Blue Ribbon Commission on Improving Custody Operations, the Sheriff and consultants.

Our focus now is on the 500 recommendations that are being heard in the Board’s Finance and Government Operations Committee. This committee, comprised of Supervisors Joe Simitian and Cindy Chavez, has begun hearing reports on topics related to proposals that will make our jails safer and healthier for inmates, staff and visitors.

On the agenda for the August 11 committee meeting, for example, are reports on the cost of inmate phone calls, correctional staff training and the County Crime Laboratory. The County’s Bail and Release Work Group, which meets monthly, will also be reviewing proposed reforms. You can access all reports and recommendations proposed for Custody Operations by visiting www.sccgov.org and clicking on Jail Reform Efforts under Hot Topics.

Homelessness and Affordable Housing: We are making progress on All the Way Home, our campaign to house the estimated 700 homeless veterans who don’t have a place to call

home in Santa Clara County. Since it was launched in November 2015:

- 184 veterans who have vouchers from the VA or Housing Authority have been housed.
- The number of veterans with vouchers seeking places to rent has dropped from 260 to 157.
- 80 landlords have housed or pledged to house veterans.
- 24 faith-based organizations have joined the campaign.
- As of June 30, 2016 more than \$80,000 has been invested in incentives to landlords who rent to veterans.
- Lockheed Martin joined our campaign, the first Fortune 500 Company in Silicon Valley to support the effort with a three-year commitment.

We need the help of the entire community to reach our goal of ending homelessness and putting a system in place so that the men and women who return home from service have a roof over their heads. Visit www.destinationhomesc.org/allthewayhome for information on how you can help.

Also, County residents will vote in November on an Affordable Housing Bond that the Board voted to place on the ballot in June. The \$950 million bond measure would generate funds to build housing for homeless, low- and moderate-income residents and first-time homebuyers.

If approved by a two-thirds majority of the voters, the General Obligation Bond would raise property taxes based on the value of the property for tax purposes. The owner of a home

with an assessed value at \$500,000, for example, would pay, at the most, about \$5 a month more in property taxes.

According to the Community Plan to End Homelessness, the County needs 6,000 units in the next five years to address the need for housing. For information on the action the Board took, visit www.supervisor-cortese.com and click on the top item under Press Releases.

Immigrant Relations: Our Office of Immigrant Relations is the place to go for information and assistance on services that our immigrant population has told us that they need to become healthy and productive residents in our County.

Establishing this office was an initiative launched by me and Supervisor Cindy Chavez. Maria Love, manager of the Office of Immigrant Relations, and her staff have provided a website full of vital information on such subjects as recent court rulings on deportation deferrals, the path to citizenship, legal services, fraud prevention and more.

The Office holds events that aid immigrants and celebrate the diversity that makes our County unique and the contributions of our immigrant populations. The staff also refers clients to the resources that can best help their situations as immigrants. To access the OIR web page, visit www.sccgov.org/sites/oir or email oir@ceo.sccgov.org.

If you have questions or comments, please call my office at (408) 299-5030 or email me at dave.cortese@bos.sccgov.org.

County is Making Progress on Goals for 2016: Year of Transformation

BY SUPERVISOR
DAVE CORTESE

At the 2016 State of the County event in February, I declared 2016 the Year of Transformation. Building on the progress and experiences of 2015, the Year of Opportunity, we have moved forward with addressing some of our biggest challenges—reforming our custody operations, housing the

homeless, providing affordable housing for struggling families and serving the needs of our immigrants.

Thanks to our community of residents, nonprofits and community organizations, business partners, government employees and faith-based organization, we’ve made progress since we proposed an ambitious work plan for 2016. Here is an update on a few of our initiatives:

Reflection Beads.



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Castro Valley Fall Festival



SUBMITTED BY
CASTRO VALLEY EDEN AREA
CHAMBER OF COMMERCE

This year's "Castro Valley Fall Festival," the 44th annual, will feature well-known musical acts alongside some of the favorite returning acts that festivalgoers have come to expect. Rock Nation, Bad Boy Bruce and The Landbirds are among the groups who will perform on the main stage, and the Bay Area Panthers Cheerleaders, Eden Aoba Taiko Drummers, and The H.A.R.D. Dancers will highlight the Community Stage. Additionally, activities for kids will see some new and exciting additions that tie into Castro Valley's traditions.

Bill Mulgrew, Executive Director of the Chamber, explains, "We're happy this year to have over 160 booths that include many new arts and crafts vendors, some great new community groups and a great mix of favorite and first time food booths. Based on what we heard from last year's successful introduction of craft beers, we have two brewers who are first-timers to the festival, Tap It and Altamont, as well as last year's favorite, Drake's Brewery.

"Kids and families will find some new things and the return of a popular favorite. Our rock climbing wall is coming back, and we are bringing in the super-inflatable 'Spider Mountain' which has been so hot at county and state fairs. The overall footprint of the kids' area is the biggest it

has ever been. If you love Castro Valley, you have to come and be a part of our biggest event, and if you're new to CV, this is a great chance to see the community in full-on fun."

Powered by five generators that combined could power a typical small business in Castro Valley, the festival boasts 1,300 square feet of stage (about the size of the average 1960's-era CV house), handcrafted arts and products representing 12 states and 11 foreign countries, as well as 43 businesses along the boulevard and in the Village supporting the festival and the community – so please support them!

Between 6,000 and 9,000 people who live outside of Castro Valley will be visiting over the two days, enjoying our new downtown area, and getting ideas about what to come back for. Well over 75 volunteers will give of their time to make this an enjoyable event for the 60,000 people expected to attend.

The 2016 Castro Valley Fall Festival will be held on Castro Valley Boulevard (which will be closed) between Redwood Road and Santa Maria Avenue on Saturday and Sunday, September 10 and 11. Call the Chamber at (510) 537-5300 for information or to volunteer.

Castro Valley Fall Festival
Saturday & Sunday, Sep 10 & 11
10 a.m. – 6 p.m.
Castro Valley Boulevard
Between Redwood Rd and Santa Maria Ave, Castro Valley
(510) 537-5300
www.edenareachamber.com/fall-festival



Harmony Fusion Chorus welcomes interested singers

SUBMITTED BY
HEIDI MASSIE

Award-winning women's acappella barbershop show chorus, Harmony Fusion, will host a special open rehearsal night in Hayward on the evening of Monday, September 26, to welcome new singers of all ages and backgrounds.

"We are looking to add to our chorus of women who love to sing and are enthusiastic about performing, competing and improving their vocal skills," says Joanne Morrison, Membership Chair. "If you have a good ear for music, we want you! Sight-reading music is not required. We have many methods for learning our songs."

Harmony Fusion Chorus, a chapter of Sweet Adelines International (SAI), is open to singers ages 14 and above. The chorus meets every Monday (except most holidays) from 7 p.m. – 10 p.m. in Hayward. Rehearsals are always open to visitors but September 26 will be a special open rehearsal.

The special open rehearsal will begin with a "meet and greet" followed by vocal warm-ups when visitors are invited up on the risers amongst chorus members. Visitors will learn to sing a "tag" – the last two phrases of a song in true barbershop style – as well as one of the holiday songs. Visitors who learn the holiday song are invited to perform with the chorus in its holiday concert on December 4 in Livermore. Light refreshments will be served.

For more information about the open rehearsal, contact Joanne Morrison at (925) 373-0210. General information about the Harmony Fusion Chorus is available on its Facebook page

@harmonyfusionchorus or the chorus website at <http://www.harmonyfusion.org/>

Harmony Fusion Chorus - Open Rehearsal Night
Monday, Sept 26
7 p.m. – 10 p.m.
Hill and Valley Women's Club
1808 B St, Hayward
(925) 373-0210
<http://www.harmonyfusion.org/>

Information found in 'Protective Services' is provided to public "as available" by public service agencies - police, fire, etc. Accuracy and authenticity of press releases are the responsibility of the agency

providing such information. Tri-City Voice does not make or imply any guarantee regarding the content of information received from authoritative sources.



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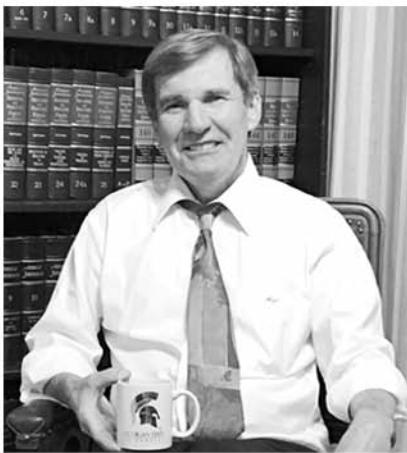
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Juris Doctor, University of Illinois (7th in class)
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Home invasion robberies

SUBMITTED BY
GENEVA BOSQUES, FREMONT PD

Fremont Police Detectives are investigating two recent home-invasion style armed robberies in the Mission Hills area. Video surveillance capturing suspects during one of the incidents is being released and detectives are seeking the public's assistance to help solve these crimes.

On August 16, the first of the two incidents occurred between 9 p.m. – 10 p.m. on Hunter Lane. Several suspects entered a home through an open garage door and pointed firearms at the victims. The suspects held the victims at gunpoint while they stole several items from within the residence. The victims were not injured and the suspects fled the residence in an unknown vehicle.

The second incident occurred on August 28, at approximately 9:40 p.m. on Pilgrim Loop. Five suspects, all armed with firearms, entered the victim's residence through a rear patio door. The five suspects were captured on the homeowner's private video system as they moved throughout the

residence. The homeowner, who was not home during the incident, monitored the incident via a remote surveillance system and immediately called the Fremont Police Department. The suspects fled the scene just prior to police arriving and were not captured.

The video can be viewed on the Fremont Police Department's YouTube Channel at <https://youtu.be/kWcq6zSfUvI>

Police Detectives are actively following up on investigative leads and are seeking the public's assistance to help solve these cases. If anyone recognizes these suspects or has any information that could assist with this investigation, you are asked to please contact Detective N. Austin of the Crimes Against Persons Unit at NAustin@fremont.gov or (510) 790-6932.

Community members are encouraged to be vigilant and to call the police department immediately at (510) 790-6800 x 3, or 911 in an emergency, if they notice suspicious vehicles/persons in their neighborhood.

Fremont Police Log

SUBMITTED BY GENEVA
BOSQUES, FREMONT PD

Friday, August 26

Numerous officers responded to Baskin Robbins on Mowry Avenue after a caller reported a male had fired a gun in the breezeway outside and was continuing to walk around with the gun in his hand. Arriving officers contacted a 45-year-old adult in the breezeway. The man complied with officers' commands and told them he had a BB gun on his lap. Turns out he had just purchased a CO2 powered BB gun from Big 5, immediately walked over to Baskin Robins and began shooting at buildings and windows, shattering one. Ofc. Berrier and Field Training Officer (FTO) Taylor arrested the 45-year-old adult for felony vandalism and negligent discharge of a firearm. Case was supervised by Sgt. Mahboobi.

Saturday, August 27

At 7:13 p.m., multiple officers responded to reports of a fight near 5 Corners in Irvington with one male hitting another male with a baseball bat. Sgt. Tarango located both males who were detained without incident. Turns out the suspect swinging the bat had returned to his home on Morningside Terrace to find it had been burglarized. The victim of the burglary began driving the area in his vehicle and spotted a male wearing a few of his distinctive watches, walking on Washington Boulevard. The burglary victim exited his vehicle with a baseball bat and the suspect wear-

ing the watches attempted to flee. The burglary victim began hitting the suspect multiple times with the bat. The suspect sustained injuries, requiring medical treatment. The burglary suspect was determined to be a juvenile and was arrested for possession of stolen property with follow up to be conducted for possible prosecution of burglary. The victim of the burglary was ultimately arrested for assault with a deadly weapon. Scene was supervised by Sgt. Tarango and investigated by Ofc. San Luis.

At 7:19 p.m., BART PD requested assistance with an in-progress robbery on a BART train at Fremont Station. The suspect was reportedly stabbing a victim on the train and then exited the train onto the Fremont platform. The suspect then stole a bicycle from another passenger and fled south from the BART station. Numerous units responded and located the suspect on Guardino Drive. The suspect crashed on the bike near Adobe Apartments. The suspect was detained without further incident. BART PD arrived and took over the investigation. Community Service Officer (CSO) O'Neil responded and assisted with evidence collection and photographs at the scene. Fremont PD units remained on scene to assist as BART PD took on the primary investigation of the incident.

Sunday, August 28

At 9:39 p.m. a resident of Pilgrim Loop called stating he received an alarm alert from his home and was now watching five suspects inside his home burglarizing the residence. The victim stated all appeared to be armed with handguns, and the video feed he was watching was only a few

seconds delayed. The suspects fled out of the rear slider and into a vehicle, fleeing the scene at a high rate of speed southbound on Owl Drive and were not located by responding units. Newark PD and a California Highway Patrol (CHP) helicopter responded from to assist with an area check for the suspects. No suspects were located.

Monday, August 29

Units were dispatched to Taco Bell on Grimmer Boulevard on the report of two males fighting and a female also involved. It was then reported that one of the suspects tried to run the other over with their vehicle and all parties had left toward Gina Street. Units arrive in the area of Ladner and Gina and locate the male suspects. One male was detained but the other fled on foot. The female was located a short distance away, but the male escaped the area. In the end, it was determined the whole event was either a domestic violence incident or simply a battery between the males. No one was particularly cooperative and a report was taken for documentation.

Tuesday, August 30

A 26-year-old adult male, who was driving on a suspended license, ran into a Fremont PD vehicle parked along the curb on Niles Boulevard. The front passenger, a 21-year-old adult female, was holding an 8-month-old baby in her lap. Ofc. Hartman investigated the collision; Ofc. Gerber and FTO Zargham investigated the child endangerment. The male was arrested for driving on a suspended license, child endangerment and possession of drug paraphernalia. A complaint will be sought for child endangerment against the female passenger.

Newark Police Log

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

Friday, August 26

At 6:33 p.m., Ofc. Simon documented a theft of baby formula from Safeway, located at 5877 Jarvis Ave.

At 7:51 p.m., Ofc. Johnson investigated a theft of a package taken from a doorstep on the 38200 block of Luma Terrace.

At 10:24 p.m., Ofc. Taylor investigated a robbery at Mayhews Landing Park, located at 36396 Cherry St. The victim suffered minor injuries and was transported to a local hospital for treatment.

At 12:30 a.m., officers responded to a disturbance on the 36000 block of LaSalle Drive. A

28-year-old Newark male threw an object at a female victim, slicing her chin open. The suspect had fled the scene prior to officer's arrival. The victim was transported to a local hospital for treatment.

Sunday, August 28

At 8:10 a.m., Ofc. Losier investigated the theft of a gold 2001 Chevy 2500 pickup truck (license #: 4HNTING). The vehicle was reported stolen from the 6600 block of Dairy Avenue.

Monday, August 29

At 2:42 a.m., Ofc. Khairy investigated a theft from an unlocked vehicle on Yarmouth Court. The loss was a flashlight.

At 11:59 a.m., Ofc. Losier investigated a fraud case at Piercing Pagoda, located at 2086 NewPark Mall Rd. A 20-year-old Oakland female was arrested

at the scene for possessing fraudulent/counterfeit credit cards. The suspect was booked into Fremont Jail.

At 7:48 p.m., Ofc. Mavrakis investigated a robbery at Burlington Coat Factory, located at 300 NewPark Mall Rd. Two suspects, described as a black male and a black female, had entered the store, selected merchandise, and then exited the store without purchasing the merchandise. When contacted by loss prevention, the male suspect brandished a handgun.

Tuesday, August 30

At 8:58 p.m., Ofc. Cervantes accepted a citizen's arrest/shoplifting case at Macy's NewPark Mall. A 37-year-old transient female was booked into Fremont Jail for shoplifting and possession of drug paraphernalia.

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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
PLANNING COMMISSION

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 7:00 P.M., ON THURSDAY, SEPTEMBER 22, 2016, AT THE COUNCIL CHAMBERS, CITY HALL, 3300 CAPITOL AVENUE, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

WALNUT RESIDENCES – 1031 Walnut Avenue – PLN2015-00242 - To consider a Rezoning from Planned District P-2004-267 to either R-3-70 Multifamily Residential (TOD) or a new Planned District, Vesting Tentative Tract Map No. 8249, a Preliminary Grading Plan, and a Discretionary Design Review Permit to allow the demolition of existing structures and construction of approximately 670 rental units on an approximately 13.7 gross acre (12.6± net acre) site in the Central Community Plan Area, and to consider a Mitigated Negative Declaration prepared and circulated in accordance with the requirements of the California Environmental Quality Act (CEQA).
Project Planner – Bill Roth, (510) 494-4450, broth@fremont.gov

LENNAR/WARM SPRINGS INNOVATION PHASE I – 44851 South Grimmer Boulevard – PLN2016-00107 - To consider Vesting Tentative Tract Map No. 8286 and a Discretionary Design Review Permit for the development of 385 residential units located at the southeastern corner of South Grimmer and Fremont Boulevards in the Warm Springs/South Fremont Community Plan Area, and to consider a finding that no further environmental review is required pursuant to the California Environmental Quality Act (CEQA) as a Final Environmental Impact Report (SCH#2013032062) was previously certified for the Warm Springs/South Fremont Community Plan and an environmental compliance checklist was prepared for the subsequent Area 4 Master Plan, of which the proposed project is a conforming part.
Project Planner – Joel Pullen, (510) 494-4436, jpullen@fremont.gov

TESLA MOTORS, INC. – 45500 Fremont Boulevard – PLN2017-00037 - To consider a Master Plan to facilitate additional development at the existing Tesla Motors factory located within portions of the Warm Springs/South Fremont Community Plan Areas 4 and 6, and a finding that no further environmental review is required in accordance with California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15183 as the project is consistent with the intensity of development established by the Warm Springs/South Fremont Community Plan for which a Final Environmental Impact Report (SCH# 2013032062) was previously prepared and certified.
Project Planner – Joel Pullen, (510) 494-4436, jpullen@fremont.gov

CENTRAL COMMONS – 4369 Central Avenue – PLN2017-00071 - To consider an amendment to Planned District P-2014-250 to change the affordability levels for Central Commons, a 30-unit affordable townhouse project proposed by Habitat for Humanity located in the Centerville Community Plan Area, and to consider a finding that no further environmental review is required pursuant to the California Environmental Quality Act (CEQA) as a Mitigated Negative Declaration was previously adopted for the proposed project.
Project Planner – Dan Schoenholz, (510) 494-4438, dschoenholz@fremont.gov

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

* NOTICE *

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

WAYNE MORRIS, SECRETARY
FREMONT PLANNING COMMISSION

CNS-2921518#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG16827060

Superior Court of California, County of Alameda
Petitioner of: Patrick John Fitzipaldi for Change of Name

TO ALL INTERESTED PERSONS:

Petitioner Patrick John Fitzipaldi filed a petition with this court for a decree changing names as follows:

Patrick John Fitzipaldi to Patrick John Harrison
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely made, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 10/14/2016, Time: 11:30 AM, Dept.: 24
The address of the court is 1221 Oak Street, Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least one week before the first successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice
Date: August 11 2016
Morris D. Jacobson
Presiding Judge of the Superior Court
8/23, 8/30, 9/6, 9/13/16

CNS-2915442#

FICTITIOUS BUSINESS
NAMESSTATEMENT OF WITHDRAWAL
FROM PARTNERSHIP
OPERATING UNDER FICTITIOUS
BUSINESS NAME
FILE NO. 514796

The following person(s) has (have) withdrawn as a general partner(s) from the partnership operating under the fictitious business name of **California Offender Program Services (COPS), 333 - Ohlone St., Fremont, CA 94539**
The fictitious business name statement for the partnership was filed on Feb. 19, 2016 in the County of Alameda.

The full name and residence of the person(s) withdrawing as a partner(s):
Jesus Flores, 333 Ohlone St., Fremont, CA 94539
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ Jesus Flores, General Partner
This statement was filed with the County Clerk of Alameda County on August 17, 2016.
9/6, 9/13, 9/20, 9/27/16

CNS-2921369#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521945

Fictitious Business Name(s):
JG Limo Service, 32617 Brenda Way #3, Union City, CA 94587, County of Alameda
Registrant(s):

Jesse's Girls Limo Service LLC, 32617 Brenda Way #3, Union City, CA 94587; California
Business conducted by: A Limited Liability Company

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

This statement was filed with the County Clerk of Alameda County on August 25, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
9/6, 9/13, 9/20, 9/27/16

CNS-2919965#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521901-2

Fictitious Business Name(s):
1. Tucker Automotive, 2. Frontline Express Auto Wholesale, 37175 Moraine St, Fremont, CA 94536, County of Alameda

Mailing Address: 31143 Carroll Ave, Hayward, CA 94544, County of Alameda
Registrant(s):
Kuljit S. Grewal, 31143 Carroll Ave, Hayward, CA 94544

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares

any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/30, 9/6, 9/13, 9/20/16

CNS-2917435#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521418

Fictitious Business Name(s):
NVXL Technology, 47929 Fremont Blvd., Fremont CA 94538, County of Alameda

Registrant(s):
Bitmicro Networks, Inc., 47929 Fremont Blvd., Fremont CA 94538; California
Business conducted by: a corporation
The registrant began to transact business using the fictitious business name(s) listed above on 7/12/2016

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
S/ Stephen R. Martel, COO, Exec. Vice President and Gen. Counsel
This statement was filed with the County Clerk of Alameda County on August 11, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/30, 9/6, 9/13, 9/20/16

CNS-2917431#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521540

Fictitious Business Name(s):
Elka Z Electric, 40473 Davis St., Fremont, CA 94538, County of Alameda; Mailing Address: 40473 Davis St., Fremont, CA 94538; County of Alameda

Registrant(s):
Nedzad Elkaz, 40473 Davis Street Fremont, CA 94538

Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 07/30/2016

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
S/ Nedzad Elkaz
This statement was filed with the County Clerk of Alameda County on August 18, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/23, 8/30, 9/6, 9/13/16

CNS-2916507#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521379

Fictitious Business Name(s):
Fremont Youth Soccer Club, 44100 Old Warm Springs Blvd., Fremont, CA 94538, County of Alameda

Registrant(s):
Fremont Youth Sports Club, 44100 Old Warm Springs Blvd., Fremont, CA 94538; California

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

This statement was filed with the County Clerk of Alameda County on August 10, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/23, 8/30, 9/6, 9/13/16

CNS-2916500#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521578

Fictitious Business Name(s):
Malhi Transport, 36223 San Pedro Dr., Fremont, CA 94536, County of Alameda

Registrant(s):
Satvinder Singh, 36223 San Pedro Dr., Fremont, CA 94536

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 8-17-16

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

This statement was filed with the County Clerk of Alameda County on August 17, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/23, 8/30, 9/6, 9/13/16

CNS-2916321#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521515

Fictitious Business Name(s):
Eden College of Cosmetology, 22641 Main Street, Hayward, CA 94541, County of Alameda

Registrant(s):
Aqua Education Group Inc., 1765 Bird Hill Court, Danville, CA 94526, California

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

This statement was filed with the County Clerk of Alameda County on August 15, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section

14411 et seq., Business and Professions Code).
8/23, 8/30, 9/6, 9/13/16

CNS-2916317#

STATEMENT OF ABANDONMENT
OF FICTITIOUS
BUSINESS NAME

File No. 428737

The following person(s) has (have) abandoned the use of the fictitious business name: **Kwikkee, 1717 Red Maple St., Union City, CA 94587**

The Fictitious Business Name Statement being abandoned was filed on 8/31/2009 in the County of Alameda

Florin Mary Chowenhill, 1717 Red Maple St., Union City, CA 94587
Dean F. Chowenhill, 1717 Red Maple St., Union City, CA 94587
S/ Florin Mary Chowenhill
S/ Dean F. Chowenhill

This statement was filed with the County Clerk of Alameda County on August 15, 2016.
8/23, 8/30, 9/6, 9/13/16

CNS-2915494#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521319

Fictitious Business Name(s):
Wheels Co, 2139 Canary Court #1, Union City, CA 94587, County of Alameda

2443 Homestead Circle, San Pablo, CA 94806, County Contra Costa

Registrant(s):
Lakhwinder Singh, 2139 Canary Court 1, Union City, CA 94587

Navpreet Singh, 2443 Homestead Circle, San Pablo, CA 94806

Hardeep Singh Toor, 2443 Homestead Circle, San Pablo, CA 94806

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

This statement was filed , with the County Clerk of Alameda County on August 9, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/23, 8/30, 9/6, 9/13/16

CNS-2915488#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521232

Fictitious Business Name(s):
Fusion Leap Counsel, 39149 Guardino Drive #253, Fremont, CA 94538, County of Alameda

Registrant(s):
Kinyoshi Tokuyama, 39149 Guardino Drive #253, Fremont, CA 94538

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on June 1, 2016

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

This statement was filed with the County Clerk of Alameda County on August 5, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/16, 8/23, 8/30, 9/6/16

CNS-2914504#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521424

Fictitious Business Name(s):
Deep & Jeet Handyman Service, 32528 Jean Dr., Union City, CA 94587, County of Alameda

Registrant(s):
Kuldip Singh, 32528 Jean Dr., Union City, CA 94587

Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 08-08-1997

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

This statement was filed with the County Clerk of Alameda County on August 11, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/16, 8/23, 8/30, 9/6/16

CNS-2914448#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521187

Fictitious Business Name(s):
Unseen Closet, 3541 Miller Ct., Union City, CA 94587, County of Alameda

Mailing address: PO Box 1950, Union City, CA 94587

Registrant(s):
April C Simeon, 3541 Miller Ct., Union City, CA 94587

Jonathan N Simeon, 3541 Miller Ct., Union City, CA 94587

Business conducted by: married couple
The registrant began to transact business using the fictitious business name(s) listed above on June 2016

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

This statement was filed with the County Clerk of Alameda County on August 4, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/16, 8/23, 8/30, 9/6/16

CNS-2914178#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 520995

Fictitious Business Name(s):
La Huasteca, 7673 Thornton Ave., Newark, CA 94560, County of Alameda

Mailing address: 7673 Thornton Ave., Newark, CA 94560

Registrant(s):
Yessenia A. Orellana de Castro, 795 Sycamore Ave., Apt. 26, Hayward, CA 94544

Marta Alicia Orellana Escobar, 795 Sycamore Ave., Apt. 26, Hayward, CA 94544

Business conducted by: A General Partnership
The registrant began to transact business using the fictitious business name(s) listed above on N/A

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

Marta Alicia Orellana Escobar General Partner
This statement was filed with the County Clerk of Alameda County on July 29, 2016

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/16, 8/23, 8/30, 9/6/16

CNS-2914174#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 521078

Fictitious Business Name(s):
Camden Village Apartments, 38000 Camden Street, Fremont, CA 94536, County of Alameda

Mailing address: 26 Corporate Park Drive, Suite 200, Irvine, CA 92606

Registrant(s):
Camden Street Apartments, LLC, 26 Corporate Park Drive, Suite 200, Irvine, CA 92606, Delaware

Business conducted by: a limited liability company
The registrant began to transact business using the fictitious business name(s) listed above on June 24, 2016

PUBLIC NOTICES

CNS-2913615#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521281 Fluffy Puppy Pet Grooming, 3899 Main St, Fremont, CA 94538 , County of Alameda Mailing Address: P.O. Box 1411, Newark, CA 94560 Registrant(s): Monika McNeil, 37159 Magnolia St, Newark, CA 94560 Kimberly Masters, 35606 Cabral Dr, Fremont, CA 94536 Business conducted by: A Joint Venture The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 8, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2913116#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521737-38 Fictitious Business Name(s): 1. Go Dental Hygiene, 2. Godentalhygiene, 25 W. Pickering Ave Apt 210, Fremont CA 94536 , County of Alameda Registrant(s): Esther Lynn Keith Reyes, 25 W. Pickering Ave Apt 210, Fremont CA 94536 Business conducted by: an individual The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 5, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912608#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521205 Fictitious Business Name(s): East Bay Electrical, 1710 Canterbury Lane Hayward CA 94544 , County of Alameda Registrant(s): Jimmy G. Dones, 1710 Canterbury Lane Hayward CA 94544 Business conducted by: an individual The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 4, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912359#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521229 Fictitious Business Name(s): FYZICAL Therapy & Balance Center, 39180 Farwell Dr Suite 101 Fremont CA 94538 , County of Alameda Registrant(s): Sport Clinic Inc., 39180 Farwell Dr Suite 101 Fremont CA 94538; California Business conducted by: a corporation The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 5, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912356#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521212 Fictitious Business Name(s): Affordable Auto Body & Paint, 27369 Mission Blvd., Hayward, CA 94544 , County of Alameda Registrant(s): Joel Castro Nieves, 21043 Bartlett Ln. Hayward, CA 94541 Mihai Padurariu, 6236 Harmon Ave., Oakland, CA 94621 Business conducted by: a General partnership The registrant began to transact business using the fictitious business name(s) listed above on 08/01/2010 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of

Alameda County on August 4, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912294#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521075 Fictitious Business Name(s): Samm's Esthetics SkinCare, 130 Fremont Hub Courtyard, Fremont, CA 94538 , County of Alameda Mailing address: 4633 Selkirk Street, Fremont, CA 94538 Registrant(s): Sukhjinder Kaur, 4633 Selkirk Street, Fremont, CA 94538 Business conducted by: an individual The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 2, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912185#
FICTITIOUS BUSINESS NAME STATEMENT File No. 521202 Fictitious Business Name(s): Respi Nail Spa, 117 Mowry Avenue, Fremont, CA 94538 , County of Alameda Registrant(s): Nguyen, Huang Danh, 39050 Donner Way, Fremont, CA 94538 Nguyen, Dat Hung, 39050 Donner Way, Fremont, CA 94538 Business conducted by: A General partnership The registrant began to transact business using the fictitious business name(s) listed above on 01/17/2014 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) This statement was filed with the County Clerk of Alameda County on August 4, 2016 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/16, 8/23, 8/30, 9/6/16
CNS-2912184#
GOVERNMENT
NOTICE OF PUBLIC HEARING CITY OF FREMONT ART REVIEW BOARD
NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 3:30 P.M., ON THURSDAY, SEPTEMBER 21, 2016 AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD. Art in Public Places Policy – To consider an update to the Art in Public Places Policy, and to consider an exemption from the California Environmental Quality Act, per CEQA guideline 15061(b)(3), General Rule, which states that where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. BoxART! Program – To consider criteria for the boxART! Four Call for Arts; and to consider an exemption from the California Environmental Quality Act, per CEQA guideline 15061(b)(3), General Rule, which states that where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. Wayne Morris Fremont Art Review Board
* NOTICE *
If you challenge the decision of the Art Review Board in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Secretary, Art Review Board at, or prior to, the public hearing. Wayne Morris Fremont Art Review Board
CNS-291254#
CITY OF FREMONT PUBLIC HEARING Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, September 20, 2016, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard: HUMAN SERVICES DEPARTMENT MASTER FEE SCHEDULE UPDATE Public Hearing (Published Notice) to Consider Modifications to Human Services Department Fees for Youth and Family Services, Aging and Family Services, Mobility and Transportation Services, and Family Resource Center Services and Rentals MISSION PEAK NEIGHBORHOOD PARKING PERMIT FEES Amendment to Master Fee Schedule adding a fee of \$3.00 for each residential permit parking

sticker and \$4.00 for each guest parking permit for residents participating in the Mission Peak Parking Permit Program. GENERAL PLAN AMENDMENT PRIORITIZATION REQUESTS – Bonde Way (PLN2016-00425) and 243 Morrison Canyon Road (PLN2017-00004) Public Hearing (Published Notice) to Consider the Planning Commission's Recommendation on General Plan Amendment Prioritization Requests for Market Rate Housing, and to Consider a Finding that No Environmental Review is Required Pursuant to the California Environmental Quality Act (CEQA) as the Requests Do Not Constitute a Project as Defined by CEQA Guidelines Section 15378. If you challenge any decision of the City Council in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. SUSAN GAUTHIER - CITY CLERK 9/6/16
CNS-2921499#
SUMMARY OF PROPOSED ORDINANCE As Introduced July 12, 2016 AN ORDINANCE OF THE CITY OF FREMONT AMENDING FREMONT MUNICIPAL CODE TITLE 18 (PLANNING AND ZONING), CHAPTERS 18.1 (ZONING MAPS) AND 18.35 (RESIDENTIAL DISTRICTS) TO ESTABLISH "MISSION PALMS" AS A DESIGNATED NEIGHBORHOOD On July 12, 2016, the Fremont City Council introduced the above ordinance. The ordinance would amend Fremont Municipal Code (FMC) Title 18 (Planning and Zoning), Chapters 18.35 (Zoning Maps) and 18.90 (Residential Districts) to establish the Mission Palms Designated Neighborhood. The ordinance would establish a designated neighborhood for an area of 116 single-family homes located in the Mission San Jose Community Plan Area, referred to as "Mission Palms." The proposed designated neighborhood regulations would limit the size and scale of new two-story homes and second story additions within the Mission Palms neighborhood, and incentivize construction of single-story additions over two-story additions. Two-story structures would be limited to a floor area ratio (FAR) of 35 percent, while one-story structures would be limited to the existing lot coverage restriction of 40 percent. The size of second stories would be limited to 1,000 square feet, or 60 percent of the size of the first floor, whichever is less, provided that the FAR is not exceeded. The maximum height of two-story structures would be limited to 27 feet to the peak of the roof. Regulations pertaining to roof pitch and the maximum height above grade for the finish floor level of buildings are also included. A certified copy of the full text of the ordinance is posted in the office of the City Clerk, 3300 Capitol Avenue, Fremont, and is available for review upon request. The second reading for adoption is currently scheduled for September 13, 2016, at 7:00 pm, at City Hall, 3300 Capitol Avenue, Fremont. SUSAN GAUTHIER, CITY CLERK 9/6/16
CNS-2921497#
SUMMARY OF PROPOSED ORDINANCE As Introduced July 12, 2016 AN ORDINANCE OF THE CITY OF FREMONT AMENDING VARIOUS CHAPTERS OF FREMONT MUNICIPAL CODE, TITLE 18 (PLANNING AND ZONING) FOR CONFORMITY WITH GENERAL PLAN POLICIES AND IMPLEMENTATION MEASURES PERTAINING TO INDUSTRIAL LAND USES, AND FOR ENHANCEMENT AND CLARIFICATION OF EXISTING REGULATIONS RELATED TO BOTH DEVELOPMENT AND USE OF PROPERTY WITHIN THE CITY, AND ZONING MAP AMENDMENTS TO PROVIDE CONFORMITY WITH THE GENERAL PLAN LAND USE MAP On July 12, 2016, the Fremont City Council introduced the above ordinance. The ordinance would update Title 18 (Planning and Zoning) of the Fremont Municipal Code (FMC) to amend standards, terminology, allowable uses, and special provisions for conformity with the General Plan. A Zoning Map Amendment is also proposed to rezone parcels throughout the City to provide conformity with the General Plan Land Use Map. The ordinance would replace the entire Industrial Districts zoning ordinance (FMC Chapter 18.50) with new regulations for General Plan consistency. Light Industrial (L-L) and Restricted Industrial (I-R) would be recast as Service Industrial (I-S) and Tech Industrial (I-T) respectively. Development and performance regulations would also be revised, such as those regarding setbacks, screening and noise standards. New definitions would be added such as "co-working" and "maker" space, and it would continue the transition of the zoning ordinance away from the outdated Standard Industrial Classification (SIC) Manual to the North American Industry Classification System (NAICS), which contains refined and more modern definitions of zoning terms. The ordinance would also create a storefront review process to ensure that uses located along Main Street and Urban Corridor Place Types engage the street and encourage pedestrian activity. Duet units in the R-1 residential zoning district would be permitted, and gas stations could be located immediately adjacent to specified sensitive land uses rather than only 200 feet away, subject to a conditional use permit. Automobile dealerships in the Regional Commercial (C-R) zoning district could exceed a 0.3 floor area ratio (FAR). A certified copy of the full text of the ordinance is posted in the office of the City Clerk, 3300 Capitol Avenue, Fremont, and is available for review upon request. The second reading for adoption is currently scheduled for September 13, 2016, at 7:00 pm, at City Hall, 3300 Capitol Avenue, Fremont. SUSAN GAUTHIER, CITY CLERK 9/6/16
CNS-2921496#
PROBATE
NOTICE OF PETITION TO ADMINISTER ESTATE OF MARGARET A. THOMAS CASE NO. RP16829153 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Margaret A. Thomas A Petition for Probate has been filed by Austin Thomas in the Superior Court of California, County of Alameda. The Petition for Probate requests that Austin Thomas 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 10/5/2016 at 9:30 AM in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Duane M. Leonard, 1936 University Avenue, Suite #380, Berkeley, CA 94704, Telephone: (510) 843-2321 9/6, 9/13, 9/20/16
CNS-2921370#
NOTICE OF PETITION TO ADMINISTER ESTATE OF MURARI LAROIA CASE NO. RP16828485 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Murari Laroia A Petition for Probate has been filed by Sanjay Laroia in the Superior Court of California, County of Alameda. The Petition for Probate requests that Sanjay Laroia 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 Oct. 12, 2016 at 9:30 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: Sanjay Laroia, 34219 Maybird Circle, Fremont, CA 94555, Telephone: 510-366-9147 9/6, 9/13, 9/20/16
CNS-2919694#
NOTICE OF PETITION TO ADMINISTER ESTATE OF BIMLA LAROIA CASE NO. RP16828492 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Bimla Laroia A Petition for Probate has been filed by Sanjay Laroia in the Superior Court of California, County of Alameda. The Petition for Probate requests that Sanjay Laroia 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 OCT 12, 2016 at 9:30 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: Sanjay Laroia, 34219 Maybird Circle, Fremont, CA 94555, Telephone: 510-366-9147 9/6, 9/13, 9/20/16
CNS-2919680#
PUBLIC AUCTION/SALES
NOTICE OF PUBLIC SALE OF GOODS TO SATISFY LIEN AUCTION LOCATION: 32001 DOWE AVE., UNION CITY, CA. 94587 In accordance with the provisions of the California Commercial Code, Sections 7201-7210, notice is hereby given that on Monday, September 12, 2016 at the hour of 10:00 am of said date, at 32001 Dowe Ave., City of Union City, County of Alameda State of CA , the undersigned will sell at public auction for cash, in lawful money of the United States, the articles hereinafter described, belonging to, or deposited with, the undersigned by the persons hereinafter named at Crown Moving and Storage. Said goods are being held on the accounts of: Art Edwards, Jill Masse, Evans Forlidas, and Anthony Smith. All other goods are described as household goods, furniture, antiques, appliances, tools, misc goods, office furniture, and articles of art, equipment, rugs, sealed cartons and the unknown. The auction will be made for the purpose of satisfying the lien of the undersigned on said personal property to the extent of the sum owed, together with the cost of the sale. For information contact Crown Moving and Storage. Terms: Cash only with a 13% buyer's premium, 10% for cash buyers. Inspection at sale time. Payment and removal of sale. Auction conducted by American Auctioneers, Dan Dotson & Associates (800) 838-SOLD, (909) 770-0433 or www.americauctioneers.com Bond #F5863-20-14. /S/ Crown Moving and Storage 8/30, 9/6/16
CNS-2917971#
TRUSTEE SALES
NOTICE OF TRUSTEE'S SALE T.S. No.: 9551-2608 TSG Order No.: 8555700 A.P.N.: 092A-0610-020 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. (The above statement is made pursuant to CA Civil Code Section 2923.3(c)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(c)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/28/2007. 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. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 10/03/2007 as Document No.: 2007349412, Book No.: -, Page No.: -, of Official Records in the office of the Recorder of Alameda County, California, executed by: LUISA SAN PEDRO, A MARRIED WOMAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date and Time: 09/20/2016 at 12:30 PM Sale Location: At the Fallon Street entrance to the County Courthouse, 1225 Fallon Street, Oakland, CA 94612. The street address and other common designation, if any, of the real property described above is purported to be: 6826 CABERNET AVE, NEWARK, CA 94560-1630 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale, if any, shall be made "AS IS" condition, 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trust created by said Deed of Trust, to-wit: \$465,403.49 (Estimated) as of 08/24/2016. Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO PROPERTY BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown 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 the trust 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, (714)730-2727 for information regarding the trustee's sale or visit this Internet Web site, www.servicelinkASAP.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9551-2608. 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. 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. NBS Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.servicelinkASAP.com or Call: (714)730-2727. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge on the debt referenced herein in a bankruptcy proceeding this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. A-4587480 08/19/2016, 08/26/2016, 09/02/2016 8/23, 8/30, 9/6/16
CNS-2915211#

Residential burglary suspect arrested

SUBMITTED BY LT. JOHN TORREZ, MILPITAS PD

On September 1, at approximately 6:15 p.m., a resident called 911 to report hearing noises coming from a bedroom within an apartment on East Calaveras Blvd. Milpitas police officers arrived and saw a female, later identified as Maria Morales (36 year old female, Milpitas transient), between the bushes and the apartment building. She leaned



into the apartment through an open window, and as she came back out of the open window, she was holding a box that contained items belonging to the resident. Morales was arrested and booked into the Santa Clara County Main Jail for residential burglary.

COMMUNITY BULLETIN BOARD

Most Joyful Volunteer work LIFE ElderCare – VIP Rides Drive seniors to appts/errands 4 hrs/month Flexible scheduling. Call Valerie 510-574-2096 vdraeseke@fremont.gov www.LifeElderCare.org		ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. Spin A Yarn Rest. (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org	League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible		10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance.		The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible		Tri-City Ecology Center Your local environmental leader! Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects. www.tricityecology.org Office open Thursdays, 11am-2pm 3375 Country Dr., Fremont 510-793-6222	FREMONT 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		Tri-City Bike Park Community group of mountain bikers and BMX bikers. Come enjoy this activity for adults, teens and toddlers. Help us get this park built! www.newarkparks.org		First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all services. Reading Room Open Monday - Friday 1-3pm 1351 Driscoll Rd., Fremont 510-656-8161	
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 and its culture with local hosts; meet global visitors here. Travel to Japan in 2017; Japanese visitors here October 2016. Many Bay Area social activities. www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	Afro-American Cultural & Historical Society, Inc. Sharing ur culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec & Feb 5:30pm Newark Library 510-793-8181 www.aachsi.com We welcome all new members		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		SAVE's Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE's 24-hr Hotline (510) 794-6055 for details www.save-dv.org	
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			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					
Come Join Us Tri Cities Women's Club Meets on the third Tuesday Elk's Club on Farwell Dr. 9:30 – Cards, 12:00 – Lunch 1:00 – Program and Meeting We also have bridge, walking, Gourmet dining groups, And a book club. For info. Call 510-656-7048		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	FOOD ADDICTS IN RECOVERY - FA • Can't control the way you eat? • Tried everything else? • Tired of spending money? Meeting Monday Night 7pm 4360 Central Ave., Fremont Centerville Presbyterian Church Family Ed. Bldg. Room E-204 www.foodaddicts.org		FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport Various Saturdays www.vaa29.org Email for more information youngeagles29@aol.com			
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/NewarkDemonstrationGarden/		15th Olive Festival Sat/Sun – Oct 1 & 2 www.msjchamber.org Located on the grounds of Dominican Sisters of MSJ 43326 Mission - Fremont Live Music, Beer & Wine Food Trucks, New Vendors Kids Games, Crafts & FUN 10am–5pm – NO PETS	
Learn Basics of Import/Export from SCORE, 5 hr. workshop Sat. Oct 8 8:15am -1:30pm Fremont Chamber of Commerce 39488 Stevenson Pl., Fremont For Details go to: http://www.eastbayscore.org/export-impor or Send \$55 check to East Bay SCORE, 492, 9th St, Ste 350, Oakland, CA 94607		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/groups/NewarkSkatepark/		Our Savior Preschool Come learn & play with us 858 Washington Blvd. Fremont Students: 2 1/2-5 years Part time classes 9am-12pm Full time classes 7am-6pm Licensed Facility #010204114 Call Marianne: 657-9269 oslpsfremont@gmail www.oslps.com	
SAVE's Domestic Violence Support Groups FREE, compassionate support Domestic violence survivors Drop-in, no reservations needed Every Tues & Thurs 6:45-8:45 pm Every Friday 9:15 to 11 am 1900 Mowry Avenue, Fremont (510) 574-2250 or 24-hour Hotline (510) 794-6055 www.save-dv.org		SAVE's Empowerment Ctr. Services FREE for domestic violence survivors.Need support, a place to heal, or referrals? SAVE can help! Advocacy, workshops, counseling & more 24-hour Hotline: (510) 794-6055 Advocate: (510) 574-2256 1900 Mowry Ave., #201,Fremont www.save-dv.org			Newark Parks Foundation The Foundation mobilizes financial and community support to deliver thriving, accessible, supported, and varied parks, open spaces, and recreational opportunities for a healthy and united Newark. Seeking Board of Directors and Honorary Board members. info@newarkparks.org		SONS OF ITALY Social Club for Italians And Friends 1st Friday of month (No meetings July/Aug/Dec) 5:30 social hour 6:30 potluck dinner (\$5) Newark Pavilion Bld. 2 (Thornton Ave & Cherry St.) Newark Info Mary 510-739-3881 www.giuseppemazzini.org	
		Interested in Taking Off Pounds Sensibly Join our TOPS Support Team Thursdays - 10am 35660 Cedar Blvd., Newark We are a friendly and fun non-profit support group, sharing the same goals. co-ed group ALL are welcome! Contact Shirley at Shirley3163@sbcbglobal.net			Newark Trash Pickup Crew Get to know your Newark neighbors Get a bit of exercise and help make Newark look great Join us! https://www.facebook.com/groups/newarkTrash/		FOE EDEN AUX 1139 AUTUMN TEA SAT NOV 5 - 11AM-1PM Eagles Hall 21406 Foothill, Hayward benefits 5 local charities at Christmas. Reserve by Oct 29, \$15 person Call Glenda 510-584-1568	
Soiree Singles For People Over 60 Many Activities! Dancing, Dinners, BBQ's Potlucks, Birthday Celebrations. Plays & Musicals email: cabtax@msn.com Contact us for Free Newsletter 510-538-9847			English Conversation Cafe Improve your Conversation Skills Small groups with native speakers Tuesdays 7-8:30pm Next Session Starts Jan/20th Only \$20 for 10 weeks @Bridges Community Church 505 Driscoll Rd., Fremont ESL@bridgescc.org 510-651-2030		Summer Art Camp At the Sun Gallery Full Day Weeks 9-3 Half Day Weeks (9-12 or 12-3) Before & Aftercare available Affordable Rates Drop-in Welcome! 1015 E St. Hayward 510-581-4050 www.SunGallery.org		"Discover Your Voice" Tri- City Youth Chorus Grades 5-8 Sing Contemporary Music Learn Vocal Skills, Have Fun! Gifted Director Meets Thursdays at 4:15 No Auditions tricityyouthchorus.weebly.com	

continued from page 36

COMMUNITY BULLETIN BOARD

FATHERHOOD CLASSES Fremont Family Resource Center 39155 Liberty St. (at Capitol), Fremont RSVP (510) 333-3478 or bento@relationshipsca.org FREE Class starts June 9 Relationship & Parenting Skills & Job Search Skills	FLASH FICTION WRITING CONTEST Saturday, Sept 24 10am-4pm 300 words or less to WIN MONEY Half-Price Books - Fremont Hub Subject: Must be a non human Deadline to enter: Sun Sept 18 See details at: www.fremontculturalartscouncil.org Send entries: FCACwriters@gmail.com	SUCCULENTS FOR SALE Lots of variety located in Newark Multiple medleys. Arrangements. Home or office decor. Great Gifts Prices range from \$5-25 Discounts applied to large quantity purchases. Contact: 5foot1designs@gmail.com	HOME CRAFT FAIR Oct. 6, 7, 8 Wednesday 11am-4pm Thursday 10am-6pm Friday 10am-6pm Saturday 10am-4pm 1608 Via Santa, San Lorenzo Follow signs on Bockman Road Hundreds of Items by l ocal crafters and Artists	2 Hour Wine Tasting Special Niles Canyon Railway August 6 & 20 September 3 & 10 Departs Sunol Depot at 1:00 6 Kilkare Rd., Sunol \$40 for 5 Livermore Valley Wine tasting & Food pairings Tickets online at nery.org Info at 510-996-8420
	Square Dancing Beginner and Refresher Lessons Starting Tues Sept 13, 6:30 to 8:30 pm By the Swinging 21er's Square Dance Club at the Fremont Lodge 38991 Farwell Dr. Fremont Come and have fun exercise for Singles, Couples and Families Call 510-887-5605	Community Peace Resource Fair Sat 10am-3pm Sun 10:30am Free Information, support vendors South Bay Community Church 47385 Warm Springs Blvd. Fremont 510-490-9500 www.sobcc.org	CRAFTERS! Sign up for "Giftique" in Newark October 29 9:30-3pm Contact Vicki 510-589-1167 or cbncboutique@gmail.com	Music for Minors II FREE Docent Training Sept. 14 - Nov. 7, Fremont or Castro Valley - Mon. & Wed. mornings or evenings Have fun discovering your musical gifts & how to share music in children's classrooms once a week for 1/2 hour. www.musicforminors2.org, Tel: 510-733-1189 / Email: mfm2recruitment@gmail.com
	Enjoy a FUN HEALTHY activity LEARN TO SQUARE DANCE KEEWAY SWINGERS SQUARE DANCE CLUB-BEGINNER'S CLASS starts Thursday, Sept 15 Niles Veterans' Memorial Bldg. 37154 2nd St. Fremont First 3 Thursdays are FREE 510-471-7278-408-263-0952 www.keewayswingers.com		James Logan High Class of 1966 50th Reunion October 14-15 2016 Game, Tour, Dinner/Dance For information www.facebook.com/gayle.andrade.18 or call Gayle Andrade 209-471-8488 Joella Thompson 510-299-5693	Become a Passport to Adventure Historian Visit any of our nine Historic Loca- tions to begin. Get your passport punched. Receive your Certificate. Ongoing program starts September 10, 2016 Follow us on facebook

continued from page 1

Help protect
our bay,
creeks and
wetlands

To learn more about the impact of litter and everyday actions to prevent it, visit www.cleanwaterprogram.org/residents/litter-prevention.html. To learn more about Coastal Cleanup Day and locations, visit <http://www.coastal.ca.gov/publiced/ccd/cleanup/#/map>.

Join the greater Tri-Cities in their effort to help protect our bay, creeks, and wetlands:

Castro Valley:
On Saturday, September 17, participants will be picking up and tallying trash while walking along the Castro Valley Creek Trail. We'll also learn about actions we can take to protect the creek and wildlife habitat. Wear work clothes and sturdy shoes (no sandals), long pants, and bring gloves and a reusable water bottle if you have them. We will provide gloves to lend, tools and a snack. Open to volunteers ages 10 and up. To register in advance, visit www.handsonconservation.org.

Castro Valley Creek & Trail Cleanup

Saturday, Sep 17
9 a.m. – 12 p.m.
Meet at Castro Valley Creek Trail
(next to Castro Valley Library)
3600 Norbridge Ave,
Castro Valley
(925) 371-0154 x 112
amy.evans@acrcd.org
www.handsonconservation.org

Fremont:
The City of Fremont will be hosting creek cleanup events at 10 different locations on Saturday, September 17 from 9 a.m. to 12 p.m. Please join families, friends, coworkers, scout troops, school groups, service clubs, and individuals as they come together to celebrate and share their appreciation of California's fabulous coast and waterways. If you are interested in participating, pre-register at www.fremont.gov/Coastal-CleanupRegistration to guarantee a spot. Please note the City does

not allow anyone under the age of six to participate in this event.

Fremont Cleanups
Saturday, Sep 17
9 a.m. – 12 p.m.
Various locations in Fremont
(510) 494-4570
environment@fremont.gov
www.fremont.gov/Coastal-CleanupRegistration

At Don Edwards San Francisco Bay National Wildlife Refuge, you can help remove invasive weeds or pick up trash along the parking lot and trails on Saturday, September 17. Meet at Dumbarton Fishing Pier parking lot. We'll supply plastic gloves (or bring your own), as well as trash and recycling bags. You supply energy, sturdy shoes, sun protection and clothes you don't mind getting dirty. Bring a reusable water bottle. No reservations necessary. To expedite the registration process, visit www.fws.gov/refuge/don_edwards_san_francisco_bay to download the registration form.

Coastal Cleanup Day
Saturday, Sep 17
9 a.m. – 12 p.m.
Dumbarton Fishing Pier
Parking Lot
Marshlands Rd, Fremont
(510) 792-0222 x 362
www.fws.gov/refuge/don_edwards_san_francisco_bay

Hayward:
Hosted by East Bay Regional Park District, help protect Hayward Regional Shoreline on Saturday, September 17. Please bring a refillable water bottle, a bucket for trash, hat and gloves. All volunteers should wear closed toed shoes, appropriate layered clothing and bring sunscreen. The District will provide snacks, water, and trash bags. Visit <http://goo.gl/uLUPx8> for more information or to register.

Cleanup at Hayward Regional Shoreline
Saturday, Sep 17

8:30 a.m. – 12 p.m.
Hayward Regional Shoreline
Meet at the end of West Winton Ave
3010 W Winton Ave, Hayward
(510) 544-2515
<http://goo.gl/uLUPx8>

Milpitas:
Join Creek Connections Action Group for Coastal Cleanup Day on Saturday, September 17 at Coyote Creek, Calera Creek, and Sandy Wool Lake, as well as Berryessa and Tularcitos Creek Confluence. Volunteers are encouraged to wear long pants, sturdy close-toed shoes and sunscreen. Bring your own reusable water bottles. Litter grabbers, trash bags and gloves will be provided. All youth under 18 years old need supervision and transportation to cleanup site. Visit www.cleanacreek.org/upcoming-cleanupevents_CCD16.asp for more information.

2016 Coastal Cleanup Day
Saturday, Sep 17
9 a.m. – 12 p.m.
Various sites in Milpitas
(408) 586-3352
lesliestobbe@ci.milpitas.ca.gov
www.cleanacreek.org/upcomingcleanupevents_CCD16.asp

Union City:
Help improve the health of your local creek and protect wildlife habitat on Sunday, September 18 at Union City Civic Center. Students, adult volunteers and youth groups ages 10 and up are welcome. We'll pick up trash along the Creekside trail to Alameda Creek and around the pond in the park. Participants will learn about the impact of trash on water quality in the creek and on the wildlife that lives there. Enter from Royal Ann Drive and meet near the skate park. Please sign up at www.handsonconservation.org.

Coastal Cleanup Day 2016
Sunday, Sep 18
9 a.m. – 11 a.m.
Meet at Union City Civic Center Skate Park
34009 Alvarado-Niles Rd,
Union City
(925) 371-0154 x 112
amy.evans@acrcd.org
www.handsonconservation.org

IRS warns of
back-to-school scams

SUBMITTED BY NEWARK PD

The Internal Revenue Service (IRS) recently warned taxpayers against telephone scammers targeting students and parents during the back-to-school season and demanding payments for non-existent taxes, such as the "Federal Student Tax."

People should be on the lookout for IRS impersonators calling students and demanding that they wire money immediately to pay a fake "federal student tax." If the person does not comply, the scammer becomes aggressive and threatens to report the student to the police to be arrested. As schools around the nation re-open, it is important for taxpayers to be particularly aware of this scheme going after students and parents.

The IRS encourages college and school communities to share this information so that students, parents and their families are aware of these scams.

Scammers are constantly identifying new tactics to carry out their crimes in new and unsuspecting ways.

The IRS Will Never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
 - Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
 - Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
 - Ask for credit or debit card numbers over the phone.
- If you get a suspicious phone call from someone claiming to be from the IRS and asking for money, here's what you should do:
- Do not give out any information. Hang up immediately.
 - Search the web for telephone numbers scammers leave in your voicemail asking you to call back. Some of the phone numbers may be published online and linked to criminal activity.
 - Contact TIGTA to report the call. Use their "IRS Impersonation Scam Reporting" web page or call 800-366-4484.
 - Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes.
 - If you think you might owe taxes, call the IRS directly at 800-829-1040.

Possession of drugs and gun

SUBMITTED BY
LT. RAJ MAHARAJ,
MILPITAS PD

On August 25, at approximately 1:33 p.m., Milpitas Police Department Detectives located Larry Arland Feldman, Jeremy Dean Dyer, and two other occupants leaving the Executive Inn, located at 95 Dempsey Road, in a blue 1996 Toyota Corolla. Feldman had a \$100,000 felony warrant for possession of a controlled substance for sales.

After his arrest, Feldman (20 year-old male, Milpitas resident), was found to be in possession of a loaded .22 caliber pistol and more than 250 pills of Xanax, 95.5 grams of marijuana, and 16 fluid ounces of Codeine. Dyer (26 year-old male, Santa Clara resident), is currently on Post Release Community Supervision (PRCS) and was in possession of

burglary tools. Both Feldman and Dyer were arrested without incident.

Feldman was booked into the Santa Clara County Jail for several drug related sales charges and firearms charges. Dyer was booked into the Santa Clara County Jail for violating his terms of probation per PRCS and possession of burglary tools. The two other occupants were released without charges.

If you have any information regarding Larry Arland Feldman and Jeremy Dean Dyer, or another ongoing investigation; then you are encouraged to call the Milpitas Police Department at (408) 586-2400. Additionally, the information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at: <http://www.ci.milpitas.ca.gov/crimetip>

Park It

BY NED MACKAY

A long-neglected artifact of East Bay Regional Park District history has found a place of honor in the Environmental Education Center at Tilden Nature Area near Berkeley. It’s a beautifully restored plaster relief map of the East Bay hills, showing the lands that soon would become the first regional parks. Artisans and Civilian Conservation Corps workers produced the map in 1934 under the direction of Ansel Hall, chief of the National Park Service’s field division. Hall played a major role in establishment of the East Bay Regional Parks. A report authored by Hall and the famed Olmsted Brothers architectural firm recommended preservation of 10,000 acres of surplus water district land for public recreation and wildlife habitat. The relief map is a three-dimensional rendering of a map that was included on paper in the report. The map and report were part of a major successful campaign to garner public support for establishment of the district. Originally nine or ten of the relief maps were produced. All but one have disappeared. The single remaining map was on the wall for many years in the Junior Ranger Lodge, a stone building just up the hill from the Environmental

Education Center. According to Dave Zuckermann, the district’s regional interpretive and recreation services manager, the idea of refurbishing the map and putting it on more public display was first suggested by naturalist James Wilson at about the time of the district’s 80th anniversary. Dave liked the idea and carried it forward, with support from the district’s Public Affairs Department and General Manager Robert Doyle. Restoration was a major project. The map’s original colors had been painted over many times, some of the plaster was chipped, and there were cracks in the backing. Ron Holthuysen and his staff at Scientific Arts Studio in Richmond performed the work. The park district’s Exhibit Design group developed the plan for the map’s location and produced the accompanying information panels. The map is mounted on the wall across from the center’s information desk. Information panels recount its history and the restoration effort. Above the map is a rendition of the park district’s original seal, featuring trees, a lake and distant hills. While you’re at Tilden, check out a series of Saturday and Sunday programs that explore what we can learn from the lives of animals in the center, the

adjacent Little Farm, and out in the woods. **From 11 to 11:30 a.m. on Sept. 10 you can meet a snake** and color a collectible poster to take home. From 11 to 11:30 a.m. on Sept. 11, spiders are the stars. Find out how they move, obtain their food, and avoid predators.

The center and farm are both located at the north end of Tilden’s Central Park Drive, accessible down Canon Drive from Grizzly Peak Boulevard in Berkeley. For information, call 510-544-2233.

The Over The Hills Gang is an informal group of hikers 55 and older who enjoy exercise and nature study. The gang will explore Sobrante Ridge Regional Preserve in a hike from 10 a.m. to 12:30 p.m. Tuesday, Sept. 13, led by Trail Gail Broesder. Meet at the trailhead on Coach Drive in El Sobrante. For information, call 510-544-2233.

Regional Park District naturalist Cat Taylor is starting a new hiking series: **“Tortoise Trekkers,” for folks who want to explore the parklands at a more intimate and leisurely pace.** Cat’s first tortoise trek will be from 6 to 9:30 p.m. on Sunday, Sept. 11 at Brushy Peak Regional Preserve north of Livermore. Pack a flashlight and a picnic supper for a four-mile hill climb to gaze at the stars and enjoy the twilight landscape. You might see an

eagle, too. The Brushy Peak area has lots of them. The hikes are free of charge, but registration is required. For information and registration on the Brushy Peak hike, call 888-327-2757. Select option 2 and refer to program number 14773. For information on this and future hikes, call Cat at 888-327-2757, ext. 3242.

Saturday and Sunday Strolls are another naturalist-led hiking series. The hikes range from one to five miles in length and are great for families. There’s a Saturday Stroll from 10 a.m. to noon on Sept. 10 starting at the Lake Chabot Marina in Castro Valley. The group will walk along the East Shore Trail to Huck’s Trail and back, about 3½ miles. Meet at the marina store. Lake Chabot Marina is on Lake Chabot Road just north of Castro Valley. Parking and dog fees apply. For information, call 510-544-3187.

Reptiles are the focus of two upcoming programs at Coyote Hills Regional Park in Fremont, both hosted by naturalist Dino Labiste. The first is from 10 a.m. to noon on Sunday, Sept. 11. Dino will show the park’s resident snake and turtle, while talking about the relation between modern birds and reptiles and their remote ancestors, which were the largest creatures ever to roam the earth.

Then from 1:30 to 3:30 p.m. the same day, Dino will talk about snakes in nature and in folklore, and help visitors create snake spiral crafts to take home. Both programs are at the park’s visitor center, which is at the bay end of Patterson Ranch Road, off Paseo Padre Parkway in Fremont. The programs are free; Coyote Hills has a parking fee of \$5 per vehicle. For information, call 510-544-3220.

At Crab Cove Visitor Center in Alameda, it’s fish time during family nature fun hour from 2 to 3 p.m. on Saturday and Sunday, Sept. 10 and 11. The group will explore the world of San Francisco Bay without getting wet. Then the fish at the center aquarium get fed from 3 to 3:30 p.m. Crab Cove is located at 1252 McKay Ave. off Alameda’s Central Avenue. The small parking lot has a \$5 fee per vehicle. For information, call 510-544-3187.

And don’t forget the **Garin Apple Festival.** It’s from noon to 4 p.m. Saturday, Sept. 10 at Garin Regional Park in Hayward, featuring unique apple varieties, apple cider, music, dancing and old-fashioned games. The event is free; Garin has a parking fee of \$5 per vehicle. The park is at the end of Garin Avenue off Mission Boulevard in Hayward. For information, visit www.ebparks.org/activities.

California lawmakers pass farmworker overtime after 8 hours

AP WIRE SERVICE

SACRAMENTO, Calif. (AP)—California lawmakers have approved legislation to apply the same overtime laws to people who sow and harvest food as those who pack it and work in other industries. The United Farm Workers union says California would be the first state to require that farmworkers receive extra pay after eight hours. California employers are already mandated to pay time-and-a-half to farmworkers after 10 hours in a day or 60 hours in a week. That’s longer than the overtime pay for other workers, who get it after eight hours in a day or 40 hours a week. Opponents say the seasonal nature of farm work does not lend itself to overtime and may cause cuts to hours. The Assembly approved AB1066 44-32 on Monday, sending it to Democratic Gov. Jerry Brown.

Day on the Bay will be packed with fun activities, vital resources

SUBMITTED BY SANTA CLARA COUNTY SUPERVISOR DAVE CORTESE

This year marks the 100th anniversary of the National Park Service and the 60th anniversary of Santa Clara County Parks. You can celebrate both by visiting Alviso Marina County Park during our 7th annual Day on the Bay Multicultural Festival [October 9, 2016]. The 18.9-acre bayside park is the gateway to the Don Edwards San Francisco Bay National Wildlife Refuge, with boardwalks and trails that offer fantastic views and an opportunity to meet the wildlife who call the refuge home. In 2013 the park was designated as a site on the San Francisco Bay Area Water Trail. All of this provides a great backdrop to a festival that is jam-packed with fun activities, entertainment and a resource fair focused on health. We have many new features and attractions this year, starting with Bike to the Bay, a community bike ride along the Guadalupe River Park Trail from Guadalupe River Park on Coleman Avenue in San Jose to the festival. Organized by the Silicon Valley Bicycle Coalition, San Jose Bike Party and my office, the free family-friendly ride will be about 8.5 miles. A bike valet will be on duty at the park.

Also new this year: Aquarium of the Bay Mobile Tank; First Tee, a children’s golf game; and docent-led nature hikes. Returning this year will be the San Jose Shark’s mascot Sharkie and the Slapshot Booth, and, of course, our traditional and popular kayak rides, pumpkin patch and zucchini car races. Free hamburgers will again be grilled by the Santa Clara County Firefighters. Throughout the day, there will be giveaways, with such prizes as tickets to The A’s, the Giants, footballs from the San Francisco 49ers and gift cards to restaurants. We have signed up 120 service providers for our Resource Fair, where you can receive free flu shots, massages and blood pressure screenings and information on vital area services. We have also enlisted local performers to provide multicultural entertainment on two stages. But there is still room for more. If you would like to be a sponsor, have a booth in our Resource Fair, perform on stage or volunteer to help at the event, please visit our Day on the Bay page to register or call Vanessa Turner at 408-299-5030, or email her at vanessa.turner@bos.sccgov.org. If you have questions on any topic, call my office at (408) 299-5030, or email me at dave.cortese@bos.sccgov.org. See you at Day on the Bay!

Remembering 9/11 after 15 years

PHOTOS COURTESY OF MICHAEL L. EMERSON

Fifteen years ago, we witnessed a significant part of history unfold right before our eyes as television screens and various media outlets covered the most terrifying terrorist attack in the U.S. The series of attacks on September 11, 2001 killed 2,996 people and injured over 6,000. As a nation unified by patriotism, we honor those who have passed away, as well as their families who still suffer the loss of their loved ones. On Sunday, September 11, join community members in remembrance of 9/11 at the Flight 93 Memorial in Union City, followed by another event at the newly dedicated Hayward 9/11 Memorial. The Flight 93 Memorial remembers those who died onboard a hijacked passenger flight, United Airlines Flight 93, bound for San

Francisco International Airport. Hayward 9/11 Memorial, dedicated on May 30, 2016, honors our heroes from 9/11, as well as the City of Hayward’s first responders and veterans. For more information or to donate, visit www.93memorial.com and www.hayward911memorial.com. **9/11 Remembrance Sunday, Sep 11 10 a.m. Flight 93 Memorial Sugar Mill Landing Park Alvarado Niles Rd & Dyer St, Union City MLEmerson@aol.com www.93memorial.com Free 9/11 Remembrance**



Sunday, Sep 11 1 p.m. Hayward 9/11 Memorial 22738 Mission Blvd, Hayward

Michael-Emerson@outlook.com www.hayward911memorial.com Free

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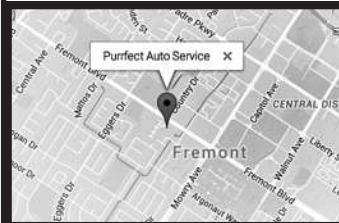
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Milpitas Rotary dinner benefits local school

By JULIE HUSON
PHOTO COURTESY OF Nanci Pass

Building on a partnership established with Alexander Rose Elementary School over twenty years ago with Fishing in the City, Milpitas Rotary Club is hosting a dinner and gala event on Saturday, September 17 at Ta Restaurant in Milpitas. Rotary President Hon Lien says a small number of tickets remain to be sold for the fete, which will include silent and live auctions, dinner, dancing, and a raffle drawing. Offerings up for bid include a week in a Honolulu condo, men's and women's rings, pearls, statuary, and even a fire department kid's birthday party visit, complete with fire fighters and truck!

The Milpitas Rotary Club hosts annual events for the benefit of local causes, and this affair's proceeds will go towards funding the Milpitas Unified School District's STEAM (Science, Technology, Engineering, Art and Math) program at Alexander Rose Elementary School. The school and Milpitas Rotary are past and current partners of the popular Fishing in the City program, in which Rotary Club members and volunteers assist fourth grade Rose Elementary students in baiting borrowed rods and casting for stocked



trout at a local lake. Although the Milpitas Rotary has supported a number of educational endeavors over the years, its desire to support the STEAM program piloted by Alexander Rose Elementary in Milpitas was decided as a worthy recipient of much needed funding.

Rose School principal Nanci Pass says that funds raised at the event will go towards financing exciting developments in "inquiry based learning," a focus the

district and school have implemented within the past three years. The dollars will make possible the expansion of the school's innovative "visual literacy" program, which allows students to use iPads, computers, a green screen and 3-D printer in project-based learning classes designed to engage students in personal life learning.

"We want students to take ownership of their learning," Pass says. With exploratory periods twice a year, students in grades

fourth through sixth can choose real life learning experiences in offerings such as "The Science of Chocolate Chip Cookie Making" in which different ratios of ingredients will be the experiential science lab. Other offerings will include staging scenes from the musical "Hamilton," and creating a city of the future with computer assisted design and a 3-D printer.

"With these kinds of engaging lessons, we've seen an increase in attendance and a decrease in behavior-related incidents," Pass says. The Milpitas Rotary Club is convinced that this focus on student driven learning is worth a night of great food, dancing, and bidding.

Tickets for the dinner are \$75 and are available by calling Hon Lien at (408) 439-1207.

Milpitas Rotary Fundraising Dinner
Saturday, Sep 17
5 p.m.

Ta Restaurant
90 South Abel St, Milpitas
(408) 439-1207

http://portal.clubrunner.ca/6028
Tickets: \$75

Cal State East Bay partners with US Geological Survey to create earthquake map

SUBMITTED BY **KIMBERLY HAWKINS**

Cal State University East Bay (CSUEB) Associate Professor Luther Strayer and student Jennie Bahramian, along with U.S. Geological Survey (USGS) scientists, will be conducting an experiment to characterize and map the underground geology around the Hayward Fault.

The map will show geologists how the ground responds to earthquake shaking in

different neighborhoods along the Hayward and Chabot faults, which runs through the CSUEB campus.

"We don't yet understand what earthquakes do once they go underground, how these faults connect, the complexity of the area ... these faults are so close together, they're very likely linked," Strayer said.

According to the USGS, the detailed understanding of the ground response to seismic energy can contribute to improved

building codes and help the community prepare for future earthquakes.

"An earthquake by itself is not bad, it's the building that gets destroyed and kills people," Bahramian said. "If you can understand it ... you can take safety measures and be prepared."

Hundreds of small portable seismographs will be temporarily set out along lines that cross the Hayward Fault through the cities of San Leandro and Castro Val-

ley, and very small explosive "bangs" will be set off at the bottom of 20-30-foot-deep drill holes in September.

The small explosive "bangs" (tiny artificial quakes) will send seismic energy traveling through the subsurface geological layers, and will be recorded on the temporary seismographs. These tiny artificial earthquakes are so small, they can only be felt if one is standing within a few feet of the drill hole.

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@gkfestmilpitas

St. James Orthodox Church
195 North Main Street, Milpitas 95035
(Across from the Milpitas Public Library)

SEPTEMBER 16-18, 2016
friday 6:00pm-10pm, saturday 12pm-10pm, sunday 12pm-8pm
www.sjorthodox.org/festival



SUBMITTED BY ALFREDO RODRIGUEZ

Vintage Alley Car, Bicycle & Model Car Show

Vintage Alley and Classic Kustom Bombs Magazine bring their 3rd annual "Vintage Alley Car, Bicycle & Model Car Show" to Downtown Hayward on September 10. The event will be a 1940s, '50 Old School/Rockabilly/Swing-inspired show featuring Classic Cars, Muscle Cars, Hot Rods, Rat Rods, Model A's, Model T's Low Riders, custom bicycles and model cars. It is also being held as a tribute to all our veterans.

Special fun-filled events include live music, vendors, food, raffles and prizes. There will also be a Kids' Area with face painting, balloons, games, and an overall great time! Enjoy special appearances by The Singing Blue Stars, Prieto and his Mirage Band, Jinx Jones & The Kingtones, Mas Mojo, The Arnott Sisiters, and coverage by Classic Kustom Bombs Magazine. Dress in your favorite '40s and '50s attire!

If you want to show off your vehicle, registration is \$25 in advance and at the gates. Bikes and model cars must register on the day of the event. For a registration form, visit www.vintagealley.com/car-show-2015.html. For more information call Alfred at (510) 695-3211 or Joe at (510) 435-1813, or e-mail info@vintagealley.com.

Vintage Alley Car, Bicycle & Model Car Show
Saturday, Sep 10 - 10 a.m. - 5 p.m.
Downtown Hayward, B St, Hayward
(510) 695-3211
www.vintagealley.com
Free admission



Apples take center stage at Garin festival

SUBMITTED BY CAROLYN JONES
PHOTO BY ALLAN MENDEZ

Celebrate our farming and pioneer past during this year's "Apple Festival"! Garin Regional Park is home to an antique apple orchard with varieties of apples you won't find anywhere else - except at the Apple Festival! Try your hand at hand-cranking ice cream or pressing apple cider and then taste the "fruit" of your labor. Music,

dancing, crafts, and old-fashioned games make this event fun for the whole family! For more information, call (510) 544-3220.

Garin Apple Festival
Saturday, Sep 10
Noon - 4 p.m.
Garin Regional Park
1320 Garin Ave, Hayward
(510) 544-3220



www.ebparks.org/parks/garin
Free admission

Parking: \$5