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October 18, 2016

Vol. 15 No. 41

Ghoulishly grand adventure aboard the Haunted Railroad

SUBMITTED BY
ANDREW J.L. CARY

Ardenwood's spooky witch—along with the silly pirates, ghosts, goblins, giant pumpkins, and the Chance Gang—will once again be haunting the woods at Ardenwood Historic Farm in Fremont. Climb aboard the “Haunted Railroad” for a fun ride through the dark forest of Ardenwood. The entire family will enjoy the ghoulishly grand,

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Billy Bones:
Photos by Bill Wissel



RUBIK'S ELITE READY TO RUMBLE

SUBMITTED BY FRIENDS OF
SPEED CUBERS
PHOTOS BY DEXTER CHAN

Elite cubers in the Bay Area are returning to Hayward City Hall to show off their incredible cube solving skills at “Rubik's Rumble 2016,” an exciting event sponsored by the City of Hayward and Friends of Speed Cubers. Spectators are welcome and admission is free for non-competitors.

In 2015, the first year of the competition, approximately 1,000 competitors and spectators attended. The results of the competition were jaw dropping. The first place finisher, Riley Woo, solved the cube in just 9.08 seconds with second place competitor, Richard Jay Apagar, Jr., at 9.63, just fractions of a second behind.

Woo recently competed in the National competition and accomplished the amazing feat of solving 18 cubes while blindfolded. He will be competing at Hayward's Rubik's Rumble.

“We thank the City of Hayward for their partnership,” said April Chan, Founding Board Member of Friends of Speed Cubers. “Friends of Speed Cubers aims to introduce cubing to diverse populations, and Hayward is the most diverse city in the U.S. The city has been supportive of not only the competition, but also by promoting cube solving to kids as a welcome respite from a world dominated by cell phones and other electronic devices.”

Rubik's Rumble will be a family-friendly event with elements of breakneck competi-

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Photo by Mateo Leon Valencia

Newark honors loved ones at Day of the Dead

BY CYNDY PATRICK

Colorful altars, sugar skulls, flowers and music will liven up Old Town Newark this Sunday at their sixth annual “Dia de los Muertos Celebration.” Families will gather to celebrate and connect with the spirits of their friends and family who have moved on from this world.

There will be beautifully decorated Catrinas, the costumed female skeletons made famous by Mexican

illustrator José Guadalupe Posada who created his famous work of art “La Calavera Catrina” (“The Elegant Skull”) meant as a parody of the Mexican upper-class. Catrinas are now a prominent part of Day of the Dead celebrations.

Newark Councilwoman Sucy Collazo organized the celebration, which is sponsored by Avanzando (advancement), a non-profit organization created by

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This Free Test Could Save Your Life

If you live in the Tri-City Area, Washington Hospital has many ways of caring for your health and well-being. For example, it offers a myriad of prevention-oriented health education classes and screenings, often at no cost to you.

On Oct. 29, the Hospital will continue its longstanding tradition of offering free abdominal aortic aneurysm (AAA) screenings. AAA is a common, potentially deadly condition that often goes undetected because it has no symptoms.

“AAA is called the silent killer because someone can be completely unaware they have the condition until the aneurysm—which is a bulge in the wall of the body’s main artery—ruptures. This is a dramatic event that can quickly lead to death,” said vascular surgeon John Thomas Mehigan, MD. “A routine exam in your doctor’s office will not detect the aneurysm.”

“The upcoming free screening is an opportunity for you to take just a few minutes out of your

day to have a relatively simple, painless ultrasound study that could save your life,” Dr. Mehigan continued.

If you have an AAA, medical management and treatment can help prevent it from rupturing. Depending on its size and how fast it is growing, the aneurysm can be monitored or surgery may be performed to repair it.

Free screening

The screening will be held on Saturday, Oct. 29, from 10 a.m. to 1 p.m. in the Conrad E. Anderson, MD, Auditorium of the Washington West building next to Washington Hospital in Fremont.

The event is being sponsored again this year by the Fremont Bank Foundation. The bank’s founder, Morris Hyman, had an aortic aneurysm a number of years ago that was treated surgically by Dr. Mehigan.

To participate in the screening, you must first pre-register. No walk-ins will be accepted on the day of the event. To register, call (800) 963-7070.

On the day of the test, you should not eat any foods that might contribute to gassiness in your abdominal area. Wear light, comfortable clothing.

Each year, about 150 local residents attend Washington Hospital’s free AAA screening, and about 10 to 15 are found to have an AAA. They are referred to their personal physician for further evaluation and possible treatment. If they don’t have a doctor, they will be offered assistance in getting one.

“Things usually go like clockwork and there is generally no waiting, as the test is very fast and simple,” explained Dr. Mehigan. “It’s a very congenial atmosphere and we even offer free cookies.”

Occasionally, the ultrasound detects other, unexpected conditions, like gallstones or hernia. Again, the person is referred back to their personal doctor for care.

Doctors volunteer

Dr. Mehigan and vascular surgeon Gabriel Herscu, MD, both members of Washington



Free abdominal aortic aneurysms (AAA) screenings are being offered to community members on Saturday, Oct. 29. Pre-registration is required by calling (800) 963-7070. The screenings will take place from 10 a.m. to 1 p.m. in the Conrad E. Anderson, MD, Auditorium at Washington West, 2500 Mowry Ave. in Fremont.

Township Medical Foundation, as well as cardiologist Ash Jain, MD, will again volunteer their time on the day of the screening. After you have been screened, one of the doctors will meet with you personally to discuss the results of the test and answer your questions.

Dr. Jain is a nationally known cardiologist who has a special interest in treating vascular disease and aneurysms. He and Dr. Mehigan, who is chair of Vascular Surgery at Washington Hospital and professor of vascular medicine at Stanford, have volunteered at the AAA screening ever since the Hospital began offering the free service. Dr. Herscu, who is specially trained in the management of complex aneurysms,

began participating in the screening when he came to the Tri-City Area four years ago.

Learn more.

To learn more about the free AAA screening sponsored by Washington Hospital and Fremont Bank Foundation, call (800) 963-7070. To find out more about AAA, visit heart.org, the website of the American Heart Association, and search under Conditions.

To learn more about Washington Hospital, go to whhs.com. To find out more about Washington Township Medical Foundation, go to mywtmf.com.

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



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InHealth
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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								
	10/18/16	10/19/16	10/20/16	10/21/16	10/22/16	10/23/16	10/24/16								
12:00 PM 12:00 AM	Nerve Compression Disorders of the Arm	Colon Cancer: Prevention & Treatment	Vertigo & Dizziness: What You Need to Know	Family Caregiver Series: Caregiving From A Distance	Hip Pain in the Young and Middle-Aged Adult	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Sideline'd by Back Pain? Get Back in the Game								
12:30 PM 12:30 AM		Voices InHealth: New Surgical Options for Breast Cancer Treatment		Voices InHealth: New Surgical Options for Breast Cancer Treatment		Voices InHealth: New Surgical Options for Breast Cancer Treatment									
1:00 PM 1:00 AM	Strengthen Your Back! Learn to Improve Your Back Fitness	Shingles	Family Caregiver Series: Nutrition for the Caregiver	Not A Superficial Problem:Varicose Veins & Chronic Venous Disease	Voices InHealth: Healthy Pregnancy	Alzheimer's Disease	Family Caregiver Series: Managing Family Dynamics in Caregiving								
1:30 PM 1:30 AM			Sports Medicine Program:Youth Sports Injuries				Diabetes Matters:Type 1.5 Diabetes								
2:00 PM 2:00 AM	Diabetes Matters: Healthy or Hoax	Washington Township Health Care District Board Meeting September 14, 2016	Menopause:A Mind-Body Approach	Washington Township Health Care District Board Meeting September 14, 2016	Strengthen Your Back	Voices InHealth: Medicine Safety for Children	Washington Township Health Care District Board Meeting September 14, 2016								
2:30 PM 2:30 AM	Good Fats vs. Bad Fats				Prostate Cancer: What You Need to Know			Urinary Incontinence in Women:What You Need to Know	Knee Pain & Arthritis						
3:00 PM 3:00 AM			Family Caregiver Series: Legal & Financial Affairs					Diabetes Matters:The History of Diabetes							
3:30 PM 3:30 AM	Community Based Senior Supportive Services		Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?		Turning 65? Get To Know Medicare			Dietary Treatment to Treat Celiac Disease	Preventive Healthcare Screening for Adults	Skin Health: Skin Cancer & Fountain of Youth	Diabetes Matters: Diabetes & Heart Disease				
4:00 PM 4:00 AM		Deep Venous Thrombosis	The Real Impact of Hearing Loss & the Latest Options for Treatment	Diabetes Matters: Insulin: Everything You Want to Know		How Healthy Are Your Lungs?	Don't Let Hip Pain Run You Down								
4:30 PM 4:30 AM					Snack Attack			Low Back Pain	What Are Your Vital Signs Telling You?	Diabetes Matters: Sugar Substitutes - Sweet or Sour?	Get Back On Your Feet: New Treatment Options for Ankle Conditions				
5:00 PM 5:00 AM		Voices InHealth: Bras for Body & Soul	Voices InHealth: Bras for Body & Soul	Your Concerns InHealth: Senior Scam Prevention		Washington Township Health Care District Board Meeting September 14, 2016	Washington Township Health Care District Board Meeting September 14, 2016					Voices InHealth: Bras for Body & Soul			
5:30 PM 5:30 AM	Family Caregiver Series: Panel Discussion	Learn More About Kidney Disease	Do You Suffer From Anxiety or Depression?		Getting the Most Out of Your Insurance When You Have Diabetes			Keeping Your Heart on the Right Beat	Family Caregiver Series: Hospice & Palliative Care						
6:00 PM 6:00 AM	Inside Washington Hospital:Advanced Treatment of Aneurysms	The Weigh to Success		Learn the Latest Treatment Options for GERD						Advance Healthcare Planning	Relieving Back Pain: Know Your Options	Take the Steps:What You Should Know About Foot Care			
6:30 PM 6:30 AM	Washington Township Health Care District Board Meeting September 14, 2016	Family Caregiver Series: Coping as a Caregiver											Washington Township Health Care District Board Meeting September 14, 2016	Heart Healthy Eating After Surgery and Beyond	Learn If You Are at Risk for Liver Disease
7:00 PM 7:00 AM			Learn About Nutrition for a Healthy Life			Diabetes Matters: Understanding Labs to Improve Diabetes Management	From One Second to the Next								
7:30 PM 7:30 AM				Arthritis: Do I Have One of 100 Types?	Kidney Transplants			Washington Women's Center: Cancer Genetic Counseling	Pain When You Walk? It Could Be PVD						
8:00 PM 8:00 AM	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Inside Washington Hospital: Patient Safety													
8:30 PM 8:30 AM															
9:00 PM 9:00 AM															
9:30 PM 9:30 AM															
10:00 PM 10:00 AM															
10:30 PM 10:30 AM															
11:00 PM 11:00 AM															
11:30 PM 11:30 AM															

Holiday Eating Tips To Eat Well and Stay Healthy



Learn how to navigate the holiday food challenges at a Healthy Holiday Cooking demonstration and seminar on Wednesday, Nov. 16. The seminar is being led by Washington Hospital registered dietitian, Maggie Guting, who will conduct a live cooking demonstration. The event takes place from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium at Washington West, 2500 Mowry Ave. in Fremont. To register, call (800) 963-7070 or go to whhs.com.

The holidays are approaching and, once again, you are faced with six weeks or more of parties, family dinners and other gatherings. You want to enjoy the holidays but how do you go through the holiday season eating healthily while still enjoying the great dinners and buffet spreads you know are ahead? Maggie Guting, Washington Hospital registered dietitian, will offer ideas for navigating holiday food challenges at a Healthy Holiday Cooking Demonstration and seminar on Wednesday, Nov. 16. Open to all, the free program will be held from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium at Washington West, 2500 Mowry Ave. in Fremont. A live cooking demonstration will focus on healthy holiday baking and feature three healthy recipes for holiday baked goods: one easy to prepare, one moderately difficult and one somewhat harder. One problem during the holidays, Guting explains, is that we are so busy. When we try to make festive holiday meals, we often run out of time and end up buying desserts which are not anywhere near as healthy as the ones we can prepare ourselves. The average person can gain from two to five pounds during the holidays and the danger comes when you don't or can't lose that extra weight. Over the years, the weight keeps building, bringing with it the increased risk of high blood pressure, diabetes, heart disease and other problematic health issues. The holidays don't have to be about denial, Guting says, "You still can enjoy some of the special dishes you always look forward

to, but mix them up with some healthier choices so that your plate isn't loaded down with all high-calorie food." And, Guting adds, the holidays are not the time to try

to lose weight. It is more realistic to aim to keep your weight at your pre-Thanksgiving level rather than being overly ambitious and, perhaps, setting yourself up for failure. Guting will offer tips on how to manage your appetite when facing a buffet laden with delicious food. One strategy, she says, is to never arrive hungry. Plan ahead; try to have nutritious snacks before going to a party. Fill up on water. That way you aren't as hungry, and you have time when you arrive at the buffet to make some healthy choices. She recommends that you start with healthy food choices before reaching for the richer and higher calorie foods. "Most of us do the opposite; we are drawn to that delicious and rich dish that we normally don't have." Be choosy, she adds. Make the calories count. Select those items that are special for the holidays rather than filling up on food that you can eat at other times of the year. "You can indulge if you think about 80 percent healthy food and 20 percent special treats, she

says. "Abide by that old rule of everything in moderation. That way you have room — and calories available — for that eggnog, pecan pie, holiday cookies or candy, or another rich dish." As seating is limited to 68 persons, advance registration for the free program is recommended. For additional information or to register, please call (800) 963-7070. Seminars also may be televised on InHealth, a Washington Hospital Television Channel (Comcast Channel 78) and online at inhealth.tv. To learn more about the Washington Hospital Healthcare System, visit www.whhs.com. To find out more about the Washington Township Medical Foundation, visit www.mywtmf.com. Here is a special recipe Maggie Guting recommends that is healthy and festive for a holiday dessert. The Pie In A Jar offers portion control, limited pastry with the cutout crust and an unusual and festive presentation.

Apple- Cran "Pie in a Jar"

- 5 cups peeled apples, cut in small 1/2-inch chunks (5 medium)
2 cups fresh or frozen cranberries
3/4 cup granulated sugar
2 tablespoons all-purpose flour
Trans-fat free refrigerated pie crusts (2)
1 egg white
4-ounce canning jars (12)

 1. Microwave fruit, sugar and flour in bowl for 2-1/2 minutes. Stir and continue microwaving in 1-minute intervals until apples are al dente.
 2. Place 1/3 cup of fruit mixture into jars.
 3. Roll out dough and cut (12) 3-inch diameter circles using a cookie cutter.
 4. Cut a decorative shape into the middle of your dough circle using a miniature cookie cutter.
 5. Place the cut dough on top of the jarred fruit and push the edges down into the jar, sealing the pie. Repeat with all jars.

Position all jars in a shallow baking pan with 1 inch of water at the bottom and place in a COLD oven turned on to 350°F. Cook pies for 35-45 minutes or until the middle is bubbly and the crust is brown.

Nutrition Facts: 205 calories, 7g fat, 105mg sodium, 32g carbohydrate, 3g protein.
-

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

Food for the brain

Dear Doctor,
Which foods are good for the brain?

Dear Reader,
Through a process known as oxidation, our bodies process the oxygen we breathe from which our cells produce energy as well as free radicals (unstable molecules which damage or 'oxidize' cells throughout our body). When an overproduction of free radicals is generated, our cell repair process is overwhelmed, which is called oxidative stress. This can have serious consequences leading to the development of several pathologies, particularly in older patients who are more vulnerable to the effects of oxidative stress. Foods good for the brain are called neuroprotective and contain potent anti-oxidants which help counterbalance the detrimental effects of oxidative stress. In addition to foods like blueberries, beets, kale, and tomatoes, foods high in omega-3 fatty acids are also rich antioxidants. Common sources of plant oils containing the omega-3 ALA fatty acid include walnuts, edible seeds, and algal and flax seed oils. Examples of animal omega-3 EPA and DHA fatty acids can be found in fish, egg, squid and krill oils.

Stephen Zonner, DO



Dr. Steven Zonner is board certified by the American Osteopathic Board of Family Practice and has over 30 years of experience in the fields of primary care, Occupational and Sports Medicine. Dr. Zonner completed the majority of his medical training in Chicago starting with his Doctor of Osteopathic Medicine degree (DO) from the Chicago College of Osteopathic Medicine. After finishing his Family Medicine

internship and residency at Botsford General Hospital in Michigan, he returned to Chicago to complete his primary care Sports Medicine fellowship at Rush-Presbyterian-St. Luke's Medical Center. In 1990, he went on to become the head team physician for Arizona State University and has been invited to work at the U.S. Olympic Training Center in Colorado Springs. He has been treating people of all ages and athletic abilities in the San Francisco Bay Area since 2004. Dr. Zonner is also fluent in Spanish.

Get Your Life in Balance with Pilates Exercises

New Pilates Class at Washington Wellness Center Promotes Strength, Flexibility, Mental Well-Being and Balance

In 1967, the year Joseph Pilates died at age 87, only a small contingent of professional dancers and athletes practiced his revolutionary system of exercises intended to help prevent and rehabilitate injuries. Nearly 50 years later, many people, of all ages and at various levels of fitness, practice Pilates strengthening and stretching exercises that develop the body's core, mobilize the spine and build flexibility. In response to a growing demand for Pilates exercise classes in the Tri-City Area, the Washington Wellness Center will be offering a six-session introductory Pilates mat exercise class on Wednesdays, during the lunch hour from noon to 1 p.m. The class begins on Wednesday, Oct. 26, in the Women's Center conference room located in the Washington West Building at 2500 Mowry Ave. in Fremont. The class is limited to eight participants. The cost is \$60 for six sessions. "We listened to the people in our community, who told us they wanted us to offer Pilates exercises," says Clinical Coordinator of the Women's Center Laura Constantine, RN. "This new class will be taught by a licensed Pilates instructor and will feature mat exercises with rings and balls. Mat classes are a popular introduction to the Pilates system of nonimpact exercises that build strength, flexibility and mental well-being."

Pilates exercises work the entire body in a synchronized fashion, instead of working major muscle groups in isolation. "Pilates is resistance training that conditions the whole body, and it is suitable for all ages and all types of people – not just professional athletes and dancers," Constantine says. "With Pilates, you work on developing the deep core muscles of the abdomen, back and pelvis. If you sit slouched in front of your computer all day, and then go to the gym and exercise your extremities, you are not building your core. Does a tree have all its strength in its limbs? No. It's the same for human bodies. Building a strong core can reduce your risk

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The Washington Wellness Center is offering introductory Pilates mat exercise on Wednesdays, from noon to 1 p.m. starting Oct. 26. The six-session class is \$60 for all sessions. To register, call (510) 608-1301.



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continued from page 1

RUBIK'S ELITE READY TO RUMBLE



Jeremy Fleischman solves one-handed; Fleischman is the 10th best in the world for this type of solve.

tion, community-generated art, and education. For 2016, the event has been expanded to include more aspects designed to enrich the imagination of young people, such as the display of a cube solving LEGO robot and 3D printer demonstrations. The process for customizing T-shirts will be shown all day thanks to

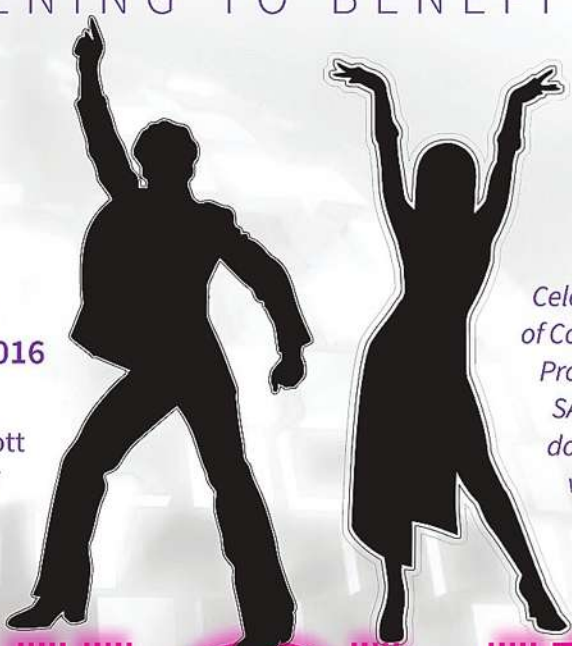
Finals will be at 5:30 p.m. in the City Hall Rotunda. Rubik's Cubes enthusiasts, families and all who love math, puzzles, competition and art are warmly welcomed and invited to attend. For details about the competition itself, please contact organizer April Chan at abchan411@gmail.com. Those



the Eden Computer Clubhouse at Eden Youth and Family Center. At 1 p.m. there will be a class spectators can attend on how to solve the cube. The Rumble, sanctioned by the World Cube Association (WCA), will feature a heated speed-solving competition in which speed cubers – some of whom are as young as 8 years old – push themselves to solve the cube as quickly as possible. Competitors will solve different types of cubes (2x2 and 3x3) and will also solve the cube one-handed and blindfolded. The event begins at 10:30 a.m. at Hayward City Hall, with the Farmers' Market going on simultaneously right outside.

interested in competing may find instructions at <http://www.cubingusa.com/rubiksrumble2016>. For more information, see our Facebook event page, <http://www.facebook.com/rubiksrumble2016>.
Rubik's Rumble 2016
Saturday, Oct 22
10:30 a.m., finals at 5:30 p.m.
Hayward City Hall
777 B St, Hayward
abchan411@gmail.com
<http://www.facebook.com/rubiksrumble2016>
Onsite registration for competi-
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The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published.
Letters that are 350 words or fewer will be given preference.
Letters are subject to editing for length, grammar and style.
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continued from page 3

Get Your Life in Balance with Pilates Exercises

New Pilates Class at Washington Wellness Center Promotes Strength, Flexibility, Mental Well-Being and Balance

for injuries and improve your ability to recover from any injuries you have suffered. Pilates works because it teaches you how to build your core and achieve body symmetry.”

Constantine notes that Pilates exercises also help improve the participants' sense of balance, which can aid in preventing injuries, especially among older people who are prone to falls. The U.S. Centers for Disease Control and Prevention (CDC) estimates that one out of four Americans over age 65 falls each year. The CDC also reports that each year, 2.8 million older adults are treated in emergency rooms due to falls. More than 800,000 of them are subsequently hospitalized, typically because of a head injury or hip fracture. Approximately 300,000 older adults are hospitalized in the U.S. each year due to hip fractures, more than 95 percent of which are caused by falling – particularly by falling sideways. Falls are also the most common cause of traumatic brain injuries, accounting for \$31 billion in direct medical costs each year.

“Pilates exercises really help improve posture, enhance movement and build coordination and balance,” she explains. “Another benefit is gaining personal physical awareness of how you sit, stand and move, and being able to relate those habits to the aches, pains and injuries you have had in the past so you can avoid similar problems in the future.”

To register for the six-session Pilates class, call (510) 608-1301. The Wellness Center also offers a range of other classes, such as different styles of yoga, mindful meditation, tai chi, and a “Keep It Moving” exercise program to help older adults maintain cardiovascular health, strength and flexibility. For more information on these classes and other programs at the Wellness Center, visit www.whhs.com and click on the link for Wellness Center under the “SERVICES” tab at the top of the home page. There will be a link for “Wellness Classes” in the left-hand column of the Wellness Center's main page.

Prevent flu this season by getting a flu shot

SUBMITTED BY ALI BAY

California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith is urging all Californians to get vaccinated against influenza (the flu) as soon as possible.

In California, flu usually begins to increase in late November or December. It takes a couple of weeks after vaccination for the body to respond fully, so now is the time to get vaccinated to have the best protection as the flu season begins.

A person with flu may be contagious and infect others before they even feel sick.

This season your health care provider may be offering only injectable flu vaccines. This is due to concerns about the effectiveness of this year's nasal spray vaccine. CDPH expects there to be enough injectable vaccine to meet the expected demand.

Each year, flu causes millions of illnesses, hundreds of thousands of hospitalizations and, sometimes, tens of thousands of deaths in the United States.

To reduce this threat CDPH recommends an annual flu shot for everyone six months of age and older, including pregnant women. Flu shots are needed every year to maintain the great-

est protection, because the vaccine changes each season to match the viruses that are circulating.

Common symptoms of the flu include fever or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, chills, fatigue and body aches. Children may also have nausea, vomiting or diarrhea.

To stop the spread of flu and other respiratory illnesses, you should also:

- Stay home when you are sick and limit your contact with others

- Cover your coughs or sneezes with your sleeve or a disposable tissue

- Wash your hands frequently and thoroughly with soap and warm water, or use an alcohol-based hand sanitizer

- Avoid touching your eyes, nose or mouth

CDPH encourages Californians to contact their health care provider, physician's office, clinic or pharmacy about obtaining the flu vaccine. Some local health departments may also offer low- or no-cost flu immunizations. More information about the flu is available on the CDPH website www.cdph.ca.gov. You can find the nearest flu vaccine locations by visiting www.flu.gov.

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Chan appointed to Dental Board of California

Steven Chan, 64, of Fremont, has been appointed to the Dental Board of California. Chan has been medical staff at Washington Hospital since 1985 and a pediatric dentist with Just Kids Pediatric Dentistry since 1982. He was medical staff at Kaiser Permanente from 2009 to 2012. Chan was teaching staff at the University of California, San Francisco Benioff Children's Hospital and an assistant clinical professor at the University of California, San Francisco School of Medicine from 1983 to 1990.

He was attending staff at Highland General Hospital from 1983 to 1988. Chan is president of the American College of Dentists and was president of the California Society of Pediatric Dentistry from 2012 to 2013 and of the California Dental Association from 2002 to 2003. He earned a Doctor of Dental Surgery degree from Georgetown University. Dr. Chan is the second appointee to the Dental Board from Southern Alameda County in the history of this State agency. He currently is serving as the

President of the American College of Dentists, the national honorary organization for the profession of dentistry in America. There have been only three Presidents from California, the last one was nearly 30 years ago. Dr. Chan is the first Asian American to have served as president of the American College of Dentists in its 96 year history. This position does not require Senate confirmation and the compensation is \$100 per diem. Chan is registered without party preference.

Community Ambassadors for Seniors at a business near you



SUBMITTED BY CITY OF FREMONT

Launched nearly 10 years ago by the City of Fremont Human Services Department, the Community Ambassador Program for Seniors (CAPS) has flourished into a nationally-recognized, award-winning model program. Over the years, nearly 200 CAPS volunteers have been trained by the City and its partners to assist seniors and their families navigate the often daunting task of locating programs and services in the Tri-Cities (Fremont, Newark, Union City) and Hayward. These include, for example, finding places to socialize, applying for social security, health insurance, and housing, and learning more about transportation options in the area. The majority of CAPS volunteers are older adults themselves and speak more than 20 major languages. They also represent local ethnic, faith, community and neighborhood organizations.

While the volunteers have made huge inroads in assisting seniors, with more than 750 families already assisted this year alone, the CAPS program is still a well-kept secret. On Wednesday, October 19, they hope to change that by holding the first-ever CAPS Outreach Day. On this day, be on the lookout for CAPS Ambassadors wearing bright purple T-shirts placing business cards and flyers at local stores, restaurants, coffee shops, dental/doctor's offices, nail and beauty salons, ethnic markets, and more.

The goal is to make the Tri-Cities an Age-Friendly community and ensure every household knows CAPS Ambassadors are available to assist older adults by providing free information and referral services to local agencies or Fremont's Senior Helpline at (510) 574-2014. For more information, visit: <http://capseniors.org/> or email Asha Chandra at: achandra@fremont.gov

Water District honors its first General Manager

SUBMITTED BY ACWD

A brief ceremony was held at the October 13, 2016 Board Meeting of the Alameda County Water District (ACWD) to unveil a photo of Cyril Williams, Jr., the District's first General Manager. Board Vice President John Weed spoke about Mr. Williams' accomplishments during his tenure with ACWD including tireless efforts to protect the Niles Cone Groundwater Basin and ensure the integrity of Alameda Creek. Mr. Weed noted, "The community to this day benefits greatly from the foresight, leadership, technical expertise and accomplishments of ACWD's first general manager." He gave thanks for the research efforts of Director Paul Sethy and Mr. Williams' grandson Paul Stone.



ACWD Director Paul Sethy and Paul Stone, Cyril Williams' grandson unveil the portrait of General Manager Cyril Williams.



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Ohlone Humane Society Halloween: fright night or fun night?

BY NANCY LYON – OHS
SPECIAL ASSISTANCE
DIRECTOR

During the Middle-Ages All Hallow's Eve, a holiday that can be traced to the pre-Christian day of the dead, was most often observed in keeping with the grim pagan beliefs of the time, and bore little resemblance to the fun-filled Halloween that we celebrate today on October 31st. The tradition of dressing in costume dates back hundreds of years to a frightening time of belief in witches and other diabolical creatures, when people on this night dressed strangely in hope of concealing themselves from malevolent beings and keep ghosts away from their houses. People would also place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

Innocent animals often became the target of superstitions that viewed them as "familiar" of unholy beings, especially black cats and dogs who were looked upon as bringing bad fortune and creatures to be avoided. Some believed that witches avoided detection by turning themselves into cats.

Thankfully, these fear-filled customs have transitioned into the usually harmless fun of trick-or-treating. However, this night of revelry can still hold hazards to 'pets' and family. The enjoyment of this evening may not be shared by the family companion animal, or even wild critters. The sudden appearance of frightful beings at the front door or roaming the streets can result in actions that are totally out of normal behavior.

Your laidback cat may take the first opportunity to bolt out the door and end up in an even more frightening and dangerous situation; your social and loving dog may feel he must be your protector and fend off the terrifying intruders with results that can cause harm to children including

danger to him if there is a bite.

Much of the potential danger to the unwary is preventable if given a bit of knowledge and preparation.

Lighting up the night

Another left-over from pagan tradition, pumpkins carved into scary or funny faces and lit with candles have become less a fright and more of an art but they are still a hazardous part of current tradition. Prevent fires and painful burns by keeping them away from curious animals and children. It only takes a careless moment for fun to turn into a tragedy.

Trick or sick?

All the wrappings and smells from treats can be equally attractive to your animal family. Digestive upset from candy wrappers and foil can quickly turn serious and even deadly. Chocolate is extremely toxic to dogs, the cost of sharing human treats or carelessness can result in high vet fees or even death.

Aw mom!

On Halloween the temptation to dress your animal family in costumes can be very strong. Be honest about whether they're resisting. Don't put them through an additional stress on this night. There have been cases of choking and bite incidents due to limited vision and ability to hear the approach and touch of a well-meaning person.

Bite or flight?

Strangers and unfamiliar happenings may trigger a response that is totally different from your animal's normal behavior; a bite in response to fear-driven circumstances is still a bite. On this occasion, resist the temptation to share your wonderful animal friend with the world.

A quiet place of sanctuary is a wise choice, whether it's getting away from banging and strange noises at the front door or the noise and laughter of a Halloween party.

Avoid wildings

The night, with its cover of protective darkness, is when much wildlife comes out to forage. Respect that this is their home and time. Don't approach them; just enjoy their presence at a distance.

Awareness pays off

Indoors on Halloween is safest for your animal companion; the backyard still has exposure to the close approach of strangers, noise, and intruders. There are still human hold-overs from pagan times who think frightening or harming animals is fun; unprotected animals are fair game. Better safe than gone.

For free roaming animals this time can be very hazardous; whenever possible confine all of your animals for a few days before and after All Hallow's Eve. The danger to black (and solid white) pets is not just a scary story and bad guys are not just terrifying fiction.

Chip- Chip - Chip

Proper identification is the main key to getting your "pet" home safely be it an updated license tag, microchip or both. You can take all the precautions in the world and they can still get lost. Always make sure your dog or cat is wearing current contact identification, this is their best bet of making it home safely and soon. Contact your local animal shelter as soon as possible and ask for advice in finding your lost family member.

Halloween is meant to be a fun time for everyone and if you'd like to learn more of the fascinating history of its beginnings you might enjoy the following selections:

Edna Barth's "The Fantasy and Folklore of All Hallow's," in Witches, Pumpkins, and Grinning Ghosts. (New York: Seabury Press, 1972.) and Ralph Linton's Halloween Through Twenty Centuries, (New York: Schuman, 1950.)



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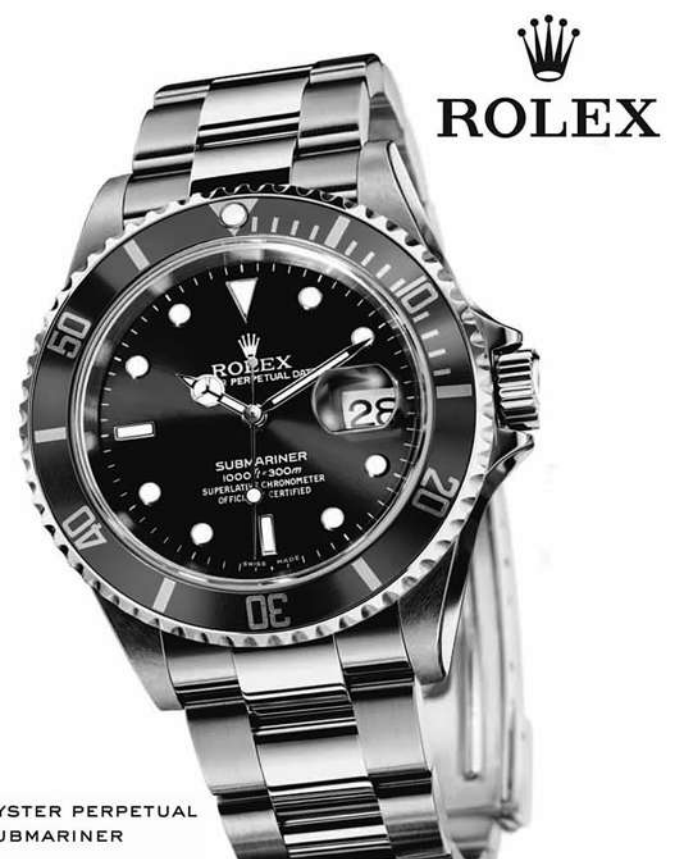
Fremont community supports concert for a good cause



SUBMITTED BY
VIOLIN BENEFIT CONCERT COMMITTEE

Fremont Unified School District (FUSD) Superintendent Jim Morris, School Board Trustees Yang Shao and Desrie Campbell, Fremont Vice-Mayor Lily Mei, and Fremont Education Foundation (FEF) President Kathy Kimberlin were among the audience at the Young Musicians Violin Benefit Concert that took place on, October 9.

Hosted by FEF (Fremont Education Foundation) After-School Band Program Coordinator Debra Watanuki, the concert featured the students of professional violinist Ker Qi. The event welcomed over 150 community members to South Bay Community Church, Fremont, and raised three thousand dollars for FEF to support the after-school instrumental music program being offered at all 27 elementary schools of FUSD.



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Chain of Indian colleges seeks to gain foothold in the US

Eitc

Fitch and Moody's upgrade Alameda County issuer ratings to AAA

Each of the “Big 3” rating agencies cited the County’s strong financial position supported by ample reserves, fiscal discipline and prudence; ad-

In the coming weeks, the Alameda County Board of Supervisors and County staff are expected to complete the refunding of outstanding debt related to the construction of the County's Juvenile Justice Center in San Leandro. The move, which takes advantage of historically low interest rates, is expected to save taxpayers an estimated \$1 million annually. These savings are expected to go toward future debt service payments, further strengthening the County's financial position.

Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

More Housing Planned for Irvington

There are over 130 new housing units currently being proposed for the Irvington District. This is in addition to the over 300 units in already approved Irvington developments such as Laguna Commons, Warmington-Connolly, Osgood Residences, Villas at Florio (Carol Commons) and others.

Three of the new proposals are undergoing a Preliminary Review Procedure (PRP) by the City. The Planning Department reviews the preliminary plans and prepares a report of any issues it finds with the application. Developers use this information to decide whether to go forward with the process and to help them shape their formal development application. Community input at this early stage often shapes the final project. Contact the application's City Staff Project Planner listed below to arrange to see the plans or to voice your concerns. All three of these PRPs are within the Irvington BART Transit Oriented Development (TOD) Overlay and the Irvington Town Center.

Washington Villas PRP

This mixed-use project by Calpac Development Group proposes 65 two-bedroom condominiums plus 5,000 sq. ft. of ground-floor retail space on about an acre. The retail section would face Washington Blvd. The building would be five levels high with three residential levels on top of a two-level above-ground parking garage.

The three parcels in this development include the Casa Robles restaurant at 3839 Washington Blvd., the ca. 1890 Jackson House-Tailor Shop at 3825 Washington Blvd. and the 1916 home at 3811 Washington Blvd. As part of the Preliminary Review Procedure, an historical evaluation will be done on the two old homes. The application's City Staff Project Planner is Wayland Li at wli@fremont.gov

Villa of Irvington PRP

This development is proposed for 3800 Adams Ave. at the corner of Roberts Ave. and is the location of a house built in 1952. WRD Green, Inc. wants to build

12 townhouses in four three-story buildings on 0.6 acres.

Each townhouse would have four bedrooms and a side-by-side two-car garage. Six on-site guest parking spaces would be provided. The application's City Staff Project Planner is Spencer Shafsky at sshafsky@fremont.gov

Miltonia Development PRP

Miltonia Development, LLC. has submitted plans to develop the lots at 41223 and 41239 Roberts Ave. located next to the Washington Blvd. Safeway. The two parcels total about 1.2 acres. The developers propose 18 townhouses in six three-story buildings. Each townhouse would have two or three bedrooms and a side-by-side or tandem two-car garage. Nine on-site guest parking spaces would be provided. The application's City Staff Project Planner is Aki Snelling at asnelling@fremont.gov

Washington Place Residences

Near the border of Irvington and Mission San Jose on Wash-

Washington Place Residences



ington Blvd. at the Interstate 680 southbound off-ramp, the SRE Development Co. is proposing to build 14 three-story townhouse duets. This land was once an orchard. Two old vacant houses on the lot would be demolished. The property is currently zoned as an R-1 Single-family Residence District in which both duets and three-story dwellings are prohibited. The developer has submitted a formal application to change the zoning to a Planned District.

The proposed townhouses will be grouped in seven duets. A duet is two dwellings in a single build-

ing with a common wall between them. The two homeowners each own their portion of the building and the land beneath it. The four duets on Washington Blvd. will have two-stories facing the street, with the third story dropped down the hill to the rear. The other three duets will be three-stories facing the existing single-family houses across the creek bed.

Opponents argue this proposal is an attempt to increase the density by using a multi-family type of housing on a single-family lot under the guise of a Planned District. They claim it does not fit the intent of the zoning, or the intent of a Planned District, or the community character of the surrounding neighborhoods and it should not be allowed.

Critics note that a Planned District allows certain limited variations to the standards, but does not allow the standards to be ignored or completely changed. Three-story dwellings and duets are not allowed in R-1 residential neighborhoods such as this, and

the proposed lot sizes and building setbacks are far too small. This site could provide room for 7 or 8 two-story detached houses and still meet all the standards, but the proposed project just doesn't fit. The Washington Place Residences project is tentatively scheduled to be heard by the Planning Commission on November 10. To ask questions or express your concerns, contact City Staff Project Planner Terry Wong at twong@fremont.gov

For more information on these development proposals, visit www.ShapeOurFremont.com

Muslim Community at Masjid al Huda open house

SUBMITTED BY
MYRLA RAYMUNDO

On Sunday, October 23, the Muslim Community at Masjid al Huda invites the community to join them at their official community open house. The event, which runs from 9 a.m. – 4 p.m.,

will feature a variety of activities. Come take a tour of our property, check out our daily and weekly activities and meet some of our local community members.

The Masjid al Huda is located in the historic Alvarado District in Union City. The event is a chance for the public to know the Muslim Community in this city.

To learn more about the local Muslim Community, please come and meet our local community members. There will be a lot of parking available.

Masjid al Huda Open House
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November 2016 General Election Endorsement Meeting Results

As a result of our endorsement meeting on Sunday, September 18, 2016, The Asian Pacific American (APA) Democratic Caucus of Alameda County has endorsed the following candidates and initiatives for the November

2016 General Election:

- 15th Congressional District: Eric Swalwell
- 17th Congressional District: Mike Honda
- 15th Assembly District: Tony Thurmond
- 18th Assembly District: Rob Bonta
- 20th Assembly District: Bill Quirk
- 25th Assembly District: Kansen Chu
- Oakland City Attorney: Barbara Parker
- Superior Court Judge Office #1: Scott Jackson
- Alameda City Council: Lena Tam
- Alameda School Board: Anne McKereghan and Jennifer Williams
- Berkeley City Council, District 2: Darryl Moore
- Berkeley City Council, District 5: Stephen Murphy
- Berkeley City Council, District 6: Susan Wengraf
- Berkeley School Board: Beatriz Leyva-Cutler
- Berkeley Rent Board: Leah Simon-Weisberg, Alejandro Soto-Vigil and Igor Tregub
- Dublin School Board: Amy Miller and Sameer Hakim
- Fremont Mayor: Bill Harrison
- Fremont City Council: Raj Salwan
- Fremont School Board: Dax Choksi and Ann Crosbie
- New Haven School District: Lance Nishihira
- Oakland City Council, District 1: Dan Kalb
- Oakland School Board: Jody London
- Pleasanton School Board: Jamie Yee Hintzke
- San Leandro City Council: Bryan Azevedo
- Union City Mayor: Carol Dutra-Vernaci
- Union City City Council: Lee Guio
- A/C Transit District: Chris Peeples
- Castro Valley Sanitary District – Daniel Akagi
- East Bay Regional Parks District, Ward 2: Dee Rosario
- East Bay Regional Parks District, Ward 4: Ellen Corbett

- Peralta Community College District: Karen Weinstein

The above candidates received at least 60% of the votes cast for their race. The APA Democratic Caucus of Alameda County would like to thank all of the candidates who took the time to submit a questionnaire and seek our endorsement.

The following positions were taken on the measures that we considered.

State Propositions:

- Prop. 51 – \$9 B school bond for K-12 and Community Colleges – SUPPORT
- Prop. 55 – Tax extension of Prop.30 to fund education and healthcare – SUPPORT
- Prop. 56 – Cigarette tax – SUPPORT
- Prop. 58 – Bilingual education – SUPPORT
- Prop. 61 – Prescription drug pricing – SUPPORT
- Prop. 63 – Firearms – prohibit large capacity ammunition magazines – SUPPORT

County/Regional Initiatives

- Measure RR – BART Bond – SUPPORT
- Measure C1 – AC Transit Parcel Tax – SUPPORT
- Alameda County Housing Bond – SUPPORT

City of Alameda

- Measure B – Alameda USD Bond – SUPPORT
- Measure LI – Rent Stabilization Act – SUPPORT
- Measure MI – Charter Amendment to Establish Rent Control, a Rent Control Board and Regulate Termination of Tenancies – OPPOSE

City of Oakland

- Measure HH – Sugar-sweetened beverage tax – SUPPORT
- Measure JJ – Just cause ordinance amendment – SUPPORT

If you believe in the efforts of this caucus and would like to join in on our activities, please visit our website at: apacaucus.org

Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

Fremont Celebrates Milestone in Downtown Development

It was two years ago when the City of Fremont began the demolition of the three story office building that stood in between Capitol Avenue and Fremont Boulevard. With the demolition of this building, as well as major infrastructure improvements, the City has successfully connected Capitol Avenue, Downtown Fremont’s “Main Street,” to Fremont Boulevard. This extension allows for further connectivity between the Fremont BART station, as well as two major retail and employment centers: Fremont Hub and Gateway Plaza.

Now that Phase II of the Capitol Avenue project has been completed, the City of Fremont will be hosting a celebration of this milestone on October 21 at 4 p.m. Following the event, attendees can enjoy gourmet food trucks at Fremont Street Eats, hosted by the Fremont Chamber of Commerce in partnership with Food Truck Mafia, visit the Alameda County Library Bookmobile, and take part in the City’s annual Halloween event, Trick or Treat on Downtown Safety Street.

New additions to the entire stretch of Capitol Avenue include a multi-modal street, unique screen walls, festoon lighting, and street banners that will enhance the pedestrian experience, diagonal parking, utilities placed underground that will power electric vehicle charging stations, improved bike lanes, wide

sidewalks to allow for sidewalk cafes, and landscaping that will provide shade and create an inviting environment in the downtown district. These improvements are just the beginning of what’s to come for Capitol Avenue. Downtown Fremont is well positioned to becoming a vibrant, bustling city center and a central place for the community to gather and celebrate. For more information visit www.Fremont.gov/Downtown.

K-Rail Barricades installed on Grimmer Boulevard Curve

As part of Vision Zero 2020, the City’s new traffic safety policy aimed to reduce all fatalities and severe injuries caused by traffic accidents to zero by 2020, delineators and k-rail barricades were installed on the Grimmer Boulevard curve this week. The goal is to effectively reduce the roadway width thereby slowing down vehicle travel speeds around the curve, which has had a history of speed-related severe injury collisions. The installation of the delineators and k-rail barricades is designed to protect all of the roadway as well as those using it such as pedestrians and bicyclists.

The Grimmer Boulevard curve was identified as a project under the Vision Zero “20 projects in 20 months” campaign, which are primarily street engineering projects to be implemented within 20 months to improve traffic safety in Fremont. Additional projects include installing speed lumps at priority locations, retrofitting and installing pedestrian countdown signal at intersections citywide, and installing LED streetlights citywide.

Fremont Businesses Have an Ally on Their Side

Starting or expanding a business is not a simple task. There



are several steps involved in the process, from obtaining the correct permits to enlisting the proper services to get the business up and running. Sometimes the process can be overwhelming and confusing, but the City of Fremont’s Business Ally Program can help.

The Business Ally Program provides one-on-one assistance to business owners opening or expanding a business in Fremont. The City’s Business Ally facilitates project reviews and pre-application meetings, assists with the permitting process, employs outside resources, and coordinates with staff from other City departments and outside agencies.

Benefits include one point of contact to answer questions, in-person meetings and site visits, and peace of mind that all City requirements are fulfilled.

With the Business Ally Program, the City of Fremont creates a partnership with new businesses to help them meet all of their business needs. Fremont’s economy grows and new businesses get a head start. It’s a win-win. The City of Fremont’s Business Ally is Jackie Hall. To contact her, please email jhall@fremont.gov or call 510-494-4487. For more information, visit www.Fremont.gov/BusinessAlly.

Installation of LED Streetlights Underway

As part of the City’s efforts to reduce greenhouse gas emissions, reduce operational costs, and improve roadway visibility

through the Vision Zero 2020 program, the City of Fremont is upgrading all streetlights to energy-saving LEDs.

The project kicked off on October 6 along Fremont Boulevard between Peralta and Washington boulevards. Crews have already completed the upgrades along this section of Fremont Boulevard, resulting in a significantly brighter and safer Downtown for both drivers and pedestrians.

Crews also started upgrading Fremont’s residential areas last week, beginning with the neighborhoods of Lakes and Birds, Ardenwood, and Northgate. These neighborhoods should be completed in the coming week, with work moving into the Cabrillo and Brookvale areas of north Fremont, as well as the Warm Springs district of South Fremont.

LED streetlight upgrades will continue throughout all Fremont neighborhoods, with the goal of

upgrading all streetlights by early 2017. Residents can view a week-by-week neighborhood schedule and accompanying map of the work at www.Fremont.gov/LEDStreetlights.

Thanksgiving Break Camps for Kids!

Thanksgiving Break for schools is just around the corner and the City of Fremont Recreation Services has you covered! We’ve got indoor and outdoor sports camps, just for fun camps, academic enrichment camps, and everything in-between. Most of our camp locations offer extended care to help with full day coverage from 8 a.m. to 6:30 p.m. So don’t delay – register today, and enjoy the Thanksgiving Break knowing that your kids are safe and having a great time with the City of Fremont. We’ll see you in camp! For more information, visit www.Fremont.gov/Camps or email RegeRec@Fremont.gov.





Friday, Sept 30 – Monday, Oct 31

Pirates of Emerson \$

Thurs & Sun:
7:05 p.m. – 10:00 p.m.
Fri: 7:05 p.m. – 11:00 p.m.
Sat: 7:05 p.m. – 12 midnight
Haunted theme park with six walk-through attractions
Alameda County Fairgrounds
Corner of Bernal and Valley Ave.,
Pleasanton
www.piratesofemerson.com

Open Daily, Oct 1 – Oct 31

Perry Farms Pumpkin Patch

Mon – Fri: 12 noon – 7 p.m.
Sat - Sun: 9 a.m. – 7 p.m.
Pumpkins, hay bale maze and tractor hay rides
34600 Ardenwood Blvd.,
Fremont
(510) 791-0340
(510) 793-6658
www.perryfarmsorganic.com/pumpkin-patch/

Open Daily, Oct 15 – Oct 30

Community Pumpkin Patch

Mon – Fri: 4:30 p.m. – 7 p.m.
Sat – Sun: 11 a.m. – 7 p.m.
Pumpkins, jump house, slide and spooky maze
Milpitas Rotary
1331 E. Calaveras Blvd., Milpitas

Saturday, Oct 15 – Sunday, Oct 30

Candlelighters Ghost House \$

Mon – Thurs: 6 p.m. – 9 p.m.
Fri: 6 p.m. – 10 p.m.
Sat: 2 p.m. – 10 p.m.
Sun: 2 p.m. – 9 p.m.
Family event for all ages
Chadbourne Carriage House
Fremont Hub, Fremont Blvd.
Between Mowry Ave. & Walnut Ave. by Chili's
(510) 796-0595
www.candlelighters.com

Friday, Oct 21

Trick or Treat on Safety Street \$R

5 p.m. – 8 p.m.
Children gather goodies and enjoy carnival booths
Fremont City Hall
3300 Capital Ave., Fremont
(510) 494-4300
www.Fremont.gov/TrickorTreat
RegeREc@Fremont.gov

Friday, Oct 21 – Saturday, Oct 22

Shrouded Tales \$

7 p.m. & 9 p.m.
Dark and magic true local tales
McConaghy House
18701 Hesperian Blvd.,
Hayward
(510) 581-0223
www.haywardareahistory.org/calendar

Friday, Oct 21 – Saturday, Oct 22

The Unhaunted House: Heroes and Villains \$

Fri: 6 p.m. – 9 p.m.
Sat: 4 p.m. – 8 p.m.
Crafts, stories, games and treats
Sulphur Creek Nature Center
1801 D St., Hayward
(510) 881-6700
http://www.haywardrec.org/421/upcoming-special-programs

Friday, Oct 21 – Sunday, Oct 30

Halloween Train \$

Fri & Sat: 7:00 p.m. – 9:30 p.m.
Sun: 7:00 p.m. – 9:00 p.m.
Frightful fun ride through the forests of Ardenwood
Families with children
ages 3 – 12
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(866) 417-7277
www.ebparks.org

Saturday, Oct 22

Pumpkins in the Park

11 a.m. – 2 p.m.
Pumpkin carving contest, crafts and food
Bring your own pumpkins
Cardoza Park
Park Vicotoria & Kenny Dr.,
Milpitas
(408) 586-3210
www.ci/milpitas.ca.gov

Saturday, Oct 22

Health O'Ween Fun Run \$

9 a.m.
5k family fun run
Milpitas Sports Center Football Field
1325 E. Calaveras Blvd., Milpitas
(408) 586-3210
www.ci/milpitas.ca.gov

Saturday, Oct 22

Ghost House Children's Costume Parade

1 p.m. – 2 p.m.
Parade at the Fremont Hub
Treats and prizes awarded
Chadbourne Carriage House
Fremont Hub
39131 Fremont Blvd., Fremont
(510) 796-0595
www.candlelighters.com

Sunday, Oct 23

Running Dead Fun Run & Walk \$

9 a.m. – 12 noon
5k / 10k walk and run
Survive the Zombie Challenge for special prizes
Proceeds go to American
Diabetes Association
(510) 675-5600
http://www.ci.union-city.ca.us/departments/leisure-services

Monday, Oct 24 – Saturday, Oct 29

MJCC Halloween Haunted House \$

6 p.m. – 9 p.m.
Experience ghost and spooks in a fun environment
Ages 8+
Matt Jimenez Community Center
28200 Ruus Rd., Hayward
(510) 887-0400

Tuesday, Oct 25

Halloween Costume Swap

4:30 p.m. – 6:30 p.m.
Donate or swap children's costumes
Hayward Main Library
835 C Street, Hayward
(510) 881-7946
www.library.hayward-ca.gov

Wednesday, Oct 26

Pumpkin Carving – R

3 p.m.
Create your own Jack-o'-lantern
Pumpkins and carving tools provided
Hayward Weekes Branch Library
17300 Patrick Ave., Hayward
(510) 293-5366
http://www.hayward-ca.gov/public-library

Wednesday, Oct 26

Halloween Parade and Mini-Carnival

5 p.m. – 6 p.m. ages 5 and under
6 p.m. – 7 p.m. ages 6 and over
Children collect goodies and play games
Wear your Halloween costume
Hayward Main Library
835 C St., Hayward
(510) 881-7946
http://www.hayward-ca.gov/public-library

Wednesday, Oct 26

Halloween Pizza and Costume Contest \$

5 p.m. – 9 p.m.
Fundraiser for Broadway West
Round Table Pizza
37480 Fremont Blvd., Fremont
(510) 793-9393

Thursday, Oct 27 – Sunday, Oct 30

Halloween Carnival \$

Thurs: 4 p.m. – 10 p.m.
Fri: 4 p.m. – 11 p.m.
Sat: 11 a.m. – 11 p.m.
Sun: 12 noon – 10 p.m.
Rides, games and food
Sponsored by Milpitas Rotary
749 E. Calaveras Blvd., Milpitas
(707) 429-4788

Friday, Oct 28

Halloween Spooktacular \$

7 p.m. – 10 p.m.
Dance, costume contest, food and haunted house
Newark 7th & 8th graders only –
school ID required
Silliman Teen Area
6800 Mowry Ave., Newark
(510) 578-4620
recreation@newark.org
www.newark.org

Friday, Oct 28

Halloween Twilight Hike \$R

5:30 p.m. – 8:30 p.m.
Hike, campfire and treats for ages 5+
Costumes optional
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(888) 327-2757

Friday, Oct 28

6th Grade Halloween Dance \$

7:00 p.m. – 9:30 p.m.
Music, dancing, food, photo booth, costume contest
Fremont Teen Center
39770 Paseo Padre Pkwy,
Fremont
(510) 494-4300
RegeRec@fremont.gov
www.RegeRec.com

Saturday, Oct 29

Halloween Spirit with Boris Karloff \$

7:30 p.m.
Creepy shorts and scary feature film

Niles Essanay Theatre
37417 Niles Blvd., Fremont
(510) 494-1411
pr@nilesfilmmuseum.org

Saturday, Oct 29

MJCC Halloween Spooktacular Carnival \$

1 p.m. – 5 p.m.
Games, food, prizes and costume contest
Matt Jimenez Community Center
28200 Ruus Rd., Hayward
(510) 887-0400

Saturday, Oct 29

Halloween Mini-Carnival

1 p.m.
Children collect goodies and play games
Wear your costume
Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5366
Kavita.sagran@hayward-ca.gov

Saturday, Oct 29

Trick or Treat Event

5 p.m. – 7 p.m.
Balloon art, face painting and trick-or-treating
Pacific Commons
43440 Bosceld Rd., Fremont
(510) 770-9798
www.pacificcommons.com

Saturday, Oct 29

Science Wizards of Halloween-R

10:00 a.m. – 12 noon & 1:30 p.m. – 3:30 p.m.
Mystify your friends with magic tricks
Ages 9+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(888) 327-2757

Saturday, Oct 29 – Sunday, Oct 30

Paranormal Investigations \$

7 p.m. – 3 a.m.
Techniques to investigate unexplained activity
McConaghy House
18701 Hesperian Blvd.,
Hayward
(510) 581-0222
www.haywardareahistory.org/calendar

Saturday, Oct 29 – Sunday, Oct 30

Boo at the Zoo \$

10 a.m. – 3 p.m.
Make treats for animals, train rides, and costume parade
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 632-9525
www.oaklandzoo.org

Saturday, Oct 29 – Sunday, Oct 30

Zoo Sundown Spookfari \$R

Sat: 5 p.m. to Sun: 10 a.m.
Night tour, camp out, treats, hot breakfast
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 632-9525
www.oaklandzoo.org

Sunday, Oct 30

Milpitas Monster Movie \$R

4:30 p.m. Dinner
7:00 p.m. Show Time
Locally produced international motion picture
Dinner before the show at Outback Steak House
Milpitas Great Mall Cinemark
Century Theater
1010 Great Mall Dr., Milpitas
www.milpitasmonster.com

Sunday, Oct 30

Halloween Hijinks \$

11 a.m. – 3 p.m.
Festive games, crafts, pumpkin seed roasting, cider pressing
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(866) 417-7277
www.ebparks.org

Sunday, Oct 30

Halloween Community Carnival \$

1 p.m. – 4 p.m.
Haunted house, games, prizes and treats
Families with children ages 3 -12
Holly Community Center
31600 Alvarado Blvd.,
Union City
(510) 657-5276
www.unioncity.org

Sunday, Oct 30

LOV Halloween Quarter Auction \$R

5 p.m.
Food, silent & live auction, prizes
Costumes optional
Newark Community Center
35501 Cedar Blvd., Newark
www.lov.org

Monday, Oct 31

Halloween Kiddie Cartoon Cavalcade \$

4 p.m.
Silly and slightly spooky cartoons
Niles Essanay Theatre
37417 Niles Blvd., Fremont
(510) 494-1411
pr@nilesfilmmuseum.org

Monday, Oct 31

Trick-or-Treating at the Fremont Hub

3 p.m. – 5 p.m.
Merchants give goodies to children in costume
The Fremont Hub
Mowry Ave. & Fremont Blvd.,
Fremont
(800) 762-1641
www.thefremonthub.com



SOULS

RETURNING:

DAY OF THE DEAD 2016

OCTOBER 1 - NOVEMBER 13

HaywardAreaHistory.org • 510-581-0223

Shrouded Tales Tours

True tales of tragic ends, Victorian death traditions and superstitions...all sprinkled with a touch of the paranormal.

\$15 for Adults, \$10 for Members/Seniors/Students. Call 510.581.0223 for tickets & info. Limited availability.

San Lorenzo Pioneer Cemetery: New Stories!
Friday and Saturday, October 7 and 8, 7 & 9pm

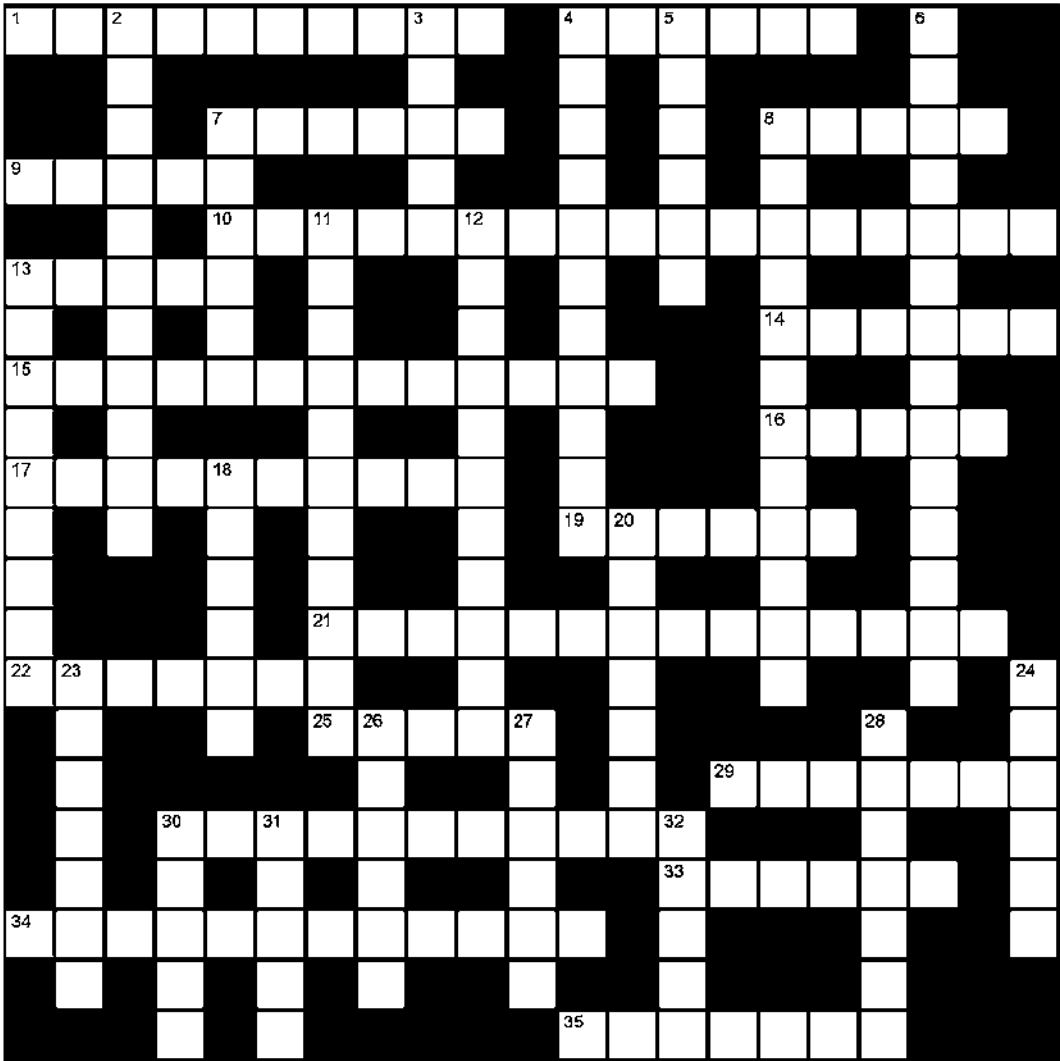
Meek Mansion: New Findings!
Friday and Saturday, October 14 and 15, 7 & 9pm

McConaghy House: New Findings!
Friday and Saturday, October 21 and 22, 7 & 9pm

VISIT US ONLINE AT HAYWARDAREAHISTORY.ORG • 510-581-0223

Mind Twisters

Crossword Puzzle B 3800



- Across
- 1 Procedures (10)

4 Bare (6)

7 Charge (6)

8 Withdraws (5)

9 Overthrow, e.g. (5)

10 Yule not wear it (9,8)

13 Caught some Z's (5)

14 Wield (6)

15 Student's pre-Web go tos (13)

16 Nosh (5)

17 Deputy (10)

19 Add spice to (6)

21 Passport is one form (14)

22 Hair freshener (7)

25 Manicurist's concern (5)

29 Oriental (7)

30 1000 make a tonne, var. (11)

33 Casual top (1-5)

34 Especially (12)

35 Not primetime (7)
- Down

2 ER specialties (11)

3 Honkers (5)

4 Bistros, e.g. (11)

5 Go with the wind (6)

6 Rabbit habit (14)

7 Frigid (6)

8 Businesslike (12)

11 Credit (11)

12 Customary (11)

13 Qaddafi has a slew of them (9)

18 Tests a melon (6)

20 Implement (7)

23 Helpful when you don't have pockets (7)

24 Popular fruit (6)

26 Broadway benefactors (6)

27 Taste (6)

28 Sometimes measured in GB (7)

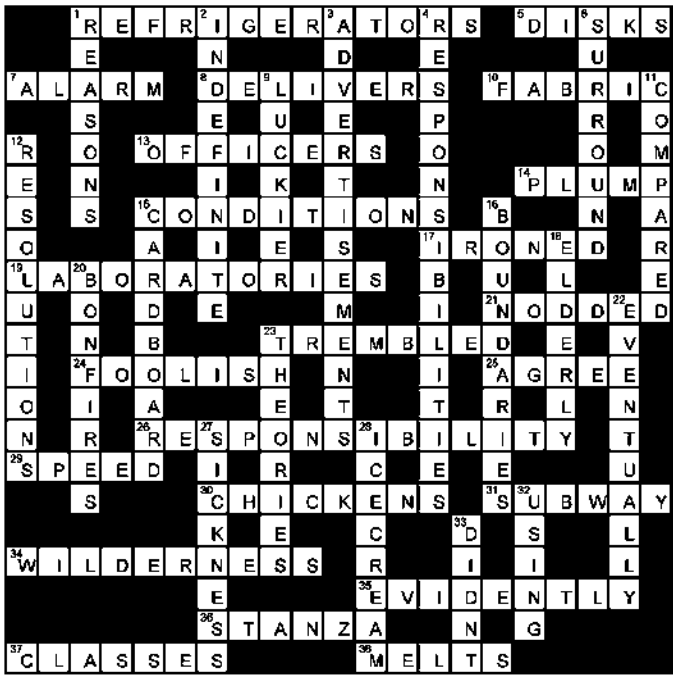
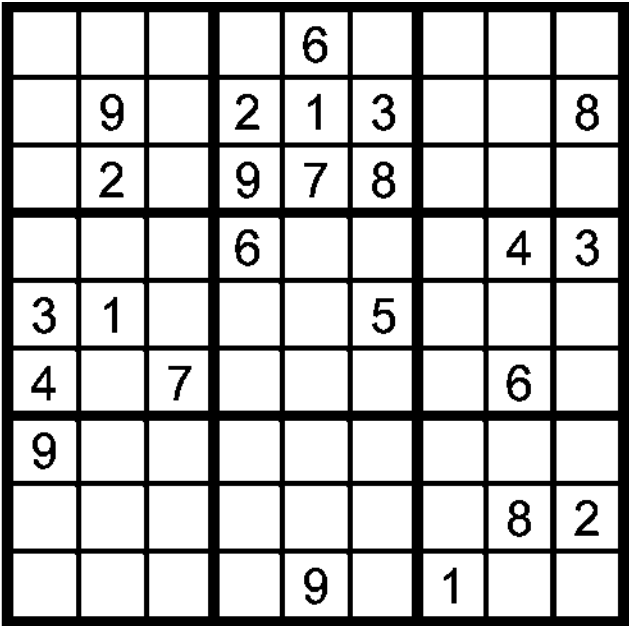
30 Toys with tails (5)

31 tresses (5)

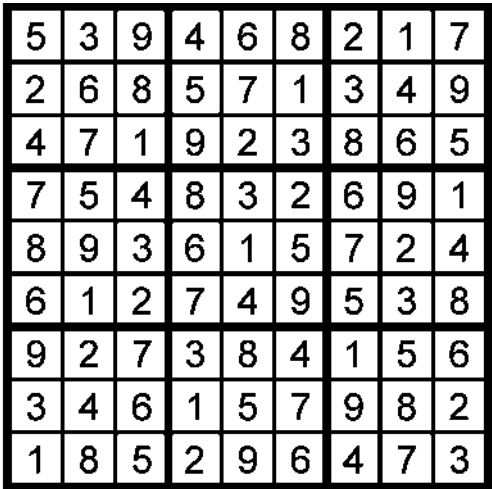
32 Expressionless (5)

Sudoku:

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



B 3799



Tri-City Stargazer OCTOBER 19 - OCTOBER 25, 2016

For All Signs: Warning! This is an election preview. If you are sick of politics, then move on to your Sun sign below. I have studied the horoscopes of the primary candidates for President. (I am not offering a personal choice, but merely reporting the astrological symbols.) The declination cycle of Trump could readily be described as high notoriety, publicity, and recognition. This is remarkable because it only occurs once in 28 years. However, Donald is concluding a Soul Cycle which began in 1990 in the sign of Leo the Lion. (On that note, I find his hairstyle interesting, as a Lion's mane.) As one prepares for a totally new Soul

Cycle, the public life is closing down and there is really nowhere upward to go. Hillary is in a far more challenging position related to recognition and status than Donald. However, she is at a much better place in her personal soul cycle, which highlights a second harvest of previous effort. Neither of them is likely to achieve a second term. I encourage voters to give serious attention to the VP candidates, because both horoscopes suggest turning over the baton before the end of the four years.

Aries the Ram (March 21-April 20): Listen to the important people in your life who comment upon what you are doing. You have significant power now and could readily run over others like a steam roller. Allow the other equal space or there will be payback time later when the power is on the other side. The wheel of life is always turning.

Taurus the Bull (April 21-May 20): Your frame of mind concerning a romance or a friendship is on the edge this week. You may be feeling disappointed and thinking of bringing things to a conclusion. Be aware that right now you are feeling particularly sensitive. Give it some time before you draw a final conclusion.

Gemini the Twins (May 21-June 20): The routine is safe, but also boring. Your mind may play tricks on you and you could be distracted easily. This is not a good time to do work that requires discipline with details. You are feeling independent, so you may want more alone time than is the norm. You would be happy to take the first flight to Tahiti and never bat an eye over it. Short of that, you may be taking small mental breaks

this week, with lots of daydreaming and drifting.

Cancer the Crab (June 21-July 21): At present your rational mind tells you one set of facts while the heart/instincts are in another camp altogether. Take your conflict to a higher place—not one of either/or, but both/and. A larger perspective would satisfy both ends of the equation. The result will be truly creative.

Leo the Lion (July 22-August 22): The Sun, your ruling Avatar, moves into the 4th house of home, family and security. You may have a strong need to clean out debris, get out in the yard, and generally make the homestead ready for winter. This will require three or four weeks, after which you will shift to the holiday preparations. It is your annual solar rhythm.

Virgo the Virgin (August 23-September 22): Mercury, your ruling planet, has many aspects this week. This suggests that you will be preoccupied with communication of one form or another. There may be many phone calls, messages, letters, quick conversations, rapid decisions, and/or pa-

pers to write. The period is favorable for probing into causes and finding the bottom line to any matter.

Libra the Scales (September 23-October 22): It is possible that you are not feeling well this week. You may be subject to allergy symptoms that keep you subdued. Your self-talk is likely to be on the dark side and mainly due to your fears for the future. The Critic is not necessarily in touch with the whole truth even though it feels real enough as it blathers onward.

Scorpio the Scorpion (October 23-November 21): Mars, the warrior planet, is right on top of you now. You have been experiencing a long dose of adrenaline recently. Mars is best used on behalf of others, as in protection and guidance on the path. Aggressive use of Mars is generally not appreciated in our culture.

Sagittarius the Archer (November 22-December 21): You have no new aspects on the horizon this week, but it is just as well. You are probably still dealing with an apparent no-win situation that has used your time and energy for a couple of weeks. No

doubt you would like to be done with it so you can move forward.

Capricorn the Goat (December 22-January 19): Mars, the warrior planet, is rolling through your sign. His highest use is to use his tools (swords, guns, knives) to help and/or protect others. It may be tempting to growl and ruffle your feathers. That is not the best thing to do at this time. It will generate hate mail from your world.

Aquarius the Water Bearer (January 20-February 18): It may seem that every time you attempt to concentrate on any sort of detail, someone or something begins to interfere. Bitty parts will not cooperate or can't be found. It may take 2 to 3 trips to

the hardware store or the grocery market to collect what you need to complete the task.

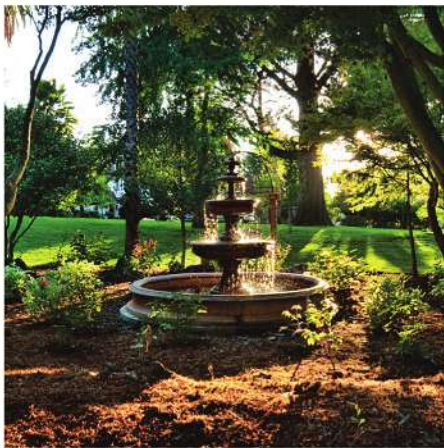
Pisces the Fish (February 19-March 20): You have probably overdone it in the party department and may feel the need to hit the straight and narrow where your health is concerned. If you have seriously overstepped, your liver is strenuously objecting. Drink a lot of water to dilute any toxins in your body. Pisces is not a sign that can handle poisons well.

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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Tucked away within Fremont's historic Palmdale Estates & Gardens, The Abbey offers an opportunity to own a home in the Mission District at an incredible value.

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OPEN DAILY 10:00AM – 5:00PM

ROBSON HOMES



continued from page 1

Newark honors loved ones at Day of the Dead

community leaders to provide scholarships and promote education and culture for Latino students.

Artist Mateo Leon Valencia will begin the ceremony with his living art exhibit, “Pan de Vida” (“Bread of Life”), by building an altar made with offerings to the spirits. This altar is meant to represent all of the people. While burning sage to cleanse evil spirits, he will perform a universal blessing on the local land, water, and all living creatures.

The fiesta will include drumming presented by Emmanuel Lopez of Tiburcio Vasquez Health Center in Union City, and lively music by Los Lagos Mariachi Band. Master of Ceremonies will be singer Octavio Espinosa, who is known as “the Golden Voice.” There will be live entertainment throughout the afternoon by The Ollin Anahuac Tradition Dance Group from Dakoto led by Maricela Reynoso performing Aztec dancing, as well as students from Musick and Lincoln Elementary Schools and Newark Memorial High School performing the colorful Ballet Folklorico.

Enjoy some delicious pan de muerto (sweet “bread of dead”)

or have your face painted like the traditional calavera (skull) that has become symbolic of the holiday. Decorated sugar skulls symbolize death and the afterlife and are given as gifts to the living and as offerings to the dead.

Collazo, along with her family, have owned and operated the Mexico Tortilla Factory in Newark for 46 years. She said her friend Terrie Alderte used to coordinate the Day of the Dead celebration in the Fruitvale District in Oakland. “For years I went to volunteer. Out of my love for her I had wanted to help, but then my friend passed away,” Collazo said. “I stopped going because it wasn’t the same without her.

Seven years ago Collazo lost her father, so she decided to create an altar for him in the store. Many of these altars are left up in homes or businesses all year to honor the loved one’s memory. In November she changed the altar for the Day of the Dead and the following year she moved it outside for the festival. The event has grown from there and last year between 300 to 400 people attended.

Ofrendas (altars) are decorated with photos and belongings of



Photo by Vicente Guzman

the loved one, candles, religious statues, salt to represent the continuance of life, favorite foods and drink and fresh fruit. Copal incense made from the resin of a tree native to Mexico produces a pungent fragrance to help spirits find their way. Bright orange Mexican cempasúchils (marigolds) are used for decoration and are thought to attract the departed soul to come visit and hear the prayers and comments of their family members. The petals are sometimes sprinkled along a pathway to the altar.

Indigenous people have performed rituals to celebrate the lives and deaths of their ancestors for

thousands of years. This Mexican holiday originated with the ancient Aztec festival for the goddess Mictecacihuatl. After the Spanish colonization of Mexico in the 16th century, the introduction of Christianity influenced the holiday and the festivities began to coincide with All Saints’ Eve, All Saints’ Day and All Souls’ Day; October 31 – November 2. In most parts of Mexico, November 1 has become known as Dia de los Inocentes (Day of the Innocents) as well as Dia de los Angelitos (Day of the Little Angels), and children and infants who have passed on are honored.

The yearly time of celebrating ancestors and loved ones is an opportunity to share stories with

younger generations and to keep memories alive. Often funny stories are shared or poems are written. It is said that remembering is the heart tenderly looking over the shoulder of time.

**Dia de los Muertos
Celebration
Sunday, Oct 23
1:00 p.m. – 5:00 p.m.**

**Magnolia Square
7015 Thornton, Newark
(510) 209-6242
Free**



LIVING WELL

MASONIC HOMES OF CALIFORNIA

THE CAREGIVER'S RESPITE

Everyone needs a break sometimes – perhaps especially those who devote much of their lives to caring for loved ones. Respite care is designed to help.

A 2015 study by the National Alliance for Caregiving and AARP found that more than 43.5 million Americans serve as unpaid caregivers to an adult or child each year – and that number is expected to increase. Caregiver tasks can range from administrative duties, like arranging care or finances, to personal care, such as bathing and dressing. Nearly one in four caregivers devote at least 41 hours each week providing this support. While caring for a loved one is often a deeply meaningful experience, it can also be exhausting, stressful, and even isolating. Nearly half of caregivers who provide 21 or more hours of care per week experience high emotional stress. Luckily, that's where respite care can help.

RESPITE CARE BENEFITS CAREGIVERS AND LOVED ONES

Respite care is short-term care in a safe environment, typically a health care facility, where fulltime caregivers can temporarily bring their loved ones to be supported by skilled professionals. Both caregivers and their charges benefit: Caregivers have an opportunity to relax, spend time with friends and family, run errands, exercise, attend religious services, schedule medical appointments, or take vacations. These activities are necessary to help caregivers maintain their own physical and mental well-being – essential components of being able to provide continued care for others. Those who are being cared for often benefit from spending time in a safe, supportive environment while they interact with new people, some of whom may share similar experiences to their own.

SERVICES MEET INDIVIDUAL NEEDS

Respite care facilities provide a variety of health care services to meet individual client needs. For clients with physical challenges, such as the loss of a limb, paralysis from accident or stroke, arthritis, and surgical recovery, respite caregivers provide skilled nursing services to

ensure that the client's medical needs are met with the same level of comfort that they would experience in their own home. This can include access to physical therapy, medication administration, help with bathing or dressing, and other health services. Staff also provide opportunities for those needing skilled nursing to enjoy opportunities for social engagement.

Many respite care programs are also skilled at serving clients who struggle with memory related challenges, such as Alzheimer's disease and other forms of dementia. Respite care for these clients focuses on providing a safe, secure environment with activities designed to meet the individual's abilities and needs. This may include providing assistance with day-to-day personal tasks, as well as opportunities to participate in reminiscing exercises, arts and crafts, and other engaging activities with fellow clients and staff members.

PLAN AHEAD

Although caregivers may not wish to take advantage of respite care on a regular basis, it is advisable to plan ahead. Should an unplanned situation or illness arise that compromises the caregiver's ability to provide care, it is essential to know how the loved one will be supported. Researching, visiting, and trying out local respite care facilities before an emergency will reduce the stress level of the caregiver and their loved one if respite care is urgently needed. In order to facilitate emergency transfers of care, caregivers should also prepare a list of their loved one's medication and administration instructions.

LOCAL RESOURCES

Tri-City community members are encouraged to visit Transitions at the Masonic Homes for trusted respite care. Transitions provides many types of respite care,



from skilled nursing to memory-related conditions. With a high staff-to-patient ratio, all registered-nurse staff, and access to a variety of classes and fitness opportunities at the Masonic Homes campus, Transitions is a comfortable and safe environment to entrust your loved one. Amenities include restaurant-style dining with table service, private rooms with large-screen televisions, a lovely living room area, relaxing visiting areas for family members and friends, and other hotel-style amenities.

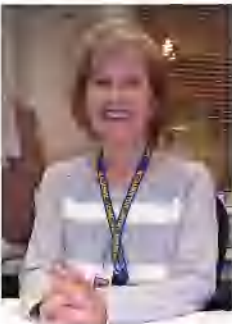
In addition to respite care, Transitions offers short-stay post-surgical rehabilitation. For more information, about short stay care call us at (510) 475-2137 or visit masonichome.org/transitions.

CHOOSING A RESPITE CARE PROVIDER

These questions can help identify a quality care provider for your loved one.

- Are the provider's state and local licenses current?
- Do the services offered meet your loved one's needs?
- Is staff credentialed and experienced?
- What is the staff to patient ratio?
- How are medical emergencies handled?
- What dining options are available?
- What amenities and activities are provided?
- Is the location convenient?
- Is the facility secure?

VOLUNTEER SPOTLIGHT: JEAN HAMILTON



When Tri-City community members volunteer at the Masonic Homes, Jean Hamilton's friendly voice is often their introduction. Hamilton staffs the Volunteer Office a few days each week, orienting volunteers, keeping everything in order, and befriending residents, whom she often accompanies on local excursions.

Hamilton, 78, is a native of Decoto and was born nearly across the street from the Masonic Homes. Though she briefly lived in San Francisco, she happily returned. "We have everything here," she says. She worked at Fremont Kaiser for 22 years and has volunteered for decades, starting in Kaiser's hospice program. At the Masonic Homes, she has volunteered for five years – 4,500 hours. "Residents have become such an important part of my life," Hamilton says. "They're like family."

She recalls a story of a resident who napped in the library each afternoon during her shift. One day, he was awake, waiting for her. Her example had inspired him to volunteer himself. He soon replaced naps with volunteering throughout campus, and Hamilton saw him rejuvenate. "He told me that I was the greatest volunteer, but that didn't matter. What I cared about most was that my example got him back to living."

If you would like to volunteer at the Masonic Homes, call Jean at (510) 429-6486.

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Home & Garden

Black is the new green

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

Black clothing has been used to make an array of different fashion statements. A black judicial robe makes a bold and commanding statement, whereas a black veil gives a peaceful and meditative comment. A black tuxedo depicts affluence and formality, a black cocktail dress represents sophistication, and torn black jeans with a black concert T-shirt embodies the sense of being cutting edge or artistic. Fashion trends come and go, but using the color black to express a point of view will not go out of style. Similarly, black foliage or black flowers in the garden are perennially fashionable.

There are very few true black plants and flowers, but there are a large number that appear to be black. These plants have extremely high levels of water soluble pigments called anthocyanins that at lower levels make blueberries blue and cranberries red. The overproduction of anthocyanins can make certain purple, red, maroon, or midnight blue foliage or flowers appear to be black.

Black plants are not a category grouped together for any reason other than their color. The black dahlia Arabian Night is no more related to the black iris Superstition than it is to any other iris. The group's diversity gives plenty of options to fit them into any landscape.

There are a couple of characteristics that black plants, unrelated on a botanical level, have in common with each other. There are black plant species that



will grow in the shade. However, planting black plants in the shade or in front of a dark wall will reduce the color contrast, making the dark foliage or flowers seem inconsequential. Black plants should be planted in an area with as much sunlight as the particular plant can handle.

As the darkest color, black will absorb a lot of sunlight. It is not uncommon for a black plant species to require more water than the same plant species that might have green or silver foliage. The flower color can also impact the amount of water needed. The Baccara rose, the blackest of all the black roses, can still wilt when given the same amount of water as roses with pink, yellow, or white flower petals.

Plants with black foliage or black flowers are said in gardening circles to add depth, sophistication, intrigue, and a sense of modernism to a landscape. They do this as a contrast to the plants around them. It does not take a large number of black plants to change the impression or tone of a landscape. The black foliage of coral bells Mocha paired with plants that have pale green or gray

foliage creates an elegant look and feel. Dotted some hollyhock Nigra throughout a planting of pink hollyhocks will create a tension that brightens the pink flowers and heightens the mood of the garden.

It is not difficult to incorporate black foliage or flowers into a garden or planter; it just takes some empty space. Here are some black plant additions to fill the empty spots wherever they might be.

Mix in some Black Mondo Grass for ground cover drama. This small clumping dark grass also produces lavender flowers and tiny purple berries in the fall.

If a ceramic pot needs an upgrade, squeeze in some Sweet Potato Vine Sweet Caroline Raven around the edge. This trailing plant's lush dark leaves create a bold statement as they cascade out of the pot and into the light.

Plant some Queen of the Night tulips this winter to elevate a spring bouquet of cut flowers into a sophisticated interior arrangement. The dark, velvety flowers offer a breathtaking contrast to the other pastel springtime flowers used in vases. Black Forest calla lilies are another excellent option for growing flowers for cutting well into summer.

No space is too small to add the allure of black foliage to a

garden. New Zealand Flax Black Adder is an elegant option that can grow three to four feet tall. Elderberry Black Lace can grow six to eight feet and the attractive lacy black leaves highlight the red berries in the fall that attract birds and other wildlife. The Peppermint Willow After Dark can grow up to 25 feet tall. The dark slender weeping leaves contrast spectacularly against the walls of a house or the blue sky.

Black flowers can be fun instead of somber. Black petunias can be planted with orange flowers for Halloween or to commemorate the Giants. East Bay sports fans can plant black Violas with a grey leafed plant to support the Raiders.

Black plants in a garden are still a novel concept for most people. They are unfamiliar and can be drab on their own. Their real appeal comes from how they interact with other colors in the garden. Without black there would be no white. It is not a black tie event without a tuxedo, and the garden is not dramatic without black plants.

Daniel O'Donnell is the co-owner and operator of an organic landscape design/build company in Fremont. www.Chrysalis-Gardens.com



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TINA LAMBERT at the Hayward Chamber of Commerce E-MAIL: tina@hayward.org TELEPHONE: (510) 247-2042

Art presentation/demonstration at Olive Hyde Art Gallery



SUBMITTED BY
SEEMA GUPTA

Contemporary Art. She shares her love of art by teaching classes twice a week at The Alameda Art-Works in San Jose.

Guest artist Katy Kindig of San Jose will be presenting and demonstrating her art at the Olive Hyde Art Gallery in Fremont on Wednesday, October 26 at 10 a.m.

After working for many years in the technology industry, Kindig is back to being a full time artist, working at her studio every day. Much of her work is inspired by Bay Area landscapes.

Kindig was educated at San Jose State, with a Masters show at the San Jose Museum of Art. Her style has grown from watercolors and 3-dimensional works to more abstract and conceptual landscapes painted in oil, her favorite medium. Her work is on display in galleries across the Bay Area, including Gallery 24 in Los Gatos and San Jose Institute of

Katy Kindig at Olive Hyde Art Gallery
Wednesday, Oct 26
10 a.m. – 12 p.m.
Olive Hyde Art Gallery,
Mission Rm
123 Washington Blvd, Fremont
www.olivehydeguild.org
Free



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Niles Rotary Foundation, a 501(c)(3) nonprofit, tax ID:94-2931147.

Running Dead Fun Run & Walk

SUBMITTED BY ROBERT MAGBANUA

Union City Community and Recreation Service's will be holding its fourth Running Dead 5K/10K Fun Run & Walk on Sunday, October 23. Keeping with the spirit of the Halloween season, this run will be offering a Zombie challenge, in which racers will have the chance to dodge zombies along the race course.

As with our previous Running Dead events, all proceeds from the Zombie challenge will directly benefit the American Diabetes Association. This race will also have a costume contest, raffle prize drawing, and allow vendors the opportunity to promote their business at the race and through our official Fun Run T-Shirt. For more information, call (510) 675-5600.

Running Dead Fun Run & Walk
Sunday, Oct 23
9 a.m. - 12 p.m.
Union City Civic Center
34009 Alvarado-Niles Rd, Union City
(510) 675-5600
\$25-\$35/Adults and \$20-\$30/Youths under 17



Make A Difference Day 2016

BY DAVID R. NEWMAN
PHOTOS COURTESY OF
CITY OF FREMONT

On Saturday, October 22, millions of volunteers in thousands of communities across the nation will unite with a common mission – to improve the lives of others. It's called Make A Difference Day (MADD), and has been held on the 4th Saturday of October for the past 25 years. The one-day event is made possible by TEGNA, with support from Arby's Foundation and Points of Light (the world's largest organization dedicated to volunteer service).

Projects range from small to large, from planting gardens to beautifying schools, to maintaining parks to gathering donations for those in need. Each year \$140,000 total in grants is awarded to fourteen honorees (10 National, 3 Community, 1 All-Star) chosen by a panel of judges. Award winners designate the grant money to a charity of their choice.

Two years ago, the City of Fremont won one of the National City Awards. In fact, Fremont leads the region's efforts on MADD, with over 100 projects planned this year. Christine Beitsch, project lead for the City of Fremont, says, "Our tagline is: Celebrate unity through diversity through serving your city! We get individual volunteers, Boy Scouts, Girls Scouts, church groups, businesses, etc. It's a day where we can all come together and make a difference."

During her five-year tenure as MADD project lead, Beitsch has seen a dramatic rise in the number of volunteers, from 100 to over 3,000. "There are a lot of people in our city who wanted to make a difference but didn't know how," Beitsch has also noticed a shift from people volunteering for just one day in October, to people volunteering year-round. "That makes me proud, as the leader, to



have people in our city always contributing, because there are so many skills and talents and abilities. To be able to cultivate that, I think you're going to have a happier city."

A few of the scheduled projects are listed below; for more information, contact Fremont's MADD Project Lead Christine Beitsch @ makeadifferenceday@fremont.gov or (510) 574-2099. For a complete listing of projects and to sign up, visit the Fremont MADD website @ www.makeadifferencedayfremontca.com.

Fremont:

This food drive is for the holiday season collection. Non-perishable food only. Specific needs are: stuffing, canned green beans, canned corn, cranberry sauce, cream of mushroom soup.

Tri-City Volunteers Holiday Food Collection
10:00 a.m. – 1:00 p.m.

Drop off Site #1
St. Joseph Church Parking Lot
43148 Mission Blvd, Fremont

Drop off Site #2
Islamic Center of Fremont Parking Lot
4039 Irvington Ave, Fremont

Drop off Site #3
Central Park (Paseo Padre Area

at park: Lyons 1)
40000 Paseo Padre Pkwy, Fremont

One-pound jars of peanut butter are needed for the Tri-City Free Breakfast Program. White tube socks for women and men are also needed. Drop off in parking lot.

Tri-City Free Breakfast Program: Peanut Butter Drive
8:30 a.m. – 12:00 p.m.
Irvington Presbyterian Church
4181 Irvington Ave, Fremont

We are seeking the donation of shoes at Compassion Network HQ, especially winter shoes for kids and adults. Drop off in parking lot.

Compassion Network's Shoe Drive
10:00 a.m. – 1:00 p.m.
St. Joseph Church
43148 Mission Blvd, Fremont
Help spread mulch and remove litter and debris found in the area of Stiver's Lagoon.

Central Park – Stiver's Lagoon
9:00 a.m. – 12:00 p.m.
40500 Paseo Padre Pkwy, Fremont

Join LEAF for post harvest clearing and winter sowing. Tasks will involve clearing out summer veggies, removing weeds, laying down cardboard, and sowing

winter veggie seeds. We will provide drinks and snacks but not lunch. Bring bag lunch/water, gloves.

LEAF – Post harvest clearing and winter sowing
9:00 a.m. – 1:00 p.m.
C.R. Stone Garden on Mowry near Mission Blvd
Behind Mission Valley Vet Clinic
55 Mowry Ave, Fremont

Tule Ponds workday will include lagoon cleanup and maintenance (collecting and/or sowing seeds), native plant installation (planting trees, shrubs or wildflowers), non-native plant removal and trash removal.

Tule Ponds Workday at Tyson Lagoon
9:30 a.m. – 12:30 p.m.
1999 Walnut Ave, Fremont

Milpitas:

The goal of the 10th annual Milpitas Executive Lions Club Make A Difference Day Event is to build a sense of community by empowering individuals to take action! There will be a free Health and Wellness Fair with the District 4-C6 Lions; A.J. Robinson Mobile Screening Unit for hearing, vision, blood pressure and glucose tests; and free flu shots will also be available. In addition to our city, county, health and wellness resource booths we have added an opportunity to those who have talent to participate in the multicultural entertainment portion of this event. We are looking forward to another informative, health awareness, community service and fun-filled day.

Milpitas Executive Lions Club Make A Difference Day Event
10 a.m. – 4 p.m.
Milpitas Sports Center
1325 E Calaveras Blvd,

Milpitas
Milpitas Executive Lions Club
(408) 430-7830
milpitaslions@gmail.com
www.milpitaslions.com

Union City/Hayward
Volunteer opportunities include tree planting, creek trail cleanup, wildflower planting, and general beautification projects. With help from the Hands-On Conservation Program, we'll seed wildflowers along the creek trail in the park, spread mulch around trees, pick up litter along the creekside trail. Wear work clothes and sturdy shoes that can get dirty, and bring gloves if you have them. We'll provide litter grabbers, tools, and a snack after the cleanup. Please bring your own re-fillable water bottle.

For more information, contact Nelson Kirk at nelsonk@ci.union-city.ca.us or Amy Evans with the Hands-On Conservation Program at Amy.evans@acrcd.org or (925) 371-0154 x112.

Park Beautification
9:00 a.m. – 12:00 p.m.
William Cann Civic Center Park
34009 Alvarado-Niles Rd, Union City

9:00 am – 12:00pm
Meyers Estate Dry Creek Garden and Cottage
550 May Road, Hayward
(510) 582-2206

www.ebparcs.org/parks/garin

For more information on Make A Difference Day, and to see a complete list of projects nationwide, visit www.makeadifferenceday.com.



Stay safe and be prepared in storm season

SUBMITTED BY TAMAR SARKISSIAN

As the first storm of the season moves into Northern and Central California packing rain and gusty winds, Pacific Gas and Electric Company (PG&E) is hard at work preparing for the storm. The energy company also encourages customers to have a plan, update their plan and to prepare for potential power outages. Above all else, PG&E reminds everyone to stay safe.

PG&E meteorologists say a series of early season storm systems will impact some parts of Northern and Central California. The storm series brings rain, along with breezy and gusty winds to the

northern region and will also extend south to the Bay Area. PG&E is closely tracking the weather system and mobilizing crews and materials into areas that will feel the brunt of the storm, so they can get to work and restore service to impacted customers more quickly.

PG&E routinely practices its preparedness and response to storms and other emergencies through company exercises and through drills with local first responders. The company also utilizes the latest technology to restore power more quickly and efficiently after a storm. This includes the use of storm damage prediction models, the installation of automated equipment that "self-heals" the

electric grid, and a network of more than five million electric SmartMeters that provide timely and accurate outage data.

PG&E urges customers to stay safe during storms and remember the following safety and readiness tips.

Be prepared before storms arrive:

- Have battery-operated flashlights and radios with fresh batteries ready. Listen for updates on storm conditions and power outages.
- If you have a cordless phone or answering machine that requires electricity to work, have a standard telephone or cell phone ready as a backup.
- Keep your cell phone charged, and have a portable charging device handy.
- Freeze plastic containers filled with water to make blocks of ice that can be placed in your refrigerator/freezer during an outage to prevent food from spoiling.

If outages occur:

- Stay away from downed power lines. Treat all downed power lines as if they are energized and extremely dangerous. Keep

yourself and others well away from them and immediately call 911, then notify PG&E's 24-hour emergency and customer service line at 1-800-743-5002.

- Candles pose a fire risk. Avoid using them during a power outage. If you must use candles, keep them away from drapes, lampshades and small children. Do not leave candles unattended.
- If your power goes out, unplug or turn off electric appliances to avoid overloading circuits and fire hazards when power is restored. Simply leave a single lamp on to alert you when power returns. Turn your appliances back on one at a time when conditions return to normal.

For the latest information on power restoration, customers can call PG&E's outage information line at 1-(800) 743-5002. Updates are also available through a live outage map online at www.pge.com/outages.

Science and technology day planned for moms and girls in Fremont



SUBMITTED BY
MIRIAM KELLER

Girls and their mothers, aunts or even grandmothers are invited to a day of fun and learning activities in a "Mother/Daughter STEM Discovery Day" at Hopkins Junior High in Fremont.

The Nov. 5 event is sponsored by the Fremont Branch of The American Association of University Women, and is designed to introduce girls to science, technology, engineering and mathematics (STEM) concepts with hands-on activities.

Among the activities offered will be a planetarium show, a finger printing exercise used by crime scene investigators, chemistry experiments, brain and math teaser exercises, designing with 3D printing, engineering for kids and science experiments.

The activities are geared toward girls in fifth and sixth grades and their mothers or other

adult female family member. Participants in the 3D printing activity should bring a laptop computer with them. A limited number of computers also will be available to share with others.

The cost is \$25 per adult with one child; \$15 for a second child. Because space is limited, early registration is strongly advised. Registrations can be made online at <https://www.eventbrite.com/e/aa-uw-fremont-stem-discovery-day-nov-2016-tickets-27207224541>

**Mother/Daughter
STEM Discovery Day**
Saturday, Nov. 5

8:30 a.m.-12:30 p.m.

Hopkins Junior High School,
600 Driscoll Road, Fremont
(510) 683-9377 or
(510) 623-8483

<https://www.eventbrite.com/e/aa-uw-fremont-stem-discovery-day-nov-2016-tickets-27207224541>



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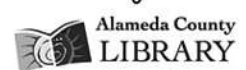
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Old Library/Teen Center

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All proceeds from our book sales are given to the Fremont Library System

Stratford School opens Milpitas campus

SUBMITTED BY
LEAH TERAISKIS

Milpitas Councilmember Debbie Indihar Giordano and Rotary Club President Hon Lien joined Stratford School officials and local safety officers at their Grand Opening Ribbon Cutting event on September 23, 2016. More than 100 guests gathered to share in the celebration, which was hosted by Phil Dolan, Head of School, and Stratford School Leadership. The private preschool through eighth grade campus in Milpitas is Stratford's 20th school in the San Francisco Bay Area. Visit <http://www.stratfordschools.com> for more information.





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THE GREAT OCTO-ESCAPE

Thanks, But No Tanks!

Replace the missing words. **SEEN** **APART** **TANK** **SOFT** **DIFFICULT** **FINDING NEMO?** **FINDING DORY?** **FINDING INKY?** **SUBMARINE** **PRINTS** **ALONE** **SHIPS** **SLID**

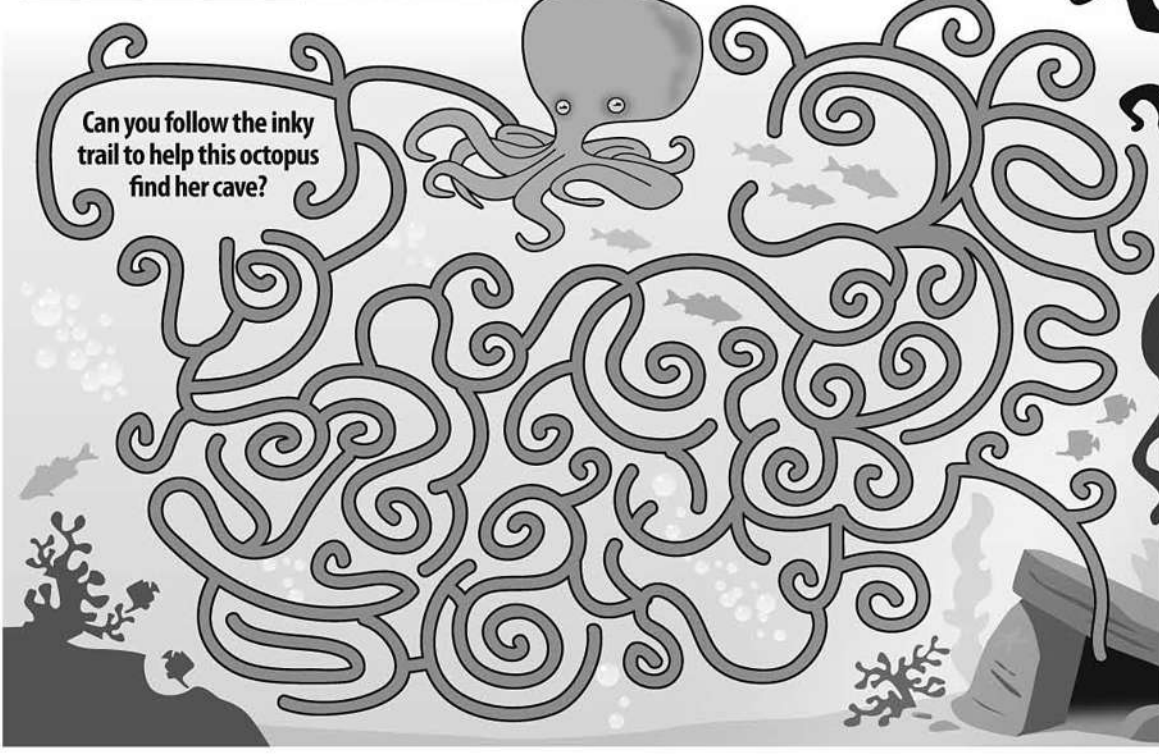
NEW ZEALAND – One night in April, Inky the octopus slipped silently out of his _____ at New Zealand’s National Aquarium. The aquarium staff followed his little suction cup _____ to discover that Inky had escaped through a small gap at the top of his tank.

Once out of the tank, Inky _____ across the floor to a six-inch-wide drain. He squeezed his football-sized body through the drain which took him into the Pacific Ocean. And nobody has _____ Inky since that night!

Shape Shifters
An octopus has a _____ body and can squeeze its body into very small spaces. In the sea, they like to live _____ in small caves, spaces under rocks or even in pottery that falls from passing _____. Inky was added to the aquarium in 2014. He had been injured when he was caught in a crayfish pot.

Keep An Octopus Occupied
Octopuses are very _____ to keep in aquariums. If they get bored, they start to take things _____. In 2009, an octopus at the Santa Monica Pier Aquarium in California took apart a valve and caused a flood. Another octopus took apart a little robot _____ that was in its tank.

Can you follow the inky trail to help this octopus find her cave?



Extra! Extra!

Shape Search

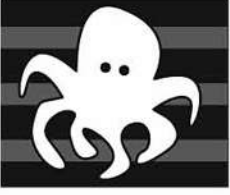
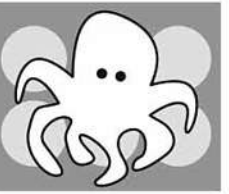
Look through the newspaper and see if you can find each of these shapes:



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

Kid Scoop Puzzler

Usually, an octopus is brown. But if it gets angry or scared, it changes color depending upon the mood. And it also can change colors to blend in with rocks, coral, sand and more. This is called **camouflage** (*kam-O-flawj*). Color each little octopus so it matches the background to hide.



Standards Link: Reading Comprehension: Follow simple written directions.

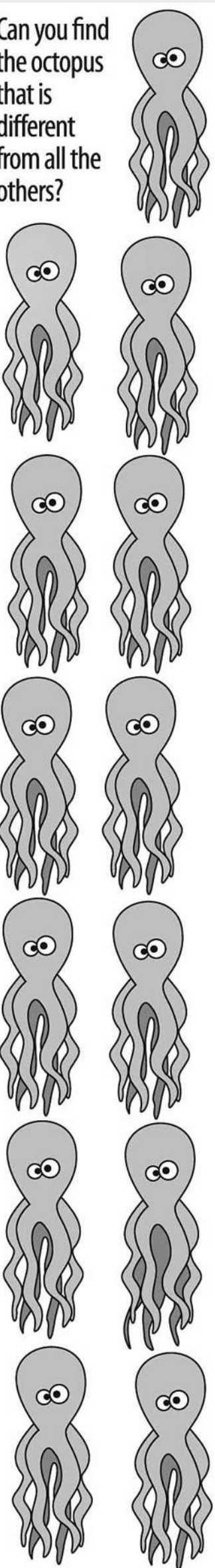
Double Double Word Search

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

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

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

Can you find the octopus that is different from all the others?



Kid Scoop VOCABULARY BUILDERS

This week’s word: VALVE

The noun **valve** means a mechanical device that controls the movement of liquid, gas or loose material and may be controlled by a moveable part.

We opened the **valve** to allow the water to drain.

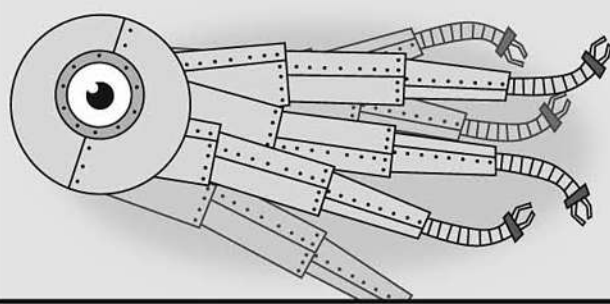
Try to use the word **valve** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Ate and Eight

The words **ate** and **eight** sound the same but have different meanings and spellings. They are homophones. Look through the newspaper and see if you can find more homophones.

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



What do you call a squid that can transform itself into a robot?

ANSWER: Octopus Prime.

Write On!

My Pet Octopus

Pretend you have a pet octopus. Describe what life is like with this pet. Be imaginative! Is it trained?



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Bay Area Science Festival offers Day of Discovery

BY JULIE HUSON

Increased exposure to science in schools is a concept that has gained intense traction across the country. But through a joint venture, a number of Bay Area universities, science museums and businesses have created a 10-day opportunity for families to experience the allure of science outside of the classroom. From October 27 through November 5, the "Bay Area Science Festival" (BASF) will provide a wide range of activities such as workshops, exhibitions and lectures at a variety of locations throughout the Bay Area.

On October 29, a free hands-on science day for East Bay families, The Contra Costa Discovery Day, will take place at California State University East Bay Concord. With over 25 interactive science booths designed to appeal to kids ages 5 to 14, and a special STEM (Science, Technology, Engineering, and Mathematics) mentorship for high school students, this event offers unique opportunities for parents interested in providing rich science encounters for their children.

BASF Director Kishore Hari is enthusiastic about the interactive nature of the Discovery Day. "The day is all about roll up your sleeves and do," he says. The intention for this particular day is to give kids and teens a chance to meet scientists and engineers in their own community. Hari says this is the event's second annual occurrence, and will offer a range of things to explore. Play-Well TEKnologies will provide LEGO building enhanced by gears and circuits, the Bay Area Brain Bee will show children how their nervous systems work, and the Boy Scouts will display a giant Jenga game model designed and built by the scouts themselves.

Hari is especially keen on Career Mapping, an interview-style format for high school students to talk with men and women working in science and math fields. Teens interested in pursuing careers in math and sciences can use this opportunity to find out first hand how others prepared for and secured their jobs in the field of science.

"As a parent and a former teacher I understand the importance of STEM programs for the



Photo courtesy of Gamma Nine Photography

health of our education system and the future of our economy," says Assemblywoman Susan Bonilla (D-Concord). "Last year, this event was a success for parents and students alike. With over 1,000 students in attendance, we were able to inspire creativity and spark imaginations with hands-on demonstrations from various business and industry leaders. This year, I am even more excited to build upon our event to further promote STEM education and create direct access for students to meet and interact with professionals in STEM related careers. It is critical that our students are engaged early and often and this event is a great opportunity for children to do so."

"We've designed the day to be flexible," Hari said. "With soccer



Photo courtesy of UCSF

Animal Discovery Room to explore skeletons and brains.

Also scheduled for Berkeley at the UC campus on November 3 will be an Astronomy Night at the rooftop observatory to learn about the total solar eclipse happening in August 2017. Nationally recognized astrophysicist Alex Filippenko will join viewers for this unique star party.

The concept of STEM was first introduced by the National Science Foundation (NSF) in 2001. The acronym has been a regular part of the vocabulary used in the world of education. The NSF estimates that 80 percent of the jobs available during the next decade will require math and science skills. Job potential, intellectual challenge, equity in education for

boys and girls are just a few of the reasons STEM courses are receiving attention. Integration into other areas of the school curriculum, however, makes STEM education most effective, according to Public School Review, which reviews and evaluates schools across the U.S.

According to a recent NPR (National Public Radio) education article, reporter Eric Westervelt reported that "a combination of budget cuts and policy decisions has left many local, state and federal bodies short on funds to robustly back science education." BASF is one alliance which enhances children's exposure to science and technology education beyond the school day.

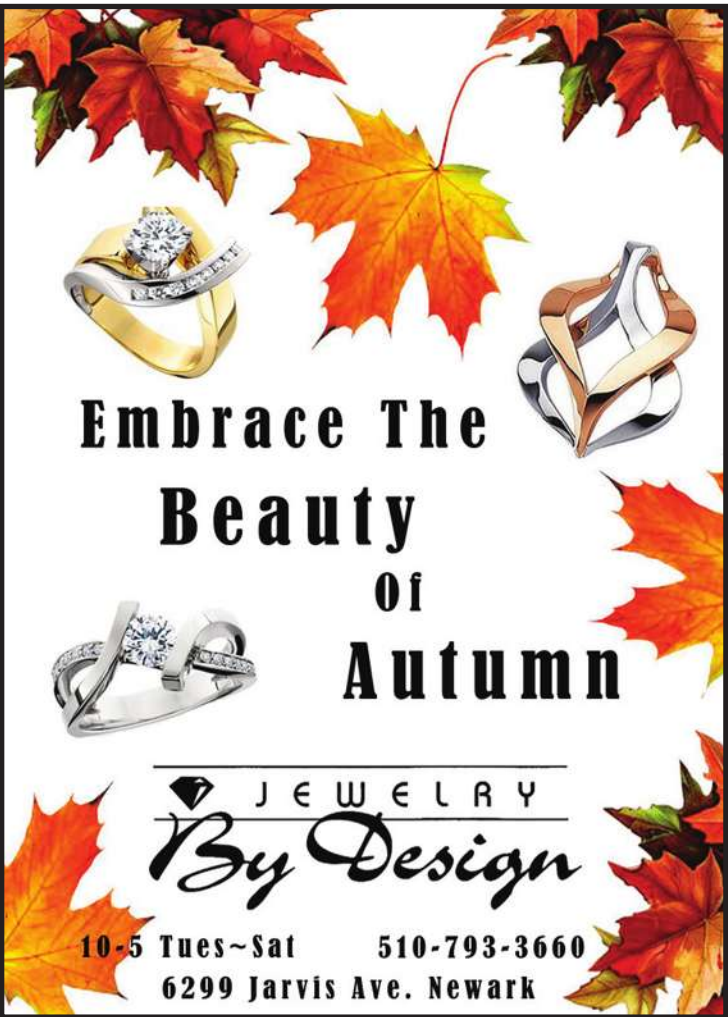
Visit www.bayareascience.org for a complete listing of events.

Bay Area Science Festival
Thursday, Oct 27 –
Saturday, Nov 5

Contra Costa Discovery Day
Saturday, Oct 29
10 a.m. – 2 p.m.
Cal State East Bay Concord Campus
4700 Ygnacio Valley Rd,
Concord
www.bayareascience.org
Free



Photo courtesy of Gamma Nine Photography



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Medical Degree
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Ocular Manifestations of the Ebola Virus -
National Institute of Health in Liberia

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CONTINUING EVENTS

**Tuesday, Sep 27 - Sunday,
Oct 30**

Annual Art Show

Tues: 11 a.m. - 3 p.m.

Thurs: 1 p.m. - 4 p.m.

Wed, Fri & Sat: 11 a.m. - 5 p.m.

Celebrating 51 years of art in Fremont

Fremont Art Association

37697 Niles Blvd., Fremont

(510) 792-0905

<http://tinyurl.com/faaannual-show>

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/>

**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.scccl.org

Tuesdays, Sep 13 thru Nov 1

Finding Wellness - R

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

Discuss nutrition and stress management

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

**Mondays and Wednesdays,
Sep 19 thru Nov 9**

Citizenship Class \$R

12:30 p.m. - 3:00 p.m.

Discuss American Government

Prepare for interview test

Fremont Adult School

4700 Calaveras Ave., Fremont

(510) 793-6465

www.face.edu

**Tuesdays and Thursdays, Sep
20 thru Nov 10**

Citizenship Class \$R

7:00 p.m. - 9:30 p.m.

Discuss American Government

Prepare for interview test

Fremont Adult School

4700 Calaveras Ave., Fremont

(510) 793-6465

www.face.edu

**Tuesday, Sep 27 - Sunday,
Oct 30**

Annual Art Show

Tues: 11 a.m. - 3 p.m.

Thurs: 1 p.m. - 4 p.m.

Wed, Fri & Sat: 11 a.m. - 5 p.m.

Celebrating 51 years of art in Fremont

Artist reception Sunday, Oct 2 at 1:30 p.m.

Fremont Art Association

37697 Niles Blvd., Fremont

(510) 792-0905

<http://tinyurl.com/faaannual-show>

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Alonzo is a young bunny with big brown eyes and soft black fur with gray undertones. He loves to hop around exploring his surroundings and munch on hay and cilantro. He's neutered and ready to go home with a loving family. Info: Hayward Animal Shelter. (510) 293-7200.



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www.facebook.com/haywardanimalshelter

510-293-7200

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

Downtown Fremont Farmers’ Market

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

Kaiser Permanente Fremont Farmers’ Market

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

Irvington Farmers’ Market

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

Niles Farmer’s Market

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

HAYWARD:

Hayward Farmers’ Market

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

South Hayward Glad Tidings

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

SAN LEANDRO:

Kaiser Permanente San Leandro

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

MILPITAS:

Milpitas Farmers’ Market at ICC

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

NEWARK:

Newark Farmers’ Market

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

Bayfair Mall

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

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

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

Union City Farmers’ Market

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

Thursdays, Sep 29 thru Oct 27

Fatherhood Class – R
6:30 p.m. - 8:30 p.m.
Discuss parenting skills and conflict management
Fremont Family Resource Center
39155 Liberty St. (at Capitol),
Fremont
(510) 333-3478
www.RelationshipsCA.org/R3Academy

Wednesday, Oct 1 - Sunday, Nov 13

Souls Returning \$
10 a.m. - 4 p.m.
Day of the Dead exhibit
Opening reception Friday, Sept
30 5:30 p.m. - 7:30 p.m.
Hayward Area Historical Society
Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Mondays, Oct 3 thru Oct 24

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

Monday, Oct 3 - Thursday, Nov 17

Hayward Arts Council Juried Show
8 a.m. - 5 p.m.
Abstract, watercolor and still life
Hayward City Hall
777 B St., Hayward
(510) 208-0410
hac@haywardartscouncil.org
www.haywardartscouncil.org

Thursdays, Oct 6 thru Dec 29

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

Fridays, Oct 7 thru Oct 28

Teen Night Out!
5:30 p.m. - 8:30 p.m.
Play pool, air hockey, 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/community-recreation-services

Fridays, Oct 7 thru Oct 28

Toddler Ramble \$
10:30 a.m. - 11:15 a.m.
Children ages 1 - 3 interact with nature
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org/hayshore.html

Fridays, Oct 7 thru Oct 28

Nature Detectives \$
1:00 p.m. - 1:45 p.m.
Children discover animal habitats
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org/hayshore.html

Thursday, Oct 7 - Sunday, Nov 19

Textile Exhibition
12 noon - 5 p.m.
Traditional and contemporary fiber artworks
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Fridays, Oct 7 thru Dec 30

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



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4:00 PM to 8:00 PM
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Tickets: \$ 15.00 Adults, \$ 45.00 Family of 4,
\$10 for Children 10 and Under
38801 Blacow Road, Fremont
510-793-6285
http://www.holytrinityfremont.org

Thanksgiving Day Service

Thursday Nov. 24
10AM

First Church of Christ, Scientist
1351 Driscoll Road
Fremont, CA

Child Care Provided
No contributions taken this service

Saturdays, Oct 8 thru Nov 12
Better Choices Better Health Workshop – R

10:30 a.m. - 1:00 p.m.
Discuss skills for dealing with chronic conditions
Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(408) 961-9877
http://goo.gl/forms/IFV8o5mxo

Friday, Oct 8 - Sunday, Jan 8
Impressed with Wax Exhibit

10 a.m. - 5 p.m.
Paintings and sculpture created with hot wax
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Mondays, Oct 10 - Dec 26
Bunco

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

Fridays, Oct 14 thru Nov 18

Ballroom Dance Classes \$
Beginners 7:00 p.m. - 8:00 p.m.
Intermediate & Advanced 8:15 p.m. - 9:15 pm
Cha Cha, Foxtrot and Swing dancing
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 797-9594

Wednesdays, Oct 19 thru Nov 16

Ballroom Dance Classes \$
Beginners 7:00 p.m. – 8:00 p.m.
Intermediate & Advanced 8:15 p.m. - 9:15 p.m.
Cha Cha, Foxtrot, Swing dancing. Couples only
Ruggieri Senior Center
33997 Alvarado Niles Rd., Union
City
(510) 675-5357
www.unioncity.org

Saturday, Oct 22 - Sunday, Nov 20

Trouble Bubbles at the Hot Springs \$
Sat: 8 p.m.
Sun: 2 p.m.
Comedic melodrama
San Leandro Museum and Art
Gallery
320 West Estudillo Ave.,
San Leandro
(510) 895-2573
http://slplayers.org/

THIS WEEK

Saturdays, Oct 22 - Dec 31

Bridges to Jobs
9:30 a.m. - 11:30 a.m.
Job interview training class
Centerville Presbyterian Church
4360 Central Ave., Fremont
(510) 299-2223
http://bridgestojobs.org

Wednesday, Oct 19

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



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What's Happening

At the **NEWARK**
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Discover the benefits of becoming a Newark Chamber Member!

TUES, OCT 25 - Tri-City Ribbon Cutting at Masonic Home's new "Transitions" short-term rehab facility, 5-7 pm. RSVP to: rmalini@mhccuc.org

SAT, OCT 29 - FREE Shredding for Newark residents & businesses at City Hall, 10am-2pm at City Hall. Up to 4 banker boxes...we have OUR boxes ready to shred. How about you?

MON, OCT 31 - Halloween! Lot's of activities in the area for kids and adults. Check out NewPark Mall, and the Newark Library, for example.

TUES, NOV 8 - Election Day—VOTE! The Chamber is supporting Measure GG. Read our post on the



Newark Chamber's Facebook Page.



Save These DATES

THUR, Nov 17 - Chamber's Business Luncheon, program presented by **Washington Hospital Healthcare System**. 12p -1:30pm at DoubleTree Newark. Details at Newark-chamber.com



THUR, DEC 1 - Chamber's Festive Annual Holiday Mixer/Party. 5pm-7pm, watch for location.

THUR, DEC 15 - Chamber's Annual Holiday Spirit Luncheon, featuring (of course), Santa, & The **Kennedy Voices Children's Choir**. 12pm-1:30pm at DoubleTree Newark.

Wednesday, Oct 19

Cup of Our Life Women's Spirituality Group \$R

1 p.m. - 3 p.m.

Discuss daily lives and relationship with God

Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6360
<http://bit.ly/2016CupofLife>

Wednesday, Oct 19

American Red Cross Blood Drive

10 a.m. - 4 p.m.

Call to schedule an appointment

Walk-ins welcome
Cal State East Bay University
25800 Carlos Bee Blvd., Hayward
(800) 733-2767
www.redcrossblood.org

Wednesday, Oct 19

Senior Financial Safety Seminar

10 a.m.

Discuss scams, fraud and preventative measures

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

Wednesday, Oct 19

Presidential Debate Live Broadcast

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

Watch Clinton vs. Trump televised debate

Doors open at 5:15 p.m.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Wednesday, Oct 19

Drummm Circle Workshop

7 p.m.

Music workshop open to the public

Presented by MFMII
Niles School Auditorium
37141 Second St., Fremont
(510) 733-1189
www.musicforminors2.org

Thursday, Oct 20

East Bay Stompers Band

7 p.m. - 9 p.m.

Dixie, swing and standards music

Bronco Billy's Pizza
41200 Blacow Road, Fremont
(510) 914-7304

Thursday, Oct 20

American Red Cross Blood Drive - R

2 p.m. - 7 p.m.

Call to schedule an appointment

Walk-ins welcome
St. Joachim Catholic Church
21250 Hesperian Blvd., Hayward
(800) 733-2767
www.redcrossblood.org

Thursday, Oct 20

Small Business Forum

12 noon - 1:30 p.m.

Discuss access to capital, business plans, employee practices

Kennedy Community Center
1333 Decoto Rd., Union City
(510) 583-8818
Deborah.Cox@asm.ca.gov

Thursday, Oct 20

Family Literacy Night: Wild About Books - R

6:30 p.m. - 8:00 p.m.

Story time and crafts for kids pre-school to 3rd grade

All children go home with a book
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 793-2240
roral@fremont.k12.ca.us

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BEFORE



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2.Lift your cheekbone area
Look 10-15 years younger
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Alameda County Renew books by phone (510) 790-8096

For more information about the Bookmobile call (510) 745-1477 or visit www.aclibrary.org.

Times & Stops subject to change

Tuesday, Oct 18

4:30 - 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT

5:50 - 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT

Wednesday, Oct 19

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, Oct 20

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

Monday, Oct 24

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, Oct 25

2:30 - 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT

4:45 - 5:30 Baywood Apartments, 4275 Bay St., FREMONT

5:50 - 6:30 Jerome Ave. & Oholones St., FREMONT

Wednesday, Oct 26

1:00 - 2:00 Del Rey School, Via Mesa & Via Julia., SAN LEANDRO

2:30 - 3:00 Eden House Apartments, 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

Milpitas Bookmobile stops

Renew books by phone (800) 471-0991

For more information (408) 293-2326 x3060

Monday, Oct 24

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

Senior Helpline

(510) 574-2041

Serving individuals 60+ and their families in Fremont, Newark and Union City, CA

Care coordination, paratransit assistance, counseling, health promotion and caregiver support.



"Giftique"
Saturday, Oct 29th 9:30-3:00
38325 Cedar Blvd., Newark
(Neighborhood Church)

Over 40 Tables of Hand Crafted Items & Gifts
Halloween, Thanksgiving and Christmas Decorations
Continental Breakfast and Light Lunch
Door Prizes Every Half Hour

Thursday, Oct 20 - Saturday, Oct 22**Forever Pioneer Weekend Alumni Celebration – R**

Thurs: 12 noon - 3:00 p.m. 50 Year Celebration

Fri: 5:30 p.m. Alumni Gala
Sat: 8:00 a.m. - 7:30 p.m.
Department reunions, food, entertainment
Cal State East Bay University
25800 Carlos Bee Blvd.,
Hayward
(510) 885-3118
#Forever Pioneer Weekend 2016
<http://www.csueastbay.edu/alumni/ForeverPioneer.html>

Thursday, Oct 20**What is Día de los Muertos? \$**

6:30 p.m. - 8:00 p.m.

Interactive artist and cultural presentation

Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Thursday, Oct 20**Jack Williams Live \$R**

7:30 p.m.

Southern singer songwriter

Mudpuddle
34733 Niles Blvd., Fremont
(510) 794-9935
info@michaelmcnevin.com
www.facebook.com/mudpuddle-music

Thursday, Oct 20**Daniel Pearl Peace Concert**

7 p.m.

Speak Easy, choir and band performance

Canned goods accepted as entrance fee
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287

Friday, Oct 21 - Saturday, Oct 22**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, Oct 21 - Saturday, Oct 22**Live Blues Music**

9 p.m.

Various artists

Smoking Pig BBQ
3340 Mowry Ave., Fremont
(510) 713-1854
www.smokingpigbbq.net

Friday, Oct 21**Downtown Fremont Grand Opening Celebration**

4:00 p.m.

Food, entertainment and trick or treat for children

Downtown Fremont
Capitol Ave., Fremont
<https://fremont.gov/1655/Down-town>

Friday, Oct 21**Talent Show – R**

1 p.m. - 3 p.m.

Singing, dancing, magic, comedians

All ages welcome
Hayward Area Senior Center
22325 North Third St., Hayward
(510) 881-6766
www.haywardrec.org

Saturday, Oct 22**Volunteer Orientation**

1 p.m. - 2 p.m.

Discover wildlife refuge volunteer opportunities

SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Oct 22 - Sunday, Oct 23**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, Oct 22**Drawbridge Van Excursion – R**

10:00 a.m. - 12:30 p.m.

Docent narrated van tour of marshlands

Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513
<http://drawsummer.eventbrite.com>

Saturday, Oct 22**SAVE's Night Fever Anniversary Celebration \$R**

6 p.m. - 10 p.m.

Dinner, music, dancing and entertainment

Benefit for Safe Alternatives to Violent Environments
Fremont Marriott
46100 Landing Pkwy., Fremont
(510) 574-2250
<https://goo.gl/gxWRZl>
www.save-dv.org

Saturday, Oct 22**There's Gold in Them Thar Hills \$**

11 a.m. - 12 noon

Pan for gold

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

Saturday, Oct 22**Meet the Chickens \$**

1 p.m. - 2 p.m.

Feed chickens a snack

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

Saturday, Oct 22**Corny Cooking \$**

2 p.m. - 3 p.m.

Create treats from corn on a wood burning stove

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

Saturday, Oct 22**Rubik's Rumble**

10:30 a.m. - 5:30 p.m.

Competition, community-generated art and education

Hayward City Hall
777 B St., Hayward
(510) 208-0410
abchan411@gmail.com
<http://www.facebook.com/rubik-srumble2016>

Saturday, Oct 22**Basic Flintknapping – R**

10 a.m. - 3 p.m.

Create Stone Age microblades from obsidian

Ages 16+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(888) 327-2757
www.ebparks.org/register

Saturday, Oct 22**Baby Storytime Stay and Play**

10:30 a.m.

Share books, rhymes and songs

Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5366

Saturday, Oct 22**Book Geeks: Shutter**

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

Book talk for grades 7 – 12
Hayward Main Library
835 C St., Hayward
(510) 881-7946

Saturday, Oct 22**Sketching for Adults – R**

12:30 p.m. - 2:30 p.m.

Artist instructions and material provided

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

Hayward Mural Art Program

SUBMITTED BY CITY OF HAYWARD

The City of Hayward's Mural Art Program is pleased to announce two new mural art projects for this fiscal year. The Mural Art Program's intent is to partner with local artists to foster: civic pride, cultural diversity, cultural enrichment, and community identity through inspirational artwork.

This project is open to all experienced bay area professional artists. Selected artists must provide proof of general liability insurance coverage.

Applicants must submit:

Artist application (new artists only)

Current resume highlighting

past art installation projects

Provide one reference who can

speak to the past art installation

and qualifications

A maximum of four original art works may be submitted
Art work must be in color

Note:

Clipart or photos will “not” be accepted

Draft renderings will “not” be returned

Submission deadline:

October 24, 2016.

Selected Artists will be notified on or before December 7 2016.

Applicants may submit via mail, in-person or e-mail to:

City of Hayward

c/o Mural Art Program

777 B Street, 1st Floor

Hayward, CA 94544

For application or questions, email: Cecilia.Melero@hayward-ca.gov

Tri-City Health Center hosts Crucial Catch Day

SUBMITTED BY CHARLENE ELEFANTE

The public is invited to attend the second annual Crucial Catch Day. This special event celebrates health, and provides education about reducing the risk of breast cancer, and identifying it early.

Crucial Catch Day is an initiative presented by the NFL and its partners to bring awareness to breast cancer, and help bring screenings to women in need. It is our pleasure to bring such a worthy cause to Southern Alameda County. Activities include breast cancer education, mammograms, family activities, breast cancer screening exams (by appointment), raffles, games, and appearances from representatives of the Oakland Raiders, including Raiderettes.

Tri-City Health Center is the only clinic in Alameda County

celebrating Crucial Catch Day, and will bring a family atmosphere to the clinic for the day. From noon to 5 p.m. on October 25, we will have fun activities for all ages, free giveaways, and 50 free mammograms to those who are eligible for a referral! Bring the family to our newest address, and learn about cancer, its effects, and learn how you can help fight cancer. To schedule a screening at the event. Contac Charlene Elefante, (510) 252-6819, or email celefante@tricityhealth.org

Crucial Catch Day

Saturday, Oct 25

Noon – 5 p.m.

Tri-City Health Center

40910 Fremont Blvd, Fremont.

(510) 252-6819

celefante@tri-cityhealth.org

Free

Women artists receive art association awards

SUBMITTED BY HARRIETT MCGUIRE PHOTO BY VINAY VERMA

The Golden Hills Art Association of Milpitas Artists of the Month awards were chosen at the October 6, 2016 meeting. Members bring in their most recent paintings to the association's monthly meetings to be judged by members and guests.

First place went to Barbara Cowley for a lovely oil titled “Peaceful Autumn,” second went Lela Ehardt for a charming acrylic painting done in great detail titled “Country Scene with Red Winged Blackbird,” and third place to Maria Lemery for a soft colored pencil work titled “Three Sisters.”

The next meeting will be held on Thursday, November 3 at 7 p.m. in the Community Room of the Milpitas Police Department (1275 N Milpitas Boulevard). The demonstrator for the evening will be watercolorist Jan Schafir from Fremont. The public is invited to attend free of charge. For more information, call (408) 263-8779.



From left to right: Maria Lemery, Lela Ehardt and Barbara Cowley.



nami
National Alliance on Mental Illness

Alameda
County South

FUNDRAISER

NAMI ACS Gala Night

6PM

Oct 22nd

12AM

510-259-9580

Golden Peacock-24989 Santa Clara St, Hayward

FREE Adult Reading and Writing Classes are offered at the Alameda County Library

Tell A Friend Call Rachel Parra 510 745-1480

Crab Feed



Help a Veteran

All you can eat!
Salad, Pasta, Garlic Bread

Friday, November 4th
5pm - No host Cocktails
6pm Dinner - Raffle/ Auction

5th Annual Dinner & Fund Raiser
This event funds Veterans First Fly Fishing materials, equipment, and outings.
Donate a dinner for a Veteran

TICKETS
www.nccff.org/Council-events/pay-for-events
or Contact: Ken Brunskill
510-793-7913



Fremont
Elks Lodge #2121
38991 Farwell Dr., Fremont

Saturday, Oct 22
Bird Walk \$
9:30 a.m. -12:30 p.m.
Naturalist led bird watching hike
Adults only
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Sunday, Oct 23
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

Sunday, Oct 23
Math for Adults
2 p.m. - 4 p.m.
Ratios and Proportions
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Sunday, Oct 23
Farmyard Games \$
2 p.m. - 3 p.m.
Enjoy stilt, tug-of-war and spoon races
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 23
Gourd-Geous Bread \$
10:30 a.m. - 12 noon
Sample bread made from autumn vegetables
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 23
Tortoise Trekkers Hike – R
7:00 p.m. - 10:30 p.m.
Slow steep hike up Flag Hill
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org/register

Sunday, Oct 23
Bird Walk – R
8:30 a.m. - 10:30 a.m.
Search for water fowl and songbirds
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
www.ebparks.org

Sunday, Oct 23
Fleet Foxes
1:00 p.m. - 2:30 p.m.
Discover fun fox facts on a short hike
Ages 12+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Oct 23
What's Up Big Band
1:00 p.m. - 3:30 p.m.
Enjoy the music of Glen Miller and Count Basie
Hayward Area Senior Center
2325 North Third St., Hayward
(510) 881-6766
www.haywardrec.org

Sunday, Oct 23
Dia del los Muertos Celebration
1 p.m. - 5 p.m.
Mariachi, Ballet Folklorico, Aztec dancers, alters
Magnolia Plaza
7015 Thornton Ave., Newark

Sunday, Oct 23
An Afternoon with Eric Schwartz \$R
2 p.m. - 5 p.m.
Live music and satirical puppet show
Not suitable for children
Mudpuddle
34733 Niles Blvd., Fremont
(510) 794-9935
info@michaelsmcnevin.com
www.facebook.com/mudpuddle-music

Sunday, Oct 23
Animal Tracking \$
12 noon - 2 p.m.
Explore marsh for animal signs
Ages 5 – 12
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Sunday, Oct 23
Fremont Run for Education \$
9 a.m.
10k run to support FUSD Guy Emanuele Sports Fund
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
https://runsignup.com/Race/CA/Fremont/FremontRunforEducation

Monday, Oct 24
Welcome Home Project
7 p.m. - 9 p.m.
Stories of formerly incarcerated citizens
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Monday, Oct 24
Seed Savers Garden Club
6:30 p.m.
Problem solving tips for your garden
Hayward Main Library
835 C St., Hayward
(510) 881-7700
http://hayward-ca.gov/seeds

Monday, Oct 24
Election Propositions Meeting
7 p.m.
Discuss pros and cons of ballot measures
St. James Episcopal Church
37051 Cabrillo Terrace, Fremont
(510) 797-1492
www.lvvnuc.org

Monday, Oct 24
Eden Garden Club Fall Bazaar
10 a.m.
Plants, garden items, crafts and baked goods sale
Hayward-Castro Valley Moose Lodge
20835 Rutledge Rd., Castro Valley
(510) 397-1268

Monday, Oct 24
Milpitas Rotary Club Meeting
12 noon - 1:30 p.m.
Discuss public safety issues
Presented by Milpitas Chief of Police

Dave and Busters
940 Great Mall Dr., Milpitas
(408) 957-9215
http://www.clubrunner.ca/milpitas

Tuesday, Oct 25
Gardening with Drought Tolerant Plants
6 p.m. - 8 p.m.
Cost effective and easy landscape ideas
Alameda County Water District
43885 S. Grimmer Blvd., Fremont
(650) 349-3000
www.acwd.org

Tuesday, Oct 25
Crucial Catch Day
12 noon - 5 p.m.
Breast cancer screening, mammograms, raffles
Appearance by Oakland Raiders representatives
Tri-City Health Center
39500 Liberty St., Fremont
(510) 252-6819
info@tri-cityhealth.org



MAKE A DIFFERENCE DAY

MARK YOUR CALENDARS!

SATURDAY
OCTOBER 22, 2016

Join 3 million people nationwide
and over 1400 Fremont residents
to make a difference
in your Fremont neighborhoods and schools!

Celebrate the spirit of compassion by donating to our local food bank's (Tri-City Volunteers) "Be Thankful Food Drive"

Donations of seasonal non-perishable food:
Stuffing, Canned Green Beans, Canned Corn, Cranberry Sauce, Cream of Mushroom Soup
can be dropped off at the following locations
from 10:00 a.m. – 1:00 p.m.
on Saturday, October 22

St. Joseph Church – parking lot
43148 Mission Blvd.

Islamic Center of Fremont- parking lot
4039 Irvington Ave.

Fremont Central Park
Paseo Padre -- Lions Picnic Area next to Boathouse



Compassionate Fremont is part of a worldwide movement promoting unity and respect for one another. It is our mission to build on Fremont's rich history of diversity, community engagement and sense of welcome.

Tri-City Health offers free breast cancer screening event

SUBMITTED BY
SEAN BRADLEY LANE

Tri-City Health Center will host A Crucial Catch Day – Screening Saves Lives. The community event is an opportunity to help women reduce their risk for breast cancer by providing education, outreach, navigation and access to cancer screening resources.

The event will be held on Tuesday, October 25 in Fremont. Women are invited to attend the event and learn more about ways to reduce their risks and the importance of detecting breast cancer

early through regular screenings.

This event is made possible through the American Cancer Society's Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) Grant Program, funded by the (NFL) National Football League. The NFL's A Crucial Catch initiative provides funding to support increased access to potentially life-saving breast cancer education and screening resources in communities experiencing an unequal burden of cancer.

Activities include: Breast Cancer Education, Mammograms, Family Activities, Breast Cancer Screening Exams (by appointment only), Raffles, Pumpkin patch, and appearances by Oakland Raiders Representatives.

Breast Cancer Screening Event
Tuesday, Oct 25
12 p.m. – 5 p.m.
Tri-City Health Center
40910 Fremont Blvd, Fremont
(510)252-6819
info@tri-cityhealth.org
Free

Unhaunted House Adventure & Carnival

SUBMITTED BY WENDY WINSTED

Go on a Fantastic Adventure through the Unhaunted House with Tarzan, Rapunzel, Robin Hood, and more to find out which animals like to go on adventures, too. Come face to face with brave and daring animals like tarantulas, owls, and bats. Enjoy the rest of the evening with Halloween crafts, storytelling, and campfire (no charge) and great Halloween games, night hikes, and tasty treats (small fee). So bring the family for an evening or afternoon of Halloween fun. Tickets into the Unhaunted House are for specific time slots, so be sure to sign up early. Children under twelve must be accompanied by an adult. Ticket times indicate the time period we will try to begin your journey into the Unhaunted House, but delays may occur due to consideration for the animals.

Unhaunted House and Carnival
Friday, Oct 21 - Saturday, Oct 22
Friday: 6 p.m. – 9 p.m.
Saturday: 4 p.m. 8 p.m.
Sulphur Creek Nature Center
1801 D St, Hayward
(510) 8816747
http://www.haywardrec.org/
Tickets \$8 per person, children under 3 free

COMMUNITY BULLETIN BOARD

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.

Payment is for one posting only. Any change will be considered a new posting and incur a new fee.

The “NO” List:

- No commercial announcements, services or sales
- No personal services (escort services, dating services, etc.)
- No sale items over \$100 value
- No automobile or real estate sales
- No animal sales (non-profit humane organization adoptions accepted)
- No P.O. boxes unless physical address is verified by TCV

Tri-City 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
Tuesday - Wednesday 1-3pm
1351 Driscoll Rd., Fremont
510-656-8161

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

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

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

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

Struggling with Mental Health Challenges? Get Support !

NAMI the National Alliance on Mental Illness of Alameda County offers free support groups and classes about living and coping with mental illness.
Contact Kathryn at (408) 422-3831
Please leave a message

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

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

Celebration of the Arts
Friday - Nov 4

5:30 - 8:30pm
Hayward Arts Council
Hayward City Hall Rotunda
Tickets \$45 advance \$60 at door
Buy tickets www.haywardartscouncil.org
510-538-2787
HAC office 22394 Foothill Blvd.
Thurs-Fri-Sat 10am 4pm

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/>

New Dimension Chorus
Men's 4 Part Vocal
Harmony In the "Barbershop" style

Thursdays at 7pm
Calvary Luther Church
17200 Via Magdalena
SanLorenzo
Contact: ndchorus.org
510-332-2481

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

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www.save-dv.org

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Email: F2F@NAMIlacs.org
<http://www.NAMIlacs.org>
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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

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FOE EDEN AUX 1139
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SAT NOV 5 - 11AM-1PM

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continued from page 36

COMMUNITY BULLETIN BOARD

	“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 & San Lorenzo area. Public outreach meeting held 1st Friday each month - 2pm Hayward City Hall 777 B Street, Hayward	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	Dominican Sisters Holiday Boutique Nov. 19 & 20 Sat & Sun 10am-4pm 43325 Mission Circle, Fremont enter off Mission Tierra Pl. New Dominican Center Dominican Fruitcakes & Olive Oil Variety of Homemade Goods www.msjdominicans.org	“Giftique” October 29th, 9:30-3:00pm Boutique featuring over 40 tables of unique gifts and decorations! 38325 Cedar Boulevard, Newark Contact: cbncboutique@gmail.com
Support Our Veterans Nov 11 - 6pm -8:30pm Fundraiser to support veterans being deported from this country Food, Wine, Coffee, Raffle Tickets Prizes - \$25 donation appreciated Info: 510-862-2347 Our Lady of the Rosary Church 703 C St., Union City	Holiday Boutique and Sweet Shop Friday, Nov 4, 2016 9 a.m. -3 p.m. Handcrafted Items Fremont Senior Center 40086 Paseo Padre Parkway Fremont 510-790-6600	CRAFTERS! Sign up for “Giftique” in Newark October 29 9:30-3pm Contact Vicki 510-589-1167 or cbncboutique@gmail.com	Dominican Sisters Holiday Boutique Nov. 19 & 20 Sat & Sun 10am-4pm 43325 Mission Circle, Fremont enter off Mission Tierra Pl. New Dominican Center Dominican Fruitcakes & Olive Oil Variety of Homemade Goods www.msjdominicans.org	Boutique Navideño de las Hermanas Dominicans 19y 20 de noviembre, Sabado y Domingo 10-4pm 43325 Mission Circle, Fremont acceso por off Mission Tierra Pl. Nuevo Centro Dominicano Pasteles de fruta navideño hechos por las dominicas y aceite de olivos www.msjdominicans.org
Sun Gallery Holiday Boutique Nov 17 - Dec 18 4 weeks Thurs - Sun Supports Childrens Arts Programs Call for Crafters & Artists 1015 E St Hayward sungallery@comcast.net 510-581-4050 Reception TBA on Saturday	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	Become a Passport to Adventure Historian Visit any of our nine Historic Locations to begin. Get your passport punched. Receive your Certificate. Ongoing program starts September 10, 2016 Follow us on facebook	Holiday Art & Craft Fair Sat. Nov 5 - 9am-3pm Kenneth C Aitken Senior & Community Center 17900 Redwood Rd., Castro Valley One of a kind crafted items Proceeds for Art & Special Needs Programs 510-881-6738 www.haywardrec.org	Homer, Alaska 1988 Friends Looking to reconnect with friends from Summer 1988. Camped out in Homer Alaska. Please text identifying information to 408-835-1857
CRAFTERS Seeking quality Arts & Crafts Vendors for our Holiday Boutique in Fremont Saturday, Dec 3 - 10am-5pm Sponsored by American High PTSA Contact Olga 510-364-2284 or holidayvendors@americanhighptsa.org		Tea & Treasures Saturday - Nov 5 60+ Vendors Holiday Boutique 9am-3:30pm Presented by Women’s Ministries Tea Room - 11am-2:30pm Centerville Presbyterian Church 4360 Central Ave., Fremont (Across from DMV)		AHS Holidy Boutique Sat. Dec. 8 10am-5pm Artesian Vendors Baked Goods Fresh trees & Wreaths American High School 36300 Fremont Blvd. Fremont Proceeds benefit the class of 2017 Safe & Sober Grad Nite seniors@americanhighptsa.org

Help Us Help House Homeless Veterans

BY DAVE CORTESE

When Ron Rodriquez’s wife died in 2007, his world fell apart. He turned to alcohol to ease the pain, and his life continued to slide downhill. With the help of a neighbor, he entered a rehabilitation program offered by the Veterans Administration and started to get things back on track. By then, however, he had lost his home. For a year, he lived in his car or stayed with a buddy. One night, he rode Bus 22, also known as Hotel 22 by homeless men and women who use it as an all-night shelter.

He moved into a rooming house in San Jose, where he lived for two and a half years looking for work and an apartment he could afford. Work was sporadic, and his credit rating caused him to be turned down by dozens of landlords. “I lost count of how many I went to,” he said. “I just gave up.”

Fast forward to Wednesday, October 5, 2016, and a celebration of the opening of Onizuka Crossing in Sunnyvale, a 58-unit affordable housing project. Twenty-nine units are reserved for homeless families and individuals, who also can receive supportive services from the County Department of Behavioral Health and the VA Palo Alto Healthcare System’s HUD-VASH program. Six of those units were offered to veterans, and Ron Rodriquez was one of them.

I was a speaker at the October 5 ceremony to recognize the achievement of MidPen Housing and its partners in creating Onizuka Crossing, along with other elected officials and affordable housing leaders. Ron’s message to the group gathered in the courtyard came straight from a heart immensely grateful for his new home. Onizuka received 1,500 applications for 58 units. “My hope is that other veterans like me get this chance,” said the veteran Marine Corps helicopter mechanic.

That’s my hope, too, and the hope of all involved in the All the Way Home Campaign, which San Jose Mayor Sam Liccardo and I launched last November on Veterans Day. The goal of the campaign, managed by Destination: Home, was to provide housing and services for the 703 veterans counted in the 2015 Homeless Census and Survey. As of August 1, the campaign’s efforts have housed 403 homeless veterans. We are making progress, but we can’t say we are more than half way to our goal.

First of all, the 703 number is a point-in-time count. Many believe it is a significant undercount. Also, there is a projected in-flow as men and women are discharged from military duty, many who have served in combat abroad. Our long-term goal is to provide a system for housing veterans, longtime and new, so that no one who has fought for his or her country has to sleep outside.

The campaign provides financial incentives for landlords who rent to veterans, including funds to bring rental units up to standards. So far, 105 landlords have joined the campaign, and 24 faith-based organizations are on board. Nearly half of the \$500,000 funding for landlord incentives has been spent.

Still, too many veterans are still struggling to find homes. They have housing vouchers, but face a shortage of rentals as well as stiff competition for any vacancies in the area.

Please consider joining our All the Way Home campaign, and renting a condo, apartment, home or even a room to a veteran. November 11, Veterans Day, is just around the corner. Let’s honor our vets by attending a parade or ceremony, and then help provide them homes.

For more information, visit destinationhomesc.org/alltheway-home, call 408-513-8724, my office at 408-299-5030, or email me at dave.cortese@bos.sccgov.org

Governor signs Wieckowski arbitration bills

SUBMITTED BY JEFF BARBOSA

On September 25, 2016, California Governor Jerry Brown signed a major arbitration bill by Senator Bob Wieckowski (D-Fremont) to protect California workers from two of the worst kinds of provisions found buried in arbitration clauses. Gov. Brown also signed a second Wieckowski arbitration bill guaranteeing people the right to a certified court reporter in arbitration proceedings.

SB 1241 targets choice of venue provisions that require a worker to arbitrate in a different state and choice of law provisions that intentionally pick a different state’s law to control the arbitration. This allows the companies to circumvent California law in order to disadvantage California workers.

“This is a great victory for California workers and I am pleased the Governor signed this bill to prevent employees from having to travel across country, paying out of their own pocket, to resolve their disputes in arbitration,” said Wieck-

owski, a member of the Senate’s Judiciary Committee. “Right now the law is skewed against workers, but today’s action eliminates some of the worst arbitration clauses.”

Workers are increasingly forced to sign binding arbitration contracts just to get a job. The contracts often limit or deny the worker’s day in court or prohibit their ability to join a class-action lawsuit. The agreements are buried in pages of text.

“This is an important new protection for California workers who are increasingly faced with oppressive contract terms in their employment agreements,” said Mariko Yoshihara, policy director of the California Employment Lawyers Association (CELA). “We applaud Senator Wieckowski’s work to make sure employers can no longer force California workers to accept the less protective laws of other states and to travel to other states to resolve employment disputes that arose in California.”

In addition to CELA, SB 1241 is supported by Consumer Attorneys of California, California Dispute

Resolution Council, Consumer Federation, Small Business California, California Democratic Party and several labor unions.

The Governor also signed SB 1007, guaranteeing a party to an arbitration proceeding the right to have a certified court reporter present to create an official record.

“Consumers are frequently forced into binding arbitration if they purchase common goods or services,” Wieckowski said. “When they go into arbitration it is critical that they have a court reporter present to create an official record. This will protect their due process rights and provide a reviewing court with evidence of bias or misconduct if any occurs in the arbitration proceedings.”

For indigent consumers in consumer arbitration, a court reporter will be provided upon request at the expense of the non-consumer party.

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

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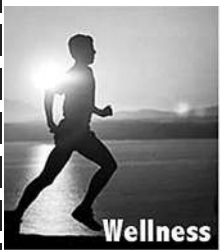
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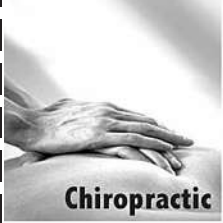
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SPORTS

Chabot wrestling report

SUBMITTED BY MATT SCHWAB

The Chabot College wrestling team finished an impressive second place out of 14 teams at the Modesto Tournament on October 8.

The Gladiators, who amassed 170 points, had six wrestlers in the championship finals and one advance to the consolation finals. Chabot had two champions, four second-placers and one third. In the 125-pound weight class, the Gladiators' Raymond Monela beat Kyle Jimenez by a major deci-

sion 14-5. Monela was named the tournament's "outstanding lightweight wrestler." Chabot's Devon Lyle (133) defeated Pedro Corona of Bakersfield in the championship match by technical fall 18-1.

Other Chabot results in Modesto:

141: 3rd place, Carsen Paynter (C) beat Aaron Mora (Fresno) 14-5. 165: 2nd place, Enrique Green (C) lost 9-4 to Alobendas (Rio Hondo); 184: 2nd place, Zack Wally (C) lost by fall in 4:50 to Julio Fuentes (Bakersfield) 197: 2nd place, Ben Sira (C) lost by fall in 5:46 to Westley Ruffen (Lassen); 285: 2nd place, Gabriel Cardona (C) lost 5-4 to Ramiro Macias (Bakersfield).

Lady Warriors and Lady Huskies tune up for section finals

Women's Tennis

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

In a very important match for both teams, Mission San Jose (Warriors) and an excellent Huskies squad from Washington High School met on October 13th to determine placement at the North Coast Section (NCS) finals. It was a good test for both teams as the Lady Warriors have long been a leader in NCS play. The Lady Huskies and their coaches are confident that they will appear and do well in post

season play. The results follow:

1 Singles Warriors Mission San Jose
Def.
Katie Chen (Sr.) Washington
6-3, 6-3
Cathy Diep (So.) Washington
Def.
2 Singles Warriors Mission San Jose
6-4, 3-6, 6-4
3 Singles Warriors Mission San Jose
Def.
Shiranthi Jawahar (Jr.) Washington
7-5, 6-3
4 Singles Harneet Dhillon (Fr.)
Washington
Def.
4 Singles Warriors Mission San Jose

6-4, 6-0

1 Doubles Warriors Mission San Jose
Def.
Ananya Srikanth (Jr.) & 1 Doubles
Huskies Washington
4-6, 6-3, 6-3
2 Doubles Warriors Mission San Jose
Def.
Catherine Lai (Sr.) & 2 Doubles
Huskies Washington
2-6, 6-4, 6-1
3 Doubles Warriors Mission San Jose
Def.
Stephanie Teng (Sr.) & 3 Doubles
Huskies Washington
6-3, 6-1

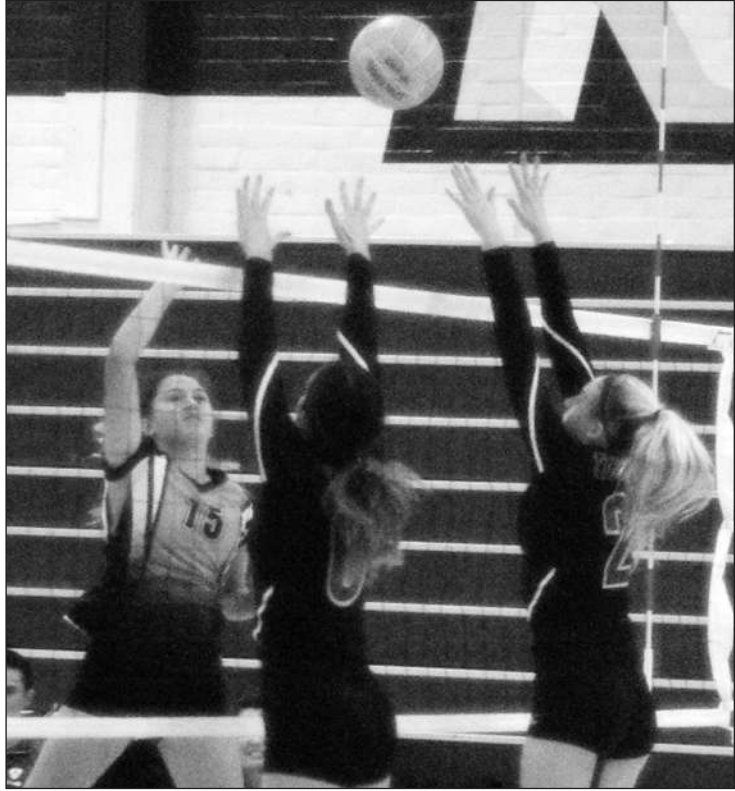


Titans outlast Huskies

Women's Volleyball

SUBMITTED AND PHOTO BY
MIKE HEIGNTCHEW

The John F. Kennedy Lady Titans beat the Washington Huskies 3-2 but it wasn't easy. In an October 11th match that was in doubt until the last game, the Lady Titans jumped to an early lead with great ball control but the Lady Titans fought back to win game 5 and secure the victory.



CSUEB's McClure named DII National Swimmer of the Week

SUBMITTED BY STEVE CONNOLLY

Cal State University East Bay (CSUEB) junior Morgan McClure has been selected as the National Division II Women's Swimmer of the Week by CollegeSwimming.com, as announced on October 12.

In addition, senior teammate Madison Hauanio was tabbed by CollegeSwimming.com as the Women's Swimmer of the Week for the Pacific Collegiate Swim Conference (PCSC).

McClure had an impressive season debut for the Pioneers on October 7 in their double duel meet against University of the Pacific and Mills College. She posted first place finishes in both the 100 backstroke and 200 individual medley. McClure's time of 2:07.32 in the 200 IM stands as the fastest in the nation by a Division II swimmer after the first week of competition.

The Sacramento native also notched a runner-up finish in the 200 backstroke, and she anchored CSUEB's 400 freestyle relay, which placed second to Pacific.

Hauanio got the 2016-17 season off to a strong start with a victory in the 200 freestyle and a second-

place finish in the 100 freestyle. She also swam for the Pioneers in both relays, the 200 medley and 400 freestyle. Both her individual times are currently among the top-10 in Division II, led by her 100 free time of 52.66, which ranks No. 3 in the nation.



Cross town rivals battle for two-sided helmet



Football

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

On October 15th, the annual battle between cross-town rivals San Lorenzo and Arroyo for the coveted two-sided helmet was exciting to watch as both teams playing to dis-

play the trophy in their school's front office. This year it was the Arroyo Don's turn to leave with the helmet as they opened up an early lead and never looked back to leave the field with a 68-6 decision. Although the San Lorenzo Rebels never gave up, they could not put together an effective series of plays to make up the difference. At the end of the game, an emotional Arroyo team celebrated their victory.

Women's Volleyball

Renegades Report

SUBMITTED BY
JEREMY PENAFLO

Ohlone College vs Foothill College
October 14, 2016

Foothill def. Ohlone, 3-0 (25-15, 25-20, 25-15)

Highlights:
- Freshman outside hitter Drew Pressler led with 14 kills and 8 digs.
- Freshman setter Hannah Finnigan led with 22 assists.

Student Transit Pass Pilot Program launched in Alameda County

SUBMITTED BY TESS LENGYEL

The Alameda County Transportation Commission (Alameda CTC) has launched the inaugural Student Transit Pass Pilot Program in time to help thousands of Alameda County middle and high school students get to school and afterschool activities and jobs, and learn more about transit choices.

The cost of transportation to school is often cited as a barrier to school attendance and participation in afterschool activities and jobs by middle and high school students. In recognition of this, Measure BB, the 2014 voter-approved Alameda County transportation sales tax included funding to test a variety of pilot transit pass programs throughout the county. The Student Transit Pass Pilot Program, launched last month in time for the start of the 2016-17 school year, aims to reduce barriers to transportation access to and from schools, improve transportation options for Alameda County's middle and high school students and build support for transit in Alameda County.

Five different types of 3-year pilot programs were launched at 11 schools throughout Alameda County - in Berkeley, Livermore, Oakland, San Leandro and Union City. Four of the five pilots include free or reduced price transit passes. All programs include a

designated on-site coordinator at each school, and transit information and training.

Students in select grades (8th-10th) at John Muir Middle School and San Leandro High School have received free transit passes on Clipper cards, to test the effectiveness in selected grades and the sustainability of use during transition from middle to high school.

Students at Cesar Chavez Middle School and James Logan High School in Union City have received discounted Clipper cards for use on AC Transit and/or flash passes (stickers on their student IDs) for use on Union City Transit.

Pilot schools were chosen by Alameda CTC based on criteria including need, high presence of regular transit service within a quarter-mile of the school, and readiness.

The affordable Student Transit Pass Program was one of the key priorities outlined in Alameda CTC's 2014 Transportation Expenditure Plan, approved by more than 70 percent of Alameda County voters in November 2014. Measure BB also funds the countywide Safe Routes to Schools program, which encourages adoption of safe and healthy transportation habits among the county's youth.

For more information about the Student Transit Pass Pilot Program, visit <http://www.alamedactc.org/studentpass>

Awards anticipated for educators and schools

SUBMITTED BY L. KAREN MONROE,
SUPERINTENDENT, ALAMEDA COUNTY OFFICE OF EDUCATION

Hayward and Fremont teachers are California finalists for Presidential Award of Excellence in Math and Science. Two science teachers and one math teacher from Alameda County districts are Presidential Award of Excellence in Math and Science (PAEMST) finalists.

Nancy Wright teaches grades three through six at Lorin Eden Elementary School in Hayward. She leads the implementation of the California Next Generation Science Standards for her district by facilitating the district Science Advisory Panel.

Anamarie (Mia) Buljan, a second grade teacher in Hayward, has been teaching for 18 years. Ms. Buljan has been a district math coach as well as the Coordinator of Professional Development and the Director of Primary Education for the Silicon Valley Mathematics Initiative.

Saroda Chattopadhyay teaches grades one through six at Grimmer Elementary School in Fremont. Her students utilize Google Apps for Education and various other software products to increase their technology skills through collaborative projects.

The finalists from Alameda County will advance to the national level. This involves a trip to Washington, DC and a potential visit to the White House. Learn more about the PAEMST finalists.

Two Alameda County Schools Receive 2016 Blue Ribbon Awards

Hillcrest Elementary and Thornhill Elementary Schools in Oakland will receive a 2016 National Blue Ribbon Award. The award is given by the U.S. Department of Education to recognize schools that have demonstrated success based on their overall academic excellence or their progress in closing achievement gaps among student subgroups. More than 7,500 of schools across the country have been presented with this coveted award.

Theater and Dance Act Signed into Law

California theater and dance majors will eventually be able to obtain single-subject

teaching credentials in their respective fields, thanks to legislation signed into law by Governor Jerry Brown on September 27. The Theater and Dance Act (known as "TADA!"), SB 916, requires the Commission on Teacher Credentialing to issue single-subject credentials in dance and theater. Under the present system, dance teachers must obtain a credential in physical education in order to teach dance, and theater teachers must obtain an English credential to teach theater.

Events & Resources

Safe and Healthy Schools Conference. Join us for a two-day conference November 3-4featuring keynote speakers and workshops that engage and inspire anyone who works in the areas of physical and mental health, nursing, alcohol, tobacco and drug use prevention, positive youth development, peer education, school safety and response, inclusive schools, and bullying. Register.

ILSP Fall Courses

The Integrated Learning Specialist Program is still accepting Fall registrants. New for this year is a customized "Course A for Court, Community and Alternative Educators". Learn more and register for upcoming ILSP courses.

Core Learning Seminars and Workshops

ACOE's Core Learning Department supports the implementation of California State Standards by hosting professional development opportunities for districts and schools, and strategic planning for successful implementation and new assessments.

Upcoming Core Learning Workshops:

October 20: Common Core Unit Development with Literacy Design Collaborative

November 2: Reading Strategies for Struggling Readers: Maintaining Rigor Through Differentiation

November 3: Formative Assessment in Your Content-Area Classroom

Upcoming Events - Student Programs and Services

Oct. 20: Open House at Fruitvale Academy, 5 - 7 p.m.

Oct. 27: Open House at Bridge Academy, 5 - 7 p.m.

For more information, visit acoe.org

Fremont's energy efficiency efforts

SUBMITTED BY CITY OF FREMONT

In honor of the first annual National Energy Efficiency Day on October 5, the City of Fremont would like to highlight a few of the energy-saving initiatives recently implemented, consistent with the City's Climate Action Plan to reduce community-wide greenhouse gas emissions by 25 percent by 2020. The City would also like to thank volunteers, community members, and staff who made these efforts possible!

Last year, the City installed 1.2 megawatts of solar carport structures at the Aqua Adventure Waterpark, the Robert Wasserman Fremont Police Center, and the Irvington Community Center, reducing our municipal greenhouse gas footprint by five percent and earning the City an EPA Green Power Partnership Award.

This summer, the City partnered with the California Youth Energy Services Program to provide no-cost energy and water efficiency services to households throughout Fremont. Residents that signed up for a Green House Call were visited by trained Youth Energy Specialists who installed new equipment to help save energy, water, and money. Please note that this program is only offered in the summer.

Also, this summer, the City launched a new residential climate action engagement platform called the Fremont Green Challenge. Dubbed a "Fitbit® for Sustainability," the Fremont Green Challenge website offers residents all the information they need to save energy, water, and money, while at the same time reducing their impact on climate change.

With the City-sponsored Bay Area SunShares Program, residents are able to learn about the benefits of rooftop solar, hire qualified solar contractors, and receive solar discounts. So far this year, the program has resulted in the installation of 42 new residential solar systems. Please note that program registration closes on November 4.

The City is upgrading all streetlights to LED technology as part of our efforts to reduce greenhouse gas emissions, reduce energy costs, and improve roadway visibility through the Vision Zero 2020 program. The project begins this month, and the goal is to upgrade all city streetlights to LED by the end of the year.

SolSmart, a program funded by the U.S. Department of Energy SunShot Initiative, just awarded the gold designation to Fremont, recognizing the City as a national leader in advancing solar energy. Initiatives that contributed to the award include Fremont's streamlined solar review and permitting process.

Learn more about Fremont's environmental sustainability efforts at: <http://fremont.gov/Sustainability>

Government Briefs

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

City Council/Public Agency MEETINGS

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

CITY COUNCILS

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

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

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

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

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

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

WATER/SEWER

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

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

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

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

SCHOOL DISTRICTS

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us

Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us

Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
24411 Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us

Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(406) 635-2600 ext. 6013

New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd., Union City
(510) 471-1100
www.nhusd.k12.ca.us

Newark Unified School District
1st/3rd Tuesday @ 7 p.m.
5715 Musick Ave., Newark
(510) 818-4103
www.newarkunified.org

San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us

San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzsd.org

Sunol Glen Unified School Board
2nd Tuesday @ 5:30 p.m.
11601 Main Street, Sunol
(925) 862-2026
www.sunol.k12.ca.us

Fremont City Council

October 11, 2016

Work Session:

• Presentation on Community Choice Energy for Alameda County. Alameda County is proposing a Joint Powers Agreement with cities to procure and generate renewable energy as an alternative to Pacific Gas & Electric (PG&E). If cities agree, citizens could opt out of the plan but if not, Community Choice Energy (CCE) would be responsible for producing the energy but PG&E would remain as the delivery agent. Benefits of the CCE plan are seen as possible cost savings, environmental benefits and local control and production. Council is favorable and staff will draft an ordinance for discussion in November.

Consent Calendar:

- Approve 10-year underground utility program.
- Request activation of Caltrans ramp meters on northbound I-680 for interchanges at Auto Mall Parkway/Durham Road, Washington Boulevard and

North Mission Boulevard.
• Approve final map for Tract 7927, located at 3068 Decoto Road.

Ceremonial Items:

- Proclaim October 2016 as Domestic Violence Awareness Month.
- Proclamation for SAVE (Safe Alternatives to Violent Environments) celebrating 40 years of service.

Public Communications:

- None

Scheduled Items:

Adopt 2016 California Building Standards Code. Review adoption process and amendments. Proposed electric vehicle (EV) amendment was amended to require at least ten percent of parking spaces of multi-family and non-residential construction to be EV ready (served by a complete 208/240 V 40 ampere electrical circuit). Building Code ordinance will be effective January 1, 2017.

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



Proclamation for SAVE (Safe Alternatives to Violent Environments) celebrating 40 years of service.

Union City City Council Meeting

October 11, 2016

Consent

- Informal report regarding notice of correction for Measure QQ.
- Adopt resolution to award contract for procurement of one regenerative air street sweeper.

City Manager Reports

- General Plan update to provide direction on Horner Veasey focus area. (4 ayes, 1 recusal: Duncan)

- General Plan update to provide direction on Union City Boulevard focus area (4 ayes, 1 recusal: Dutra-Vernaci)
- Greater Station District focus area: held for discussion at future meeting.

Mayor Carol Dutra Vernaci	Aye
1 recusal	
Vice Mayor Emily Duncan	Aye
recusal	
Lorin Ellis	Aye
Pat Gacoscos	Aye
Jim Navarro	Aye

California Crosspoint High named a Blue Ribbon School

SUBMITTED BY
DEBBIE L. LEONG

U.S. Secretary of Education, John B. King, Jr., recently announced that California Crosspoint High School in Hayward has been named a National Blue Ribbon School for the second time. California Crosspoint is one among just 279 public and 50 private schools receiving this year's award, the highest honor afforded to schools in the nation. California Crosspoint High School is a private, independent, university preparatory program. "Exemplary High Performing Schools" like California Crosspoint first qualify for the award by scoring in the top 10 percent

nationally based on standardized test scores. Qualifying schools then complete a comprehensive application process which is reviewed by the U.S. Department of Education and also the Council for American Private Education in the case of private schools such as California Crosspoint.

A delegation of Crosspoint administrators and teachers will travel to Washington, D.C. to receive the award at a two-day ceremony November 6-7.

For more information about the National Blue Ribbon Schools program, please visit the official site at <http://national-blueribbon.schools.ed.gov/>



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

TAKES FROM SILICON VALLEY EAST

Startup Grind One-Year Anniversary and Recap

BY SHILPI SHARMA,
STARTUP GRIND FREMONT
CHAPTER DIRECTOR

The idiom, "Time flies when you're having fun" was our first thought last month when we celebrated the one-year anniversary of Fremont's Startup Grind Chapter. It's hard to believe that we have had 12 fireside chats since September 2015. Headlining the celebration was Andrew Dickson, co-founder of Acre Designs, a startup that designs sustainable eco-friendly, high-quality homes equipped with the latest energy-saving technologies.

Andrew Dickson is a recent graduate of Y Combinator, a leading startup accelerator in Silicon Valley. What makes Acre Designs so unique is that buyers design their own homes solely online. Acre Designs then assembles all of the necessary parts, packages them into a large shipping container, and works with a local contractor to build the home. The system allows for personalization while keeping the components in the house standardized. A typical Acre Designs home ranges from 1,100 to 1,800 square feet and takes approximately three months to build. Keep in mind that Acre Designs customers need to own and entitle their own land.

Andrew and his wife, Jennifer, the chief design officer and licensed architect, started the company because they were frustrated with the existing market and saw a definite need for innovative, attainable, high-quality homes that are better for people and the planet. While the company began as a "lifestyle business," the Dicksons realized that they wanted more hands-on opportunities and decided to build the business. To do this, they relocated their company from Kansas City to Silicon Valley and joined Y Combinator.

When asked about a key lesson learned since creating Acre Designs, Andrew responded, "Having the recipe to do something only gets you halfway there. You must also share your ideas and have a passion for the final destination." His passion, of course, is to have more net-zero homes by simplifying the process for folks to build their own homes.

The next Startup Grind event is with Prashant Shah, managing director of TiE LaunchPad, an accelerator for enterprise startups. Prashant is an active charter member of TiESilicon Valley, a former member of its board of directors, and co-chair of TiE Angels. Prashant has been an early stage venture investor since 2001.

Previously, Prashant was with Hummer Winblad Venture Partners, an early-stage VC focused on enterprise and infrastructure software. Prior to joining Hummer Winblad, he spent many years defining and launching high-tech products. His background spans all seven layers of the OSI stack with product management roles at eNcommerce (acquired by Entrust), Cypress Semiconductor, and AT&T.

Join us on October 25 to learn about TiE Launch Pad, VC financing, and creating enterprise infrastructure software companies from Prashant. You'll find us at EFI (6700 Dumbarton Circle, Fremont). Doors open at 6:30 p.m. Get your tickets online at https://www.startupgrind.com/events/details/startup-grind-fremont-presents-prashant-shah-tie-launchpad#.

Stay informed on future events by visiting www.startupgrind.com/fremont or by following us on Twitter @FremontGrind and Facebook at www.facebook.com/StartupGrindFremont.

U.S. Census recruiting field reps

SUBMITTED BY RAYMOND GRIMM, PH.D

If you enjoy meeting people, the U.S. Census Bureau has a few openings for Part-Time Field Representatives. The Census Bureau conducts a variety of censuses and surveys, not just the once-a-decade census. Every month, quarter, and year we conduct surveys with households and businesses. Field Representatives are selected based on openings in the county or city in which they live. Bilingual applicants are encouraged to apply. The pay range is \$14.64 - \$18.38 per hour, plus 54 cents per mile driving to and from an assignment.

Minimum qualifications include:

United States citizenship with proof of identity and employment eligibility.

Valid driver license and reliable vehicle to use in completing assignments.

Pass the Basic Skills Test

Meet Qualifications GG/GS-0303-03/04/05. See Recruiting Bulletin LARO-16-00-001/002 at http://www.census.gov/regions/los-angeles/www/jobs/california_jobs.php

Surveys run by the U.S. Census Bureau include:

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American Housing Survey

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Current Population Survey National Crime Victimization Survey

National Health Interview Survey

Survey of Constructions

Jobs may not be available in all areas. Call 1-800-992-3529 to register for the next recruiting session today!

OPINION



WILLIAM MARSHAK

Sleight of hand

when the City of Fremont was in the midst of criticism for paying top salaries, city manager pay increases and retroactive raises were removed as a scheduled item, then subtly included in consent calendars at a later date. It happened when City Manager Jan Perkins was about to retire and boosted her salary – and retirement – to a very healthy level. It happens today when salaries are approved for top officials.

It is an especially sensitive time when elections come around since possible changes at city council level may disrupt current philosophies and practices. At the present time, developments are booming in Fremont with a solid three councilmember vote in favor of almost every proposal. On occasion, this is extremely important since two councilmembers have opposed several projects and continue to advocate a slow growth agenda. A reliable 3-2 majority is all it takes for approval.

It appears that a bit of sleight of hand is at work now. A report by Shape Our Fremont says a decision on the highly controversial Walnut Avenue project that normally would appear in October will

probably not be heard until after the November 8th election. If this appears on the agenda before the end of the year, the present council will vote regardless of the election outcome; the same 3-2 majority will control any decision. Next year's council could come to a much different decision since it will include a replacement for Sue Chan who has been a reliable proponent of all growth proposals. A mayoral change would also signal a significant change in direction as well.

As Shape Our Fremont suggests, if the agenda item related to the Walnut Avenue residences is to appear before the city council, it would be appropriate for the new council to review it in January.

William Marshak
PUBLISHER

Magicians do it all the time. What appears to be impossible is performed in plain view and, when done well, defies reason. Cards, coins and other objects magically appear and disappear, all done with the knowledge that a sleight of hand is behind the performance. Even so, the skill of such acts is appreciated.

In politics, we have seen such performances as well. A controversial or unpopular item is scheduled for a city council meeting and, presto-changeo, it disappears to resurface at a less visible or more opportune moment. In the past,

Governor Brown signs 'Promise' bills

SUBMITTED BY THE OFFICE OF GOV. JERRY BROWN

On Wednesday, September 21, 2016, Governor Edmund G. Brown Jr. signed SB 412 by Senator Steven M. Glazer (D-Orinda) and AB 1741 by Assemblymembers Freddie Rodriguez (D-Pomona) and Patrick O'Donnell (D-Long Beach), creating "promise" programs at several community college and California State University (CSU) campuses to help more students graduate in four years.

Additionally, the Governor commended the CSU Board of Trustees for approving a new 2025 Graduation Initiative that aims to more than double the number of students graduating in four years to 40 percent.

SB 412 guarantees priority registration and academic advising to students pledging to take 30 units per year (or quarter equivalents) at select campuses. The bill prioritizes Pell-eligible and first-generation students as well as students from underrepresented areas of the state. Community college students with an associate degree for transfer will also be guaranteed these services at all participating campuses.

"Many students at the CSU want to finish in four years, but they need help in charting the path," said Senator Glazer, who served on the CSU Board of Trustees from 2011 to 2015. "This bill directs resources to students who likely need the most help and will boost their chances of getting a bachelor's degree in four years."

Inspired by several promise programs already underway in California, as well as the Obama Administration's focus on community colleges, AB 1741 creates a \$15 million grant program to further incentivize community college districts to establish local promise programs that will spur more robust pathways and partnerships between K-12, community colleges and four-year colleges, as well as leverage philanthropic and other local sources of funding.

"California has pioneered nationally recognized College Promise programs. AB 1741 will empower community college districts across

the state to prepare students early and set them on a path towards a meaningful career," said Assemblymember Rodriguez. "I am excited to bring this opportunity to areas like Pomona and Ontario, where there is a clear need. Students here and throughout the state will greatly benefit from the preparation and guidance offered by California's College Promise."

In addition to its focus on improving four-year graduation rates, the CSU's 2025 Graduation Initiative also prioritizes eliminating achievement gaps among students over the next several years. To help support CSU's efforts to update and achieve these new 2025 goals, the 2016-17 state budget allocates \$35 million in one-time funding.

The Governor also announced that he has signed the following higher education bills:

AB 526 by Assemblymember Chris Holden (D-Pasadena) – Pupils: attendance at community college.

AB 801 by Assemblymember Richard H. Bloom (D-Santa Monica) – Postsecondary education: Success for Homeless Youth in Higher Education Act.

AB 1449 by Assemblymember Patty Lopez (D-San Fernando) – Student financial aid: California Community College Transfer Cal Grant Entitlement Program.

AB 2164 by Assemblymember Patrick O'Donnell (D-Long Beach) – Public postsecondary education: tuition and fees.

SB 906 by Senator Jim Beall (D-San Jose) – Public postsecondary education: priority enrollment systems.

SB 1314 by Senator Marty Block (D-San Diego) – Cal Grant Program: Middle Class Scholarship Program: community college baccalaureate degree program students.

For full text of the bills, visit <http://leginfo.legislature.ca.gov>.

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RESIDENT OF FREMONT
April 18, 1967 – September 30, 2016

Alyce Maudie Seixas Coit
RESIDENT OF SAN JOSE
February 21, 1926 – October 7, 2016

Scott G. Brush
RESIDENT OF UNION CITY
April 10, 1953 – October 11, 2016

Lois J. Stickler
RESIDENT OF FREMONT
June 6, 1932 – October 15, 2016

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Leigh Hodgdon
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October 5, 1944 – October 13, 2016

Mikhail Krivega
RESIDENT OF FREMONT
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Michael C. Smayling
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Obituary

Hanna Lenhart Heimbigner
Resident of Fremont
January 17th, 1916 – October 6th, 2016

Born on January 17th, 1916 in Odessa, WA, and entered into rest on October 6th, 2016 in Fremont, CA at the age of 100. Survived by her children: Leland Heimbigner of Reno, NV, and Barbara Heimbigner of Newark, CA.

Hanna enjoyed watching local professional sports on television such as the 49ers, Raiders, Athletics, and Giants.

Private family services will be held for Hanna. She will be laid to rest at Ritzville Memorial Cemetery in Ritzville, WA.

Fremont Chapel of the Roses
510-797-1900



Obituary

Kimberlee Campbell
Resident of Fremont
April 18th, 1967 – September 30th, 2016

A special angel born on April 18th, 1967 to Robert and DeLores Campbell. Kimberlee was called to Heaven on September 30th, 2016. She is now with God and her Papa.

Kimberlee was a special needs child and was greatly loved by her family. She taught us understanding, patience, compassion and love.

Kimberlee leaves many friends and a family that loves her and will miss her forever. Her mother DeLores, her siblings Ken (Jacque & daughters Kendra & Jowelle), Kathy (Rick & daughters Danielle (Tony & sons Ty & Ricky), Katie & Jessica (Scott) and Chuck (Corina & son

Justin). Close friend/caregiver Becky.

Her celebration of life will be held on Tuesday, October 18th, 2016 at 5pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536.

Kimmy had an infectious smile and would love for you to smile when you think of her. In lieu of flowers, please make donations in Kimberlee's name to: AWD - Noll Center, 4700 Calareras Ave., Fremont, CA 94538. Kimmy loved going to the center where she had so many friends.

Fremont Memorial Chapel
510-793-8900

‘5 to Drive’ Campaign Helps Parents Prepare, Protect Teen Drivers

BY SERGEANT SEAN HENEGHAN,
MILPITAS PD

The Milpitas Police Department is joining with the National Highway Traffic Safety Administration (NHTSA) during National Teen Driver Safety Week (October 16-22) to promote the “5 to Drive” campaign to encourage all parents to talk to their teen drivers about the rules of the road when they are behind the wheel.

“Although teens are at a stage where they are growing fast and becoming more independent, parents can still have a very strong influence on them,” said Police Chief Steve Pangelinan. “The ‘5 to Drive’ campaign offers tips and a framework for parents to talk to their teen drivers about ways to stay safe while on the road.”

Motor vehicle crashes are the leading cause of death in teens, ahead of all other types of injury, disease or violence. In 2014, 2,679 teen (15-19 years old) passenger vehicle drivers were involved in fatal traffic crashes, resulting in 3,004 deaths nationally. An estimated 123,000 teen passenger vehicle drivers were injured in motor vehicle traffic crashes. Parents can play an important role in helping ensure their teen drivers take smart steps to stay safe on the road. The “5 to Drive” campaign gives parents tips on how to talk about safe driving behaviors with their teens and address the five most dangerous and deadly driving behaviors for teen drivers: alcohol, lack of seat belt use, distracted driving, speeding, and extra passengers.

NHTSA’s website, www.safercar.gov/parents, has detailed information and statistics on teen driving and five basic rules parents can use to help save the lives of teen drivers:

1. No Drinking and Driving. All teens are too young to legally buy or possess alcohol, but they are still at risk. Nationally in 2014, one out of five teen passenger vehicle drivers (15 to 19 years old) involved in fatal crashes had been drinking. Remind your teen that driving under the influence of any impairing substance, including illicit or prescription drugs, could have deadly consequences.
2. Buckle Up. Every Trip. Every Time. Everyone—Front Seat and Back. Wearing a seat belt is one of the simplest ways for teens to stay safe in a vehicle. Yet, too many teens are not buckling up and neither are their passengers. In 2014, there were 763 passengers killed in passenger vehicles driven by teen (15-19 years old) drivers, and 59 percent of those passengers who died were NOT buckled up at the time of the fatal crash. When the teen driver was also unrestrained, the percentage of those passengers

- who were not restrained jumped to almost 86 percent. Remind your teen that it’s important for everyone to buckle up on every trip, every time, no matter what.
3. Eyes on the Road, Hands on the Wheel. All the Time. Distractions while driving are more than just risky—they can be deadly. In 2014, among teen passenger vehicle drivers (15-19 years old) involved in fatal crashes, 10 percent were reported as distracted at the time of the crash. Remind your teen about the dangers of texting, dialing, or using mobile apps while driving. But distracted driving isn’t limited to cell phone use. Other passengers, audio and climate controls in the vehicle, and eating or drinking while driving, are all examples of dangerous distractions for teen drivers.
 4. Stop Speeding Before It Stops You. Speeding is a critical issue for all drivers, especially teens. In 2014, almost one-third (30%) of teen passenger vehicle drivers involved in a fatal crash were speeding at the time of the crash. Remind your teen to drive within the speed limit.
 5. No More Than One Passenger at a Time. Extra passengers in a teen’s car can lead to disastrous results. According to data analyzed by NHTSA, teen drivers were two-and-a-half times more likely to engage in one or more potentially risky behaviors when driving with one teenage peer compared to when driving alone. And the likelihood of teen drivers engaging in risky behaviors triples when traveling with multiple passengers.
- Parents can help protect their teen drivers by talking with them about these risks. Surveys show that teens whose parents set firm rules for driving typically engage in less risky driving behaviors and are involved in fewer crashes. Explaining the rules and any other restrictions outlined in California’s graduated driver licensing (GDL) law and the deadly consequences of unsafe driving practices can help encourage teens to exhibit safe driving behaviors. The “5 to Drive” campaign helps parents start the conversation.
- “Laws are already in effect for all drivers, but parents are vital to keeping teen drivers safe by setting clear rules and expectations for their kids before they hit the road,” Chief Pangelinan said. “It’s never too late for parents to start the conversation about the ‘5 to Drive’ campaign during Teen Driver Safety Week, but the conversations need to continue throughout the teen years to keep their kids safe behind the wheel.”
- For more information about Teen Driver Safety Week and the “5 to Drive” campaign, please visit www.safercar.gov/parents

HP Inc. will cut 3,000 to 4,000 jobs over next 3 years

BY BRANDON BAILEY
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP), HP Inc. says it will cut 3,000 to 4,000 jobs over the next three years as it faces continued challenges in the markets for personal computers and printers.

The cuts are in addition to 3,000 jobs that HP previously said it was trimming this fiscal year. A spokeswoman said the company has about 50,000 employees worldwide.

HP Inc. has been grappling with shrinking demand for PCs and printers as more people use smartphones and store documents and photos online. CEO Dion Weisler hopes to build the business by selling more high-end PCs, office printers and 3D printing systems.

HP Inc. is one of two companies formed last year by the break-up of the old Hewlett-Packard, Inc. The other, Hewlett Packard Enterprise, primarily sells servers and other data-center technology.

Newark City Council

October 13, 2016

Presentations and Proclamations:

• Proclaim October 19, 2016 as Unity Day. Parks & Recreation representative Stacy Kenison and her daughters received the proclamation; Ms. Kenison spoke about the anti-bullying message of Unity Day.

- Proclaim October as National Domestic Violence Awareness Month. Representative of Safe Alternatives to Violent Environments (SAVE) received the proclamation.
- Present check to American Cancer Society by Relay for Life. Councilperson Mike Bucci and other representatives presented a check for \$148,134 to the American Cancer Society, the result of year long fundraising. This is the largest contribution from Relay for Life groups of Alameda and Contra Costa Counties.



Proclaim October 19, 2016 as Unity Day. Parks & Recreation representative Stacy Kenison and her daughters received the proclamation



Present check to American Cancer Society by Relay for Life. Councilperson Mike Bucci and other representatives presented a check for \$148,134 to the American Cancer Society

Hayward City Council

October 13, 2016

Work Session:

In a special City Council meeting, councilmembers and City staff discussed the City's participation in the Community Choice Aggregation (CCA). According to staff report, the Alameda County Board of Supervisors adopted an ordinance on October 4, 2016 to create the

East Bay Community Energy Authority, "providing electricity with a low carbon intensity than and rates competitive with PG&E." Council will be asked to consider an ordinance to become a member of the East Bay Community Energy Authority on November 15.
Mayor Barbara Halliday
Mayor Pro Tempore Sara Lamnin
Francisco Zermeno
Marvin Peixoto
Al Mendall
Elisa Marquez
Mark Salinas

Public input sought on special study of Eden Health District

SUBMITTED BY GUY ASHLEY

The Alameda Local Agency Formation Commission (LAFCo) will hold special meetings, in October and November, to solicit public input to help in the development of a special study of the Eden Township Healthcare District (ETHD) also known as the Eden Health District.

The special study will review the services the District currently provides, its financial position including any future obligations, and a fiscal analysis of various governance options, including dissolution. LAFCo has called the public meetings to obtain information from the District's constituents regarding their views about the value of the Eden Township Healthcare District to the public; what, if any, specific needs and priorities the District should address; and whether the District's functions should continue to be provided by another entity.

ETHD was formed in 1948 to finance, construct and operate Eden Hospital in Castro Valley, but no longer owns and operates the hospital. Currently ETHD provides grant funding to health-related organizations, oversees its investment fund, and owns three office buildings where it leases office space to various healthcare providers. The District covers Eden Township, which includes the unincorporated areas of Ashland, Castro Valley, Cherryland, Fairview, and San Lorenzo, and the cities of Hayward and San Leandro. It collects no tax revenues, and derives its revenue from net income from its office buildings. More information about the district can be found at <http://ethd.org/>

Critics, including the Alameda County Grand Jury, have recently asserted that ETHD should be dissolved. Earlier this year, legislation was introduced in the State Assembly affecting the District including one bill signed into law (AB 2737) that imposes spending requirements on healthcare districts such as ETHD. At the July 2016 LAFCo meeting, the Commission approved a request from the City of Hayward to prepare a "Special Study" to help determine the future of ETHD. More information about Alameda LAFCo and the special study can be found at www.acgov.org/lafco

Special Meetings on Eden Health District

Tuesday, Oct 18
5:30 p.m.
Hayward City Hall, 2nd Fl, Council Chambers
777 B Street, Hayward

Monday, Nov 7
5:30 p.m.
San Leandro City Council Chambers
835 East 14th St, San Leandro

(510) 272-3894
mona.palacios@acgov.org
<http://ethd.org/>

BART's Fleet of the Future

SUBMITTED BY RAQUEL CRITES

The engineers tasked with designing BART's Fleet of the Future faced an unenviable feat: creating train cars even more environmentally friendly than the current ones, which are already among the nation's best on that score.

"These are going to be extremely energy-efficient cars," said Henry Kolesar, BART's group manager for vehicle maintenance engineering. Kolesar and a handful of other top managers and engineers are shepherding the last steps as the Fleet of the Future becomes the fleet of the present.

Four of the new cars are already on site for testing at a Hayward test track, and the first ones that regular passengers can ride are expected to be in service this winter. (For the full timetable go to www.bart.gov/cars).

Rod Diridon, Sr., retired Emeritus Executive Director of the Mineta Transportation Institute, and an internationally renowned transit expert, noted that "while the old cars lasted a long time due to their design and great maintenance by the BART staff, the new cars will be even more effective with their unique, sustainable design."

Bay Area: an environmental gem

Sustainability is a point of pride because Bay Area residents feel strongly about the special nature of the environment where we live, and the responsibility to be good stewards of it. It is only fitting that the region's transit system advance its train cars to meet the progressive standards of the sustainable communities it serves. From top to bottom, literally, the new trains have been engineered for high energy-efficiency.

"We had asked for a lot from them (car manufacturer Bombardier), to produce trains that were 7% more energy-efficient than the current ones, and we're expecting to get something even beyond what they had promised," Kolesar said.

Among the energy-efficient features:

- The propulsion system will get among the best efficiency of major transit systems at around 4.5 kilowatt hours per car mile
- A new traction motor design provides more torque, or turning power, with less energy
- A unique air-conditioning system uses dual, parallel refrigerant compressors for better climate regulation (important in Bay Area microclimates)
- Microplug doors provide a tighter seal on climate control and track noise
- LED lighting throughout the cars, including

headlights, is cooler and self-adjusting for light conditions, aerial or underground

- The exterior is made of aluminum, which is extremely lightweight and completely recyclable when the cars are eventually dismantled
- The tops of the cars are white instead of silver to reflect sunlight and reduce heat loads
- Regenerative braking pumps energy back into the third rail system, even more efficiently than on current cars

Kolesar said all these elements together add up to an even more sustainable new train car, building upon one that was itself innovative when it first came into service in 1972.

"BART has always been a leader on the edge of efficiency technology," he said. "We didn't want to experiment with entire new concepts that had never been tried before. Instead, we took known technology and pushed it to its limits to get the maximum efficiency."

Propelling a fully loaded BART train over hills and through tunnels takes power, and lots of it. BART trains are all-electric, running on third-rail power of 1,000 volts.

A fully loaded 10-car train accelerating away from a station pulls nearly 10 million watts of electricity, or 7,000 typical hair driers' worth. Third rail power feeds 40 large electric motors. Each motor (at approximately 1,000 pounds) weighs about a third of a Honda Fit. When the train's brakes are initiated, those motors instantly turn into generators to feed equally massive amounts of electricity back onto the third rail for other trains nearby to use.

A peak-hour BART train gets the equivalent of 249 miles per gallon, far more than even the most efficient commercially available hybrid vehicles. Just one commuter using BART each weekday instead of driving saves over 300 gallons of gas and 6,277 pounds of CO2 in a year

"With the Fleet of the Future, our goal is to increase the number of train cars in the BART fleet by 62 percent to accommodate more people on BART and help them get where they need to go" said Aaron Weinstein, BART Chief Marketing Officer.

"And that, in turn, will help reduce traffic on Bay Area freeways, lessen chemical runoff into the Bay, and improve air quality," Weinstein said.

It all adds up to a better experience for BART riders, and one they can feel good about making to protect our Bay environment for generations to come.

Chapel of the Chimes helps Chinese families pay homage to their ancestors

SUBMITTED BY
ASHLEY BOARMAN

On October 9, Chapel of the Chimes Hayward Funeral Home and Memorial Park celebrated Chung Yeung 2016 with Chinese lion dancers to scare away "bad" spirits, a traditional blessing from Buddhist and Taoist monks, the Berkeley Kite Wranglers, and the Wall of Honor. The ancient Chi-

nese "grave-sweeping" tradition is conducted on the ninth day of the ninth month in the Chinese lunar calendar to care for ancestors' graves and make sacrifices of special paper money and paper winter clothing. More than 400 families came to Memorial Park in Hayward to participate in the festivities.

Chung Yeung is observed as a time for happy communion and

ancestor worship. It is customary for families to bring food, chrysanthemum wine or tea to picnic onsite. This tradition remains an important part of cultural life in today's Chinese community.

For more information, visit www.hayward.chapelofthechimes.com

Furry Friend Rescue hosts Howl-loween Dog Costume Contest



SUBMITTED BY
EMILY VERNA

Come out to the costume contest and enjoy wine tasting courtesy of Big Dog Vineyards, Dog Adoption Showcase, and Yappy Hour dog goodies. Enjoy snacks for people and dogs, as well as great raffles!

Prizes will be awarded in the categories of: cutest, funniest, scariest, group, best Treat for Trick and grand prize for overall best. Master of ceremonies will be Charly Kayle. Costume Contest VIP Judges are: Jean Donaldson, author of "Culture Clash," Dr. Tama of Tama Veterinary Hospital, and Dawna Caldwell of Happy Tails to You

This is also a fundraiser for homeless dogs and cats and for our "Purple Heart Miracle Club" that provides funds for dogs and cats with special needs.

Furry Friends Rescue is an all-volunteer non-profit 501(c)(3) companion animal rescue organization for Northern California since 1998. We have no shelter

building or office. Our dedicated volunteer foster homes care for our rescue dogs or cats (all ages; young to senior (sanctuary), all breed types, special medical, behavior needs and rehabilitate neglected/abused) from many over-crowded animal shelters. Each dog and cat get TLC with healthy holistic foods and home training in their foster homes until they are adopted to their forever loving home as a true and precious family member. Volunteers, Foster Homes and Donations are always needed and greatly appreciated!

**Furry Friends Rescue
Howl-oween Contest
Sunday, Oct 30
1 p.m. – 4 p.m.
Big Dog Vineyards
4545 Felter Road, Milpitas
(408) 935-9194
bigdogvineyards.com
https://www.furryfriendsrescue.org/events
Free. Donations accepted**



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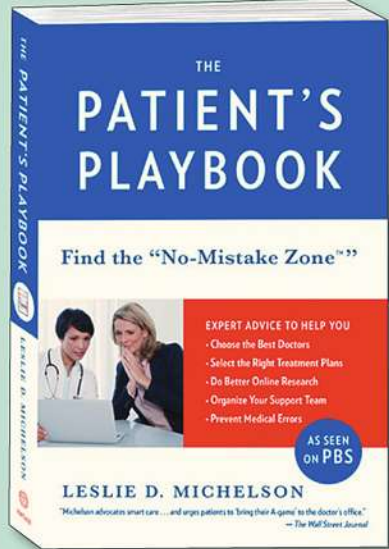
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YOU ARE INVITED TO A COMMUNITY FORUM

Finding the No-Mistake Zone™: Lessons from The Patient's Playbook



In today's health care environment, it's more important than ever to take an active role in your care. Please join us for a special Community Forum where Leslie D. Michelson, author of New York Times bestseller *The Patient's Playbook*, will present "Finding the No-Mistake Zone™: Lessons from The Patient's Playbook." At his free talk, Mr. Michelson will share lifesaving strategies and decision-making tools that you and your family members can start using now to become more savvy health care consumers.

Those who attend will learn:

- It doesn't cost more to get better care. Learning how to be a smart consumer is what matters
- Six steps to finding the "No-Mistake Zone™" in every medical situation
- Take-charge strategies for medical emergencies
- How to partner with your doctor to avoid becoming a medical statistic
- How to identify and interview the right specialists for any condition

When: Thursday, November 10, 6 to 8 p.m.
Conrad E. Anderson, MD, Auditorium
2500 Mowry Ave., Fremont (Washington West)

Cost: Free

A book signing will occur immediately following the Forum. For questions call, (800) 963-7070.

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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
California Supreme Court Cases

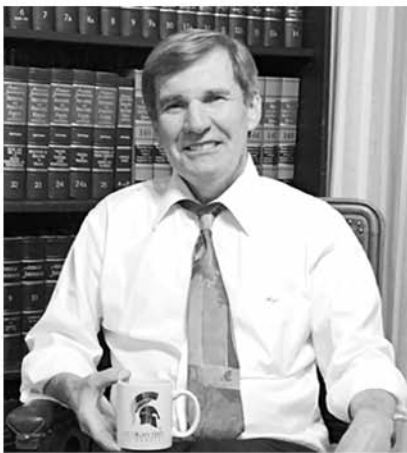
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Fremont Police Log

SUBMITTED BY
GENEVA BOSQUES,
FREMONT PD

Friday, October 7

A woman called 9-1-1 after she received a photo via text message showing a subject dressed as a clown holding what appeared to be a large knife or machete. The clown was standing on the roof of what appeared to be a local high school. Multiple units responded and quickly determined that the photo had been created using photo editing software. There was no threat made.

At about 12:30 p.m. officers investigated a strong arm robbery report on the 3300 block of Warwick Road near Darwin Drive. The female victim was robbed of her purse by a white male suspect who had a gun. The loss was her purse and cellphone. The suspect was described as a white male, approximately 17-18 years old and last seen wearing brown clothing.

Officers responded to an armed robbery incident in the area of Stevenson Boulevard and Leslie Street. The suspect approached a woman and grabbed her purse off her shoulder. The woman fell to the ground and sustained visible injuries. The suspect fled toward Stevenson Boulevard. Loss was a brown Coach purse. The suspect was described as a Hispanic male adult with fair skin and a mustache and was last seen wearing a black sweatshirt.

Officer Carter spotted a vehicle that was similar to what was reported in the armed robbery incident in the area of Stevenson Boulevard and Leslie Street earlier in the day. He tried to catch up to the vehicle, but it collided with another vehicle on Stevenson near Davis Street, causing minor injuries to the driver of the vehicle it hit. Three males and one female exited the vehicle and started to run from the area. Ar-

riving officers located and arrested two of the males after chasing them into the surrounding neighborhood. A SWAT team call was put out to bring in more resources to search for the other two suspects whom officers believed to be armed and dangerous. At about 7:15 p.m., officers found and arrested a third male. Several police and tracking dogs were used in the search. Early in the investigation Walters Junior High School was placed on lockdown and three other schools were advised to shelter in place. At about 8:30 p.m., a large perimeter around the neighborhood was broken down as officers were not able to locate the female suspect who ran. She was described as Hispanic, approximately 18-24 years old, between 5-foot-5 and 5-foot-7-inches tall with dark straight medium length hair, and wearing a grey shirt and blue jeans. The traffic unit investigated the collision and detectives responded to follow up on the criminal investigation. The case is ongoing.

#001 Possession of Loaded Stolen Firearm

Officer Hernandez arrested a 15-year-old male for being in possession of a loaded firearm following a disturbance at his residence. The firearm was determined stolen from Bakersfield.

Saturday, October 8

Police were initially sent to investigate a possible hit and run collision at Mission Boulevard and Walnut Avenue. As the investigation unfolded it was believed that the suspect (known to the victim) intentionally rammed the victim's vehicle several times, causing it to run into another vehicle in front of it. The suspect was not located and the victim was uninjured in the incident.

At approximately 4:20 a.m., a woman called from the area of Eggers Drive and Blacow Road to say she had been intentionally hit by vehicle driven by a known female. The victim was taken to the hospital for a leg injury and the 25-year-old female suspect was contacted at her residence and ar-

rested for the assault.

Monday, October 10

Officer Vucuverich and FTO Lawrence investigated an armed street robbery in the 3300 block of Owen Co. The victim was taking her children out of her vehicle when a male suspect robbed her with a firearm. The suspect was described as a black adult male wearing a red mask, white sweatshirt and black semi-auto. A witness reported that the suspect got into a faded maroon sedan that had a different suspect driving. Officers subsequently arrested suspects who may be responsible or involved with the armed robbery. They are being interviewed and the case is ongoing.

Officers were dispatched to a residential burglary in the 4400 block of Doane Street where the victim came home and found the suspect inside. Upon seeing the victim, the suspect asked her where her valuables were and slapped her when she didn't tell him. The suspect then fled the scene in a white mid 90s Honda, possibly a Civic. The suspect was described as a Hispanic or Filipino male adult, 5-foot-7-inches tall with a medium build, curly hair and wearing a white bandana over his face and a dark gray hoodie. He fled as a passenger in the vehicle. There is no description on the driver.

Tuesday, October 11

School Resource Officer Morales was patrolling near his high school when he noticed a vehicle and three people at the Centerville Park whose vehicle matched the description of an armed robbery that had occurred the previous on Owen Co. During this robbery, a male suspect robbed a female who was in her driveway. Additional units responded to the scene and the three individuals were detained. Two replica firearms and a red mask were located. Arrested were a 17-year-old female on suspicion of robbery, a 19-year-old Antioch man on suspicion of robbery and probation violation, and a 19 year-old Fremont man on suspicion of robbery.

Officers are actively searching for two armed robbery suspects

SUBMITTED BY GENEVA BOSQUES,
FREMONT PD

On Friday, October 7, 2016 at approximately 12:30 p.m. officers responded to an armed robbery at Warwick Elementary School. A female was robbed at gunpoint of her purse near the Darwin side of the campus. A responding officer located the suspect vehicle in the area of Stevenson and Sundale. The suspect vehicle crashed shortly thereafter at Stevenson and Davis.

Four occupants in the vehicle immediately fled on foot into the surrounding residential area. Two of the suspects have been taken into custody and two are still outstanding. A large perimeter is in place and search teams are looking for the suspects in the area of Sundale, Trinity and Stevenson Blvd.

Walters Jr. High was placed on lockdown and a shelter in place was implemented at Brier Elementary and Kennedy High. The lockdown and shelter in place was lifted and students were dismissed to their parents.

The two outstanding suspects are considered to be armed and dangerous. They are described as follows:

Male suspect: Hispanic male adult, 19 - 25 years old, 5'8"-5'10", unshaven with short black hair wearing a white tank top and blue jeans.

Female suspect: Hispanic female adult, 18-24 years old, 5'5"-5'7", 125-135 lbs, straight black hair past the shoulders, grey shirt and blue jeans.

Anyone with information that could help with our investigation is asked to please dial 911 or call our non-emergency number at (510) 790-6800 x 3. This remains an ongoing investigation and no further details are being released at this time. Updates will be made as information becomes available.

Arrest made in Logan High incident

SUBMITTED BY LT. LISA GRAETZ,
UNION CITY PD

On October 7, 2016 at 12:06 PM, dispatch received a call from an anonymous person with the inference that someone was going to the Logan High School Campus with a weapon to hurt someone. The caller then hung up without providing additional information.

Union City Police officers responded to the campus to investigate. The school was locked down as a precautionary measure until the call could be investigated further. Officers were able to determine the initial call was a hoax and the campus lockdown was lifted. Just as we advise everyone against making threats of any sort, we urge everyone to consider carefully before posting a rumor on social media and to give that same advice to their children.

The Union City Police Department worked closely with the New Haven Unified School district in resolving this issue and determining the hoax. Eventually, a 16-year male James Logan High School student was identified and arrested for making a false report of an emergency. City officials will be calculating the associated costs of all the emergency response services deployed to the incident and may consider cost recovery measures for those deemed responsible for the hoax.

Robots organize your photos, so you can procrastinate

BY ANICK JESDANUN
AP TECHNOLOGY WRITER

NEW YORK (AP) — If you’re like many people, you have thousands of photos on your phone, long forgotten after you’ve posted a few on Instagram or Facebook.

They don’t have to stay forgotten. Apple and Google are both applying a form of artificial intelligence called “machine learning” to organize your pictures and video — and along the way, help you rediscover last year’s vacation, dinner with close friends and a casual summer outing to the park.

Apple’s tools are part of last month’s iOS 10 system update for iPhones and iPads. The Google Photos app for Apple and Android devices has a digital assistant to automatically organize these memories — and Google signaled last week that it will only get smarter.

Here’s a look at how they take you down memory lane:

— Apple’s memories:

Apple’s new Memories feature automatically generates video highlights around a theme, such as a trip or birthday party. Individual photos and snippets from video are chosen for you, as is the music, though you can change it to reflect a different mood.

This isn’t just a slideshow.

There’s slow zooming and panning, reminiscent of Ken Burns historical documentaries. Some of the photos also come to life, at least on newer iPhones that automatically take three seconds of video with every photo.

When you’re ready to share, the app creates a standard movie file — so it works on Windows and Android devices, too.

For me, Apple’s app created a “Florida to Illinois” package for a three-week trip in January and one for a day trip to Philadelphia last November. But Apple goes beyond date and location. Apple created a “Together” package for shots with family over the past two years. It also created an æAt The Beach” package with beach photos since 2013. Other scenic themes could include mountains, lakes and sunsets.

Apple offers up to three new Memories a day. You can create more based on photos you add to an album and generate new automated ones by scrolling down to “Related.” You can also add or delete images within Memories — in my experience, a few included mundane screenshots I had to get rid of.

Nothing will ever replace the human touch. But let’s face it, even though I keep meaning to organize my photos, I never find the time. The machine-generated selections aren’t necessarily ones

I’d choose myself, but with a small amount of tweaking, they’re presentable and will tide me over until I get around to catching up manually — someday.

— Google’s assistant

Google Photos has been at this longer and offers more types of packages. With collages, Google combines smaller versions of several shots into one layout.

Animations combine a bunch of photos taken in succession so that they resemble as a moving image. Unlike typical “GIF” animation files, Google applies its magic to align successive shots, so buildings and bridges look steady without the shake common with handheld video. Google also offers albums and video highlights, though without the Ken Burns effect.

Google’s Assistant generates much of this for you automatically. You can edit auto-generated albums and video highlights, but not collages or animation — although you can create your own from scratch. (That does defeat the purpose of letting the robots do the work, though.)

Sharing is easy and doesn’t require recipients to have Google Photos.

The results vary in quality. I tend to take several shots of the same subject, just in case some are blurry. Yet I get collages and animations out of those repetitive shots. And the albums and video

highlights seem based on location and date. I got nothing that spans several months or years (though Google does combine several days on the same trip).

Most of my computer-generated creations are animations and collages. As with Apple, Google’s choices aren’t necessarily ones I’d make, if only I had the time. But some are good enough that I look forward to alerts for new ones to check out.

I also enjoyed a feature called “Rediscover this day.” Google will automatically create collages from shots taken on a day, say, two years ago. But it only does so if there’s anything memorable, such as a trip. As my life is boring, most days go by without a rediscovery.

— Searching

Apple and Google are both getting better at image recognition. Apple’s version tends to be more conservative. While Apple found four photos in a search for fireworks, Google found dozens. Google also found more photos with hats, though one was actually a strange hairdo and a few were of a headband. Then again, Apple thought an illustration of a hut was a hat.

Google is also bolder with face recognition. Its technology is smart enough to recognize the same child at 2 months and 6 years, while Apple often separates

the same child into multiple identities (you can merge them, and things will be fine after that).

Google has an edge over Apple in part because it taps its powerful servers to process photos.

Apple leaves all the machine thinking to your device as a privacy measure. But Apple says it also favors being right more than complete to reduce the work people need to do to fix things. Being wrong can also have consequences: Google had to apologize last year after its software got too aggressive and mistakenly labeled two black people as gorillas.

— Storage

To free up space, both services will automatically clear photos from your phone after uploading them to the internet, once you activate the option. You still have a lower-resolution version on the device and can get the sharper image anytime, as long as you’re online.

Google Photos offers unlimited online storage of photos at up to 16 megapixels and videos at 1080p high definition — good enough for most people. It will compress larger photos, or you can store the original and have it count toward your Google Drive limit, which starts at 15 gigabytes for free. Apple’s iCloud Photo Library requires paying once you exceed 5 gigabytes, which is enough for a few thousand photos.

Union City Police Log

SUBMITTED BY LT. MATIAS PARDO, UNION CITY PD

Tuesday, October 4

At around 7:30 p.m. Officers Lanier and Moya were dispatched to the 30700 block of Union City Boulevard on the report of a robbery. However, the suspects inside the business were attempting to sell some stolen property which had been taken in a Fremont auto burglary. They were also in possession of burglary tools including shaved keys. A 30-year-old Hayward woman and 34-year-old Fremont man were arrested.

Wednesday, Oct. 5

At around 8:45 p.m. Officer Roberts was dispatched to the 4200 block of Apollo Circle to investigate a report of an attempted robbery. The victim was walking with her cell phone in her hand, when a male suspect, approximately 6-feet-tall, ran up behind her and tried to grab the phone. The two struggled briefly, and the victim retained control of her phone. The suspect fled on foot.

Thursday, Oct. 6

At around 2:40 p.m., police detectives were in the area of Royal Ann Drive and Alvarado-Niles Road when they saw a 22-year-old Fremont man who is a known probationer in the passenger seat of a nearby vehicle. The driver failed to yield to a traffic enforcement stop, and the detectives saw probationer throw two items out of the passenger window. He then got out of the vehicle and fled on foot before he was stopped and arrested. The two items he threw from the window were a handgun and loaded magazine, both of which he was prohibited from possessing. The handgun was later determined to be stolen. The probationer was arrested.

Sunday, Oct. 9

At around noon officers responded to the 33600 block of Railroad Avenue on the report of an armed robbery. The victim was cleaning her vehicle when a suspect approached her with a handgun and demanded her property. He took the victim’s cell phone and key fob and fled in a maroon late-model four-door sedan. The suspect was described as a black male in his 20s, with a thin build, and wearing a red hockey mask. Two other suspects were also seen getting into the vehicle.

Newark Police Log

SUBMITTED BY CMDR. MIKE CARROLL, NEWARK PD

Monday, October 10

At 7:30 a.m. Officer Mapes investigated a commercial burglary on the 6500 block of Central Avenue. The loss was multiple generators, tools and a tractor.

At 10:30 a.m. Officer Howcroft seized the license plates off a utility vehicle for false registration on the 3700 block of Magnolia Street. The vehicle was towed from the scene.

At 5:30 p.m. Officer Losier investigated a window smash auto burglary at the Newark Community Center, 35501 Cedar Boulevard. The loss was \$20,000.

Tuesday, October 11

0755 Hours: Officer Slater responded to the 8100 block of Peachtree Avenue for a reported occupied suspicious vehicle. The driver was issued a citation for false registration and the license plates were seized.

At 2:58 p.m. Officers responded to a non-injury accident on the corner of Newark Boulevard and Cedar Boulevard. A large truck broke a fire hydrant off at its base, temporarily closing the roadway. The roadway was reopened at 4:45 p.m.

At 5:15 p.m. Officers responded to a call about a disturbance on the 35500 block of Blackburn Drive. A 28 year old female from Newark was arrested for possession of a controlled substance.

Wednesday, October 12

At 9:25 a.m. Officer Jackman investigated a vandalism case on the 6400 block of Mayhews Landing Road. The victim reported that someone had broken her vehicle’s windshield during the night.

At 2:47 p.m. Officer Horst investigated a case of debit card fraud at Macys, NewPark Mall.

At 2:48 p.m. Officer Posadas investigated an auto vandalism case at Bay Grinding, 6756 Central Avenue. The investigation is ongoing.

Police arrest five in illegal marijuana operation

SUBMITTED BY LT. ROBERT MCMANUS, SAN LEANDRO PD

On Wednesday, October 5, 2016, following a 3-month undercover investigation, San Leandro Police arrested five adults, recovered a large sum of cash, and seized more than 2,000 marijuana plants that were being illegally grown in several San Leandro homes.

Undercover detectives from the Department’s Crime Suppression Unit began an investigation in July, after receiving reports from neighbors regarding suspicious activity in a residential neighborhood. As the investigation progressed, detectives were able to identify six houses throughout the city linked to the suspects and obtained search warrants for each house.

When police knocked on the front door of one home, a Chinese-American man inside peered out through a front window and immediately ran. Police entered the house and discovered that the man, who fled from police, crawled through a hatch in the floor, and hid under the house in a tight crawl space.

Police, including a Cantonese-speaking officer tried to communicate with the man for more than 45 minutes, without response, before police used a canine to apprehend him.

The man was treated for minor injuries sustained during the arrest, and later transported to jail on suspicion of illegally cultivating marijuana and possessing it for sale. The other four adults, found at other locations where warrants were also served, were arrested on suspicion of committing the same crimes.

Police are not releasing the names of those arrested or the addresses of each of the locations where search warrants were served, as they are continuing their investigation and do not want to jeopardize their case.

At one house, police found more than \$40,000 cash, which police believe to be proceeds from the illegal operation. Police seized more than 2,000 mature marijuana plants estimated to have a street value of more than \$400,000. Based on the size, design and capabilities of the operation, police concluded that the total amount of marijuana that the four locations could produce annually, could net up to \$1.6 million for the suspects.

Donate to the Children’s Bike Helmet Drive

SUBMITTED BY CITY OF FREMONT

The City of Fremont Youth and Family Services, a division of the Human Services Department, is partnering with the Fremont Fire Department and the Vision Zero 2020 outreach campaign to hold a Children’s Bike Helmet Drive as part of Make A Difference Day on October 22. Donations of new children’s bicycle helmets will help children who are staying in local homeless shelters safely be able to ride bikes and help those children whose parents cannot afford to buy them helmets.

Riding bicycles without a helmet is not safe. Recently, a young child was riding a bike without a helmet at one of Fremont’s local shelters and was severely injured. This incident highlighted the need for donated bicycle helmets for those who cannot afford them.

Please join the City’s Youth and Family Services and Fremont Fire Department as

they seek donations of new bike helmets in medium and large sizes and neutral colors. While these sizes and colors are preferred, Fremont Fire will accept any sizes or colors donated as long as they’re new bicycle helmets.

Drop off donated helmets at the Youth and Family Services Clinic, located at the Fremont Family Resource Center at 39155 Liberty St. in Suite E500 by Thursday, October 20.

The Children’s Bike Helmet Drive is helping to spread awareness around Vision Zero 2020, an effort to reduce all fatalities and severe injuries caused by traffic accidents to zero by 2020. The City of Fremont greatly appreciates the community’s participation in helping keep Fremont’s children safe.

If you have any questions, please contact Youth and Family Services Counselor Anya Marquez Richard at (510) 574-2125 or call the Youth and Family Services’ main line at (510) 574-2100.

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Two BART Police Officers praised for work to help homeless man

SUBMITTED BY BART DISTRICT

Recently, BART (Bay Area Rapid Transit) Customer Services received this note thanking two of our BART Police Officers who patrol Powell Street Station and who helped a homeless man named Alfonso. (BART received permission to share this note and story)

"I want to let Kenton Rainey, Chief of Police, and the Deputy Chief over Officer Jones and Officer Touye know how much me and my family appreciate everything they have done for my dad. He has been homeless living in the Subway for years, and no one in our family even knew if he was still alive. They opened their hearts and researched him to find his family and get ahold of us and see if they could help him in any way. Within a week of talking to them, they were able to find him a bed, place to stay, and get him into a detox program that he desperately needed. They did all of this while doing their regular duties as an officer. It will be completely up to my dad

on whether or not he wants to continue this path of sobriety and bettering his life, but if it wasn't for these two officers, he never would've had this last chance at life. My family can't thank them enough for their kindness. You have some great people working for you. Thank you all."

Alfonso is one of the regular homeless individuals that comes around Powell Street Station. Officers David Touye and Dan Jones had made periodic contact with Alfonso and offered him assistance in seeking services. He would always decline, but little by little, offered up tidbits about his background. Our officers used this information to find his family with the hope they could help fill in the blanks about his life and offer advice on what could motivate Alfonso to get help. Our officers were able to connect with his out of state sister and daughters. They explained the tale of two Alfonso's, one, a loving Dad who coached his daughter's softball team to championship and the other, a not so pretty picture involving drugs, alcohol, and a bitter divorce.

The family was relieved to hear he was still alive. They explained how they would read obituaries fearing they would see his name. Our officers asked his family if they could tell Alfonso they spoke. The family agreed and when the officers were in contact with Alfonso on a particularly rough day, they told him how they had spoken to his daughters and how he now has two grandsons. He brightened up and was moved by hearing about his girls and the life they are living. The officers asked him again if he was willing to seek services, and for the first time, he replied "yes." They scrambled to find him a bed for the night, reaching out to San Francisco's Homeless Outreach Team. Luckily, The Walden House in San Francisco said they would take him but he needed to come that very night. He went, but unfortunately in a matter of days, our officers saw Alfonso back at Powellhe wasn't sober. But they are not giving up. Even though Alfonso wasn't ready this time they are going to keep trying because it's their job and because one of these days he

may finally want it for himself.

BART is actively working to find ways to handle the complex situation involving people who seek refuge in downtown San Francisco stations. At Powell Street Station alone last year BART Police made 149 community outreach safety enforcement field interviews. Many of these contacts are with the same repeat and chronic offenders. The approach is to find permanent housing and treatment for each of them. These contacts are essential in developing a positive relationship and working towards getting individuals into services. BART is one of the few transit agencies with a dedicated full-time outreach and crisis intervention coordinator who provides vital referral service and training for officers in this area. Ninety-seven percent of eligible BART Police personnel have received Crisis Intervention Training and BART is also working on developing a partnership with San Francisco's Homeless Outreach Team to engage chronically homeless individuals and help them in establishing care and permanent housing.

Milpitas Police Department receives grant

By SGT. SEAN HENEGHAN,
 MILPITAS PD

The Milpitas Police Department has been awarded a \$100,000 grant from the California Office of Traffic Safety (OTS) for a year-long program of special enforcement and public awareness efforts to prevent traffic related deaths and injuries. The Milpitas Police Department will use the funding as part of the city's ongoing commitment to keep our roadways safe and improve the quality of life through both enforcement and education.

"With the projected growth of our city's population and the amount of drivers passing through our city on a daily basis, we want to continue to emphasize traffic safety and develop strategies that can prevent crashes and minimize injuries & deaths," said Milpitas Police Chief Steve Pangelinan. "This grant will enable us to focus on education, prevention, and enforcement in a variety of opportunities."

Activities that the grant will fund include:
 Educational presentations
 DUI checkpoints
 DUI saturation patrols
 Bicycle and pedestrian safety enforcement
 Motorcycle safety enforcement
 Distracted driving enforcement
 Seat belt and child safety seat enforcement
 Speed, red light, and stop sign enforcement
 Compilation of DUI "Hot Sheets," identifying worst-of-the-worst DUI offenders
 Specialized DUI and drugged driving training such as Standardized Field Sobriety Testing (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE), and Drug Recognition Evaluator (DRE)
 Funding for this program is from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Milpitas police to collect unwanted prescription drugs

SUBMITTED BY
 SERGEANT JOSEPH HEYLEN

Milpitas residents who have unwanted or expired prescription drugs around their homes can safely dispose of them on Saturday, Oct. 22 at the Milpitas Police Department.

The collection event is part of a joint effort with the Drug Enforcement Administration (DEA) to help prevent pill abuse and theft in residential communities. Only prescription pills or patches can be accepted. Liquid medicines, needles and sharps or syringes cannot be accepted.

During a similar collection day in April, Milpitas residents turned in 246 pounds of unwanted prescription drugs. At other collection events across the country, Americans turned in 447 tons of prescription drugs at more than 5,400 sites operated by the DEA and its thousands of state and local law enforcement partners.

The collection days address a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash — both pose potential safety and health hazards

Take Back Prescription Drugs Day
Saturday, Oct. 22
10 a.m. – 2 p.m.
Milpitas Police Department
1275 N. Milpitas Blvd., Milpitas
<http://www.deadiversion.usdoj.gov/>

Annual run supports sports fund

SUBMITTED BY THE FREMONT EDUCATION FOUNDATION

The 12th annual “Run 4 Education” will be held on Sunday, October 23 at Quarry Lakes Regional Recreation Area in Fremont. Proceeds benefit the Fremont Education Foundation’s (FEF) Guy Emanuele Sports Fund (GESF), which provides scholarships to high school students who face economic hardship and might not otherwise be able to participate in after-school sports or cheerleading. And this year, based on the generous donations from our Run 4 Education, FEF will fund elementary school-sponsored basketball leagues for both boys and girls at all 27 elementary schools in the Fremont Unified School District (FUSD).

The event includes a free Family Fitness Expo and Kids’ Corral, which provides a supervised, enclosed area with activities for kids while you participate in the 5K or 10K. All event participants will receive an event T-shirt, refreshments, a drawing ticket for great prizes, and a goodie bag with promotions and giveaways from our sponsors.

To participate in the Elementary School Challenge, write your school name on

your Run application. The FUSD elementary school with the most participants in the Run 4 Education also receives big prizes for their school!

For more information or to register, go to <https://raceroster.com/events/2016/9412/fremont-run-4-education>.

Fremont Run 4 Education
Sunday, Oct 23
9 a.m.
Quarry Lakes Regional Recreation Area
2100 Isherwood Way, Fremont
(510) 659-2561
www.fremont-education.org
<https://raceroster.com/events/2016/9412/fremont-run-4-education>
Cost: \$25 – \$45

Event Schedule:
6:00 a.m.: Quarry Lakes Gate Opens
6:15 a.m.: Volunteer Check-In Begins
9:00 a.m.: 10K Race Begins
9:15 a.m.: 5K Race Begins
10:30 a.m.: 1/2 Mile Kids’ Race Begins
11:00 a.m.: 1/4 Mile Kids’ Race Begins
11:00 a.m.: Awards for Top 5K Finishers and Top 10K Finishers



Samsung halts sales of Galaxy Note 7 after new troubles

BY BRANDON BAILEY AND AUDREY MCAVOY ASSOCIATED PRESS

SAN FRANCISCO (AP), Samsung said it is halting sales of the star-crossed Galaxy Note 7 smartphone after a spate of fires involving new devices that were supposed to be safe replacements for recalled models.

The company ordered the suspension of sales on the recommendation of South Korean safety officials, who say they suspect a new defect in the replacement phones that may not be related to its batteries.

“We would have not taken this measure if it had looked like the problems could be easily resolved,” Oh Yu-cheon, a senior official at the Korean Agency for Technology and Standards that oversees product recalls, said in a phone interview. He said it would take more time than the agency originally thought to figure out what’s wrong.

In the meantime, the agency is urging consumers not to use the phones.

Last month, Samsung issued a global recall. It blamed a tiny manufacturing error in the battery that it said made the phones prone to catch fire.

Oh said the investigators are studying a different defect from the one Samsung said it had found in the first batch of Galaxy Note 7s.

“The improved product does not have the same defect. That’s why we think there is a new defect,” Oh said.

In a statement issued late Monday, Samsung Electronics Inc. said consumers with original Note 7 devices or replacements they obtained after the recall should turn them off and seek a refund or exchange them for different phones.

Officials from the U.S. Consumer Product Safety Commission echoed that advice, saying they are investigating at least five incidents of fire or overheating reported since a formal recall in the U.S. was announced on Sept. 15.

“No one should have to be concerned their phone will endanger them, their family or their property,” said Elliot Kaye, chairman of the safety commission, in a statement. He called Samsung’s decision to stop distributing the device “the right move” in light of “ongoing safety concerns.”

The announcement follows several new incidents of overheating last week and deals a further blow to the world’s largest smartphone company. Leading wireless carriers have already said they would stop distributing new Note 7 phones as replacements for the earlier recall.

Samsung said it would ask all carriers and retailers to stop selling the phones and providing them as replacements for recalled devices. It said consumers should return their phones to the place where they purchased them. They can also get information from the company’s website.

Analysts say the new problems pose a crisis for the South Korean tech giant, which is locked in fierce competition with Apple and other leading smartphone makers.

“This has been a real black eye on the product,” said Ben Bjarin, a consumer tech industry analyst with the Creative Strategies firm.

The new reports also raise questions about the cause and extent of the problem. Samsung has not

said which of its two battery suppliers made the faulty batteries in the earlier Note 7s or clarified whose batteries are used in which Note 7 smartphones.

“What’s happened in the last few days just complicates things enormously,” said analyst Jan Dawson of Jackdaw Research. “It calls into question their ability to manage quality control and everything else that goes into that.”

Samsung did not indicate if it knows what caused the latest problems.

“We are working with relevant regulatory bodies to investigate the recently reported cases involving the Galaxy Note7,” the company said in its statement. It said “consumers’ safety remains our top priority.”

Earlier, a spokesman for the U.S. safety commission said his agency is investigating five Note 7 incidents reported since Sept. 15, although he said investigators had not confirmed whether all five involved recall replacements. But four consumers have told the Associated Press that their replacement phones caught fire - including two in Kentucky, one in Minnesota and one in Hawaii.

Dee Decasa of Honolulu had just visited the Samsung website on her new Galaxy Note 7 when it began smoking Sunday morning. She was double checking that the replacement phone she received was OK. She took a screen shot of the page confirming her new phone was fine.

“Then boom, there was like a pop. I had it in my hand and then smoke started spewing out, this green yucky thing,” said Decasa, a bookkeeper.

She screamed for her husband and ran out of her bedroom. He grabbed an aluminum pan from the kitchen and told her to put the phone in there. They called 911, and the phone was still sizzling when a policeman came about 20 minutes later.

Decasa said she thought “What happened? We were reassured these were the replacement ones.” No one was injured.

Her husband said the plastic protective case his wife had around her phone may have protected her. Part of the plastic case appeared to have melted and got stuck to the aluminum pan.

The Decasas said Samsung is sending a representative to Honolulu Tuesday to meet them and examine her phone.

The Note 7 is not Samsung’s most popular device; Samsung sells far more units of its Galaxy S7 phones than the more expensive Note 7. But analysts say the issue could hurt the company’s reputation and overall standing with consumers.

The company’s shares fell 6.2 percent by midday Oct. 10 in Seoul.

Samsung sells about a third of all high-end smartphones priced above \$400, while Apple sells slightly more than half, according to Credit Suisse investment analyst Kulbinder Garcha. He predicted in a report that the new Note 7 problems will help Apple increase its share of the market.

Consumers can get more information from Samsung at <http://www.samsung.com/us/note7recall> or by calling (844) 365-6197.

McAvoy reported from Honolulu. Business writer Youkyung Lee also contributed from Seoul.

California voters to decide future of single-use plastic bag

BY KRISTEN J. BENDER ASSOCIATED PRESS

ALAMEDA, Calif. (AP), California voters are considering a November referendum that would uphold or overturn a statewide ban on single-use plastic carryout bags, and another ballot initiative that would require fees collected from retail customers for alternative bags be put in an environmental fund.

In 2007 San Francisco banned plastic shopping bags, setting off a movement that’s led nearly half the state and its biggest cities to do the same. Then two years ago, the Legislature passed SB270, a statewide ban.

But that ban is on hold following a well-funded push by bag makers to repeal the legislation.

The American Progressive Bag Alliance is leading the “No” campaign to repeal SB270. A coalition of environmental groups, grocers, and others, is leading the campaign to uphold the statewide ban.

“Plastic bags kill marine life, they jam recycling equipment and they cause litter,” said Steve Maviglio, spokesman for the Yes on 67 campaign. “It’s time for the entire state to have the same law on the books.”

Some shoppers agree:

“I don’t need them,” said Lisa Deering, a shopper in Alameda. “I have plenty of cloth bags and I’m glad (supermarkets) aren’t using them because I hate seeing the trash.”

Shopper Jack Mingo, also of Alameda, agreed:

“It’s been really great not seeing the plastic bags blowing down the street and seeing them coming out of the stores,” he said. “It’s a really stupid use of resources.”

But the American Progressive Bag Alliance, which is spending millions to fight the ban, doesn’t see it that way.

“Plastic retail bags have been unfairly targeted for regulation and legislation without really considering the actual data or science around what people chose to take home their groceries from the store,” said alliance

spokesman Jon Berrier. He points to 2013 figures from the Environmental Protection Agency that show plastic retail bags represent less than half a percent of the waste stream.

“Science has really left the building when it comes to making policy around this issue,” Berrier said.

The group also claims the ban will effectively kill thousands of jobs in California and cost consumers hundreds of dollars annually in bag fees. If the ban is ratified, stores would generally have to charge customers at least 10 cents apiece for alternative carryout bags.

If the statewide ban is overturned, stores could provide free single-use plastic bags unless they are prohibited by local laws, which are already in effect in 151 California cities and counties.

The second measure, Proposition 65, proposes to direct any proceeds from the dime-per-bag sales to an environmental fund.

The American Progressive Bag Alliance worked to qualify Proposition 65 for the ballot, something opponents, including many environmental groups, say was done to confuse voters.

“We’d like nothing more than for money from the sale of bags to go to benefit the environment but we don’t feel that the folks who put Prop. 65 on the ballot are being sincere, said Matt Davis, spokesman for the environmental group Clean Water Action.

The Surfrider Foundation is also opposing Proposition 65.

“It was put on the ballot as a cynical ploy to either confuse voters or frustrate the grocers, or both,” said legal director Angela Howe. “It is unclear what the ‘environmental fund’ set up through Proposition 65 would actually do or how it would be structured within the current conservation agencies in the state.”

If the “No” vote prevails on Proposition 67 and Proposition 65 is approved, it is unclear what if any money would go into the fund because the language of the latter measure is unclear.

continued from page 1

Ghoulishly grand adventure aboard the Haunted Railroad



Photo by Andrew J.L. Cary

roundtrip ride on the haunted rails of the Ghost Train.

The Haunted Railroad is a spooky (not scary) train ride that will appeal to children 12 years of age and under. Billy Bones says it best, "The Haunted Railroad was designed so that families can have a nighttime adventure appropriate for young children. We want children of all ages to have fun!"

The Haunted Railroad operates on two weekends beginning Friday, October 21. Trains will depart every 30 minutes beginning at 7 p.m. with the last train departing at 9:30 p.m. (9 p.m. on Sunday nights).

The event is a fundraiser for The Railroad Museum at Ardenwood operated by SPCRR (Society for the Preservation of Carter Railroad Resources) in association with Ardenwood Historic Farm/East Bay Regional Park District. We are a volunteer, non-profit 501(c)(3) corporation that preserves, restores, and operates one-of-a-kind, historic 19th century railroad cars—many built in Newark, CA, by Carter Bros.

Tickets are available for purchase online at www.spcrr.org (select "Haunted Train Tickets" from the menu; there is a small handling fee). Tickets are also available at the gate beginning at 4:30 p.m. on dates the Haunted

Railroad operates. You may also purchase tickets at the gate for a later time or a different date. Some trains sell out early; we encourage you to purchase tickets in advance. Prices are \$7 for ages 13 and older, and \$5 for children 3-12 years old, children 2 and under are free (if they sit on an adult's lap). Cash, checks, or Visa are accepted. Groups of 10 or more may make reservations by e-mailing haunted-railroad@spcrr.org.

Please note: All children must be accompanied by an adult. For safety reasons each child under 3 must be accompanied by a separate adult. Costumes are fine but no facemasks on adults please. Riders must be able to sit on a bench seat while on the train.

The Haunted Railroad
Friday, Oct 21 – Sunday, Oct 30
7:00 p.m. – 9:30 p.m.
(9 p.m. on Sundays)
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Fremont
(510) 544-2797
haunted-railroad@spcrr.org
www.spcrr.org
www.facebook.com/SPCRRmuseum

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Makeup master shares special effects techniques



Photo courtesy of Julian Bonfiglio

BY ROBBIE FINLEY

Zombies! Vampires! Gore! and... old age? What these things have in common is that they can all be brought to vivid life through the magic and skill of special effects makeup and prosthetics. Local makeup professional Julian Bonfiglio of Bonfiglio Effects Studios recently partnered with the City of Fremont to educate locals about the craft of special effects makeup.

The workshops ran all summer long, focusing on how to create realistic special effects such as cuts, bullet holes, and bruises, old age, vampires and zombies through artistic use of makeup, paint, foam, and prosthetics. "We've done old age, burns, zombies, bald cap, injury... all the basic essentials," Bonfiglio said, adding, "There's not many in the Bay Area that know how to do the prosthetic aspects of it."

In each 7-hour workshop, Bonfiglio opened each class by demonstrating the intricate techniques involved in creating the effects. Then it was the students' turn to give it a try, who were all drawn to the classes for a number of reasons. "I like messing around with normal makeup, but not for beauty. I've been watching 'Supernatural' and get excited about the fake blood," said Emmajean Smith, one of the students from a Burns Workshop. Each class had a healthy turnout of students, averaging in age from 12 to 15 years old, according to Bonfiglio.

In the Burns Workshop, students began application of the makeup on a portion of the body without hair – usually the forearm or hand. The multi-layered process involves a number of materials. "To make a third degree burn, we use gelatin, castor oil, slip latex, single ply tissue paper,

skin illustrator alcohol paints, and Ben Nye charcoal," Bonfiglio said, adding, "There are about eight main steps: apply the gelatin, release gelatin with castor oil, apply latex, apply single ply tissue, apply more latex, rip the latex open, paint with alcohol colors, and then add the Ben Nye charcoal powder... the ones we do in this class take about one and a half hours," he said.

Naturally, different burns require different techniques and processes, as do all the other types of special effects makeup. One of the more popular types of effects is the creation of prosthetics, which can transform a normal human into something alien, undead, or inhuman. "Making prosthetics is quite the process. It requires making a life cast of a person's face; sculpting an appliance with clay, which could take several days; molding the sculpture; and then running it in silicone or foam latex," Bonfiglio explained.

Bonfiglio, a Fremont native, has spent the last decade building a name for himself in the widespread and diverse world of special effects makeup. "It was kind of strange... horror (movies) freaked me out until I was 19," Bonfiglio said, adding, "I got started because I was looking for a summer job; I was hired at Great America Haunt as a scare actor (in 2008)." After taking some stage and theatrical makeup courses at Ohlone College as well as self-studying makeup techniques through books and YouTube videos, Bonfiglio found himself at the Cinema Makeup School in Los Angeles. "It taught me the more advanced stuff," he said of his time at the school. After teaching and working on numerous projects during his time in LA, such as preproduction on the 2013 film "The Lone Ranger," Bonfiglio returned to the East Bay at the end of 2012. "I was just kind of missing back home," he said.

He quickly found work with the Blush School of Makeup in San Francisco, where he still teaches classes today. Instruction isn't the only kind of work available for makeup artists in the Bay Area, however – special effects makeup work is in demand here.

"The field is larger in some cities more than others; it's not difficult to get into as it doesn't require a degree. As long as people like your skills and work, you will get hired for jobs... There is a lot of commercial, stage, theater, and independent filmmakers here. It's a different kind of work in the Bay Area," Bonfiglio explained.

Then, Bonfiglio found himself on Season 8 of the popular special effects makeup competition show "Face Off." "It was a very good experience. It has done quite a bit for me," he said. He was a semifinalist for the season, which continues to garner recognition for him as he continues advancing in the field.

Bonfiglio Effects Studio's partnership with the City of Fremont has been a success so far. "We had never had this before, so we thought it would be something cool for the community; it's neat and different," said Debra Crenshaw, the City of Fremont Recreations Supervisor.

"It's been really effective working with the City of Fremont. We're in their brochures, it's really helped with the business," Bonfiglio said. Workshops such as these can often cost a lot to attend, something Bonfiglio wanted to avoid. "I just wanted to be able to teach people at an affordable price, to make it

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Special effects makeup professional Julian Bonfiglio with a movie prop. Photo by Robbie Finley

available to people in the Bay Area, especially Fremont. I hope to make (the workshops) an affordable place for people with a passion for this to give them the essential learning blocks... to make it easier for kids looking to get into this field."

For more information on the classes that Bonfiglio Effects Studios offers, please visit www.bonfiglioeffects.com.



Photo courtesy of Julian Bonfiglio