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My Name, My Identity Campaign makes a declaration of self
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Positively pomegranates
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January 1, 2019

Vol. 17 No. 1

Rising Sun Energy Center lights the way

By DAVID R. NEWMAN
PHOTOS COURTESY OF RISING SUN ENERGY CENTER

Great strides have been made in the building industry over the past 30 years to create energy efficient homes. Recycled building materials and solar panels are now commonplace. And thanks to non-profits like Rising Sun Energy Center (RSEC) in Oakland, homeowners are constantly receiving education on how to make their homes more environmentally sustainable.

"What good is climate change if we don't use it as an opportunity to lift everybody up?"

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Local gym rocks on after one year

By ROELLE BALAN
PHOTOS BY BIBIEL PHOTOGRAPHY

It's fair to say maintaining an exercise routine is a goal for everyone. HeniFitness makes that goal a reality. "When you make health or fitness a chore, people are less likely to maintain it," said Brittany Shafsky, owner of HeniFitness. "I want people to see fitness as fun."

Shafsky is a certified group fitness and yoga instructor, nutritionist, and personal trainer who co-owns HeniFitness with her husband, Spencer, a backpacker and hiker. Shafsky said Spencer does the backbone work of owning a gym – accounting, cleaning, emails, photos, social media, scheduling, and helps out when needed. It was their dream to own their own gym, which is named after Shafsky's dog, Heni, a nickname for Hendrix after rock star legend Jimi Hendrix. "I struggled years ago with anxiety and depression and my dog was kind of one of those things that really helped me get through it," she said.

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Art studio helps students expand artistic voice

By ZOYA HAJEE
PHOTOS COURTESY OF GREEN FOREST ART STUDIO

Emma Peng first pursued her passion for children's art education by studying at the National Taiwan University of Art with a full scholarship as a fine art major. She obtained a master's in Art Education at the Taipei University of Education and her artistic accomplishments led her work to be commissioned by the President of Taiwan as gifts to foreign diplomats.

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What Is Aortic Valve Replacement, and How Could It Benefit You?

Aortic stenosis results when the artery becomes too stiff, reducing or blocking blood flow from the heart into the aorta – which is the main artery carrying blood to the body. Aortic stenosis cannot be reduced or stopped with medications; it requires surgical intervention to treat.

Open heart surgery to replace faulty aortic heart valves has been performed successfully for several decades, and it is considered safe for most patients. At Washington Hospital, valve replacement surgeries are regularly performed by Teng Lee, MD, and Ramin Beygui, MD, medical director of Cardiothoracic Surgery for Washington Hospital Healthcare System.

For patients who are more frail and not good candidates for open-heart surgery, however, there is a newer, minimally invasive procedure to replace a narrowed aortic valve that fails to function properly. This procedure is the transcatheter aortic valve replacement (TAVR).

Free seminar
explains options
for heart valve
replacement, including
minimally invasive
TAVR procedure

open-heart surgery to replace an aortic valve that has narrowed due to aortic stenosis," says Dr. Beygui.



Identifying heart conditions, such as aortic valve disease, may start with simple screening tests.

California, San Francisco (UCSF), notes that he was involved in evaluating potential patients for the TAVR procedure in 2011, while it was in clinical trials. At the time, he was on the medical faculty at Stanford University.

“Originally, TAVR was considered only for high-risk aortic stenosis patients, including those who previously had numerous other surgeries such as heart bypass procedures,” he explains. “We also considered patients with comorbidities such as complicated lung disease or diabetes complications, including kidney or peripheral artery disease. Now, however, with a solid track record of successful TAVR procedures, we also perform TAVR for patients at intermediate risk.”

According to Dr. Beygui, aortic stenosis may not produce noticeable symptoms for quite awhile, which makes it important for people to have regular medical checkups to evaluate their heart function.

"If you have aortic stenosis, you might not notice any symptoms," he says. "Some relatively early symptoms might include shortness of breath and fatigue. As the stenosis progresses, you may begin to experience chest pain or fainting, called syncope. More severe aortic stenosis can result in congestive heart failure, with the heart unable to pump blood."

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



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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
	1/1/19	1/2/19	1/3/19	1/4/19	1/5/19	1/6/19	1/7/19
12:00 PM 12:00 AM	Advance Health Care Planning	Mental Health Education Series: Anxiety Disorders	Low Back Pain	Mental Health Education Series: Mental Wellness	Deep Venous Thrombosis	Voices InHealth: Demystifying the Radiation Oncology Center	Symptoms of Thyroid Problems
12:30 PM 12:30 AM	Colon Cancer: Prevention & Treatment		Updated Treatments for Knee Pain & Arthritis		Family Caregiver Series: Caregiving From A Distance	Nerve Compression Disorders of the Arm	
1:00 PM 1:00 AM	Inside Washington Hospital: The Green Team			New to Medicare? What You Need to Know			
1:30 PM 1:30 AM	Women's Health Conference: Women & Stroke: Are You at Risk?	Relieving Back Pain: Know Your Options	Prostate Cancer: What You Need to Know		Mental Health Education Series: Understanding Psychotic Disorders		
2:00 PM 2:00 AM	Arthritis: Do I Have One of 100 Types?					Obesity: Understand the Causes, Consequences & Prevention	Weight Management: Stopping the Madness
2:30 PM 2:30 AM	Strategies to Reduce the Risk of Cancer Recurrence	Not A Superficial Problem: Varicose Veins & Chronic Venous Disease	Women's Heart Health	Diabetes Matters: Medicare	Family Caregiver Series: Tips for Navigating the Health Care System		
3:00 PM 3:00 AM						The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	Surgical Treatment of Obstructive Sleep Apnea
3:30 PM 3:30 AM	Strategies to Help Lower Your Cholesterol and Blood Pressure	History of Washington Hospital, 60 Years Strong	Digestive Health: What You Need to Know	How to Talk to Your Doctor			
4:00 PM 4:00 AM					Washington Township Health Care District Board Meeting December 12, 2018	Learn About the Signs & Symptoms of Sepsis	History of Washington Hospital, 60 Years Strong
4:30 PM 4:30 AM	Taking Charge of Your Health	Diabetes Matters: Type 1.5 Diabetes	Diabetes Matters: Filipino Food	Caregiver Series: Dementia			
5:00 PM 5:00 AM					Family Caregiver Series: Understanding Health Care Benefits	Washington Township Health Care District Board Meeting December 12, 2018	Vitamins & Supplements: How Useful Are They?
5:30 PM 5:30 AM	Mindful Healing	Dietary Treatment to Treat Celiac Disease	Family Caregiver Series: Copendency and the Caregiver	Washington Township Health Care District Board Meeting December 12, 2018			
6:00 PM 6:00 AM					Balance & Falls Prevention	Stress Management	Mental Health Education Series: Understanding Mood Disorders
6:30 PM 6:30 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver	Diabetes Matters: Straight Talk About Diabetes Medications	Family Caregiver Series: Nutrition for the Caregiver	Family Caregiver Series: Hospice & Palliative Care			
7:00 PM 7:00 AM					History of Washington Hospital, 60 Years Strong	Inside Washington Hospital: Implementing the Lean Management System	Family Caregiver Series: Caregiving From A Distance
7:30 PM 7:30 AM	Washington Township Health Care District Board Meeting December 12, 2018	Updated Treatments for Knee Pain & Arthritis	Washington Township Health Care District Board Meeting December 12, 2018	Palliative Care Series: Interfaith Discussions on End of Life Topics			
8:00 PM 8:00 AM					Strategies to Reduce the Risk of Cancer Recurrence	Not A Superficial Problem: Varicose Veins & Chronic Venous Disease	Women's Heart Health
8:30 PM 8:30 AM	Surgical Treatment of Obstructive Sleep Apnea	Sick Feet?	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Diabetes Matters: Asian Indian Cooking			
9:00 PM 9:00 AM					The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	Minimally Invasive Options in Gynecology	Digestive Health: What You Need to Know
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	Family Caregiver Series: Mindfulness Meditation for the Care						

Is Improving Your Health Part of Your New Year's Resolution?

Physician Advice: Set Reasonable Goals and Create an Action Plan for Getting There

Do your New Year's resolutions include losing weight or exercising more? Adopting healthier habits is a great way to start the year, but it can be daunting if you don't have a plan.

"If you want to be successful, you need to set reasonable goals and have an action plan for getting there," says Dr. Vanessa Wilson, a member of the Washington Township Medical Foundation who specializes in internal medicine. "First you need to decide what you want to accomplish."

One of the most common New Year's resolutions is to lose weight. But instead of focusing on weight loss, Dr. Wilson recommends planning to make incremental changes in your diet that will ultimately help you lose weight and improve your health.

"Food has a big effect on your health, but it's an area where most people struggle," she acknowledges. "You don't need to

dramatically change your food choices all at once to see an impact. Making a few changes can help lower your numbers – blood pressure, cholesterol and glucose. As you make more changes over time, your diet will become much healthier."

For example, if you eat a lot of red meat, she suggests swapping out a few meals with fish or chicken. People who eat a lot of junk food like chips and candy can try substituting fruit once or twice a week.

"Make a plan for how you can increase the number of exchanges you make over time," she adds. "It will be much easier to lose weight as you eat healthier, especially if you add exercise to your plan of action."

Get Moving

Exercise is also high on the list when it comes to New Year's resolutions, but Dr. Wilson warns that people often set goals that are too ambitious.

"There are only 24 hours in a day, so it's important to be realistic," she cautions. "You don't need to change up your whole schedule to get some physical activity."

She recommends exercising at least three hours a week and working physical activity into your schedule. For example, walk for 15 minutes during lunch and another 15 minutes after dinner. "You can join a gym and make a plan to go two or three days a week. You can plan to go more often as you get in better shape."

The Washington Hospital Wellness Center also offers a number of exercise and fitness classes that can help you get moving. To learn more, visit www.whhs.com.

Sleep More

While people often focus on diet and exercise when it comes to New Year's resolutions, Dr. Wilson notes there are other simple steps you can take to

improve your health, including getting more sleep.

"Everyone is so busy these days that many people are sleep deprived," she warns. "Lack of sleep has serious health consequences. You need to get at least seven hours of sleep every night."

According to the National Institutes of Health, not getting sufficient sleep every night is associated with numerous health problems, including heart disease, diabetes, stroke and obesity. Dr. Wilson recommends setting a sleep schedule that is consistent.

"You should talk to your spouse and agree on a time for lights out every night. Getting plenty of sleep can really improve your overall health and sense of well-being."

Manage Stress

Dr. Wilson includes stress management as part of your plan for better health in the new year. "Stress can be very hard on your

body," she explains. "Many people are stretched between busy jobs, kids and other obligations. It's important to prioritize. Learn how to say no to obligations that aren't crucial."

Make time to relax and socialize with friends, and avoid too much social media. "Socializing in real time is so much better for your health," she adds.

Dr. Wilson also suggests yoga or meditation as a way to help manage stress and feel more calm. The Washington Hospital Wellness Center also offers yoga and meditation classes to help you get started, as well as massage therapy for relaxation. For more information about programs and services at Washington Hospital that can help you meet your health goals, visit www.whhs.com/events



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whhs.com/cancer/lymphedema

Lymphedema Services



**Washington Hospital
Lymphedema Services**
2500 Mowry Ave.,
suite 140
Fremont, CA 94538
(510) 818-6758

The Lymphedema Services staff at Washington Hospital is dedicated to helping each patient learn how to manage lymphedema and keep it under control. Through special massage techniques and knowledge of the latest treatment options, our lymphedema certified physical therapists help lymphedema patients regain control and take their lives back through quality, local care.

Lymphedema Education Class

The Lymphedema Educational Series is offered to anyone who is interested in learning more about the lymph system and lymphedema. The class will cover general information about the function of the lymph system, including:

- Definition of lymphedema
- Risks for developing lymphedema
- Signs and symptoms of lymphedema
- Precautions
- Getting diagnosed
- Benefits of lymphedema therapy
- General nutrition guidelines
- Resources

When: Second Tuesday of every month
Time: 1:30 to 2:30 p.m.
Where: Washington Women's Center Conference Room
(Washington West, 2500 Mowry Ave.)

For class dates and more information, please visit whhs.com/cancer/lymphedema or call (510) 818-6758.



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continued from page 2

What Is Aortic Valve Replacement, and How Could It Benefit You?

Diagnosis of aortic stenosis generally begins simply with a physician listening to the patient's heart rhythm with a stethoscope.

"If we detect a murmur or irregularity in the patient's heartbeat, we then conduct an echocardiogram, which is a

noninvasive sonogram of the heart, to measure the heart valve function," says Dr. Beygui. "When a patient is diagnosed with aortic stenosis, we would next determine whether replacing the valve should be performed via open-heart surgery or the TAVR procedure,

Free seminar explains options for heart valve replacement, including minimally invasive TAVR procedure

which replaces the valve without removing the old, damaged valve."

At the seminar, Dr. Beygui will compare and contrast each procedure. "One advantage of the TAVR procedure is usually less pain and a quicker recovery period than open-heart surgery. The risks

associated with both procedures are very similar." Dr. Beygui began performing TAVR procedures at UCSF in 2016. He is one of three cardiothoracic surgeons at UCSF who perform the procedure.

During his presentation, Dr. Beygui will also address overall cardiac health issues. "The risk for developing aortic stenosis generally increases with age, but we don't always know who will develop the condition," he explains. "In some cases it may be the result of a genetic predisposition or a pre-existing condition. There also are some congenital heart issues, present from birth, that may cause aortic stenosis at a younger age, which we can discuss at the seminar."

If it is determined that a TAVR procedure would be more beneficial to a patient, the procedure would be performed at UCSF. Through Washington Hospital's affiliation with UCSF Health, community members of the Tri-City Area have the benefit of outstanding academic-level care with the convenience of local appointments, pre-op workups and post-op care.

Learn More

To register for the February 11 seminar, visit www.whhs.com/events or call (800) 963-7070.

Chabot Space & Science Center announces 2019 public programs

SUBMITTED BY CHABOT SPACE & SCIENCE CENTER

Chabot Space & Science Center has announced its schedule of winter public programs for January and February 2019. Enhancing the center's popular current exhibitions including "Going the Distance: Our Reach into Space," Project Create and Observation Deck, visitors will enjoy a range of activities and themes including the return of laser shows with music and science lectures, winter First Fridays, Valentine's Day "love missions", hip-hop, the science of colors, the International Children's Film Festival and more.

Is your red the same as my red? Join us for a chromatic exploration into the science of color! Discover how the brain perceives the visible light spectrum and how color theory manifests in human endeavors like film, art, and design. Learn about color in natural world, how some animals can see in more colors than others, and finally be able to give a good answer when someone asks you why the sky is blue!

First Friday: The Science of Color
Friday, Jan 4
6:00 p.m. – 10:00 p.m.
Admission: \$5

Want to impress your friends with your knowledge of science and culture? Looking for a new date night activity? Just want to kick back and watch a laser show? Join us at Chabot for our new Lectures & Lasers series! Every month we'll be joined by experts, writers, and entertainers to delve into a new topic from rocket launches to pop astrology and everything in between. Then grab a drink and head to the planetarium dome for an immersive, multi-sensory music and laser light show. Shows, including the Beatles, U2, and Pink Floyd, will rotate each month. Beer, wine, non-alcoholic beverages, and desserts will be available for purchase. Come early to explore the center and enjoy dinner at Bean Sprouts Café before the show! (This event is recommended for ages 15 and up).

Rockets put on an impressive show, but you might have wondered exactly why the

Space shuttles' engines produce an almost transparent exhaust, while the boosters generate an intense white smoky flame. The answer, of course, involves rocket science and a lot of amazing visuals looking in details at how rockets light up the sky. Join us for "The Science Behind the Awesome Sights of Rocket Launches" talk by Scott Manley.

Manley is best known for his space-themed YouTube channel where he brings science into video games and teaches kids of all ages the math behind rocket science. Originally from Scotland, Manley spent a decade in academia studying astrophysics and computational physics at the University of Glasgow and Armagh Observatory before being lured to the SF Bay Area by the prospect of a "paying job" in the land of tech startups.

When Kerbal Space Program appeared, his videos explaining the game and the science behind it became big hits on YouTube. Manley's videos generated over 100 million views and 500,000 subscribers in part because of his knowledge, but most likely because of

his Scottish accent, tag lines and bad jokes. Manley is also a long-term supporter of planetary defense, having studied the asteroid hazard in his postgraduate work. He has worked with Asteroid Day and the B612 Foundation to promote the cause.

Lectures & Lasers

Friday, Jan 18

6:30 p.m. – 10:00 p.m.

7:00 p.m.: Scott Manley Talk: The Science Behind the Awesome Sights of Rocket Launches

8:15 p.m.: Led Zeppelin Laser Show

9:15 p.m.: Pink Floyd: "Dark Side of the Moon" Laser Show

Admission: Lecture & Laser Show, \$15; Laser Show only, \$8

For an updated schedule of events and programs, visit: www.chabotspace.org.

Chabot Space & Science Center
10000 Skyline Blvd, Oakland
(510) 336-7300
<https://chabotspace.org/>

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Chamber gala to honor the best and brightest

SUBMITTED BY
HAYWARD CHAMBER OF COMMERCE

For many people in the Hayward business community, it soon will be time to break out their best attire to attend the Hayward Chamber of Commerce 75th Anniversary Gala. The black tie optional event is set for Saturday, January 26 and will include a dinner, chamber celebration and recognition of top business and community leaders. Awards also will be given to Hayward's Educator, Firefighter and Police Officer of the Year.

"This is one of Hayward's great traditions and reflects the esteem this city has for those that make community service part of their life's work," said Kim Huggett, president and CEO of the chamber. "The fact that the gala sells out every year says a lot about Hayward and this event."

Those to be honored are:

- Business Person of the Year: Renee Rettig of Books on B
- Educator of the Year: Kristina Adams, Director of Early Childhood Education Programs, Hayward Unified School District

- Police Officer of the Year: Det. Claudia Mau
- Firefighter of the Year: Firefighter Daniel Grueneberg

The gala will be held in the New University Union at California State University, East Bay, 25800 Carlos Bee Blvd. Doors open at 6 p.m. for a silent auction with a no host bar and hors d'oeuvres followed by the dinner and award presentations at 7 p.m.

Tickets are \$175 each or \$1,400 for a table for eight and are available at the Hayward Chamber of Commerce office, 22561 Main St., Hayward. For details, visit their website at www.hayward.org or call (510) 537-2424.

Hayward Chamber Gala
Saturday, Jan. 26
6 p.m.
Dinner and awards presentation

California State University, East Bay
25800 Carlos Bee, Blvd., Hayward
(510) 537-2424
www.hayward.org
Tickets: \$175

Dance for Fun 'n Fitness

SUBMITTED BY MARIANNE LEDDA

The Fremont Main Library invites the community to beginner-friendly dance lessons on Saturday, January 12. The sessions, open to ages 14 to 94, will be conducted by Bay Area-based vintage dance instructor Michael Quebec. No partners are required to attend the classes. For more information, call the library at (510) 745-1400 or visit <https://events.aclibrary.org/event/4652204?&chs=a>.

Dance Lessons
Saturday, Jan 12, 2019
2 p.m. – 4 p.m.

East Coast Swing Jitterbug Dance Lessons:
2 p.m.
Easy Vintage Rock and Roll-era line dances
(The Hully Gully and Strolling):
3 p.m.

Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
<https://events.aclibrary.org/event/4652204?&chs=a>
No toddlers or small children

Birdhouse Battle

SUBMITTED BY GEOFF LANDREAU

Hayward Unified School District invites the community to its fifth annual "Build a Better Birdhouse Battle" from January 11 to January 12. The silent auction will showcase birdhouses built by students at Tennyson, Hayward High and Mt. Eden as well as artwork from Ochoa and Martin Luther King middle schools. Most birdhouses will have a "buy it now" price as well as a silent auction style bidding sheet. For more information, call (510)-723-3180 or email Geoff Landreau, Fine Arts teacher, Mt. Eden High School at glandreau@husd.us.

Friday, Jan 11
4:00 p.m. – 5:30 p.m.
Saturday, Jan 12
12 noon – 2 p.m.

Sun Gallery
1015 E St, Hayward
(510)-723-3180

glandreau@husd.us
Refreshments served
Highest bidders by 2 p.m.
Jan 12 will win

E-book mysteries solved

SUBMITTED BY NISSA NACK

Are you one of the lucky folks who received a new electronic device over the holidays but aren't sure how to get started using it as an e-reader? Tech wizard Jesse Kaplan can probably help. Kaplan will be on hand to provide one-to-one assistance to tech device newbies at an e-book clinic set for Wednesday, January 9 at the Union City Library. During the one-hour program, participants will learn how to make the most out of online library resources and how to

download and enjoy e-books and e-audiobooks on their electronic devices. Admission is free to all ages; no registration is required.

E-book clinic
Wednesday, Jan. 9
6:30 p.m. – 7:30 p.m.

Union City Library
34007 Alvarado-Niles Road, Union City
(510) 745-1464

Admission: Free

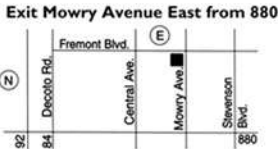
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BUSINESS

Tolls on 7 San Francisco area bridges to increase Jan. 1

SOURCE: AP - AP WIRE SERVICE

Tolls on the San Francisco Bay Area's seven state-owned bridges will go up by \$1 starting on Jan. 1. The Mercury News reports that rush-hour tolls on the Bay Bridge will increase to \$7 from \$6, and the toll during off-commute hours will go up to \$5. The Bay Area Toll Authority says the price will rise to \$6 at the Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael and San Mateo-Hayward bridges. The current toll is \$5. The increases are the result of a regional measure passed by voters in June. The hikes are the first on the bridges since 2010. Tolls will increase again by \$1 in January 2022 and January 2025. The Golden Gate Bridge is independently owned and operated and not impacted by the measure passing.

— Information from: San Jose (Calif.) Mercury News, <http://www.mercurynews.com>

Feds tell California to make ID requirements stricter

SOURCE: AP - AP WIRE SERVICE

The U.S. government says California must change how it issues identification cards that comply with stricter federal requirements. The so-called Real ID cards will be needed to board airplanes or enter federal buildings by October 2020 under security enhancements following 9/11. California already has issued 2.3 million cards. Department of Motor Vehicles spokesman Marty Greenstein said Friday that those IDs will remain valid and changes will apply going forward. The DMV had required one document proving residency and counted on delivery by the post office as secondary proof of someone's address. Emails show the Department of Homeland Security approved that process last year. But it told the DMV in November that was no longer acceptable and two documents proving residency are required. The change will be implemented next spring.

Airbnb making new push for smoke, carbon monoxide alarms

SOURCE: AP - AP WIRE SERVICE

Airbnb wants more of its rental properties to have smoke alarms and carbon monoxide detectors. Starting Wednesday, the San Francisco-based company will alert guests before they book a property if the host hasn't reported having a smoke or carbon monoxide alarm. Airbnb stopped short of requiring the devices at its 5 million properties. They're only required at higher-end Airbnb Plus rentals and where local laws demand them. Airbnb won't say how many of its properties have smoke or carbon monoxide alarms, but it has encouraged hosts to install them. The company has shipped them to hosts for free since 2014. Almost all U.S. hotel rooms have had smoke detectors since 1990. But only 14 states require hotels to install carbon monoxide detectors, according to the National Conference of State Legislatures.

Firm wins passenger OK for self-driving cars in California

SOURCE: AP - AP WIRE SERVICE

Self-driving car startup Zoox won permission Friday to start offering rides to passengers in California. The Public Utilities Commission granted Zoox the first permit to ferry riders in autonomous vehicles under a pilot program. But Zoox can't charge for the service and a backup driver must be in the car. Under the program, Zoox will submit information to the commission on the number of passenger miles traveled in the test cars and any incidents that occur, along with pollution and safety data. There was no immediate word on when Silicon Valley-based Zoox would start its service, which would likely be confined to the San Francisco Bay Area. Messages to Bert Kaufman, the company's head of corporate and regulatory affairs, were not immediately returned. It's a milestone in the race to make autonomous vehicles safe and comfortable enough to be trusted by lawmakers and the public at large. Besides the enormous technical challenges, companies must fight the backlash that can follow test car crashes, such as one last year in Tempe, Arizona, where an Uber autonomous vehicle struck and killed a pedestrian. Zoox last week released its first safety report, which calls safety

foundational to the firm, which is working on both hardware and software for self-driving vehicles. More than 60 companies have California permits to test autonomous vehicles. But so far, they can only carry employees and researchers. In October, Google's self-driving car spinoff, Waymo, became the first firm to receive permission to test autonomous vehicles in California without a backup driver. Waymo, which has been working on self-driving vehicles for a decade, also has requested the Public Utilities Commission's permission to start a passenger service. Earlier this month, Waymo began offering a small paid ride-hailing service in Arizona, where regulations are looser. However, those cars have backup drivers. The service, dubbed Waymo One, is confined to a roughly 100-square-mile area in and around Phoenix. General Motors also is gearing up to begin offering a ride-hailing service through its Cruise subsidiary. Cruise plans to start its ride-hailing service at some point next year in at least one U.S. city. Another self-driving car company, Drive.ai, has been giving short-distance rides to all comers within Frisco, Texas, and Arlington, Texas, since the summer.

Apple to tutor women in tech in bid to diversify industry

By MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

Apple is launching a new program designed to address the technology industry's scarcity of women in executive and computer programming jobs. Under the initiative announced Monday, female entrepreneurs and programmers will attend two-week tutorial sessions at the company's Cupertino, California, headquarters. The camps will be held every three months beginning in January. For each round, Apple will accept up to 20 app makers founded or led by a woman. The app maker must have at least one female programmer in its ranks to qualify. Apple will cover travel expenses for up to three workers from each accepted company. Like other major tech companies, Apple has been trying to lessen its dependence on men in high-paying programming jobs. Women filled just 23 percent of Apple's technology jobs in 2017, according to the company's latest breakdown. That's only a slight improvement from 20 percent in 2014, despite the company's pledge to diversify its workforce. The idea behind the new camp is to keep women interested and immersed in the field, said Esther Hare, Apple's senior director of world developer marketing. It's not clear how much of a dent Apple's new program will have. Google also offers training for girls and women pursuing careers in technology, but its program hasn't done much to diversify the workforce so far. Women were hired for nearly 25 percent of Google's technology jobs in 2017, up from nearly 21 percent in 2014, according to the company. Apple and other technology companies maintain that one of the main reasons so many men are on their payrolls is because women traditionally haven't specialized in the mathematical and science curriculum needed to program. But industry critics have accused the technology companies of discriminating again women through a male-dominated hierarchy that has ruled the industry for decades. Apple isn't saying how much it is spending on the initiative, though beyond travel expenses, the company will be relying on its current employees to lead the sessions.

Looking for a New Year's resolution? Donate blood

SUBMITTED BY CHRISTINE WELCH

Even though the holiday season is over and the new year has arrived, officials from the American Red Cross are reminding people that the need for blood is ongoing. A good New Year's resolution for many people might be to share their good health by donating blood or platelets for patients in need. Make an appointment to donate blood or platelets by downloading the free American Red Cross Donor app at www.RedCrossBlood.org or by calling 1 (800) 733-2767. Meanwhile, here are some of the in-person blood donation opportunities available in the Tri-City area through January 15:

Fremont	
Jan. 3	10 a.m. to 4 p.m.
Fremont Police Department	
2000 Stevenson Blvd.	
Newark	
Jan. 3: 11:45 a.m. to 6:15 p.m.	
Jan. 4-5: 8:15 a.m. to 3:00 p.m.	
Jan. 6: 8:15 to 2:45 p.m.	
Jan. 7: 11:45 a.m. to 6:15 p.m.	
Jan. 8-10: 11:45 a.m. to 6:30 p.m.	
Jan. 11-12: 8:15 a.m. to 3:00 p.m.	
Jan. 13: 8:15 a.m. to 2:45 p.m.	
Jan. 14: 11:45 a.m. to 6:15 p.m.	
Jan. 15: 11:45 a.m. to 6:30 p.m.	
Fremont - Newark Blood Donation Center	
39227 Cedar Blvd., Newark	

Environmentalists sue over acidic ocean off Oregon coast

SOURCE: AP - AP WIRE SERVICE

An environmental group is suing the U.S. Environmental Protection Agency, alleging that fossil fuel consumption has damaged Oregon's marine waters by causing ocean acidification that's killing off shellfish. A lawsuit filed Tuesday in U.S. District Court in Portland by the Center for Biological Diversity alleges that the EPA has failed to identify and protect those marine waters in Oregon under the Clean Water Act. The lawsuit says increasing acid levels in the ocean strips seawater of calcium carbonate — a building block for marine creatures with shells. Oregon's oyster farms first experienced large-scale die-offs from ocean acidification in 2005. Some Pacific Northwest hatcheries have lost 80 percent of their oyster larvae to problems linked to acidification. EPA spokeswoman Suzanne Skadowski says the agency doesn't comment on pending litigation.

LETTER TO THE EDITOR

Animal advocates are asking the Alameda County Board of Supervisors to amend the current county rodeo ordinance so as to include bans on the following cruel (and non-sanctioned) events:

- “wild cow milking contest” (in which a cow was killed at the 2015 Rowell Ranch Rodeo, leaving an orphaned calf);
- the “mutton busting” event, in which small children, often in tears, are coerced into riding terrified sheep. Dangerous for all, and banned in New Zealand;
- “goat tying,” and all animal “scrambles.”

None of these events has anything to do with life on a working ranch. We're also asking for a ban on the use of electric prods on animals in the holding chutes. If approved, the ordinance would apply to the Rowell Ranch and Livermore rodeos, as well as the County Fair. HARD has received more than 300 letters in support of these modest requests. An on-line petition posted by ANIMAL PLACE garnered more than 180,000 signatures. Most recently, the Board has received a support letter from the Alameda County Veterinary Medical Association (ACVMA).

The public is urged to write to Supervisor Wilma Chan, president, and members, Alameda County Board of Supervisors, 1220 Oak Street, Oakland, CA 94612; email - dave.brown@acgov.org

As Gandhi famously wrote, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.” This would be a good start.

Eric Mills, coordinator
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Ikea moving into city centers to adapt to consumer changes

By VANESSA GERA
ASSOCIATED PRESS

An airport worker drops by Warsaw’s newest Ikea store during her lunch break to finish up plans for a home refurbishment. Around her, people drift in and out of the shop, placing small houseware items in big yellow bags as cafe tables fill up with people just stopping in for lunch.

The store is not one of Ikea’s out-of-the-way, maze-like warehouses that require a car to visit, but a shop like any other in a city center shopping mall. The Swedish retailing giant plans to open 30 such smaller stores in major cities around the world as part of a broader transformation to adapt to changing consumer habits. Compared with just a decade ago, shoppers are more likely to be living in urban areas and not have a car, and often want a nearby location to look at goods like furniture in person before ordering things online.

“I like the idea because you can come any time,” said 29-year-old Angelika Singh, the airport worker, as she finalized an order for a new kitchen. “Mostly when you go to Ikea you need to have a whole day free, or at least half a day free, because it’s far.”

Warsaw’s store is located on two floors covering nearly 5,000 square meters (54,000 square feet), about one-fourth of a traditional big-box store. Similar stores have also opened in major cities like London and Madrid and more are expected globally.

Shoppers can buy cushions,

curtains and other home items. They can design the layout of bedrooms and kitchens at computer stations. But those hoping to buy a bookcase or bed will not find them stocked in a large warehouse, though they can order them at kiosks and have them delivered to their homes.

As such, it offers a very different shopping experience from the usual visit to one of the large warehouse stores.

“Ikea’s been doing pretty much the same for 70 years. It’s been a cash-and-carry company, and it still is for the majority of its sales,” said Andreas Flygare, the project manager for the Warsaw store. Now, he explained, the company must adapt to a consumer environment that has changed dramatically in the last 10 years.

“You have companies like Amazon and Uber that are raising the bar for what is expected. Because if you can have same-day delivery, or an Uber is two minutes away, it influences other companies, like Ikea,” he said in a recent interview in the store’s cafe. “It can be a quite tough environment. Everything is changing so fast.”

While Ikea is still profitable, its earnings have recently been growing more slowly than expected.

Thomas Slide, senior retail analyst at the market research firm Mintel, described it as a rational response to a “global trend towards urban living and a rebirth of the cities.”

“While Ikea used to be able to build its big blue warehouses on

the edge of towns and cities and expect shoppers to come to them, now it has recognized it needs to be more flexible in its approach and take the Ikea experience to them, through digital channels and smaller stores closer to where people live and work,” Slide said.

Ikea isn’t the first to embrace such an approach. In the U.S., retailer Target has rolled out smaller stores to broaden its reach. French hardware store Leroy Merlin has done the same, as have Kingfisher-owned DIY store B&Q and sofa retailer DFS in Britain.

“While Ikea may not be on the cutting edge of this trend, it’s an important strategy to prepare the business for the future,” Slide said. “The challenge will be adding extra services through additional channels while also maintaining profitability.”

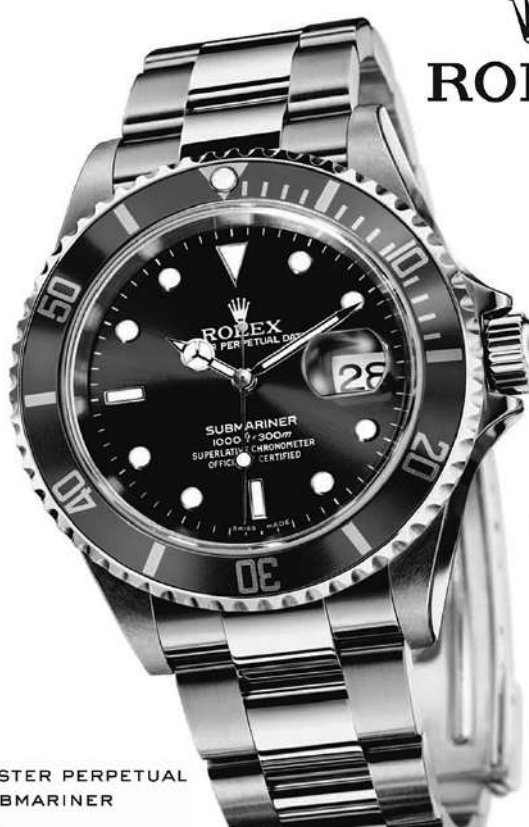
Chen Yu Ting, a 25-year-old from Taiwan who studies medicine in Warsaw, said it used to take him 40 minutes by bus to visit one of the large Ikea stores outside the city. But he is a short walk to the new store, and after an initial trip to buy pillows and bed sheets he now returns often for lunch, which is priced right for his budget.

“It’s more convenient, and now I just come here to eat,” he said.

His only complaint? The store doesn’t stock frozen meatballs.

—

Jan M. Olsen in Copenhagen, Denmark, contributed to this report.



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Next US moon landing will be by
private companies, not NASA

By MARCICA DUNN AP AEROSPACE WRITER

America’s next moon landing will be made by private companies – not NASA.

NASA Administrator Jim Bridenstine announced Thursday that nine U.S. companies will compete in delivering experiments to the lunar surface. Bridenstine says NASA will buy the service and let private industry work out the details on getting there.

The goal is to get science and technology experiments to the surface of the moon as soon as possible. The first flight could be next year. 2019 marks the 50th anniversary of the first manned moon landing.

The announcement comes just three days after NASA landed a spacecraft on Mars. NASA wants to see how it goes at the moon before committing to commercial delivery services at Mars.

The nine companies, representing seven states, are: Astrobiotic Technology Inc., Pittsburgh; Deep Space Systems, Littleton, Colorado; Draper, Cambridge, Massachusetts; Firefly Aerospace Inc., Cedar Park, Texas; Intuitive Machines, Houston; Lockheed Martin, Littleton, Colorado; Masten Space Systems Inc., Mojave, California; Moon Express, Cape Canaveral; and Orbit Beyond, Edison, New Jersey.

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Connie Tsai



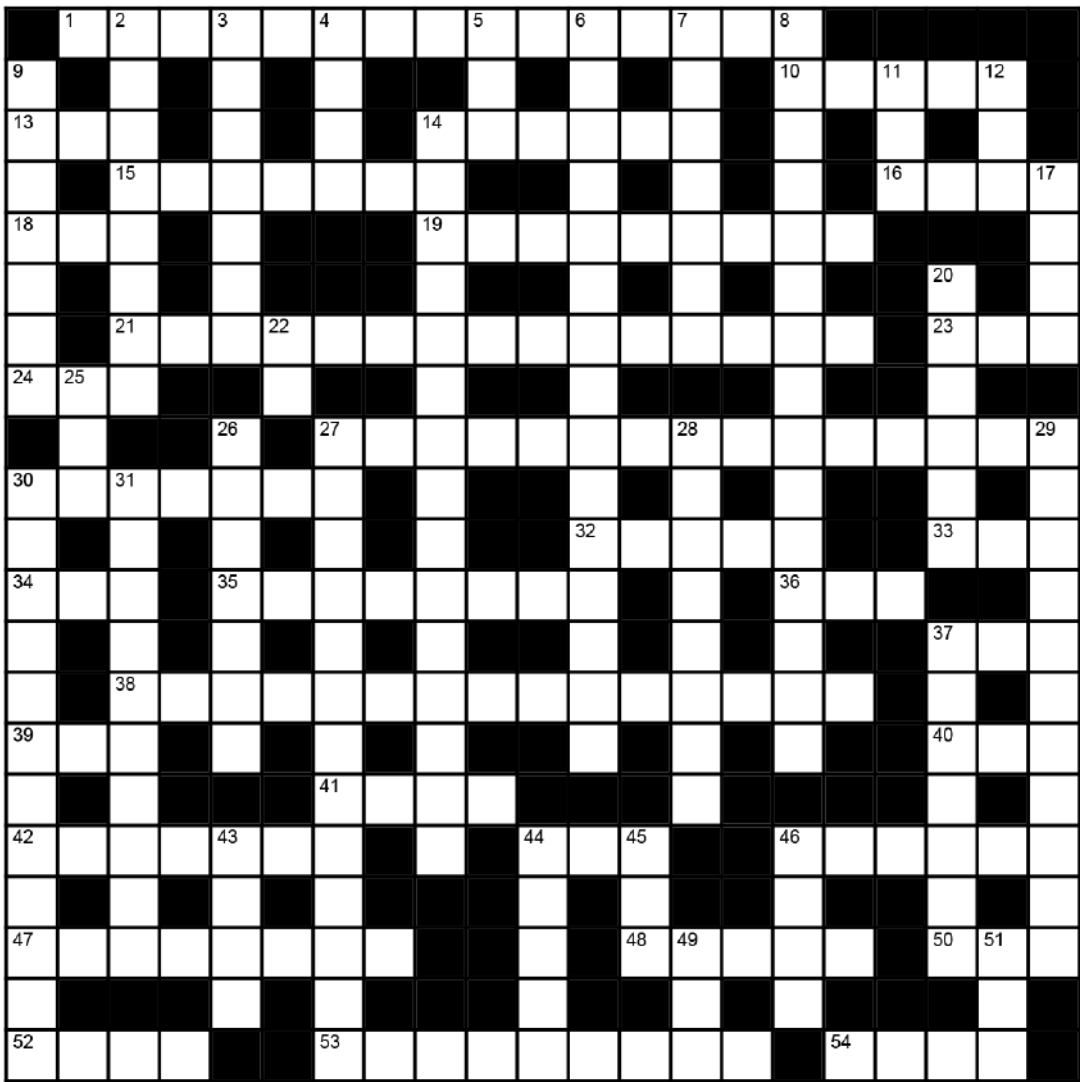
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Mind Twisters

Crossword Puzzle



- Across

1 Ready for battle (5,2,3,5)

10 Chew the scenery (5)

13 N.Y.C. airport (3)

14 Take a chance (4,2)

15 Results in (5,2)

16 Masked critter (4)

18 www.yahoo.com, e.g. (3)

19 Clickers (9)

21 Thoroughly (4,4,2,5)

23 Op. ____ (3)

24 Wallace of "E.T." (3)

27 Grave (2,5,2,1,5)

30 Perfectly (2,1,4)

32 Likker (5)

33 Priestly garb (3)

34 Floral necklace (3)

35 Clairol choice (8)

36 Spanish bear (3)

37 Haul (3)

38 Exactly correct (4,2,3,6)

39 Outer: Prefix

40 Kazakhstan, once: Abbr. (3)
- 41 Quite (2-2)

42 Last (7)

44 Handle clumsily (3)

46 One of the Jacksons (6)

47 Survives (8)

48 10 kilogauss (5)

50 ____ kwon do (3)

52 Puppy sounds (4)

53 Witch (9)

54 Prepare (4)
- Down

2 Actual (4-4)

3 Ready for (5,2)

4 Fancy marbles (4)

5 "Bali ____" (3)

6 Bolt (4,2,4,5)

7 Gone (7)

8 1956 Elvis song (10,5)

9 Mistreated (3-4)

11 Like some stocks, for short (3)

12 Fair-hiring inits. (3)

14 Genius (6,9)
- 17 Da's opposite (4)

20 "Evangeline" setting (6)

22 ... (2)

25 "Do Ya" rock grp. (3)

26 Round (7)

27 Phrase on the back of a buck (6,7)

28 Balmy (8)

29 Hard work (5-6)

30 Bedtime request (4,2,1,5)

31 House of Lords member (10)

37 Try (4,3)

43 Emphatic type: Abbr. (4)

44 Mischief-maker (5)

45 All ____ (3)

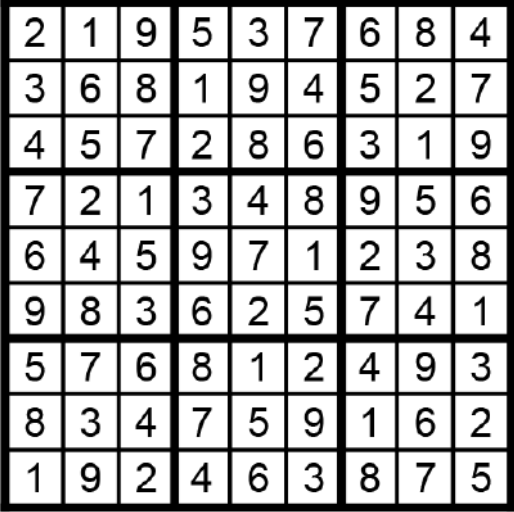
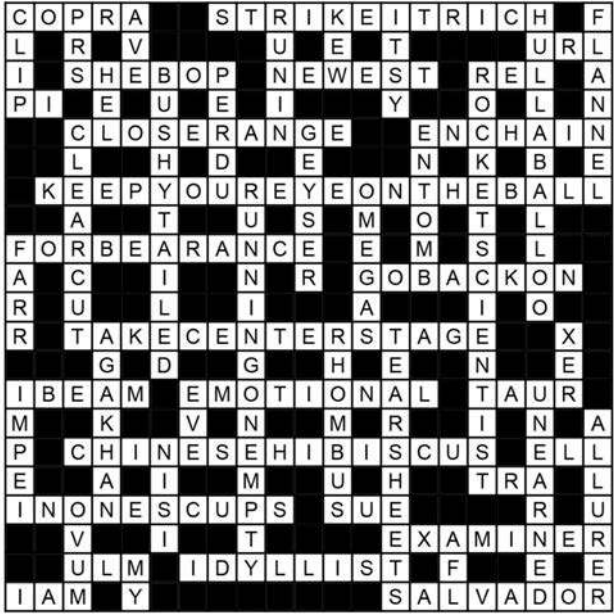
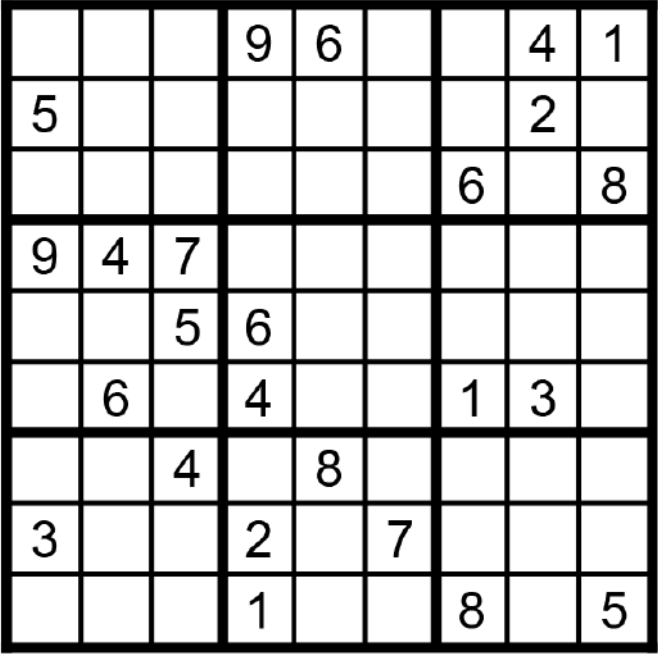
46 Wallace of Reader's Digest (4)

49 Cologne cooler (3)

51 Biblical boat (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JANUARY 2 - JANUARY 8

For All Signs: On January 5, we will experience an astrologically significant solar eclipse in the sign of Capricorn. This phenomenon is a symbol which marks the need for personal transformation as well as global/political change and its effects will be notable for the next two years. Now is the time to break free of unproductive ruts and

experiment with new forms in daily living patterns. Talk yourself past the fears and take the opportunity to try ideas that have been floating in the back of your mind for a long time.!

Aries the Ram (March 21-April 20): Take your vitamins and get plenty of rest this week. You are subject to allergic reactions or opportunistic viruses that cross your path. Your mind may feel foggy and unclear (perhaps due to allergy medications). Drive and handle tools carefully. Your dreaming mind could be especially active now.

Taurus the Bull (April 21-May 20): Your romantic side is co-operating well with your nurturing side at this time. This is especially good for female friendships. Make a date for lunch and reconnect with people you like. You can be a healing presence for friends or family members.

Gemini the Twins (May 21-June 20): Your attention shifts to matters of shared resources for the next three weeks. "Resources" include time, things of material value, energy and sexuality. The territory is wide, ranging from the mundane study of the budget, to investments, and even to important discussions with partners over the need for greater intimacy.

Cancer the Crab (June 21-July 21): Moon Children are always influenced by eclipses. This one on January 5 emphasizes your partner. He/she may start something new, which will have an effect on your relationship. The resulting effect may not be immediately apparent, but changes will develop over the next few months.

Leo the Lion (July 22-August 22): The eclipse of this week (see lead paragraph) may bring to mind a need for change in your selfcare regimen. This leads to reorganizing your daily routines to make time for improvements. Changes may also occur in your workplace that require adjustment. In the beginning it may be unsettling, but the end result will be positive.

Virgo the Virgin (August 23-September 22): This is a week in which your relationships flow smoothly. Mercury, your ruling planet, moves into the sector of life related to children, recreation, personal creativity, and romance. Your attention will be focused in these areas through

January. You will enjoy everything more if you can leave your Inner Critic locked in a box.

Libra the Scales (September 23-October 22): The New Moon eclipse brings attention to property. You may be needing to attend to that which is aging. It could be time to repair or replace. Your ruling planet is Venus. "She" moves into a new sector now through February 3. Your attention will be drawn to gatherings in neighboring areas and with those of your usual environment. Those with siblings may enjoy improved relationship(s) through this period.

Scorpio the Scorpion (October 23-November 21): You likely will be in the right place at the right time to offer your deep compassion for someone who needs it. Nobody can be as deeply empathetic with others as The Eagle. If you follow that urge, it will be healing for you as well. That kind of energy flows both ways.

Sagittarius the Archer (November 22-December 21): Venus enters your sign this week and will travel "with you" until February 3. The subject of

relationship will be very important as you move through this time. If you have issues with a partner, this is the time to lay them out on the table to take a look at how better to deal with them. Negotiate but do not accuse.

Capricorn the Goat (December 22-January 19): Please read the lead paragraph about the eclipse in your sign. Your sense of personal identity has been the subject under consideration. Who are you becoming and who do you need to be? How do you wish to define yourself before the world? You are learning what is required for you to hold onto your identity while simultaneously maintaining a rewarding relationship.

Aquarius the Water Bearer (January 20-February 18): This is a week in which you will be pondering important issues. It may be about career and life direction. Now is a time to take yourself and your intentions seriously. An opportunity to shape yourself into greater maturity is right before you. Hold a long- term perspective as you make decisions now.

Pisces the Fish (February 19-March 20): Communication with those from a distance will be favorable and supportive to your soul self. The time is auspicious for activities related to travel, the internet, publishing, teaching, higher education, and the law. You have a poetic turn of mind. You likely will enjoy reading spiritual or philosophical material

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



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- Some weekend and evening hours

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 - Assist Editor-in-Chief

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|--------------------------|------------------------------------|----------------------------|
| • Sciatica | • Migraines and headaches | • Arthritis and joint pain |
| • Neck and back pain | • Tendonitis and computer syndrome | • Traumatic injury |
| • Carpal tunnel syndrome | • Plantar fasciitis | • TMJ |

Holistic care for the following health issues:

- | | | |
|-----------------------|---------------------------------|-----------------------|
| • Menopausal symptoms | • PMS and hormonal imbalance | • Thyroid disorder |
| • Digestive disorders | • Diabetes and high cholesterol | • Autoimmunity |
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Discover your
family history

SUBMITTED BY JENNIFER TIBBETTS

Do you have an interest in researching your past but not sure where to start? The Kenneth Aitken Senior Center is hosting a Genealogy Research Class on Tuesday, January 8. The session, facilitated by volunteers Linda and Bill, will cover basics of how to begin your research to discover your family history. For more information, call Jennifer Tibbets, recreation coordinator, Hayward Area Recreation & Park District at (510) 888-5746.

Genealogy Class
Tuesday, Jan 8
2:00 p.m. – 3:55 p.m.
Kenneth Aitken Senior Center
17800 Redwood Rd, Castro Valley
(510) 888-5746
\$2 drop-in fee per person

Have questions about
your power bill?
Come to your Community
Breakfast!

SUBMITTED BY ALLYSSON McDONALD

Have questions about your power bill? Want to know more about your new provider? Join Sunnyhills Neighborhood Association (SNA) and Silicon Valley Green Energy (SVCE) for free breakfast on Saturday, January 5. In 2018, SVCE became the official electricity provider in Milpitas. On your PG&E energy statement, SVCE charges ‘Replace’ charges from PG&E at a lower rate. SVCE reinvests net revenues back in your community through programs, scholarships and grants. Residents and business owners are invited to attend the event and learn more about billing, discount programs, energy conservation, and solar metering, among others. For information, call SNA at (408) 262-0420 or email info@SunnyhillsNeighborhood.org.

Community breakfast
Saturday, Jan 5
8:00 a.m. – 9:30 a.m.
Sunnyhills United Methodist Church
355 Dixon Rd, Milpitas
(408) 262-0420
info@SunnyhillsNeighborhood.org
Donations welcome

It’s a 70’s Party!

SUBMITTED BY LARRISA MARILAO

The public is invited to Our Lady of Guadalupe School Crab Feed on Saturday, February 23. The event will feature silent and live auctions, raffle baskets, balloon pop game, photo corner, live DJ, and a bar. Tickets will be available for purchase starting January 9. For more information or to buy tickets, call Our Lady of Guadalupe School at (510) 657-1674.

Crab Feed
Saturday, Feb 23
4:30 p.m. – 11:00 p.m.
Holy Spirit Parish Center
37588 Fremont Blvd, Fremont
(510) 657-1674

Tickets available from Jan 9
\$50 per person; includes crab,
pasta, salad, rolls, dessert, and coffee Must be 21 or older to attend

Tribute to
Johnny Cash

SUBMITTED BY THERESA GOULD

Castro Valley Arts Foundation presents James Garner’s Tribute to Johnny Cash on Saturday, January 19, celebrating the life and music of legendary “Man in Black.” Garner and his band will recreate Cash’s biggest hits and present historical accounts and personal anecdotes about America’s most beloved singing storyteller. For information and to buy tickets, call (510) 889-8961 or visit www.edenareachamber.com under “Events” tab – “Calendar.”

Tribute to “Man in Black”
Saturday, Jan 19
7:30 p.m. – 10:00 p.m.
Castro Valley Center for the Arts
19501 Redwood Rd, Castro Valley
(510) 889-8961
www.edenareachamber.com under “Events” tab – “Calendar”
Tickets: \$34/\$40

Group seeks
feminine hygiene product donations

SUBMITTED BY MARZUKA MOHAMMED

With a goal of enhancing a healthy lifestyle for students, the Make 3 Days Happy Project is spearheading a plan to provide feminine hygiene products to Fremont area students who are in junior high, high school and college. Because the families of some students don’t have enough money to purchase these products, implementation of the Make 3 Days Happy Project will supply necessary products for menstruation at no cost.

The group is seeking donations of feminine hygiene projects and, so far, has received hygiene kits to support about 330 students in the Fremont area. More donations are needed to reach the group’s goal of providing kits to 1,000 students. More information about the Make 3 Days Happy Project, including donation instructions, is available by visiting their website at www.make3dayshappy.org.

Milpitas Rotary Club meeting

SUBMITTED BY FRANK DE SMIDT

During their next meeting the Milpitas Rotary Club will host its annual Milpitas High School Student Speech Contest. The meeting will be Monday, January 14 at Dave & Buster’s in the Great Mall, Milpitas. Lunch will be available for purchase.

Rotary is a service club organization with chapters nationwide and around the world. The Milpitas club membership includes business and professional leaders

who take an active role in their communities while enriching their personal and professional lives.

For information about the luncheon meeting, or Rotary, call Frank De Smidt at (408) 582-3342 or visit the Milpitas Rotary webpage at https://portal.clubrunner.ca/6028/

Milpitas Rotary Club meeting
Monday, Jan. 14
12 noon – 1:30 p.m.

Program: Student speech contest
Dave & Buster’s
940 Great Mall Drive, Milpitas
Frank De Smidt, (408) 582-3342
https://portal.clubrunner.ca/6028/
Admission: Free; lunch available for purchase

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Art studio helps students expand artistic voice

While in college, she and her best friend decided to pursue their passion and start a business together, founding their first art studio. During her time in Taiwan, Peng founded a total of four fine art studios that reached over 1,000 students with 18 instructors. When she moved to the United States, Peng founded Green Forest Art Studio in Union City. Over the 10 years since it was established, the program has gradually grown and now has over 250 students. In Bay Area Parent Magazine's 2018 "Best of the Best" award, Green Forest won "Best Art Class" in the East Bay. Besides classes, they offer a summer art camp and birthday parties, in which guests can experience canvas or pottery painting.

Classes cater to the students' backgrounds in art and their age group. When students are younger, instructors teach a wide range of topics, but apply deeper focus to each medium and its details with older students. For very young students, around two to four years old, Green Forest focuses on developing proper muscle movement and hand-eye coordination, as well as learning basic concepts such as shapes and colors. Four to seven-year-olds practice with a wider range of materials and utilize more abstract ideas like music for inspiration; they focus more on individual creativity and working independently. The next level of classes tackle imagination-based painting and drawing. More

technical concepts are involved, such as competence in color mixing and painting realistically. Students older than 10 begin to understand light, shadow, and the human figure with emphasis on shading, perspective, and composition, incorporating personal emotion into their pieces.

The program offers students an art curriculum that utilizes a variety of materials and art-making processes, including watercolor, oil pastel, sketch, mixed media, clay sculptures,



and Chinese painting. Every week, classes incorporate different materials and topics. This immense variety expands student artistic possibilities and

allows exploration of different media and how they behave. "One day students may focus on a watercolor cheetah, and the next day, learn still life using oil pastels," Peng explained. "We like to keep our students engaged and not only focused on one technique."

Green Forest Art Studio takes pride in its individualized instruction and small student-to-teacher ratio; they limit their groups to around six students per instructor, with a total of nine instructors. Students work with instructors based on their own skill level and learn new techniques and concepts in greater depth as their understanding improves. This method of teaching maximizes the total instruction time for each student and accelerates their learning as they interact with each other.

Part of the curriculum includes art history. Students develop a historical understanding of famous artists, works, and movements from various cultures. The program teaches the vocabulary of art and

its different elements, as well as the principles of art design. Students gain a greater appreciation for art by viewing works in museums or even by their classmates.

Students are taught to actively observe their surroundings and key qualities of objects - form, color, lighting, shadow, reflection, texture, and proportion - prior to drawing or painting. While they encourage keen observation skills, instructors also encourage students to use their own imagination and perspective; they know that each child's artwork should not always be a replication of a photograph but can incorporate their own individual view of the world. Each work becomes an expression and expands the artist's voice, allowing risk and experimentation.



**Green Forest Art Studio
32627 Alvarado Blvd,
Union City
(415) 595-4680**

<http://www.greenforestartstudio.com/>

Home & Garden

Positively Pomegranates



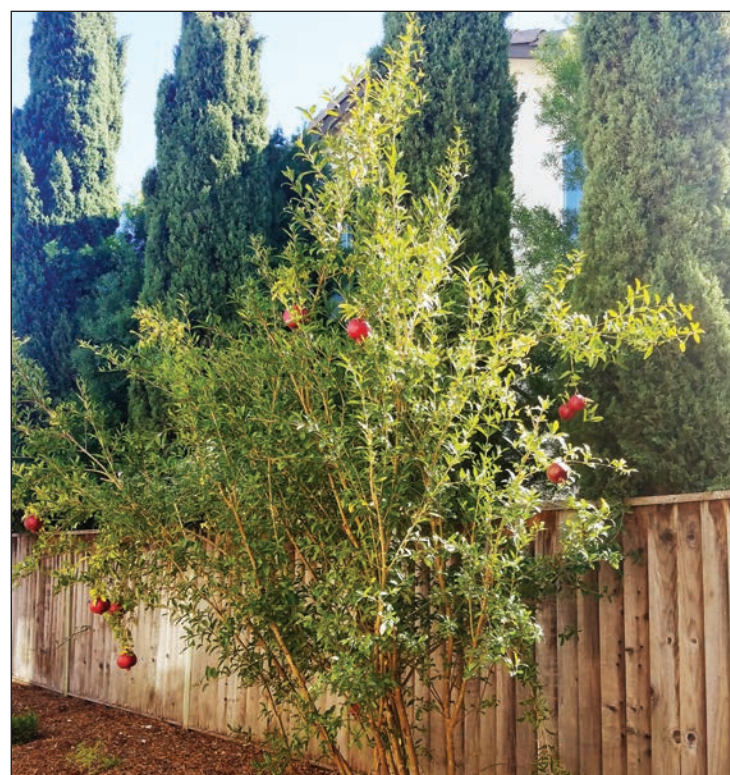
ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

Piñatas have long been associated with Mexico. The Mexican piñata tradition most likely originated in China and was introduced into Europe from there. Spanish monks introduced them to Mexico in the 16th century, however, both the Mayans and Aztecs used types of piñatas in special ceremonies long before the Spanish brought them to Mexico. Today, piñatas are commonly used for children's celebrations throughout South and North America by families of all ethnicities. Kids of all ages enjoy the many tidbits that spill out of the piñata when it is broken. Any adult who feels left out might want to split open a pomegranate and enjoy the hundreds of tasty morsels inside it.

The most enjoyable pomegranates are often the ones people grow themselves. Originally native to Iran and Northern India, there are hundreds of bush or small tree pomegranate cultivars that are grown throughout Mediterranean Europe, the Middle East, Africa, and Asia. The Bay Area also has a perfect climate

for growing many of the different types. UC Davis (fruitandnuteducation.ucdavis.edu/fruitnutproduction/Pomegranate/Pomegranate_Cultivar_Table/) has a detailed pomegranate cultivar table that lists the significant characteristics of the most common cultivars grown in California.

Pomegranates are deciduous. Their leaves begin to turn yellow in fall and usually drop off by the time winter begins. It is not uncommon for the last few fruits to be ready for picking at this time. When the branches are bare the tree will be dormant. This is the most economical occasion to purchase a bare-root pomegranate and the best time to plant it. Both bush and tree forms prefer full sun and well-draining soil. Allow a 20-foot radius for a mature tree unless it will be pruned yearly to keep it smaller. Bush forms will take up much less space and multiple ones can be planted close together to make a hedgerow. There are also some dwarf ornamental varieties for anyone that is not concerned with food production but would like an attractive, compact, drought-tolerant shrub.



the fruit is ready to eat. The outer husk should be at its mature color, the fruit should have a metallic sound when tapped, and it should be at its anticipated weight and size. A pomegranate's exterior skin can crack when it is ripe or if it rains or is over watered during the harvesting season. Cracked fruit will need to be eaten shortly after being collected. Pomegranates that have not been compromised can be stored for six months in the refrigerator.

Pomegranates have a long history of cultivation. They were one of the first fruit trees to be domesticated and are referenced in records from bygone civilizations that existed before ancient Egypt was a world power. Pomegranate arils, the botanical term for the seed pods and sweet juice held together by a thin membrane, have been used in culinary dishes, as dyes, for medicinal purposes, and as a delicious nourishment ever since. There is Jewish lore that says every pomegranate has 613 seeds corresponding to the 613 mitzvot, a commandment derived from the Hebrew Bible. This number of

seeds is unlikely to be precise; a pomegranate can easily contain one thousand or more seeds.

A pomegranate is technically a berry with a tough edible skin. Most people do not consume the shell despite numerous health benefits. This means the seeds must be removed from the outer

casing. The easiest way to do so is to treat it somewhat like a piñata. Cut the pomegranate in two, hold one of the halves over a bowl of water with the seeds down, and hit the husk with a wooden spoon until most or all of the seeds fall into the water. The lighter pith will float, and the perfectly clean seeds will sink to the bottom of the bowl. Pour the water into a strainer, preferably over a plant in the garden, and the remaining sweet tasting seeds can be enjoyed by themselves or in a favorite pomegranate recipe.

People seem to have more questions about pomegranates than many other fruits. How many seeds do they have? When are they ripe? Can they stain teeth? Are the seeds edible? However, crack open a home-grown pomegranate and sample the some of the sweet treats inside, and the questions will fall away as quickly as candy falls from a piñata.

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



THE ACWD CONNECTION

Scheduled Water Main Cleaning to Improve Water Quality

ACWD is scheduled to clean water mains in the cities of Fremont, Union City and all dead-end mains in the Tri-Cities to improve water quality and remove sediment buildup in pipes that may cause discolored water. This process is part of the vital service provided by ACWD to ensure that all customers receive high quality water.

Cleaning will occur at various locations throughout the service area from January through June 2019; Monday through Friday, from 7 a.m. to 4 p.m. (excluding holidays).

To find out if and when the water main on your street will be cleaned, please visit www.acwd.org/maincleaning or call our Operations Department at (510) 668-6500.



ACWD recently mailed out an important notice to all customers regarding proposed water rate changes. For more information please visit www.acwd.org/rates



Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



SAN LORENZO UNIFIED SCHOOL DISTRICT



School Bus Drivers
WANTED

San Lorenzo Unified School District seeks Type I air brake certified school bus drivers to transport elementary age children and high school sports teams for extra time.

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Requirements:
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How to apply:
• www.edjoin.org or
• www.slzsd.org
and clicking on the employment tab

QUESTIONS:
Human Resources
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LETTERS POLICY

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

tricityvoice@aol.com



VOLUNTEER to bring JOY to the elderly

It's easy and fun and only takes a few hours

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Volunteers needed throughout Alameda County

Contact Tammy 510-574-2086
info@LifeElderCare.org
LifeElderCare.org



CASTRO VALLEY TOTAL SALES: 5						
Highest \$: 1,251,000		Median \$: 670,000				
Lowest \$: 605,000		Average \$: 795,200				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
18349 Redwood Road	94,546	460000	2	1094	1950	11/21/18
4306 Watters Court	94,546	900000	3	2173	1965	11/21/18
6486 Paloverde Road	94,552	1000000	-	1584		011/21/18
17856 Almond Road	94,546	1100000	4	2204	2015	11/21/18
18691 West Cavendish Dr	94,552	1175000	4	2262	1978	11/20/18

FREMONT TOTAL SALES: 38						
Highest \$: 2,050,000		Median \$: 1,078,750				
Lowest \$: 628,000		Average \$: 1,120,013				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37168 Meadowbrook Com #202	94,536	130000	2	988	1984	11/19/18
37847 2nd Street	94,536	650000	1	1136	1910	11/20/18
3927 Wildflower Com	94,538	740000	2	1152	1987	11/19/18
38156 Hamlin Street	94,536	830000	3	1352	1959	11/21/18
41081 Ramon Terrace	94,539	845000	2	1066	1972	11/19/18
3447 Fitzsimmons Com	94,538	855000	2	1178	1997	11/21/18
4236 Tanager Terrace	94,555	1000000	3	1590	1984	11/19/18
4770 Griffith Avenue	94,538	1013000	-	2867	1962	11/20/18
5500 Beau Court	94,538	1020000	4	1764	1962	11/20/18
225 Camphor Avenue	94,539	1150000	3	1164	1962	11/21/18
36201 Gibraltar Court	94,536	1266000	4	1840	1965	11/21/18
38167 Ballard Drive	94,536	1300000	4	1987	1959	11/19/18
34220 Siward Drive	94,555	1320000	3	1380	1984	11/20/18
44105 Cassatt Com	94,539	1440000	4	2464	2011	11/20/18

HAYWARD TOTAL SALES: 24						
Highest \$: 922,000		Median \$: 605,000				
Lowest \$: 380,000		Average \$: 647,938				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
27449 Capri Avenue	94,545	250000	3	1000	1957	11/20/18
29591 Vanderbilt St #206	94,544	335000	1	643	1988	11/21/18
22741 Watkins Street	94,541	364500	2	1159	2005	11/19/18
18963 Rainier Avenue	94,541	441500	3	1873	1949	11/21/18
26549 Sunvale Court #8	94,544	450000	3	1200		011/21/18
22709 Souza Court	94,541	475000	3	1184	1947	11/21/18
2772 Cook Place	94,545	485000	5	2673	1956	11/20/18
23008 Nevada Road	94,541	568000	3	1051	1951	11/21/18
24637 Santa Clara St	94,544	605000	3	1176	1958	11/21/18
782 Dean Place	94,541	610000	3	1381	2005	11/20/18
24443 Willimet Way	94,544	665000	3	1769	1955	11/21/18
265 Jacaranda Drive	94,544	681000	3	1296	1980	11/20/18
23581 Matthew Court	94,541	695000	4	1694	1988	11/21/18
31952 Potsdam Street	94,544	700000	4	1527	1951	11/21/18
527 Jayar Place	94,544	700000	3	1175	1955	11/21/18
959 Malcolm Lane	94,545	715000	3	1474	1958	11/21/18
21607 Banyan Street	94,541	790000	-	0		011/20/18
829 Folsom Avenue	94,544	805000	-	0		011/19/18
25432 Modoc Court	94,542	810000	3	1923	1997	11/21/18
3600 Skyline Drive	94,542	835000	3	1612	1976	11/20/18
213 Burbank Street	94,541	840000	3	1915	2016	11/20/18
1544 Sylvia Street	94,545	855000	3	1888	2015	11/20/18
29686 Dixon Street	94,544	930000	4	1942	1949	11/20/18
25616 Crestfield Circle	94,552	1100000	4	1886	1997	11/19/18

MILPITAS TOTAL SALES: 10						
Highest \$: 1,528,000		Median \$: 1,087,000				
Lowest \$: 880,000		Average \$: 1,108,350				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
300 Boulder Street	95035	920000	3	1067	1954	08-24-18
1913 Cadence Lane	95035	1150000	3	1651	2015	08-28-18
563 Costigan Circle	95035	1280000	3	1715	1988	08-24-18
1449 Freeland Drive	95035	675000	3	912	1958	08-23-18

1647 Jupiter Drive	95035	850000	3	1240	1960	08-28-18
946 Kristin Ridge Way	95035	1745000	4	2460	1993	08-22-18
1929 Lee Way	95035	1175000	3	1941	2013	08-28-18
510 Odyssey Lane	95035	940000	2	1504	2014	08-22-18
1122 Park Brook Court	95035	1050000	3	1326	1962	08-23-18
1145 Park Glen Court	95035	1130000	3	1398	1962	08-24-18
577 Redwood Avenue	95035	988000	3	1253	1960	08-28-18
1101 South Main St #128	95035	617000	1	768	2007	08-22-18
1101 South Main St #421	95035	570000	1	635	2007	08-22-18
72 Sun Dance	95035	920000	2	1353	2000	08-23-18
784 Valencia Drive	95035	1575000	4	2390	1985	08-22-18
1746 Yosemite Drive	95035	1127000	4	1451	1964	08-22-18

NEWARK TOTAL SALES: 5						
Highest \$: 900,000		Median \$: 845,000				
Lowest \$: 625,000		Average \$: 808,600				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
36333 Bridgepointe Dr	94,560	545000	3	1953	1976	11/20/18
39821 Cedar Blvd #202	94,560	620000	2	1071	1986	11/21/18
6562 Fountaine Ave	94,560	810000	3	1100	1960	11/21/18
5388 Chapman Drive	94,560	910000	3	1829	1963	11/20/18
8548 Bayshores Ave	94,560	1000000	4	1886	2017	11/21/18
5044 Tyne Place	94,560	1199000	4	2181	1967	11/21/18

SAN LEANDRO TOTAL SALES: 14						
Highest \$: 980,000		Median \$: 575,000				
Lowest \$: 200,000		Average \$: 568,786				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
21639 153rd Avenue	94,578	350000	1	616	1924	11/21/18
3811 Wedgewood St	94,578	425000	2	918	1987	11/20/18
2271 Transom Way	94,577	480000	-	1062	1978	11/20/18
14640 Outrigger Dr #98	94,577	522000	2	1033	1986	11/20/18
16475 Liberty Street	94,578	572000	2	1290	2008	11/21/18
814 Collier Drive	94,577	593000	2	1274	1949	11/20/18
715 Arguello Drive	94,578	600000	3	1135	1955	11/20/18
15045 Endicott Street	94,579	610000	3	1271	1949	11/21/18
1917 Pacific Avenue	94,577	620000	3	1264	1951	11/21/18
2378 Cheshire Place	94,577	626500	-	1723	1977	11/20/18
853 Serra Drive	94,578	630000	3	1076	1954	11/21/18
445 Lewis Avenue	94,577	639000	2	1040	1928	11/21/18
1305 Lillian Avenue	94,578	640000	3	1586	1947	11/19/18
1312 Advent Avenue	94,579	640000	3	1212	1951	11/21/18
3969 Carmel Way	94,578	660000	3	1151	1953	11/21/18
176 California Avenue	94,577	677500	2	1024	1925	11/20/18
3442 Monterey Blvd	94,578	688000	3	1405	1955	11/20/18
192 Beverly Avenue	94,577	760000	1	609	1920	11/21/18
308 Warren Avenue	94,577	850000	3	2000	1952	11/21/18
1357 East Juana Ave	94,577	915000	3	2209	1952	11/20/18

SAN LORENZO TOTAL SALES: 5						
Highest \$: 675,000		Median \$: 590,000				
Lowest \$: 515,000		Average \$: 600,600				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
17499 Via Estrella	94,580	575000	2	868	1949	11/19/18
15765 Via Colusa	94,580	668000	3	1436	1944	11/20/18
1880 Via Natal	94,580	685000	3	1238	1955	11/20/18
1766 Via Redondo	94,580	700000	3	1582	1954	11/21/18
1777 Via Toyon	94,580	750000	3	1078	1955	11/20/18

UNION CITY TOTAL SALES: 5						
Highest \$: 1,330,000		Median \$: 950,000				
Lowest \$: 375,000		Average \$: 904,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2221 Partridge Way #3	94,587	440000	2	903	1972	11/20/18
2544 Copa Del Oro Dr	94,587	465000	2	966	1984	11/21/18
32161 Trefry Court	94,587	880000	3	1593	1974	11/21/18
33032 Marsh Hawk Court	94,587	920000	3	1392	1976	11/21/18

Home Sales Report

Tesla tour offers glimpses of noise, vibration, innovation

AP WIRE SERVICE

The noise and vibration at Tesla’s northern Nevada Gigafactory is a constant reminder of what company CEO Elon Musk refers to as “the machine that builds the machine.”

Operating 24 hours per day, more than 7,000 workers produce enough battery packs and drive units in a week to power 5,300 Tesla Model 3 sedans.

“It is not elaborate, mahogany offices here,” Chris Lister, vice president of operations for the Reno production plant told the Reno Gazette Journal. “This is where work gets done.”

The newspaper got a rare glimpse inside the factory recently for a multimedia report about a business the governor’s Office of Economic Development credits with increasing manufacturing employment in the Reno-Sparks area by 55 percent since 2014.

A reporter found a hive of human workers, robotic arms, conveyor lines and autonomous vehicles working to assemble battery cells for Tesla sedans and other energy products.

The company says the plant is just 30 percent of its potential size at 5.4 million square feet – roughly

equivalent to 50 Home Depot stores. Already it produces more batteries than all other carmakers combined, it says.

Panasonic makes the cells, which look a little like oversized AA batteries, in one part of the factory before Tesla’s human and robot workforce assemble them to be used in cars and batteries that power homes and businesses.

The plant performs three major functions: battery cell manufacturing, battery pack assembly and drive unit production.

Key components are shipped to Fremont, California, where Tesla builds the Model 3 and other vehicles.

Part of the factory operated by Panasonic Energy of North America is off-limits to photos, video and audio recording. Production areas are visible from a hallway through small windows.

Workers wear masks, protective booties, gloves and head coverings and rooms are hermetically sealed with filters to control the air quality and prevent dust or other contaminants.

“Any contamination whatsoever, we basically have to scrap the batteries,” Panasonic President Allan Swan said.

Specific processes and ingredients are zealously guarded. It converts raw materials such as refined lithium and steel

into the cells Tesla uses to create a Model 3 battery.

Panasonic also produces cells for Tesla’s models S and X vehicles in Japan, but at nowhere near the volume that the Model 3 requires.

The company invested \$1.6 billion in the \$5 billion factory and is the exclusive cell provider for Tesla.

Swan said there are already 11 battery cell production lines in operation and two more under construction.

With each Model 3 battery pack requiring more than 4,000 cells, Panasonic needs to churn out more than 3 million cells daily to keep pace with Tesla’s ambitious production schedule.

Tesla workers and robots receive cells via autonomous vehicles from Panasonic and assemble them into Tesla products in what Lister refers to as the “handshake” between the partners.

Using a combination of human and robot labor, Tesla assembles the cells into long rows that Lister calls “bandoliers,” because of the way the cells are arranged around a cooling tube.

The tubes are manufactured on-site by the company Valeo.

Bandoliers are then grouped side-by-side into modules that go through more machines that, with help from

people, use wires to bond the electrical connections.

The bonding enables cells within modules to work together as a cohesive energy bank to power a Model 3 or any of Tesla’s stationary products, such as the Powerwall home battery or the Powerpack, its industrial cousin.

Tesla has deployed Powerpack stationary storage power units to disaster areas when traditional electrical service is disrupted.

Although the Gigafactory is most often described as a battery factory, it’s also where Tesla produces drive units that convert electrical power from a motor into force to move the wheels of a Model 3.

All-wheel drive versions of the Model 3 require two drive units. Rear-wheel models use one.

Employee amenities include free snacks including cereal, oatmeal, pretzels, coffee, tea and other beverages; outdoor fitness programs such as running, hiking and mountain biking; and private space for breastfeeding mothers.

For transportation, the factory offers vanpools and free commuter shuttles with Wi-Fi from various locations in Reno, Sparks, Fernley and Carson City that Tesla says serve about 1,700 employees.

California unemployment rate holds steady at 4.1 percent

AP WIRE SERVICE

California’s unemployment rate held steady at 4.1 percent in November.

The state Employment Development Department said Friday that employers added 30,700 nonfarm payroll jobs last month.

Nine industry sectors added jobs while two reported job losses.

California’s unemployment rate was 4.5 percent in November 2017.

The rate reached a record low of 4.1 percent in September and has remained there.

Tiny and Cute!

The world is full of tiny, adorable little animals. This week, meet some of them on Kid Scoop!

Chameleon Cutie

The world's smallest chameleon, the *Brookesia micra* chameleon lives on the island of Madagascar.

Adult males grow to only about a half-inch (16 millimeters) from nose to tail.

This chameleon is so small that you might miss it if you don't look very closely. In fact, scientists did miss this tiny guy for a long time.

Circle every third number to discover the year the *Brookesia micra* chameleon was discovered.

7 1 (2) 4 9 0 3 7 1 5 1 2

2

A frog the size of a fly? Oh my!

The *Paedophryne amauensis* frog is about the size of a housefly. It is so tiny that it can fit on a grape. It measures only about a third of an inch or 7.7 millimeters long.

Can you find each frog's identical twin?

How a Scientist Discovered the Tiny Frog

Christopher Austin is a **herpetologist** – a scientist that studies reptiles and amphibians.

He wanted to find the animal making an unusual “tink-tink-tink” sound in the tropical forest of Papua New Guinea.

He heard the noise coming from some dead leaves on the forest floor. He looked and looked but couldn't find any animals. He grabbed a clump of the leaves and put them into a bag. Back at his camp, he checked each of the hundreds of leaves in the bag.

Imagine his happy surprise when a tiny animal hopped off one of the leaves. It was a tiny frog that no one had ever seen before.

Standards Link: Life Science: Animals have structures that serve different functions in survival.

Royal Antelope

The **royal antelope** is the world's smallest antelope, measuring only ten inches tall and weighing less than seven pounds (3kg). This cute little creature lives in the rainforests of Ghana and Sierra Leone, but the chances of you seeing one are very slim because they're nocturnal.

How many words can you make with the letters in **Royal Antelope**?

Bee Hummingbird

It's the smallest bird in the world and weighs less than two ounces (57g). Don't let its size fool you! It's tiny but powerful. It can flap its little wings 80 times per second!

Madame Berthe's Mouse Lemur

The world's smallest primate only one ounce (30 grams), or about the same as a slice of _____. It is called **Madame Berthe's mouse lemur**.

While the cute critter is super tiny, it has large eyes which help it _____ at night and a tail that is _____ than its body.

Same But Different

Tiny and small are different words that mean the same thing. They are synonyms. Look through the newspaper for some examples of synonyms. Can you find five?

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

Kid Scoo-doku™

Complete the grid by using all the letters in the word TINY in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

		N	
I			T
	Y		
Y		I	

Kid Scoop Puzzler

Dwarf Three-toed Jerboa

The **dwarf three-toed jerboa** is the world's smallest rodent. It weighs less than an ounce and is about 1.7 inches tall. Jerboas live in deserts and dry areas in North Africa and Asia, where they dig underground burrows.

Some people compare its little body to a:

✕

★

◼

◼

★

◼

◼

●

◼

◼

● = A

✕ = C

◼ = N

◼ = T

◼ = B

◼ = L

★ = O

✓ = S

Standards Link: Follow simple written directions.

Double Double Word Search

Find the words in the puzzle. How many of them can you find on this page?

ADORABLE
ANIMALS
PRIMATE
FINGERS
SIMILAR
ISLAND
LEAVES
SMALL
SOUND
NOISE
LEMUR
TINY
FROG
CAMP
FIVE

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

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

FROM THE LESSON LIBRARY

Measuring the News

Newspapers provide loads of measuring opportunities. Have students measure and compare the width, height and area of photos in the paper. Which photos are the biggest? Why do they think that might be?

Standards Link: Reading Comprehension: Follow simple written directions.

Where do mice park their boats?



ANSWER: At the hickory dickory dock.

Kid Scoop Together: Fact and Opinion

Facts are pieces of information based upon things that can be measured, proven or seen by anyone.

Opinions describe how someone feels about a thing or event. They can vary from person to person.

Example: *The tiny lizard is cute* is an opinion. *The lizard is half an inch long* is a fact.

Write three **FACTS** about animals you found on today's Kid Scoop page:

Write three **OPINIONS** about the animals on today's Kid Scoop page:

Kid Scoop VOCABULARY BUILDERS

This week's word: **NOCTURNAL**

The adjective **nocturnal** means active at night.

Most owls are **nocturnal**, sleeping in daytime and hunting at night.

Use the word **nocturnal** in a sentence today when talking with your friends and family.

Write On!

When I Grow Up

What do you want to be when you grow up? Write a paragraph about the job you would like to have one day and why you would be good at it.

continued from page 1

Rising Sun Energy Center lights the way

Founded in 1994 as a renewable energy education center, Rising Sun Energy Center has since evolved into the leading green training, employment, and residential efficiency organization that it is today, serving communities in six counties throughout the Greater Bay Area (Alameda, Contra Costa, Marin, Solano, Sonoma, and San Joaquin).

Rising Sun's mission is unique in that it combines social justice with green technology education. Says Executive Director Jodi Pincus, "What

take a look at what communities could benefit most from our services and try to align ourselves that way. We work very closely with cities and try to help them with their climate action plan or their workforce development goals. For example, the city of Fremont is a very strong partner. We've been working with them for over 10 years now."

The Climate Careers program takes place primarily during the summer and is open to anyone between the ages of 15 – 22. They should also reside in a community covered by RSEC.



good is climate change if we don't use it as an opportunity to lift everybody up?" They achieve this through two main programs: Climate Careers and Opportunity Build.

The Climate Careers program employs and empowers local youth to provide free Green House Calls to local residents in 20 communities throughout the region. At each Green House Call, a team of two youth provides residents with an energy and water assessment. This can include installation of new LED lightbulbs to replace old incandescents; installation of new, high-efficiency faucet aerators and shower-heads to replace inefficient fixtures; installation of smart power strips; inspection of all toilets for flush volume and leaks; flow rate test on bathroom and kitchen water fixtures; collection of irrigation information and referrals to rebates.

Says Pincus, "Our goals are primarily mission related. We

They receive free training and paid employment, with opportunities for advancement. A recent alumni of the program had this to say: "I have become more professional, I have increased my amount of environmental knowledge, and I feel like I have made a difference in the world."



Any PG&E residential customer who hasn't received the Green House Call service at their residence in the past five years is eligible (the switch to East Bay Community Energy will not affect resident eligibility). There are no income restrictions, and it doesn't matter if you rent or own your home. Says Pincus, "You might work full-time, have kids, etc. and want to live more sustainably, but just don't have the bandwidth or resources to pull it off. We can take care of it for you in a very easy way. We call it the first step in your sustainability journey."

The other program offered by Rising Sun, called Opportunity

Build, serves low-income adults (ages 18+) who are unemployed or underemployed, providing them with hands-on training for careers in the construction, energy efficiency, and solar industries. The 12-month training program is free for those who qualify. Case management, job placement and retention support are all included. Many graduates get hired into high-paying, union jobs.

RSEC is currently accepting applicants for their next Opportunity Build cohort, entitled "Women Building the Bay," which starts in February 2019. Only three percent of workers in the building trade are women. Says Pincus, "We're

definitely trying to move the gender equity needle there." Suffice it to say, only female applicants are eligible.

Rising Sun is funded through diverse sources. The largest source of funding is utility contracts administered through the Pacific Gas & Electric Company's Energy Watch Partnerships. These contracts make most of the work in the Climate Careers program possible. That program also receives significant support from local municipalities and water districts, as well as some foundation and government grants.

Rising Sun Energy Center has come a long way in its 24-year lifespan, from a few scrappy Berkeley High students taking classes on renewable energy to a full-time staff of 30 green professionals today. Says Pincus, "The conversation has changed a lot over my 12-year tenure as director. Green technology used to be an optional feature. Today it's a fact of doing business."

Celebrating 25 years and their new brand in their new Oakland location, Rising Sun will host a Grand Opening on Wednesday, January 30 with games, food, beer, and the opportunity to explore their new building. RSVP is required for the free event.

Rising Sun is still rising, and Pincus has high hopes for the future. "As we move away from a fossil fuel-based economy, all jobs will become green jobs in one way or another." If that happens, the Rising Sun Energy Center will be there, leading the charge, educating our youth, and helping residents adapt to a new, sustainable way of life.

For more information and to apply for one of their programs, visit <https://risingsunopp.org/> or call (510) 665-1501.

**Rising Sun Energy Center
Grand Opening
Wednesday, Jan 30
4 p.m. – 7 p.m.
116 36th St, Oakland
(510) 665-1501
info@risingsunenergy.org
<https://risingsunopp.org/>**



Gift of Warmth

SUBMITTED BY PURVI SHAH
PHOTO BY ADITYA MADHAVANI

John Gomes Elementary School organized a One Warm Coat Drive from November 26 to December 17 to support HomeFirst Services of Santa Clara County in Milpitas. The school collected 705 items of clothing, which included new and gently used coats, jackets, caps, scarves, mittens, gloves, sweaters, packages of new socks, and sweat suits with pull-up pants.

The Gomes-Girl Scouts troops made collection boxes for most of the classrooms and gave presentations to their classmates elaborating significance of the drive. Furthermore, school staff, teachers, and PTA helped with communication among parents through the school newsletter, Konstella and other forms of communication. Student council helped with daily morning announcements to the students. For information about HomeFirst Services of Santa Clara County, visit www.homefirstsc.org.



Photo by Purvi Shah Caption:
HomeFirst CEO Andrea Urton with fifth-grader Girl Scout Aryaa Madhavani

Art students create mural of hope



SUBMITTED BY ANDREW KONG KNIGHT

Hayward High School Art students on December 20 assisted their teacher, Andrew Kong Knight on a portable mural featuring 13 soaring monarch butterflies. The mural represents children still separated from their parents, living in detention camps. The butterflies will be permanently placed on a 50-foot sound wall on West Tennyson and Patrick Ave in South Hayward. "My students and I wanted to bring attention to the fact that we still have children in detention camps that were illegally separated from their parents at our borders. Each butterfly stands for hope that these kids will one day be free again and be reunited with their parents," said Knight, an award-winning East Bay artist.

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PHONE: 510-796-0222

FREE PRESCHOOL

Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us

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For more information call
The Alameda County Library
Education and Literacy Services
510-745-1480

www.aclibrary.org

I need a Forever Home

Froggy is a 3 yr old, neutered pup with a sweet disposition. He's friendly, social, and playful with people. While he's good with handling, he hasn't quite grasped the concept of how leashes work, yet. He'd do well with a family who has time to play with him and bring him to some obedience classes. OK with teens. Meet Froggy at the Hayward Animal Shelter.



Bubbles, a handsome brown tiger, is a fun 8 month old who loves to explore and play. He's a typical kitten who enjoys any and all attention he gets from onlookers as he climbs around his enclosure. He settles down when he wants to cuddle. He's been waiting since June

for his forever home. Good with other cats. Meet Bubbles at the Hayward Animal Shelter.

ENRICH YOUR LIFE - BECOME A VOLUNTEER!

Hayward Animal Shelter

www.facebook.com/haywardanimalshelter
510-293-7200

16 Barnes Court (Near Soto & Jackson)
Hayward

Tuesday - Saturday 1pm - 5pm

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



CONTINUING EVENTS

Tuesday, Sep 4 - Thursday, May 23

Homework Help Center

Mon. - Thurs. 3:30 p.m. - 5:00 p.m.
Primary and secondary students receive homework assistance

Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
(510) 745-1401

Mondays, Sep 10 - May 28

Advanced Math & Science Tutoring

6:00 p.m. - 7:30 p.m.
For high school and college students

Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 745 1401

Sunday, Nov 11 - Jan 5

Dove Gallery Art Competition Exhibit

2 p.m. - 5 p.m.
Award winners and selected artists on display.

Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

Monday - Friday, Nov 19 - Jan 11

Holiday Lights Recycling

7:00 a.m. - 3:30 p.m.
Drop-off working and non-working light strands
Public Works Service Center
14200 Chapman Rd., San Leandro

Tuesday - Sunday, Nov 20 - Jan 6

Fremont Art Association Holiday Show

Tues., 11 a.m. - 3 p.m.
Thurs. 1 p.m. - 4 p.m.
Fri.-Sun. 11 a.m. - 5 p.m.
Handmade gifts, artwork and accessories abound in the gallery
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.fremontartassociation.org

Tuesdays, Nov 27 - Jan 8

Practice Your Spoken English

4 p.m. - 5 p.m.
No class Dec 18 - Jan 1
Chat session for English learners
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd., Fremont
(510) 574-2063

Thursdays, Nov 29 - Jan 15

Mt. Eden Gallery Fall Show

2:30 p.m. - 4:30 p.m.
Student art exhibit.
Mt. Eden High School
2300 Panama St., Hayward
(510) 723-3180

Thursday-Sunday, Nov 30 - Jan 20

Lantern Light Festival \$

Thurs. & Sun. 5 p.m. - 10 p.m.
Fri. & Sat. 5 p.m. - 11 p.m.
Celebration of Chinese culture
Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
(925) 426-7600
(651) 504-2000

Wednesdays, Dec 5 - Feb 20

Watercolor Class \$

9 a.m. - 12 noon
For all experience levels
San Lorenzo Adult School
820 Bockman Road, San Lorenzo
(510) 317-4200
https://adu.slz.usd.org

Arts & Entertainment

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Farmers’ Markets

FREMONT:

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:

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

Kaiser Permanente San Leandro
Wednesday
10 a.m. - 2 p.m.
June 11, 2017 to December 31, 2017
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:

Milpitas Farmers’ Market at Great Mall Parking Lot
Sundays
8 a.m. – 1 p.m.
Year-round
GREAT MALL
882 Great Mall Drive., Milpitas
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

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

Saturday-Sunday, Dec 7 - Jan 6
Zoo Lights \$
5:30 p.m. - 9:00 p.m.
Gondolas, laser light shows,
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 632-9525
www.oaklandzoo.org

Monday - Friday, Dec 13 - Mar 1
Celebrate Women!
9 a.m. - 5 p.m.
Artists using different media
Hayward City Hall
777 B St., Hayward
(510) 208-0410
www.haywardartscouncil.org

Monday - Friday, Dec 15 - Feb 15
Cultures in Transition: Photographs by Oliver Klink
Upstairs: Mon-Fri, 9-5
Downstairs: Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Celebrating Asia
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Wednesdays, Thursdays, Sundays, Dec 19 - Apr 28
Tech Help and Computer Tutor R
Wed. 7 p.m.-8 p.m.
Thurs. 3 p.m.-4 p.m.
Sun. 1 p.m.-5 p.m.
Half hour appts. for one-on-one computer and e-device help
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464

Tuesdays & Thursdays, Jan 3 - Feb 7
Food Business Training R
6:30 p.m. -- 8:30 p.m.
10-part series on running your own food business
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
https://tinyurl.com/ya4xgmfo

Saturdays and Sundays, Jan 5 - Feb 24
Wild Wonders
2 p.m. - 3 p.m.
Games, activities, crafts for all ages
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Wednesdays, Jan 9 - Jan 23
Gift of Imperfection: Living With Your Whole Heart \$
10:15 a.m. – 11:45 a.m.
Explore happiness and how to live a rich and fulfilling life
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738

Friday, Saturday, Sunday, Jan 11 - Jan 27
Shrek The Musical \$
Fri - Sat: 7:30 p.m. Sun: 2:30 p.m.
Come see your favorite ogre
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
https://starstrucktheatre.org/

Friday nights
Laugh Track City \$
8 p.m.
Fast-paced improv comedy show
Made Up Theatre
4000 Bay St, Suite B, Fremont
(510) 573-3633
https://madeuptheatre.com/

Saturday nights
8 p.m.
Audience-inspired improv play
Made Up Theatre
4000 Bay St, Suite B, Fremont
(510) 573-3633
https://madeuptheatre.com/

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More Info: 510 676-3314
21406 Foothill Blvd., Hayward

THIS WEEK

Tuesday, Jan 1
New Year’s Day Half Marathon, 10K, 5K \$
7:30 a.m.: Half hikers
8:30 a.m.: Half marathon
8:55 a.m.: 10K
9:10 a.m.: 5K
Join Brazen Racing at Lake Chabot
Lake Chabot Marina
17600 Lake Chabot Rd, Castro Valley
https://brazenracing.com/newyears-day/

Wednesday, Jan 2
Pirate Escape Room Adventure R
12 noon
Families solve puzzles, unlock clues, get the treasure. Register for one of three time slots
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Thursday, Jan 3
Food Business Training Academy R
6:30 p.m. - 8:30 p.m.
Develop business concept: mission, vision, values
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421

Friday, Jan 4
First Friday: The Science of Color \$
6 p.m. – 10 p.m.
Join us for a chromatic exploration into the science of color!
Chabot Space & Science Center
10000 Skyline Blvd, Oakland
(510) 336-7300
https://chabotspace.org

Saturday, Jan 5
Nature Walk for Health
10:30 a.m. - 11:30 a.m.
1.3-mile guided nature walk. Meet at Visitor Center
SF Bay Wildlife Refuge - Don Edwards
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Jan 5
Bird Walk
8 a.m. - 10 a.m.
Share your enthusiasm for bird life on a tranquil walk. 8+ years
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturday, Jan 5 - Sunday, Jan 6
Monarchs: Pollinator Royalty
12:30 p.m. - 1:30 p.m.
Learn how butterflies affect our surroundings
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Jan 5 - Sunday, Jan 6
Monarch Spotting
2:00 p.m. - 2:30 p.m.
Educational look at butterflies. Ages 3-6
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Jan 5
Monarchs for Kids
10:30 a.m. - 11:30 a.m.
Educational look at butterflies. Meet at granary. Ages 3-6
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org



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ProgramAssistant@DriversForSurvivors.org

www.DriversForSurvivors.org

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Fri & Sat. 11am -11pm

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ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF

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

Wednesday
12:45 – 2:15 Glenmoor School,
4620 Mattos Dr., FREMONT
6:00 – 6:30
Camellia Dr. & Camellia Ct.,
FREMONT

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

Monday
1:45 – 2:45 Delaine School,
34901 Eastin Dr.,
UNION CITY4:15 – 4:45
Contempo Homes,
4190 Gemini Dr., UNION CITY
5:15 – 6:45 Forest Park School,
Deep Creek Rd. & Maybird
Circle, FREMONT

Tuesday
4:45 – 5:30 Baywood
Apartments, 4275 Bay St.,
FREMONT
5:50 – 6:30 Jerome Ave. &
Oholones St., FREMONT

Wednesday
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

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Renew books by phone
(800) 471-0991

For more information
(408) 293-2326 x3060

Wednesday
1:50 – 3:00 Foothill School,
1991 Landess Ave., MILPITAS
3:30 – 4:00 Friendly Village
Park, 120 Dixon Landing Rd.,
MILPITAS

Saturday, Jan 5
Keeping Fossils in Fremont
1:30 p.m. - 2:30 p.m.
Learn about fossils and plans for a new museum
Children's Natural History Museum
4074 Eggers Dr., Fremont
(510)790-6284
blueford@msnucleus.org

Saturday, Jan 5
Ohlone Village Site Tour
1:30 p.m. - 3: 30 p.m.
.5 mile walk to a 2,000-year-old Ohlone village site
Coyote Hills
8000 Patterson Ranch Road,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Jan 5
Meet Your Christian Neighbor - Family Reunion
2:00 p.m.
Panel of diverse Christians share their unique experiences
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

Saturday, Jan 5
Silicon Valley Clean Energy Breakfast
8 a.m.
Learn about the new electrical provider for Milpitas
Sunnyhills United Methodist Church
355 Dixon Rd., Milpitas
(408) 262-1486

Sunday, Jan 6
Birding For Beginners
9 a.m. - 11 a.m.
Tips and tricks on how to spot birds
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Jan 6
Ohlone People and Culture
1:30 p.m. - 3:00 p.m.
Learn about the Ohlone People. Ages 8+
Coyote Hills
8000 Patterson Ranch Road,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Jan 6
Marvelous Monarchs
10:30 a.m.
Slide show and visit to the eucalyptus grove. Meet at granary
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Jan 6
Alameda Creek Walk & Talk
9 a.m. - 12 noon
3-mile walk to Alameda Creek. Meet at Visitor Center. Ages 15+
Coyote Hills
8000 Patterson Ranch Road,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Jan 6
Little League Sign-Ups
10 a.m. - 2 p.m.
Meet representatives from Fremont/Newark leagues
Dick's Sporting Goods
43923 Pacific Commons Blvd,
Fremont
www.littleleague.org

Tuesday, Jan 8
Lifestyle and Productivity Workshop for Adults
6:30 p.m. - 8:00 p.m.
Identifying high performance patterns
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.celebrateyoucoaching.com

Tuesday, Jan 8
Food Business Training Academy R
6:30 p.m. - 8:30 p.m.
Learn about operating and financial model
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421

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210 Fremont Hub Courtyard, Fremont

Wednesday, Jan 9
E-Book Clinic
6:30 p.m. - 7:30 p.m.
Learn how to download and manage e-books
Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(510) 745-1464

Thursday, Jan 10
Digital Drama
6:30 p.m. - 7:30 p.m.
Introduction to cyberbullying, sexting, and digital drama
American High School Theatre 50
36300 Fremont Blvd, Fremont
(510)796-1776 Ext 57702

Thursday, Jan 10
Science Fair Movie Screening
6:30 p.m.
Documentary about students competing at International Science and Engineering Fair
Castro Valley Center for the Arts
19501 Redwood Rd., Castro Valley
(510) 889-8961
http://bit.ly/science-fair-cv

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Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us

22 VETERANS DIED TODAY BY SUICIDE



VETERANS CrisisLine

1-800-273-8255 PRESS 1



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SUICIDE PREVENTION



Trails Challenge 2019

By AYN WIESKAMP, BOARD OF DIRECTORS
EAST BAY REGIONAL PARK DISTRICT

One of the great features of the New Year in the East Bay Regional Parks is the Trails Challenge, the district’s free self-guided program encouraging hikers, cyclists, and equestrians to explore the regional parks while improving their fitness and health. This will be the program’s 27th year, and thousands of people have used it as an incentive to discover new trails and parklands.

Available at visitor centers or online at www.ebparks.org, the Trails Challenge guidebook contains trails for all levels of fitness, along with tips on hiking gear and safety. There’s no registration. Just get a guidebook, complete any five of the featured trails by Dec. 1, 2019, turn in your trail log, and receive a commemorative pin while supplies last.

Kaiser Permanente and the Regional Parks Foundation are major sponsors of the program.

Another way to explore the great outdoors is to join the naturalists at Sunol Regional Wilderness in a nature craft program from 10 a.m. to 12 noon every Saturday and Sunday through February 24. There’s a different craft each week. Then, from 2 p.m. to 3 p.m. the same days, the naturalists lead family friendly games, activities and explorations for all ages.

And naturalist Ashley Adams will celebrate the first full moon of 2019 with a hike from 5 p.m. to 8 p.m. on Sunday, January 20. Bring a trailside dinner to enjoy as the group watches the sun set and moon rise over Sunol valley. The hike is for ages 6 and up.

All three programs are free. Sunol Regional Wilderness is located at the end of Geary Road off Calaveras Road, five miles south of I-680 and the town of Sunol. There’s a parking fee of \$5 per vehicle. Call (510) 544-3249 for information.

Ashley also plans a history hike up Pleasanton Ridge from 9 a.m. to 12 noon on Sunday, January 27 for ages 8 and older. It’s a moderate, four-mile climb starting at the Castleridge staging area. Along the way, Ashley will discuss who has lived in Pleasanton and how they have shaped the community.

The hike is free but registration is required. Call (888) 327-2757, select option 2 and refer to program 23747.

Speaking of explorations and history, the naturalists at Coyote Hills Regional Park in Fremont host Discovery Days from 10:30 a.m. to 3:30 p.m. every Saturday and Sunday.

The program features hands-on nature exploration or crafts for the entire family. There’s an introduction to the topic of the week at 11 a.m., or you can participate at your own pace any time during the day.

Coyote Hills is home to a restored Ohlone village site that was inhabited for millennia before the arrival of Europeans. Naturalist Francis Mendoza will discuss Ohlone culture in a program from 1:30 p.m. to 3:00 p.m. on Sunday, January 6 and again on February 10. He’ll discuss the Ohlones’ intimate relationship with nature, family and ancestors. The program is for ages 8 and older.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. The programs meet at the visitor center. For information, call (510) 544-3220.

Shrek the Musical is coming to Fremont

SUBMITTED BY LORI STOKES

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won’t shut up, a bad guy with a short temper, a cookie with an attitude, and over a dozen other fairy tale misfits, and you’ve got the kind of mess that calls for a real hero. Luckily, there’s one on hand ... and his name is Shrek.

StarStruck Youth Performing Arts invites the community to Shrek the Musical from Friday, January 11 to Sunday, January 27. Based on the Oscar winning DreamWorks film that started it all, Shrek the Musical brings the hilarious story of everyone’s favorite ogre to dazzling new life on the stage.

For more information and to buy tickets, call Box Office at (510) 659-1319 during office hours or visit www.StarStruckTheatre.org.

Shrek Performances

Friday, Jan 11: 7:30 p.m. – Family Discount Night and StarStruck Alumni Night

Saturday, Jan 12: 7:30 p.m.

Sunday, Jan 13: 2:30 p.m. – Dress as your favorite Fairy Tale Character

Friday, Jan 18: 7:30 p.m. – Family Discount Night & ASL Interpreted Performance

Saturday, Jan 19: 7:30 p.m. – Pre-Show Super Star Donor Reception

Sunday, Jan 20: 2:30 p.m.

Friday, Jan 25: 7:30 p.m. – Family Discount Night & Post-Show Cast Talkback

Saturday, Jan 26: 7:30 p.m. – Wear Green for Shrek

Sunday, Jan 27: 2:30 p.m. – Closing performance

Smith Center, Ohlone College
43600 Mission Blvd, Fremont
Box Office: (510) 659-1319

Hours: 11 a.m. – 5 p.m. Monday, Tuesday, Thursday, Friday
www.StarStruckTheatre.org

Tickets \$25-\$32 (Call for pricing for groups 10+)
Ages 5 and up

EARTHTALK

Dear EarthTalk: I need to replace the wall-to-wall carpeting in my basement. Any tips for finding something new that won’t aggravate my allergies or otherwise pollute my indoor air?

—Jasper Manheim, Los Angeles, California

Carpeting is an oft-overlooked culprit when it comes to compromised indoor air quality, but the chemicals used to produce it are typically far from natural. According to the non-profit Environmental Working Group (EWG), most carpeting is made from synthetic fibers derived from non-renewable petroleum-based sources and emits harmful volatile organic compounds (VOCs) into the air.

Meanwhile, carpet backing is typically made from synthetic rubber derived from styrene and butadiene, also respiratory irritants. And that new carpet smell we know so well comes from the off-gassing of 4-PCH, a potent VOC byproduct of the synthetic rubber manufacturing process known to cause respiratory problems, eye irritation and rashes. EWG adds that it can also react with other chemicals to produce formaldehyde, a known human carcinogen.

Likewise, the glues and sealants used to install most wall-to-wall carpeting come chock full of more VOCs and in some cases, toxic petroleum-based solvents. To add insult to injury, the waterproofing and anti-microbial treatments now common in everyday carpeting have been linked to cancer, birth defects and hormone disruption. Last but not least, carpet padding is typically made from scraps of polyurethane recycled from older furniture and mattresses -- and as such likely contains carcinogenic chemical flame retardants now banned in new furniture.

Well that’s all well and good, but what choices do we have? Actually, lots. Carpeting labeled with the Carpet & Rug Institute’s “Green Label Plus” or UL Environment’s “Greenguard” emit low amounts of VOCs and as such are safer for you and your family. Wool is the most common eco-friendly choice, but jute and cotton varieties are coming on strong. Stay away from stain fighting, waterproofing or antimicrobial treatments. For carpet padding, go with felt rather than synthetic rubber. And make sure to use low-emitting, non-solvent adhesives and/or fasteners during installation.

No matter what kind of carpeting you end up with, make sure to vacuum it regularly -- the American Lung Association recommends at least 3 times per week with a HEPA filter-equipped vacuum -- to remove dust, allergens and pollutants that you (or your pets) might track in. “Carpets are ... the perfect environment to harbor

Wall-to-wall carpeting come chock full of more VOCs and in some cases, toxic petroleum-based solvents. To add insult to injury, the waterproofing and anti-microbial treatments now common in everyday carpeting have been linked to cancer, birth defects and hormone disruption.

dust mites, mold and mildew, which are all common allergens,” reports EWG.

One way to avoid all of these issues entirely is to forego carpeting altogether and go with tile, wood, cork or natural linoleum flooring with low-VOC sealant. They don’t off-gas VOCs or harbor allergens and pollutants, and they’re easy to clean while lasting decades longer than carpeting anyway. Throw down a few wool area rugs (easily cleaned outside) and you’ll be good -- and green -- to go.

Now what to do with the old carpeting is another question entirely. Carpeting is difficult to recycle as it’s made from multiple components with different chemical makeups, so your local curbside recycling hauler is unlikely to take it away for you. The non-profit Carpet America Recovery Effort (CARE) is working to develop the infrastructure needed to recycle carpet efficiently across the U.S. In the meantime, you can search on Earth911 for a carpet recycler near you.

EarthTalk is produced by Roddy Scheer and Doug Moss for the nonprofit EarthTalk. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.

Love Science? Check out this award-winning film

SUBMITTED BY CASTRO VALLEY SCIENCE

Students and others who are science buffs won’t want to miss a special free screening of “Science Fair,” an award-winning 2018 documentary that follows nine teenagers competing for the top prize in an international science and engineering fair.

The 90-minute film, directed by the DuPont Award-winning and Emmy-nominated

documentary filmmaking team Cristina Costantini and Darren Foster, offers a front seat to the victories, defeats and motivations of an incredible group of young people who are on a path to change their lives, and the world, through science.

Showtime is 6:30 p.m. Thursday, January 10 at the Castro Valley Center for the Arts. Admission is free and open to the public, but advance registrations are required and should be made online by visiting www.eventbrite.com and typing “Science Fair Free Movie Screening” into the search box and following the prompts.

‘Science Fair’ movie screening
Thursday, Jan. 10
6:30 p.m.
A student’s guide to science
Castro Valley Center for the Arts
195601 Redwood Road, Castro Valley
www.cvscience.us
Free; register at www.eventbrite.com



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Alameda County Healthy Homes Department

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Minor Home Repair Program
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Lead Hazard Repair Program
 Grant funds are available to address lead hazards in older housing with lower income occupants. Housing built before 1960 with children under six is a priority.

For more information call the Alameda County Healthy Homes Department
510-567-8280 www.achhd.org

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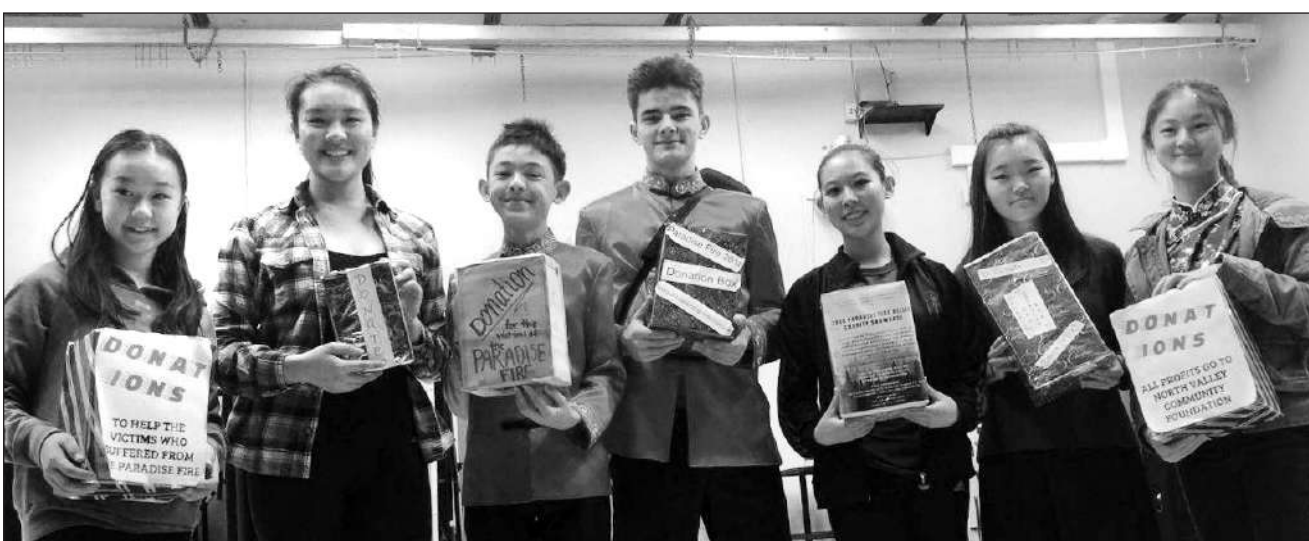
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Paradise Relief Charity Showcase



SUBMITTED BY CHRISTINA WANG

Next Generation Arts Development/Lisa Performing Arts & Seagull Leadership International/Haiao Chinese Academy teamed up for a performing arts fundraiser on December 15 to support the Paradise Fire victims. The event showcased multi-cultural dance and musical performances by students around Bay Area. Around \$2,000 were raised and all the proceeds were donated to North Valley Community Foundation. For information on Lisa Performing Arts, call (510) 565-5852 or visit www.lisadanceusa.com.

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SPORTS

Cougars Report

SUBMITTED BY TIMOTHY HESS

Boys Soccer:

Congratulations to the Newark Memorial HS Boys Varsity Soccer Team for winning the Winter Soccer Classic Gold Division 5-4 vs Castro Valley at Livermore High School on December 22nd. The Cougars are now 10-0 for the season.

Girls Basketball:

Congratulations to the Cougars' Girls Varsity Basketball Team who defeated the Lady Livermore High Cowboys by the score of 54-39 on December 22 at the Event Center. Varsity Highlights: Maleia Colker (13-points), Samantha Armas (11-points), Rylee Sarasua (10-points), Savanna Swickard (8-points), Emily Sunada (6-points).

The Lady Cougars JV Team was also successful, beating the Cowboys, 46-33. JV Highlights: Jasmin Magpoc (20-points), Lauryn Kwe and Dana Prudente each scored 6-points in the victory,

Cougars host Hillsdale on Thursday, December 27, beginning at 1:30 pm. The Varsity Team (7-2) will host Tamalpais on the same evening, with tip-off scheduled for 7:45 pm. Sixteen-teams from all over the Bay Area will be participating in the 3-day event. Come on out and watch the exciting ACTION. GO COUGARS!

Wrestling:

The Newark Memorial Girls wrestling team placed 6th out of 62 teams at the Brittany David Girls Wrestling Tournament at Liberty HS on December 22nd. The Lady Cougars were led by Ariana Pereira who placed second at 170 lbs. Pereira pinned her way to the finals. Meghan Sage (235) opened the tournament with a fall, lost in the semis but bounced back with two more falls to take 3rd place. At 116, Nina Caron lost her first match but stormed back with four falls to win the Consolation bracket. Mikaela Troche (131) and Ezra Vavao (137) placed 8th.

The Newark Memorial Boys team competed in the two-day Lou Bronzan Invitational at Liberty HS on December 21-22. The Cougars placed 16th out



to go along with some great team defense throughout the contest.

Next: The Lady Cougars host the annual Newark Optimist Club Holiday Basketball Classic on December 27, 28, 29 at the Event Center. The JV

of 61 teams. Matthew Costa placed 6th at 182 lbs. and Chance Hefter placed second at 285 lbs. He earned two falls and major decision victory on his way to the finals.

Girls Basketball

Cougars Junior Varsity prevails in Holiday Classic Tournament

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The Newark Memorial Lady Cougars JV basketball team used a powerful second half performance to beat the Hillsdale Lady Knights (San Mateo), overcoming an 8-point halftime deficit. The December 27th contest showcased the strength of the Cougars as they took control of the paint area in the second half on their way to a 48-40 victory.





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Park It

BY NED MACKAY

If you’re in the mood for some family-friendly festivities to start the New Year, Big Break Regional Shoreline in Oakley stands ready to help. The park will host a “Family Game Night and Campfire” from 5:30 p.m. to 7:30 p.m. on Saturday, January 5. Bring your favorite card or board game, skit ideas, a blanket and a flashlight for some fun around the campfire circle. Hot chocolate and s’mores will be provided.

The event is free of charge, but registration is required. For registration and information, call 888-327-2757. Select option 2 and refer to program number 23830.

The new year also brings a renewal of the Regional Park District’s always popular Trails Challenge program, for what will be its 27th year. Trails Challenge is a free, self-guided way of exploring your regional parks. You don’t have to register. Just pick up a guidebook at a park district visitor center or download one from the website, www.ebparks.org. Then hike any five of the trails in the guide, turn in your trail log, and receive a commemorative pin while supplies last. Trails Challenge

T-shirts also are available at visitor centers while supplies last.

Thousands of people have participated in the program since its inception in 1993. You can hike, bicycle or ride horseback on challenge trails designed for all levels of ability. The guidebook also contains helpful hints on equipment and trail safety. The Trails Challenge is sponsored by the Regional Parks Foundation in partnership with Kaiser Permanente.

Black Diamond Mines Regional Preserve in Antioch is offering three recurring programs in January and February. Nature Discoveries is from 10 a.m. to 11 a.m. every Saturday, with a different natural history topic each week. Historic Somersville is from 1 p.m. to 2 p.m. every Sunday. Check out miners’ tools, or go on a short walk to learn about life in a 19th century mining town. And the visitor center snakes get fed from 1:30 p.m. to 2:00 p.m. every Saturday.

All three programs meet near the parking lot at the upper end of Somersville Road, 3½ miles south of Highway 4 in Antioch. There’s a parking fee of \$5 per vehicle when the kiosk is staffed. For information, call 888-327-2757, ext. 2750.

Farther afield, naturalist Kevin Dixon will lead a safari in search of frogs and

salamanders from 10 a.m. to 1 p.m. on Sunday, January 6 at Morgan Territory Regional Preserve. The group will trek to ponds and through chaparral over steep, maybe muddy trails to beautiful views of Mt. Diablo and environs. The hike is for ages eight and older.

Meet Kevin at the park’s trailhead, which is on Morgan Territory Road 9.4 miles south of the intersection with Marsh Creek Road in Clayton. The road is narrow and winding; caution is advised. For information, call 888-327-2757, ext. 2750.

Tilden Nature Area near Berkeley also offers recurring programs. “Farm Chores for Littles” is from 10:30 a.m. to 11:00 a.m. every Saturday. Bring your kids to the rabbit hutch for age-appropriate interactions with the Little Farm animals. Fireside stories are spun from 11 a.m. to 11:30 a.m. every Sunday at the fireplace in the Environmental Education Center. There’s a different story each week. And naturalist “Trail Gail” Broesder leads a nature ramble from 2 to 3 p.m. every Sunday. Starting at the center, the group will venture out in search of wildlife signs.

The center and Little Farm are at the north end of Tilden’s Central Park Drive, which can be reached via Canon Drive from Berkeley. Call 510-544-2233.

Another visitor center with lots of programs is at Crab Cove in Alameda. Crab Cove hosts nature story time from 11:00 a.m. to 11:30 a.m. every Sunday, with characters including the Lorax and Swimmy the Fish. Family Nature Fun is from 2 p.m. to 3 p.m. every Saturday and Sunday, with a different topic each week. Mammals are the focus on January 5 and 6. Then it’s fish feeding time at the center aquarium from 3:00 p.m. to 3:30 p.m. on Saturdays and Sundays.

Crab Cove is at the end of McKay Avenue off Alameda’s Central Avenue. Call 510-544-3187.

Discovery Days is from 10:30 a.m. to 3:30 p.m. every Saturday and Sunday at Coyote Hills Regional Park in Fremont. The program involves hands on nature exploration and crafts for the entire family. Come at 11 a.m. for an introduction to the topic of the week, or drop in anytime during the day.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. The programs are free; there’s a parking fee of \$5 per vehicle. Call 510-544-3220.

This isn’t even half of what’s available in your regional parks as the new year begins. For full listings, check out the website, www.ebparks.org, or pick up a copy of the Regional In Nature Activity Guide at a visitor center.

Girls Basketball

Overtime sinks Lady Cougars

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Newark Memorial Lady Cougars varsity lost a close overtime contest to the Lady Red-Tailed Hawks of Tamalpais (Mill Valley) at the Holiday Classic at the Newark Memorial High School Event Center on December 27th. An early lead by the Cougars appeared to be a sign of a good outcome but as the game progressed, the Hawks defense did its job and the game was forced into overtime. The ball seemed to have a mind of its own and didn’t bounce the right way for the Cougars as they saw victory slip away. Final score: Red-Tailed Hawks 56, Cougars 48.



Lady Dons prevail at Holiday Classic

Girls Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Lady Dons of Arroyo Dons (San Lorenzo) varsity team beat the Lady Bruins of Santa Clara at the Girls Holiday Basketball Classic on December 27th. Although the Dons’ start was sluggish and were on the losing end at halftime, they appeared to be a different team as the second half began, taking control of all aspects of the contest. The result was a convincing 60-39 victory for the Lady Dons.



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.
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(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.slzusd.org

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

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).

County steps up commitment to reduce greenhouse gas emissions

SUBMITTED BY JANICE ROMBECK

Under the leadership of Supervisor Dave Cortese, Santa Clara County has stepped up its commitment to reduce greenhouse gas emissions by pledging to achieve 100 percent renewable electricity for its operations by the end of 2019 and to become carbon neutral by 2045.

The resolution was unanimously approved on Tuesday, December 18, by the Board of Supervisors. It consolidates the county’s climate control commitments and sets consistent measurement standards that will allow the county to track progress.

“These targets and baseline will help in the creation of the Countywide Sustainability Master Plan,” Supervisor Cortese said. “And the resolution will ensure that our work will continue under the guidance of future boards and staff members.”

Supervisor Cortese’s Office worked with the Director of the Office of Sustainability, Susan Gilbert Miller, and County Counsel in developing this resolution, which:

- Recaps the county’s previous climate-related goals
- Includes the county’s existing pledge to achieve 100 percent renewable electricity by December 31, 2019
- Establishes a 100 percent carbon neutrality commitment for County Operations by 2045
- Establishes GHG emission baselines from 2005
- Establishes GHG emission reduction targets for 2020, 2030 and 2050

• Directs Administration to complete annual GHG inventories and set interim annual reduction targets and by 2020 complete a carbon storage inventory to set a baseline and interim targets for achieving carbon neutrality by 2045

The County of Santa Clara is an established leader in the area of climate action, having been at the forefront of issues such as energy efficiency and savings, renewable power, green building, zero waste, agricultural preservation, integrated pest management, and tree preservation.

Through these targeted strategies, the Office of Sustainability calculates that by 2015 the county had reduced GHG emissions from its own operations by 24.6 percent since 2005. That figure changes to 15.3 percent when factoring in emissions generated by county employees’ commute.

In 2017, Cortese led the renewal of the county’s climate commitment, in particular to the Paris Climate Accord, and paved the way for other counties to join the efforts, by creating the County Climate Coalition. Most recently, Cortese’s and the Coalition’s efforts were supported by former Vice President Al Gore during the Governor’s Global Climate Action Summit in September 2018.

For more information, please contact the Office of Supervisor Dave Cortese at (408) 299-5030 or the Office of Sustainability at (408) 993-4760.

SUBMITTED BY COUNTY OF SANTA CLARA

The County of Santa Clara Board of Supervisors has approved \$123 million from the Measure A Affordable Housing Bond for nine supportive housing and affordable housing developments. This adds to the \$111 million in Housing Bond funds the Board committed last fiscal year that funded the first 10 housing developments. So far, the county has committed a total of \$234 million of 2016 Measure A funding toward housing for extremely low and very low-income households, including disabled homeless persons, disabled veterans, and working families. The developments span across San Jose, Santa Clara, Milpitas, Cupertino, Gilroy and Morgan Hill.

“Our efforts to create affordable and supportive housing is benefiting families, veterans, teachers, nurses, single parents, senior citizens, disabled, foster youth, homeless,

and individuals with special needs in our community. It’s not enough, but it’s real and tangible progress,” said Supervisor Joe Simitian, president of the board of supervisors.

From the \$123 million approved, up to \$94 million will go toward six new construction projects and up to \$29,150,000 will be used to support three acquisition and rehabilitation projects. The \$123 million contribution from the county will be nearly one third of the total estimated development costs of \$451,159,676 for the nine projects.

The six new construction projects will result in 620 new apartments, including: 202 apartments for permanent supportive housing to help individuals and families with special needs obtain and maintain permanent housing; 54 apartments for rapid rehousing to help homeless individuals and families find permanent homes; 110 apartments will be affordable to extremely low income households; 120 apartments will be

State honors valley agricultural plan

SUBMITTED BY JANICE ROMBECK

State officials recently honored an agricultural plan (Ag Plan) authored by Santa Clara County and the Santa Clara County Open Space Authority for its environmental leadership in developing ways to preserve precious farmlands.

During a ceremony in Sacramento on Wednesday, December 5, the plan received the distinguished Governor’s Environmental and Economic Leadership Award (GEELA) for Ecosystem and Land Use Stewardship.

GEELA is awarded to individuals, organizations and businesses that have demonstrated exceptional leadership and made notable, voluntary contributions to conserving California’s precious resources, protecting and enhancing our environment, building public-private partnerships and strengthening the state’s economy.

“It is an honor to be recognized for the work we are doing at a local level to preserve and grow the agriculture economy while protecting the environment for generations to come,” said Supervisor Dave Cortese, who served as co-chair with Supervisor Mike Wasserman on the county’s Agricultural Preservation Task Force.

The Ag Plan, adopted by the Board of Supervisors in January 2018, provides a tool box of policies and strategies to curb the conversion of nearly 28,391 acres of viable farmland and rangeland to development. In the past 30 years alone, Santa Clara County has lost more than 21,171 acres of its working lands to development.

The Task Force, which met over the last seven months, developed recommendations for the Board of Supervisors to implement the Ag Plan, which include the creation of an Agricultural Conservation Easement (ACE)Purchasing Program.

“Santa Clara County’s Agricultural Plan serves as a model for what local governments around the state should be doing to engage in the preservation of California’s precious farmland,” said John Laird, Secretary of the Natural Resources Agency in California. “We encourage more local governments to follow a similar path. It is important to take time to plan to protect agricultural land most at risk, and then implement preservation consistent with that planning.”

Andrea MacKenzie, General Manager for the Authority, was pleased with the news: “We’re thrilled to receive the Governor’s recognition for this innovative Ag Plan, which links the protection of farmland with climate resilience. In this day and age, it’s more important than ever to protect Santa Clara Valley’s last remaining viable agriculture and the many benefits it provides for our communities.”

The final report of the Ag Task Force will head to the Board of Supervisors in early 2019. Among the recommendations are creation of an Agricultural Advisory Commission to oversee the ACE program.

For more information, contact the Office of Santa Clara County Supervisor Dave Cortese at (408) 299-5030.

\$123M for affordable housing developments

affordable to very-low income households; 125 apartments will be affordable to low income households, those who are earning between 51% and 80% of the area median income; and nine apartments will be for resident managers.

The three new acquisition and rehabilitation projects will provide 484 apartments, including 201 apartments to increase housing for vulnerable populations. Of the 201 apartments, 130 apartments will be used as permanent supportive housing to help individuals and families with special needs to obtain and maintain permanent housing; and 71 apartments will be used as rapid rehousing to help homeless individuals and families transition in place. Transitioning in place allows individuals and families to remain in one affordable apartment unit without having to move multiple times as they move out of homelessness into permanent, stable housing.

Wieckowski visits Gomes to promote reading

SUBMITTED BY MELINDA UDELHOVEN

On Friday, December 21, Senator Wieckowski and Santa brought books to Mrs. Udelhoven’s class at John Gomes Elementary School. Gomes Principal Doug Whipple, and Senator Wieckowski talked about the importance of enjoying their holiday break with some good reading! It was quite a fun surprise for all the students as they just finished learning about who makes the rules at home, at school, in our city, state, and nation. Best day ever!



OPINION



WILLIAM MARSHAK

“Cheers to a new year and another chance for us to get it right.”
Oprah Winfrey

The date printed on this newspaper, January 1, 2019, marks just one “new” year celebration of many. Based on a modification of the time it takes for the earth to orbit around the sun, Pope Gregory XIII introduced the Gregorian Calendar in 1582. Comprised of 365 days except for the addition of a 29th day in February during “Leap Year” every fourth year (next one in 2010), it replaced the Christian Julian Calendar that did not compensate for a “drift” from observed seasons and the celebration of Easter at the Spring Equinox (equal day and night).

The problem was solved with the change of calendar and deletion of 10 days – Thursday, October 4, 1582 was immediately followed by Friday, October 15! As with any change, it took time for this new calendar to take hold. It wasn't until much later that most countries recognized January 1 as the beginning of a new “civil” year. Adding to the confusion, during a lengthy period of conversion, two dates were often assigned to documents as “new” and “old” style. It wasn't until 1926 that Turkey endorsed the

Gregorian Calendar as its civil calendar! Gregorian calendar dates are sometimes referred to in the secular sense as “Common Era.” Today, many cultures continue to use the Lunar Calendar, especially in a religious context, based on the cycle of the moon's phases – full to new - to calculate months, years and significant dates. Some churches such as the Greek and Russian Orthodox churches use the Julian Calendar to determine holiday observances.

The beginning of a new year, whenever celebrated, can be a time of reflection, preparation and resolution. Although it is evident that for most of us many goals and promises are left unresolved during subsequent months, it doesn't mean that the exercise has no value; the attempt can bring improvement. With that in mind and as a sobering perspective, I defer to the advice of two of my favorite and revered American philosophers to point the way for the year 2019. These folks knew how to separate plain and direct talk from words that simply stir a verbal pot of misdirection and nonsense. I will try to follow their advice as well as urge our politicians to reflect on their sage advice.

“Some people try to turn back their odometers. Not me, I want people to know “why” I look this way. I've traveled a long way and some of the roads weren't paved.”

Will Rogers

“It is better for someone to think you're a fool than to open your mouth and remove all doubt.”

Will Rogers

“Things ain't what they used to be and probably never was.”

Will Rogers

“Even if you're on the right track, you'll get run over if you just sit there.”

Will Rogers

“Never miss a good chance to shut up.”

Will Rogers

You've got to be very careful if you don't know where you are going, because you might not get there.

Yogi Berra

It was impossible to get a conversation going, everybody was talking too much.

Yogi Berra

If the world were perfect, it wouldn't be.

Yogi Berra

You can observe a lot by just watching.

Yogi Berra

If you don't know where you are going, you might wind up someplace else.

Yogi Berra

And...

With a nod toward a new year, new ideas and renewed energy to confront the challenges of a new year, Yogi's crowning epistle and warning:

“It's like deja-vu, all over again.”

William Marshak
PUBLISHER



PUBLISHER
EDITOR IN CHIEF
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Planet Earth working on 3 Mars landers to follow InSight

BY MARCIA DUNN
AP AEROSPACE WRITER

As Mars' newest resident settles in, Planet Earth is working on three more landers and at least two orbiters to join the scientific Martian brigade.

NASA's InSight spacecraft touched down on Mars on Monday.

InSight – the eighth successful Martian lander – should be wrapping up two years of digging and quake monitoring by the time rovers arrive from the U.S., Europe and China.

NASA's Mars 2020 will hunt for rocks that might hold evidence of ancient microbial life and stash them in a safe place for return to Earth.

The European-Russian ExoMars also will sniff out possible past life. The Chinese Mars 2020 will feature both an orbiter and lander. The United Arab Emirates, meanwhile, aims to send its first spacecraft, an orbiter, to Mars in 2020.

ADJUDICATION:

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

What's Happening's TRI-CITY VOICE™

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

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Birth

Marriage

Obituaries

LIFE CORNERSTONES

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



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



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

- Dat Tien Le**
RESIDENT OF FREMONT
January 29, 1944 – December 27, 2018

Elena Mamauag Abarca
RESIDENT OF CERRITOS, LA
August 19, 1951 – December 27, 2018

Maria Felix Rodriguez
RESIDENT OF UNION CITY
November 20, 1940 – December 25, 2018

Norma Jean Freitas
RESIDENT OF NEWARK
October 9, 1926 – December 22, 2018

Feliciana Sayo Calderon
RESIDENT OF FREMONT
May 26, 1946 – December 21, 2018

Patricia Mary Vargas
RESIDENT OF FREMONT
November 3, 1931 – December 19, 2018

Vern Harold Talley
RESIDENT OF FREMONT
September 24, 1933 – December 18, 2018

- 

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Chapel of the Angels
(510) 656-1226
40842 Fremont Blvd, Fremont
- Joaquin Negrette**
RESIDENT OF NEWARK
August 27, 1925 – December 26, 2018

Robert Birch
RESIDENT OF SACRAMENTO
August 26, 1931 – December 27, 2018

Peter Cheskiewicz
RESIDENT OF FREMONT
April 5, 1955 – December 26, 2018

Daisy Brooks
RESIDENT OF SANTA CLARA
June 23, 1962 – December 25, 2018

Cristian Marquez
RESIDENT OF FREMONT
November 16, 2018 – December 23, 2018

Balwant Bhagwat
RESIDENT OF WOODBRIDGE
July 24, 1956 – December 23, 2018

Eiko Lane
RESIDENT OF UNION CITY
January 21, 1932 – December 23, 2018

Pam Basrai
RESIDENT OF SAN BERNARDINO
December 21, 1971 – December 21, 2018

Elizabeth Scranton
RESIDENT OF FREMONT
May 2, 1941 – December 20, 2018

Regalado Perez
RESIDENT OF SAN JOSE
May 13, 1966 – December 19, 2018

Manorma Tuli
RESIDENT OF SAN JOSE
August 26, 1939 – December 17, 2018

Kikuko Parker
RESIDENT OF SAN JOSE
November 8, 1928 – December 16, 2018

Rose Ackerman
RESIDENT OF SALINAS
February 17, 1923 – December 14, 2018

Mark Marcario
RESIDENT OF FREMONT
August 25, 1961 – December 14, 2018

Carolyn Krenzin
RESIDENT OF PLEASANTON
August 10, 1929 – December 12, 2018

Lora Panos
RESIDENT OF FREMONT
September 17, 1923 – December 12, 2018

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Obituary

Michael Patrick Souza

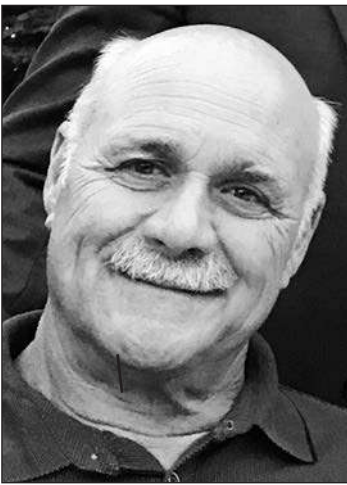
Resident of Union City

March 13, 1950 – November 7, 2018

Michael ‘Mike’ Souza, husband, father and grandfather, passed away on November 7, 2018 surrounded by his family.

Born on March 13th, 1950 in Oakland, Ca to Gilbert and Alice Souza. Mike grew up in San Leandro and was a graduate of Pacific High School. After graduation, Mike served in the 1st Battalion, 27th Artillery unit of the U.S. Army in Vietnam. While serving his country, Mike earned the Bronze Star for heroism in combat, the Army’s fourth highest honor. After returning home, Mike joined the Union City Fire Department in 1973, where he served his community for 31 years, ultimately retiring as a Battalion Chief in 2004.

In 1973, Mike married the love of his life, Vicki. Married for 45 years, Mike and Vicki lived in Union City, Ca, where they raised their children. Mike was known as the ultimate family man, someone who always put his wife, children and grandchildren above everything else. Mike had a passion for restoring classic cars, camping, fishing, and spending time restoring his family cabins. He was also known for his ability to do and fix anything...from concrete to



electrical he was a jack of all trades.

Mike is survived by his wife Vicki and his three children, Mia, Travis and Kelly. Mike was a proud grandfather of nine; Jessica, Sara, Hannah, Emily, Jackson, Brayden, Ashley, Tysen and Allison and great-grandfather of Elijah, with another great-grandson on the way.

A celebration of Mike’s life will be held on Sunday, January 13th, 2019 at the Ruggieri Center located at 33997 Alvarado-Niles Road in Union City, California. The event is an open-house format, from noon to 4pm.

Fremont Chapel of the Roses
510-797-1900

Obituary

Norma Jean Freitas

Resident of Newark

October 9, 1926 - December 22, 2018

Norma Jean Freitas, 92, of Newark died Saturday, December 22, 2018. She was born to the late Joseph and Alicia Santos, October 9, 1926, in Warm Springs, CA. She graduated from Washington High School in 1946 and married John Albert Freitas in October of the same year. She worked as a postal clerk for the United States Postal Service in Newark for more than 30 years. She resided in Newark for most of her life. Norma was a member of the SPRSI Council # 79/2 and PFSA Counsel # 17. She was a parishioner of St. Edward's Catholic Church in Newark. After retiring, Norma traveled the world with her husband, John. Her favorite countries were Italy and France. She enjoyed attending Broadway productions in San Francisco. Norma loved



spending time with her children and grandchildren. Norma was preceded by her husband, John, in 2014 after 67 years of marriage. She greatly missed John and all her friends and family that had gone before her. She was an outgoing person and had a keen sense of humor. She will be remembered for her devotion and love for all her grandchildren.

Norma is survived by her children: Jeff (Yvonne) Freitas, Joan (Glenn) Fedirko; her grandchildren: Sarah, Heather, Greg, Danny, and Jenya; her great-grandchildren: Taryn and Conner; sister: Marjorie Scott, and brothers: Edward and Stanley Santos.

Visitation will be held on Sunday, January 6th, 12:00 - 1:00 PM with a Chapel Service starting at 1:00 PM at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Burial will be private. Donations may be made in memory of Norma Jean to Dominican Sisters of Mission San Jose, 43326 Mission Circle, Fremont, CA 94539.

Fremont Memorial Chapel
510-793-8900

Obituary

Pete Palazzolo

Pete Palazzolo was born in Detroit Michigan on June 22, 1944 died on december 16, 2018 with his family and friends by his side. He loved the outdoors fishing and just being with his family and friends. He worked in Real Estate in the central valley in California for many years. God called him home to be with his mother and father one brother Johnnie and two sisters Frances and Josephine. He will be missed by many.



FREE PRESCHOOL

Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us

Harvest Helpers provides fruit to those in need

By SHIELA TRIAS

The end of the year is here, not only bringing us cooler weather but an abundance of seasonal fruit. Figs, cranberries, and persimmon are just some that make their introduction during these last few months, and avid bakers know tons of delightful recipes that could beautifully incorporate such fruit. Some people are lucky enough to have nature's bounty growing in their own backyards, but much goes unused. It was this very thought that brought Stephanie Atwell, a special education teacher and resource specialist at Mission San Jose High School in Fremont, to establish a project called Harvest Helpers. Many take their fruit trees for granted, lack the interest or talent to utilize homegrown fruit for pies or savory holiday recipes, or simply don't know what to do with the excess. It was a

major concern to Atwell that so much fruit was going to waste and left unused.

Before the project could be initiated it was important to gather the right team of people with the best expertise. With a background in education, Atwell had little or no experience in horticulture. Lucky for her, she knew exactly where to turn. Tara Rosborough, a park ranger at Shadow Cliffs Regional Park in Pleasanton, offered her knowledge of trees and harvesting. She would also be able to serve as a foreman and handle hauling the fruit and provide the supplies. Together, they put their ideas on paper and submitted a proposal to the California Teachers Association-sponsored Teacher Competitive Grant.

They also enlisted the help of Daniel Reed, an English teacher at Newark Junior High, to manage the editing on their website and all other content related to the project. He too was closely

involved with composing the grant. "Daniel did an excellent job analyzing the concepts and formulated the optimal way to communicate the merits of our Harvest Helpers project," said Atwell. Out of the 132 proposals submitted in 2017 in the state of California only 33 percent were accepted, and Harvest Helpers was blessed to be one of them. Once the grant was officially approved, the plans to get the organization running developed quickly.

Harvest Helper's ultimate objective is to involve the community and students at Mission San Jose and encourage collaboration toward donating fruit to local food banks and churches. Residents are asked to register their own fruit trees, and student volunteers will harvest the fruit and earn community service hours while doing so.

This past October, all students at Mission San Jose were invited to a pizza lunch presentation at the high school to formally present the project. The team has already generated interest from over a dozen students who would like to dedicate their time to the cause.

With Alameda County's food insecurity rate at 13.4 percent, Harvest Helpers' overall mission is aimed at not only creating awareness for a healthier lifestyle, but toward alleviating hunger. Their goal is to collect 1,200 pounds of fruit from residential trees to help those in need. The Tri-City Volunteers Food Bank

in Fremont is one of their top choices for donation, "but I would rather students select which food banks will benefit from donations within their smaller communities within Fremont," says Atwell.

Equipment, insurance, and willingness from local residents to register their trees was needed, so this year has concentrated on building a strong foundation. During the past few months Atwell, Reed, and Rosborough have focused strongly on trying to spread the word by combing neighborhoods and hanging flyers on doors. They're also busy making T-shirts and selling them on their website. So far, the public's response to Harvest Helpers has been widely positive; currently 18 trees have been registered. In 2019, the plans are to gear up and begin the harvesting process. The project is expected to stay active through August 20 of 2019.

For Atwell, the credit belongs to her students for inspiring her to take the steps toward making Harvest Helpers a reality. She wanted to provide them with an "enriching" experience and to help them grow not only as students but active members of the community. If the project proves a success, Atwell would love to expand the efforts to neighboring high schools.

To register a tree or for more information, visit <https://harvesthelpersmsj.org/>.

Consumer groups allege Google misleads kids in FTC complaint

AP WIRE SERVICE

Nearly two dozen consumer-privacy and public-health groups are urging U.S. regulators to investigate whether children are being endangered by deceptive apps in Google's app store for smartphones running on its Android software.

The 102-page complaint filed Wednesday with the Federal Trade Commission alleges Google's Play store is harming kids by allowing apps that break privacy laws, contain adult content or include manipulative advertising in a family section of its Play store.

The call for FTC action is being led by two groups, the Campaign for a Commercial-Free Childhood and the Center for Digital Democracy. They previously attacked Google's approach to kids in another FTC complaint alleging the company's YouTube video site violates children's online privacy.

Google says it promptly removes apps that violate its commitment to protecting children.

Lohri winter festival

SUBMITTED BY GLOBAL WOMEN POWER

A Lohri Utsav gathering, organized by Global Women Power in association with Akhil Vishwa Hindi Jyoti is set for Saturday, January 12 in Newark. The Lohri is a Punjabi festival that marks the beginning of the winter season in Punjab, India. It is also called the Harvest Festival of India.

The Newark festival will be at Mulakat Hall and will include dinner and live Bhangra and Giddha dancing. Master of Ceremonies will be Kapil Mohan and Sheetal Yadav.

Lohri Utsav
Saturday, Jan. 12
6 p.m.
Punjabi festival, dinner and entertainment
Mulakat Hall
6170 Thornton Ave., Newark
(510) 830-8771
\$30

County places life-saving defibrillators in schools

SUBMITTED BY SANTA CLARA COUNTY

Actions speak louder than words, where there's a will there's a way, and now, an automated external defibrillator (AED) is in every school. That's what Santa Clara County has accomplished in just four years.

What began as a pilot program co-managed with the non-profit organization Racing Hearts to put AEDs into a few locations quickly grew into a county-wide program where AEDs were placed at every public school that did not already have the devices. At the start of the program in 2014, fewer than 10 percent of all schools in the county had onsite AEDs; now the coverage is 100 percent, making Santa Clara County the first county in the state with full public school AED coverage.

"I am so proud that Santa Clara County is the first county in the state to have this necessary life-saving equipment on each of its campuses," stated County Superintendent of Schools, Dr. Mary Ann Dewan.

A total of 810 AEDs have been placed at 682 sites in Santa Clara County, with the majority located in public elementary, middle and high schools. Additional AEDs have also been placed in community centers and other public places where people gather or where those at a high risk for heart attacks live. When the

program closes at the end of 2018, 846 AEDs will be placed at 718 sites throughout Santa Clara County.

Sudden cardiac arrest can strike at any time in people of all ages and fitness levels. More than 300,000 people, including 7,000 young people, die each year from sudden cardiac arrest (SCA). Often, SCA occurs in young people between the ages 10-19 years old, but it can still strike in children of all ages without warning. With this in mind, the County of Santa Clara embarked on a program so that more people would have a tool on-hand that can help save a life.

"When I first proposed a pilot project to distribute AEDs," Santa Clara County Supervisor Joe Simitian recalled, "I hoped we could use the same model to expand over time — until the entire county was wall-to-wall with life-saving coverage. With help from our partners, we've done it. And as we now know, these 21st Century AEDs are as close to foolproof as anything can be. Blanketing the county with them really has saved lives," Simitian said.

"In an emergency situation when every second counts our schools in Santa Clara County are now equipped to save lives because of the AED program. It's a milestone moment for the people in our county. We had a goal of equipping all schools and we did

it," said Supervisor Cindy Chavez.

Public access models, like the ones placed through the partnership between the County of Santa Clara's Emergency Medical Services Agency and Racing Hearts, are easy to use and capable of defibrillating a cardiac patient before the ambulance arrives.

The survival rate for those experiencing a SCA is five to eight percent when traditional cardio-pulmonary resuscitation (CPR) is used and increases to 80 percent with the use of AEDs. AEDs increase survival rates because they can restore a normal heart rhythm in victims of sudden cardiac arrest.

Since 2014 the County of Santa Clara Board of Supervisors has provided \$1,050,000.00 in matching funds for the Santa Clara County AED program. Local school districts, nonprofits, government and public agencies, foundations, and individuals provide the matching dollars for placement of the AEDs for their organization. Racing Hearts oversees the budget, placement and training for the AED program.

"The residents of Santa Clara County should now know that if they experience a Sudden Cardiac Arrest, they have an extra chance towards survival and the opportunity to keep their family together" added Racing Hearts founder Stephanie Martinson.

Make sure your business looks good online

SUBMITTED BY ALAMEDA COUNTY SMALL BUSINESS DEVELOPMENT CENTER

If you've logged into Facebook or Instagram via your laptop and mobile phone, you already know that the experience using a laptop or mobile device can be very different.

And if you own a business and want to make sure customers can find you online, it's important that your web presence looks good and is easy to navigate on any device. To help make that happen the San Lorenzo Library is hosting a "Mobile Tips and Tricks for Your Facebook and Instagram Business."

Topics will include tips on how to use the iPhone to post, read insights and encourage better engagement on both Facebook and Instagram. Some tips will be shared directly from an iPhone so students can follow along. Android users welcome, too.

The three-hour class will meet at 2 p.m. Friday, January 18 at the San Lorenzo Library. Admission is free. Registrations should be made online by visiting the Alameda County Small Business Development website at www.acsbdc.org and then clicking the Center Calendar link, then scroll to the Mobile Tips and Tricks link and select the registration prompt. (510) 208-0410.

Mobile Tips and Tricks for Business
Friday, Jan. 18
2 p.m. – 5 p.m.
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(510) 208-0410
Free; registrations required at www.acsbdc.org

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Jan. 19	Sat.	7:30 pm	SuperStar Donor Reception
Jan. 20	Sun.	2:30 pm	Dress up as your favorite fairytale character
Jan. 25	Fri.	7:30 pm	Talk Back with Actors/ Family Discount Night
Jan. 26	Sat.	7:30 pm	Wear green for Shrek
Jan. 27	Sun.	2:30 pm	

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



BART Police Log

SUBMITTED BY
LES MENSINGER

Sunday, December 23

• At 11:35 a.m. a man identified by police as Michael Melvin, 44, of Oakland was arrested at the Bay Fair station in San Leandro on suspicion of trespassing and violating a court order. He was booked at Santa Rita Jail.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Friday, December 28

• At 7:43 a.m. police issued a road closure advisory on Fremont Boulevard between Peralta Boulevard and Central Avenue while officers negotiated with a man on the roof of the former Center Theater, 37411 Fremont Boulevard. The negotiations were successful and there were no injuries. The roadway re-opened about 9:56 a.m.

Hayward Police Log

SUBMITTED BY HAYWARD PD

Wednesday, December 26

• Shortly after 8 p.m. police closed Santa Clara Avenue between Ocie Way and Redbud Lane after a PG&E transformer exploded and caused a vehicle to catch on fire while a crew was working on power lines. There were no injuries and the roadway was reopened after about two hours.

Milpitas Police Log

SUBMITTED BY LT. ABBIE SERRANO AND SGT. ALEX PRINCE

Thursday, December 13

• At about 11:27 p.m. an officer from the Special Investigations Unit recognized a man identified by police as Trevor Dale Dennis Daniel, a 45-year-old Milpitas transient, as a registered sex offender. Daniel was sitting on a bench on the 301 Block of Ranch Drive and attempted to walk away when officers approached. He was arrested on suspicion of failing to register as a sex offender and booked into the Santa Clara County Main Jail.

Friday, December 21

• At 3:06 a.m. officers were dispatched to the 390 Block of Park Hill Drive on a report of a disturbance. Arriving officers found a man, identified by police as Danieve Naranja, 18, of Milpitas, screaming and being restrained by witnesses who told officers that Naranja may have ingested LSD. Another man, identified by police as Alexander Woo, 18, of Milpitas was found nearby walking erratically down the street and appearing to be under the influence of drugs. Both suspects were arrested. Meanwhile, another officer found a 17-year-old male nearby sitting behind the wheel of a 2012 Nissan Versa and revving the engine. He ignored the officer’s commands and had to be physically removed from the car; he continued to resist arrest and the scuffle resulted in an officer receiving a minor injury.

High-speed rail leaders say management structure has flaws

BY KATHLEEN RONAYNE
ASSOCIATED PRESS

A leader of California’s high-speed rail project defended the decision to begin building tracks in the Central Valley without all approvals in hand Thursday but agreed with state auditors that the project overly relies on contractors and isn’t keeping thorough records.

“We have not appropriately recorded in documentation why we’ve done things,” Tom Richards, vice chairman of the board overseeing the project, told lawmakers. “It’s inexcusable and frankly I’m embarrassed about it.”

Richards was answering questions from lawmakers about a scathing state audit released in mid-November that found poor contract management and flawed decision making has driven cost overruns and delays. Lawmakers from both parties have become increasingly skeptical the project will ever be fully completed.

Voters in 2008 approved bond money to help build a train that can shuttle passengers between Los Angeles and San Francisco in less than three hours. It’s nearly doubled in cost since, to a predicted \$77 billion, and is 15 years from completion.

The public and lawmakers should be concerned about the audit’s findings, auditor Elaine Howle told a legislative oversight panel.

Her report faulted the construction timeline and management structure. The authority broke ground in the Central Valley in 2013, before it had all the land it needed or had relocated necessary utilities. The cost of contracts keeps rising as changes are made amid construction on 119 miles (190 kilometers) of track.

It cited high turnover and little oversight of

contract management and faulted the authority for relying on non-state employees to oversee contracts. Fifty-six people manage hundreds of contracts worth billions of dollars but just three serve full time, the audit found. One member of Howle’s team said it was difficult to get a complete picture of the contractors’ work because of a lack of documentation.

The state also risks losing about \$3.5 billion in federal money.

Richards said part of the reason construction began early was to ensure the state met deadlines to keep that federal money. The decisions were made with “careful consideration” about how to maximize federal dollars and manage risks, he said. The board agrees with criticism about its management structure and is already working to change it, he said.

Democratic Assemblyman Jim Frazier suggested bringing more oversight to the project by an inspector general and said there aren’t enough consequences for poor decisions.

“There’s no accountability and there’s no punitive action that goes on – nobody gets fired,” he said. “Your authority has gone on with whatever they wanted to do without any oversight of this body.”

Republican Assemblyman Jim Patterson of Fresno repeated his criticism that the project is not viable and asked the board for a “Plan B.”

“Plan A has failed, and if you don’t come to terms with it this project will die of its own weight,” he said.

The audit comes as Democratic Gov. Jerry Brown, a strong defender of the project, prepares to leave office. Governor-elect Gavin Newsom, also a Democrat, has expressed concern about funding shortfalls.

What's in a number? Dutchman, 69, seeks age change to 49

BY MIKE CORDER
ASSOCIATED PRESS

Self-styled positivity guru Emile Ratelband thinks age is just a number. And his is a number the Dutchman wants changed.

The 69-year-old TV personality has asked a court in the Netherlands to approve his request for a new birthday that officially would make him 49.

Ratelband says his legal appeal is consistent with other forms of personal transformation that are gaining acceptance and government recognition in the Netherlands and around the world.

“With this free(dom) of choice, choice of name, freeness of gender, I want to have my own age. I want to control myself,” he said Thursday.

Ratelband says he wants to avoid age discrimination in society – especially on dating websites.

“So when I ask for a mortgage, for example, they say it’s impossible,” he told The Associated Press. “If I go on Tinder, then I get women from 68, 69 when women are there.”

How about just being economical with the truth about his age?

“I don’t want to lie,” he said. “I want to be myself, so don’t force me to lie.”

Marjolein van den Brink, who specializes in human rights and gender issues at Utrecht University’s law school, said age discrimination is a problem but is different than the issues involved in reassigning gender.

“It’s quite clear that elderly people have a much smaller chance of getting a job than younger people,” she said. “But that’s just one element and it’s only something that happens to you once you reach the age of 40, 45, 50, depending a bit on your job.

“Whereas gender is something that follows you from birth to grave, and it determines nearly everything – and not just in the labor market but everywhere,” she said.

In rare cases, even race has also become more fluid.

In Britain, theater director Anthony Ekundayo Lennon has attracted attention in part because despite being the son of white Irish parents, he looks like

a mixed-race man. He has also written and told journalists that he thinks of himself as black.

He says he was racially abused as a teenager because of his appearance, and when he started an acting career, he found it easier to pursue non-white parts. He also took an African middle name.

Now some black artists are complaining because Lennon was recently given a paid traineeship in a program designed to give more black people a chance for careers in the arts.

His case resembles in some ways that of Rachel Dolezal, a white woman in the United States who identified herself as

black after she was raised by religious parents who had adopted four black children. She was working for the NAACP when her ruse was uncovered in 2015.

Ratelband, the Dutch TV personality, says the Dutch government could benefit if it were to accept his age demand. He said he’d be happy to forfeit his monthly pension of around 1,200 euros (\$1,370) – a concession he estimates would save nearly 300,000 euros (\$343,000) over the 20 years he wants shaved off his age.

The court in the central city of Arnhem is expected to issue a ruling in about four weeks.

Ratelband, who makes a living urging people and businesses to be positive, denies that the age request is a publicity stunt. He claims he is seeking a personal positive effect.

“Now I’m an old man. I have to save my money to give to my kids so that they can live,” said the father of seven. “But If I have that age again, I have hope again. I’m new again. The whole future is there for me again.”

Gregory Katz in London contributed.



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PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG18933375
Superior Court of California, County of Alameda
Petition of: Wonseop Choi, Lanhee Baik for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Florance Jae Yoon Choi to Eunice Jaeyoon Choi
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 2/1/19, Time: 11:30 A.M.
The address of the court is 1221 Oak Street, Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri-City Voice
Date: December 24, 2018
WYNNE S. CARVILL
Judge of the Superior Court
1/1, 1/8, 1/15, 1/22/19

CNS-3207306#

SUMMONS
(CITACION JUDICIAL)

CASE NUMBER (Número del Caso):
RG18891903
NOTICE TO DEFENDANT (AVISO AL DEMANDADO): Folatola Adetoun Kujore and Daniel Lemos and Does 1 to 10
YOU ARE BEING SUED BY PLAINTIFF (LO ESTÁ DEMANDANDO EL DEMANDANTE): Gwendolyn Johnson
NOTICE: You have been sued. The court may decide against you without you being heard unless you respond within 30 days. Read the information below.
You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you want to file the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.
There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.
AVISO: Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.
Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se cumpla con la copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.
Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) o pidiéndoselo en el condado de la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso.
The name and address of the court is (El nombre y dirección de la corte es): Alameda County Superior Court, 1225 Fallon Street, Oakland, CA 94612
The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): Angela L. Morgan, 2603 Camino Ramon, Suite 200, Ramon, CA 94563; 925-242-2561
DATE (Fecha): February 2, 2018
By Alicia Espinoza, Deputy (Adjunto) (SEAL)
1/1, 1/8, 1/15, 1/22/19

CNS-3206386#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG18932372
Superior Court of California, County of Alameda
Petition of: Chen Min Chiang for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Chen Min Chiang filed a petition with this court for a decree changing names as follows: Chen Min Chiang to Kevin Chiang
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 2-8-19, Time: 11:30 AM, Dept.: 24
The address of the court is 1221 Oak Street, 3rd Fl., Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri-City Voice
Date: December 17, 2018
Wynne S. Carvill
Judge of the Superior Court
12/25/18, 1/1, 1/8, 1/15/19

CNS-3205783#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG18930634
Superior Court of California, County of Alameda
Petition of: Steven Edward Humphrey for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Steven Edward Humphrey filed a petition with this court for a decree changing names as follows:
Steven Edward Humphrey to Steven Edward Parks
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 1-11-19, Time: 11:30AM, Dept.: 24
The address of the court is 1221 Oak Street, 3rd Fl., Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of

general circulation, printed in this county: What's Happening Tri-City Voice, Fremont CA
Date: December 3, 2018
Wynne S. Carvill
Judge of the Superior Court
12/11, 12/18, 12/25/18, 1/1/19

CNS-3201704#

REVISED ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG18925298
Superior Court of California, County of Alameda
Petition of: Bernard Lawrence and Tingyi Xu for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Peter Jiarui Xu to Peter Jiarui Xu Lawrence
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 01-18-2019, Time: 11:30am, Dept.: 24
The address of the court is 1221 Oak Street, Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: November 30, 2018
Wynne S. Carvill
Judge of the Superior Court
12/11, 12/18, 12/25/18, 1/1/19

CNS-3201701#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 553414
Fictitious Business Name(s):
Hey Get Paper, 2330 Morrow St., Hayward CA 94541, County of Alameda
Registrant(s):
Robin Ikegami, 2330 Morrow St., Hayward CA 94541
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Robin Ikegami, Owner
This statement was filed with the County Clerk of Alameda County on December 26, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/1, 1/8, 1/15, 1/22/19

CNS-3207614#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552937
Fictitious Business Name(s):
EZ Logistic, 3695 Stevenson Blv. E315, Fremont, CA 94538, County of Alameda
Mailing address: 5 S. Claremont St., San Mateo, CA 94401
Registrant(s):
Mike Zhu, 3695 Stevenson Blv. E315, Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Mike Zhu, Manager
This statement was filed with the County Clerk of Alameda County on December 11, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/1, 1/8, 1/15, 1/22/19

CNS-3207308#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 553096
Fictitious Business Name(s):
DJ C Custom Sound, 5338 Yarmouth Court, Newark CA 94560, County of Alameda
Registrant(s):
Devin J.C. Silva, 5338 Yarmouth Court, Newark CA 94560
Joe E. Silva, 5338 Yarmouth Court, Newark CA 94560
Business conducted by: Co-partners
The registrant began to transact business using the fictitious business name(s) listed above on 12/1/2018
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Devin J.C. Silva, Owner/Co-partner
This statement was filed with the County Clerk of Alameda County on December 13, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/1, 1/8, 1/15, 1/22/19

CNS-3206869#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 553215
Fictitious Business Name(s):
IQ Auto Glass, 1998 Osage Avenue, Hayward, CA 94545, County of Alameda
Mailing Address: 4125 Darwin Drive, Fremont, CA 94555
Registrant(s):
Kenneth Lorica, 4125 Darwin Drive, Fremont, CA 94555
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2018
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kenneth Lorica, Owner
This statement was filed with the County Clerk of Alameda County on December 18, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious

business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/25/18, 1/1, 1/8, 1/15/19

CNS-3205852#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 553189
Fictitious Business Name(s):
Four 8 Specialties, 34324 Siward Dr., Fremont, CA 94555, County of Alameda
Registrant(s):
Duane Headworth, 34324 Siward Dr., Fremont, CA 94555
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 12-17-2018
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Duane Headworth, Sole Prop
This statement was filed with the County Clerk of Alameda County on December 17, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/25/18, 1/1, 1/8, 1/15/19

CNS-3205652#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552955
Fictitious Business Name(s):
News, Marking & Sales, 1999 Harrison St., 18th Floor, Oakland CA 94612, County of Alameda
Registrant(s):
Fernando Lopez, 37767 Arcle Ct., Fremont CA 94536
Enrique Macias Virgen, 24057 La Paz Way, Hayward CA 94541
Business conducted by: a General Partnership
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Fernando Lopez, General Partner
This statement was filed with the County Clerk of Alameda County on December 11, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/18, 12/25/18, 1/1, 1/8/19

CNS-3203941#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552672
Fictitious Business Name(s):
Refined Reefs, 6353 Potrero Dr, Newark, CA 94560, County of Alameda
Registrant(s):
Tony Choe, 6353 Potrero Dr, Newark, CA 94560
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 7/12/18
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Tony Choe, Owner
This statement was filed with the County Clerk of Alameda County on December 3, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/18, 12/25/18, 1/1, 1/8/19

CNS-3202823#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552322
Fictitious Business Name(s):
Modern Salon, 40919 Fremont Blvd., Suite 16, Fremont CA 94538, County of Alameda
Registrant(s):
Judy Nguyen, 1988 Edgebank Dr, San Jose CA 95122
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 11/12/2018
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Judy Nguyen, Owner
This statement was filed with the County Clerk of Alameda County on November 19, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/18, 12/25/18, 1/1, 1/8/19

CNS-3202379#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552798
Fictitious Business Name(s):
Wah Kee Auto Repair, 37557 Dusterberry Way, Unit 8, Fremont, CA 94536, County of Alameda
Registrant(s):
Wah Chu, 35573 Cabral Dr., Fremont, CA 94536
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 11/1/2018
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Wah Chu
This statement was filed with the County Clerk of Alameda County on December 6, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/18, 12/25/18, 1/1, 1/8/19

CNS-3202316#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 552721
Fictitious Business Name(s):
Sohi Trucking, 34864 Mission Blvd., #247,

Union City, CA 94587, County of Alameda
Registrant(s):
Bajlit S. Soh, 34864 Mission Blvd., #247, Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Bajlit S. Soh, Owner
This statement was filed with the County Clerk of Alameda County on December 4, 2018
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/11, 12/18, 12/25/18, 1/1/19

CNS-3201708#

GOVERNMENT

CITY OF FREMONT
PUBLIC HEARING

Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, January 15, 2019, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard:
OLIVEIRA FARM COTTAGES – 39392 Blacow Road – PLN2018-00292
Public Hearing (Published Notice) to Consider the Planning Commission's Recommendation to Approve Rezoning of a 1.19-acre site from C-1-6 (Single-Family Residential) to Preliminary and Precise Planned District P-2018-292, Vesting Tentative Tract Map No. 8477, and a Private Street to Allow Development of Eight Small-Lot Single-Family Homes and Related Improvements Including the Extension of the Blacow Road Frontage in the Irvington Community Plan Area, and Adopt a Mitigated Negative Declaration Prepared and Circulated for the Project in Accordance with the Requirements of the California Environmental Quality Act (CEQA).
PALMIA AT MISSION FALLS CONDOMINIUM MAP APPEAL – 47201 Mission Falls Court – PLN2018-00222
Public Hearing (Published Notice) to Consider an Appeal of the Planning Commission's Denial of an Amendment to Planned District P-2017-297 and a Tentative Parcel Map for Condominium Purposes (Map No. 10810) to Allow a Previously-Approved 171-Unit Rental Apartment Project (Palmia at Mission Falls) for Seniors to be Changed to a 171-Unit Condominium Project for Seniors at 47201 Mission Falls Court in the Warm Springs Community Plan Area, and to Consider a Finding that the Proposed Project is Exempt from the Requirements of the California Environmental Quality Act (CEQA) Pursuant to CEQA Guidelines Section 15061(d)(4), which Exempts Projects that Will Be Rejected or Disapproved. (CONTINUED FROM THE DECEMBER 18, 2018 CITY COUNCIL MEETING)
If you challenge any decision of the City Council in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing.
SUSAN GAUTHIER, CITY CLERK
1/1/19

CNS-3206389#

PROBATE

NOTICE OF PETITION TO ADMINISTER
ESTATE OF
JOSEPH BEGA
CASE NO. RP18932451

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Joseph Bega
A Petition for Probate has been filed by Joseph R. Bega in the Superior Court of California, County of Alameda.
The Petition for Probate requests that Joseph R. Bega be appointed as personal representative to administer the estate of the decedent.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on 02/04/2019 at 9:31 a.m. in Dept. 201 located at 2120 Martin Luther King Jr Way, Berkeley, CA 94704.
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of the order appointing the personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for Petitioner: Thomas B Reed Jr, 676 Bockman Road, San Lorenzo, CA 94580, Telephone: 510-278-8362
1/1, 1/8, 1/15/19

CNS-3206377#

NOTICE OF PETITION TO ADMINISTER
ESTATE OF
JUNE MARIE FARMER AKA JUNE M. FARMER
CASE NO. RP18932076

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: June Marie Farmer, June M. Farmer, June M. Kelley
A Petition for Probate has been filed by Donald W. Kelley aka Donald Wayne Kelley in the Superior Court of California, County of Alameda.
The Petition for Probate requests that Donald W. Kelley be appointed as personal representative to administer the estate of the decedent.
The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on January 9, 2019 at 9:31AM in Dept. 202 Room located at 2120 Martin Luther King Jr., Way, Berkeley, CA 94704.
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may

affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner/Attorney for Petitioner: Linda J. Headrick, Attorney at Law, 33484 Alvarado Niles R., Union City, CA 94587, Telephone: 510-324-8567
12/18, 12/25/18, 1/1/19

CNS-3202074#

NOTICE OF PETITION TO ADMINISTER
ESTATE OF
JAMES VINCENT AKA J. VINCENT
CASE NO. RP18931203

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: James Vincent aka J. Vincent
A Petition for Probate has been filed by Lori A. Weathers in the Superior Court of California, County of Alameda.
The Petition for Probate requests that Lori Alameda be appointed as personal representative to administer the estate of the decedent.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on January 22, 2019 at 9:31AM in Dept. 201 located at 2120 Martin Luther King Jr Way, Berkeley, CA 94704.
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner/Attorney for Petitioner: Karly Peterson, Esq., 3938 Smith Street, Suite H, Union City, CA 94587, Telephone: (510) 838-0504
12/18, 12/25/18, 1/1/19

CNS-3202071#

THE ROBOT REPORT

BY STEVE CROWE
PHOTO: UBER
SELF-DRIVING CAR
CREDIT: UBER

Funding does not guarantee success. That is a lesson the robotics industry learned the hard way in 2018. Rethink Robotics, which raised \$149.5 million in funding, shut down in October. Airware and Jibo suffered a similar fate this year after burning through \$114 million and \$73 million, respectively.

Nonetheless, raising money plays a vital role in companies being able to scale and innovate. We will have an in-depth recap of 2018 robotics investments in the first quarter of 2019, but safe to say 2018 was a phenomenal year investment-wise for the robotics industry, led by companies developing self-driving cars, logistics automation and enabling technologies.

The original purpose of this article was to list the top 10 individual funding rounds of 2018, but Cruise Automation, SenseTime and Uber would have filled eight of those spots. So, we broadened it. Five of the top 10 companies we tracked are based in the United States (four in California, one in Massachusetts), while China is home to four of the most-funded companies and the United Kingdom had one.

Not surprisingly, three self-driving car companies made the list, raising a combined \$5.25 billion over six rounds for an average round of \$875 million.

The most surprising company on the list is China’s UBTech Robotics, a toy robot company that raised \$820 million in May. Two companies working in logistics automation, China’s JD.com and the UK’s Ocado, made the list, while Auris Health rounds out the top 10 with \$220 million.

The list of companies just on the outside of the Top 10 is also quite impressive. Some notable companies not on the list: Pony.ai (raised \$214 million), Bright Machines (\$179 million), Geek+ (\$150 million), GreyOrange (\$140 million), Procept Biorobotics (\$111 million) and Boxed (\$111 million).

Those aforementioned companies still had impressive years funding-wise, but they did not fare as well as the following 10 most well-funded robotics companies of 2018:

1. Uber: \$3.1billion

How much did the fatal self-driving car accident hurt Uber? Well, not only has Uber resumed testing of autonomous vehicles on public roads, but the company raised \$3.1 billion in 2018 — and all of it came after the fatal incident. The \$500 million from Toyota in August was specifically to co-develop autonomous vehicles. Uber also raised \$2 billion in October in its first-ever bond offering and \$600 million in a secondary round in May.

- Headquarters: San Francisco, California
 - Founded: 2009
 - Rounds: \$2 billion in debt financing (Oct 18); \$500 million Corporate Round from Toyota (August 27); \$600 million Secondary Round (May 23)
 - Market: autonomous vehicles
- After a 9-month hiatus, Uber’s self-driving cars resumed autonomous on-road testing in Pittsburgh, which followed approval from Pennsylvania’s



Department of Transportation for Uber to test the vehicles on state roads. Of course, Pittsburgh was the first city to host Uber’s self-driving cars and is home to Uber’s autonomous vehicle headquarters.

2. SenseTime: \$2.2 billion

SenseTime, based in Beijing, China, is the world’s most valuable artificial intelligence (AI) unicorn and the largest pure-play AI company focused on computer vision and deep learning. It had quite the 2018, raising \$2.2 billion at a valuation of more than \$6 billion. In September it closed a \$1 billion Series D round from SoftBank’s Shanghai affiliate SoftBank China Venture Capital.

- Headquarters: Beijing, China
- Founded: 2014
- Rounds: \$1 billion Series D; \$620 million Series C+; \$600 million Series C
- Date Announced: Sept. 18 (Series D); May 31 (Series C+); April 9 (Series C)
- Lead Investor(s): Softbank China (Series D); Fidelity International (Series C+); Alibaba Group (Series C)
- Market: AI

And in less than two months it closed \$1.2 billion via Series C and Series C+ rounds from Alibaba Group and Fidelity International, respectively. SenseTime has developed a deep learning platform, supercomputing centers, and a range of AI technologies such as face recognition, image recognition, object recognition, text recognition, medical image analysis, video analysis, autonomous driving and remote sensing. The company boasts more than 700 customers and partners in China and overseas, including MIT, Qualcomm, NVIDIA, Honda, Alibaba, Suning, China Mobile, UnionPay, Wanda, Xiaomi, OPPO, vivo, Weibo.

3. Cruise Automation: \$1.65 billion

In an incredible display of the interest level surrounding self-driving cars, Cruise Automation, the San Francisco-based self-driving unit of General Motors, closed \$1.65 billion in funding in 2018 thanks to major investments from Honda and the Softbank Vision Fund. In May 2018, the SoftBank Vision Fund announced a two-part investment in Cruise that could total \$2.25 billion when all is said and done. The first phase of \$900 million was invested immediately, while the remaining \$1.35 billion is contingent on two things: regulatory approval and commercial deployment of Cruise’s self-driving cars.

- Headquarters: San Francisco, California
- Founded: 2013

- Rounds: \$900 million Corporate Round (Softbank Vision Fund); \$750 million equity investment (Honda)
- Date Announced: Corporate Round: May 31, 2018; Equity Round: October 3
- Lead Investor(s): Softbank Vision Fund
- Market: autonomous vehicles

Cruise partnered with Honda in early October to “develop a purpose-built autonomous vehicle for Cruise that can serve a wide variety of use cases and be manufactured at high volume for global deployment.” Honda paid \$750 million upfront and will contribute another \$2 billion over 12 years in development work and fees. All in all, Honda will investment \$2.75 billion in Cruise. In addition to SoftBank’s investments, this transaction brought Cruise’s valuation to \$14.6 billion.

4. PTC: \$1 billion

Rockwell Automation, the world’s largest company dedicated to industrial automation, made a \$1 billion equity investment in PTC, an automation control software provider to government and industry. The goal is to “accelerate growth for both companies and enable them to be the partner of choice for customers around the world who want to transform their physical operations with digital technology.”

- Headquarters: Needham, Massachusetts
- Founded: 1985
- Round: \$1billion post-IPO Equity
- Date Announced: June 11
- Lead Investor(s): Rockwell Automation
- Market: industrial automation

As part of the deal, the two agreed to align their respective smart factory technologies and industrial automation platforms. PTC is a well-established player in both CAD software and PLM software, two important parts of the enterprise-level control stack within automation space. PTC is also quickly growing its industrial IoT portfolio, which includes ThingWorx, Kepware and Vuforia.

5. UBTech Robotics: \$820 million Series C

UBTech Robotics, a Chinese toy robot builder, raised \$820 million in a Series C funding round led by Tencent Holdings, with participation from Green Pine Capital, Haier Group, Minsheng Securities, CDH Investments and Telstra.

- Headquarters: Shenzhen, China
- Founded: 2012
- Round: \$820 million

Series C

- Date Announced: May 3, 2018
- Lead Investor(s): Tencent Holdings
- Market: consumer robotics

UBTech has raised a total of \$940 million to date, and the Series C round brought the company’s valuation to about \$5 billion. UBTech said the money would be used to develop adult-sized humanoid robots and will focus particularly on the R&D of servo systems, movement control algorithms for walking, and computer vision.

6. JD: \$550 million

JD, the Chinese equivalent to Amazon and China’s second-largest e-commerce provider, raised \$550 million from Google. Like Amazon, JD is heavy in the automated logistics business. JD is also involved in last mile deliveries and just launched 20 mobile robot carts in the Beijing area (each robot can deliver up to 30 different parcels).

- Headquarters: Beijing, China
- Founded: 1998
- Round: \$550 million
- Date Announced: June 18
- Lead Investor(s): Alphabet
- Market: logistics automation

Google has been partnering and investing in smart logistics, online grocery shopping, virtual assistant shopping and same day delivery and this investment in JD adds to that effort.

7. Zoox: \$500 million

Zoox, a developer of electric, autonomous vehicles for its own ride-hailing service, received \$500 million in a Series B round led by Grok Ventures. With this investment the company has received \$790 million in total funding.

- Headquarters: Foster City, California
 - Founded: 2014
 - Round: \$500 million
- Series B
- Date Announced: July 8
 - Lead Investor(s): Grok Ventures
 - Market: autonomous vehicles

Zoox’s plan is to deploy autonomous vehicles by 2020 in the form of its own ride-hailing service. The cars themselves will be all-electric and fully autonomous, the company said.

8. Ocado: \$440 million

Ocado, the UK leader in home-delivered groceries using robot-run distribution centers, established a licensing deal with US grocery chain Kroger. Kroger purchased a 5 percent stake in Ocado — an investment valued at \$247.5 million — and

Ocado will help Kroger set up systems to help it manage online ordering, fulfillment and delivery operations.

- Headquarters: Hatfield, United Kingdom
- Founded: 2000
- Rounds: \$247.5M from Kroger on May 17; \$192.5M on Feb. 6
- Lead Investor(s): Kroger
- Market: logistics automation

Ocado also raised \$192.5 million in February by selling shares of its publicly traded stock. Ocado invested \$57.5 million on technology in 2017, up from \$46 million in 2016. The company is developing proprietary technology and has also increased its tech staff to 1,100. The company uses about 500 robots interacting with each other on a grid which have allowed it to process more than 20,000 orders.

9. Yitu Technology: \$300 million

Yitu Technology, based in Shanghai, offers technology that uses computer vision, intelligent imaging, and video understanding to recognize human faces, automobiles and more. It raised \$200 million in Series C funding in June from ICBC International Holdings, SPDB International and Gaocheng Capital. Then in July, it closed another \$100 million in an extended C Round from China Industrial Asset Management.

- Headquarters: Shanghai, China
- Founded: 2012
- Rounds: \$200 million Series C on June 12 from ICBC International Holdings, SPDB International and Gaocheng Capital; \$100 million Extended Series C from China Industrial Asset Management
- Market: AI

10. Auris Health: \$220 million

Auris Health, the lone healthcare robotics company on the list, closed a \$220 million Series E to support its next-generation Monarch robotic interventional platform. The funding round brings the total raised for the Auris Health Monarch surgical platform to more than \$700 million over four rounds, Auris Health said.

- Headquarters: Redwood City, California
- Founded: 2007
- Round: \$220 million Series E
- Date Announced: November 28
- Lead Investor(s): Partner Fund Management
- Market: healthcare robotics

Auris Health said the round was led by Partner Fund Management and joined by newly invested Wellington Management, D1 Capital Partners and Senator Investment Group and existing investors Mithril Capital, Lux Capital and Viking Global Investors.

— Steve Crowe
Steve Crowe is Editor of The Robot Report. He can be reached at scrowe@wtwhmedia.com

COMMUNITY BULLETIN BOARD

FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, come join us www.fremontcoinclub.org 510-792-1511	Soiree Seniors For People Over 60 Many Activities Potluck Dinners, Dancing, TGIF's, Birthdays and more Call Nancy for information (510) 397-1191	League of Women Voters Fremont-Newark-Union City www.lwvfnc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post informa- tion 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 thou- sands of friends and neighbors every TUESDAY in the TCV printed version and continu- ously online. TCV has the right to reject any posting to the Commu- nity Bulletin Board. Payment must be received in advance. Payment is for one posting only. Any change will be con- sidered 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	
FREMONT STAMP CLUB Meets 2nd Thurs. each month 7pm Fremont Community Activities Center 3375 Country Dr., Fremont Collectors of all ages welcome www.fremontstampclub.org/ or call Tom 510-793-9124 write12me@gmail.com	Fremont Garden Club Join enthusiasts from Tri-City area Meets Feb. - Oct. 3rd Wednesday of the month at various locations Social time: 6:15 pm Presentation: 7-8:30 pm Annual dues: \$30 indi, \$50 couples Call Lynn: 510-604-8206 www.fremontgardenclub.org	Do you want to help build our Model Railroad Layouts & Operate Trains? The Tri-City Society of Model Engineers Looking for new members Meet Fridays - 7:30pm-9:30 pm Niles Plaza 37592 Niles Blvd., Fremont www.nilesdepot.org or call 510-325-2092		
Rotary Club of FUN Sunset Meets every Thursday at 7pm Crowne Plaza Hotel 32083 Alvarado-Niles Road Union City, CA 94587 Questions: Call Omy 510-585-8897	Free weekly ESL Classes for Adults Beginning to Intermediate Levels Conversation, Vocabulary, Listening, Reading South Bay Community Church 47385 Warm Springs Blvd Info: eslsbcc@gmail.com or 510-912-1698	FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport Various Saturdays www.vaa29.org Email for more information youngeagles29@aol.com		
	Is food a problem? Try Overeaters Anonymous Mon 7 PM & Wed 7 PM St. James Episcopal Church 37051 Cabrillo Terr., Fremont Sat 10:30 AM No dues or fees All are welcome! First Presbyterian Church 35450 Newark Blvd., Newark www.oasaco.org	Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous-FA WWW.foodaddicts.org FREE Meetings - Mon. 7-8:30pm Centerville Presbyterian Church 4360 Central Ave. Rm E204 Fremont Sat 8-9:30am Holy Trinity Lutheran Church 38801Blacow Rd. Fremont 510-719-8288	FREE PRESCHOOL Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us	
Scholarships for Women Our Fremont PEO chapter sponsors scholarships for women entering college, earning another degree, or returning to school after 2+ years. Low interest education loans. Apply online for these: www.peocalifornia.org wordsmit65@gmail.com for more info	TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch,rummikub group, pinochle group, bocce ball & book club. For more info, call 510-656-0162	ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org	A-1 Comm. Housing Svcs 1st Time Home Buyers Workshop Learn the process of homeownership Down Payment Assistance Every 3rd Sat. 10am-1pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Register: www.a1chs.org Call: 510-674-9227	Our Lady of Guadalupe School CRAB FEED Feb 23, 2019 4:30pm – 11pm Holy Spirit Parish Center 37588 Fremont Blvd., Fremont \$50 per Person Crab, pasta, salad, rolls, dessert *MUST BE 21 & OLDER * Silent & Live Auctions Raffle Baskets - Live DJ & Bar Contact 510-657-1674
Free English Adult Classes Beginning to intermediate conversation, pronunciation, listening, reading Tues. 10am -11:30am South Bay Community Church 47385 Warm Springs Blvd. Fremont 510-912-1698 email: eslsbcc@gmail.com	Are you or a loved one struggling with mental health challenges? You are not alone. NAMI – The National Alliance on Mental Illness offers Free, confidential classes and support groups We can help. Call Kathryn at (408) 422-3831 Leave message	Love to Travel? Love to interact with diverse cultures? Friendship Force of the San Francisco Bay Area FFSFBA.org Changing the way you see the world Martha LeRoy 510-793-3676	Bay Area Guide Dog Puppy Raisers Looking For Volunteers Interested in giving back to their community Raise a puppy and change a life! We meet Thursday 7-8pm For more information Call Randy Hollenshead 510-331-4862	FREMONT Girls Softball Get your girls away from the Cellphone and involvedin A Fun Activity! Ages 5 - 18 Years Registration Dates Jan. 1/12/19 & Feb. 9/19/19 www.fgsa.org
MEHS Band & Orchestra Flea Market 4th Saturday of the month (weather permitting) March through October \$20 cash fee for vendors Due the day of flea market Set up 6 a.m. 7 a.m. -3:30 p.m. 2300 Panama St. Hayward officialmehsband@gmail.com	Serious Mental Illness Free 12 week course for caregivers of someone with a serious mental illness starting Jan 5, 2019 from 9:00-11:30 in Fremont. Registration required. Contact: Joe Rose at 510-378-1578 or Email F2F@NAMLacs.org http://www.NAMLacs.org http://www.NAMI.org	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.aachstricity.org We welcome all new members	Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6:25 PM. at Round Table Pizza at 37480 Fremont Blvd. We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.	
Become a volunteer driver with LIFE Eldercare Drive older adults to appts/errands Flexible weekday scheduling Call Valerie 510-894-0370 x2 vdraeseke@LifeElderCare.org www.LifeElderCare.org	Are You Troubled By Someone's Drinking? Al-Anon and Alateen are here to help. Al-Anon has but one purpose: to help families of alcoholics. We share our experience, strength, and hope. www.ncwsa.org for a meeting near you, or call 510-276-2270, or email Easyduz@gmail.com	F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics Bronco Billy's Pizza 41200 Blacow Road Fremont Most meetings 6pm - third Sun of the month. For Info Visit our website: www.funprogressives.com Contact us at: funprogressives@gmail.com	English Conversation Cafe Practice your English & enjoy refreshments Small conversation groups with English tutors, Beg & Adv Students Free / Drop-ins welcome Tuesdays 7-8:30pm Bridges Community Church 505 Driscoll Road, Fremont 510-651-2030 / nateg@bridgescc.org	AMERICAN LEGION POST 837 Veterans and Active Duty Military are invited Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm General Meeting 7:15pm VETERANS MEMORIAL BUILDING (NILES) 37154 2nd & E Strets Fremont www.POST837.org
Let's Do Lunch! Volunteer for LIFE ElderCare Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@LifeElderCare.org www.LifeElderCare.org	SparkPoint Financial Services for Low-Income Residents FREE financial coaching & services SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center 39155 Liberty St, Rm #A120, Fremont To register, call 574-2020 Fremont.gov/SparkPointFRC		Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at Transfiguration Church Castro Valley Everyone welcome: Members \$15/Guests \$20 5-Course dinner plus wine & dessert Reservations by prior Friday at 510-483-6929 Info: www.buontempoclub.org	NEWARK OPTIMIST CLUB ESSAY CONTEST students under 18 Topic: "When the World's Problems are solved is Optimism still necessary?" CASH Prizes www.optimist.org/forms/18-19es- sayapplicationpdf Deadline: January 25, 2019 Submit to: darryl14R@aol.com
Make a new friend! Be a volunteer friendly visitor with LIFE ElderCare Spend time with a lonely older adult. You both will enjoy your weekly visits. Call Linda 510-894-0370 x3 lhoynes@LifeElderCare.org www.LifeElderCare.org	Fremont Family Resource Center 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, a drop-in childcare center & more. M-F 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC	Do you get nervous when you have to speak in public? Newark Toastmasters can help Learn this skill and more in a supportive atmosphere It's FREE to attend Tues 7am-8:10am Newark Library 6300 Civic Terrace Ave., Newark 510-796-3562 or 510-402-8318 www.1118.toastmastersclub.org		

Shimmy & shake off The winter chills



SUBMITTED BY SHIRLEY SISK

It soon will be time to strike up the band and maybe shimmy and shake to a lineup of lively jazz, swing, Latin, blues, rhythm and pop music and fun vocals that can help shake off the wintertime chills. The CoolTones Big Band will bring their unique sound to Fremont on Sunday, January 13 as part of the League of Volunteers ongoing

concert series. Founded in 1997, the group consists of 19 talented musicians who play saxophones, trumpets, trombones, drums and piano along with two vocalists. The concert will be in the Thornton Junior High School in Fremont. Admission is free and open to the public.

CoolTones Big Band
Sunday, Jan. 13

Doors open at 1 p.m.; Music starts at 2 p.m.
Big band music and vocals
Thornton Junior High School, Multipurpose Room
4356 Thornton Ave., Fremont
(510) 793-5683
www lov.org
Free

Children's Natural History Museum

Phil Gordon and William Gordon Charles were Boy Paleontologists in the 1940's. This infamous group of boys excavated the Ice Age fossils in the Irvington District of Fremont. The Boy Paleontologists and their leader, Wes Gordon, a teacher, found Columbian mammoths, mastodons, camel-like mammals, sloths, short faced bear, dire wolves, and pronghorn antelope. These "boys" would travel from Hayward on weekends to excavate one of the most productive sites of the middle Pleistocene. The Boy Paleontologists were noted throughout the United States in the 1940-50's. A band of boys ranging in age from 7 to 13 unearthed one of the best-preserved fossil sites in North America. Fossils from the Irvington District in Fremont, were so well preserved, that a section of geologic time was assigned as the Irvingtonian North American Land Mammal Age (1.8 million to 240,000 years ago) or middle Pleistocene.

Wesley Gordon Sr., the leader of the Boy Paleontologists, instilled in these boys that they should always collect specimens to educate the public. The museum that Wes Gorden started in San Lorenzo was dismantled in the early 2000's. William Charles worked with his brother, Phil Gordon to make sure the collection would stay intact. The Math Science Nucleus was asked, and accepted the challenge of creating a museum around the fossils. Bill and Phil worked every week to what would then become the Children's Natural History Museum managed by the Math Science Nucleus. Bill worked on the photos and put together a compendium of articles that recorded their history. The Wes Gordon Fossil Hall would display the pieces that were found by the boy paleontologists. Together they would look for records to help verify where each specimen was found. Every visitor that came by, Phil and Bill would tell stories after story of the discoveries that they made.

The museum only had a few visitors at first, but now classes of children come to the museum to learn about the geologic history of this area. The most loved room is the "Boy Paleontologist" room where you can see artifacts of the boys and how they dug for fossils.

Math/Science Nucleus
Tuesdays and Thursdays:
2 p.m. - 5 p.m.
First and Third Saturday:
1 p.m. - 5 p.m.
4074 Eggers Dr., Fremont
510) 790-6284
http://msnucleus.org

Oakland Zoo officials mourn beloved gibbon

SUBMITTED BY ERIN HARRISON
PHOTO BY ANDREW LINCOLN

Nikko, a 35-year-old male white-handed gibbon that was recently transferred from the Oakland Zoo to the Santa Barbara Zoo has unexpectedly died from a previously unknown medical condition.

The animal first showed a decrease in appetite in early December, and then died on Sunday, December 16 while on the way to veterinary internal medicine specialists for advanced testing.

"We are all devastated Nikko is gone. He was very special to our Oakland Zoo family. He is, and will continue to be, greatly missed by our keepers, staff, and visitors alike," said Dr. Joel Parrott, President and Chief Executive Officer of the Oakland Zoo.

Nikko was to be a companion to the Santa Barbara Zoo's elderly female gibbon Jasmine and her "adopted daughter" Jari, who is 4 years old. Both Jasmine and Nikko had lost their mates of several decades, and they were matched by the Association of Zoos and Aquariums (AZA), which collectively manages species in their accredited zoos. Gibbons are social creatures and it was believed that this new "blended family" would benefit all three apes.

Dr. Julie Barnes, the Zoo's director of animal care and health, reports that surgery or treatment would not have been effective even if Nikko's condition had been previously diagnosed. "This would have proved fatal, regardless," she said. "We are so sad to have lost him so soon after his arrival, as he had already won everyone's hearts."

Prior to leaving Oakland, Nikko received a thorough pre-transfer exam that included extensive blood tests, radiographs, an ultrasound and an EKG. No abnormalities were detected, and the transfer proceeded. He arrived in Santa Barbara on November 27 and was in quarantine in the gibbon holding area. He initially was eating and behaving



normally and had begun introductions to Jasmine and Jari.

On Monday, December 10, keepers observed a decrease in appetite, but Nikko otherwise continued to exhibit normal behaviors. Over the next few days, staff became increasingly concerned as he continued to eat less.

"Taking into consideration all the changes in his life, we didn't want to rush into anesthesia, which would be necessary in to order to examine him," said Barnes. After becoming weaker, Nikko was transferred to the Animal Clinic where he received fluid therapy and diagnostic testing.

"His blood and urine tests showed acute liver and renal failure," Barnes said. "The radiographs and ultrasounds were inconclusive and it was proving difficult to get a diagnosis. On Sunday, we arranged to have him seen by veterinary internal medicine specialists about 15 minutes away, where he could have a more advanced ultrasound examination." But Nikko died on the way there.

A necropsy was performed at the zoo where a mass in the upper abdomen was detected, along with abnormalities of both kidneys and the liver. Neoplasia (cancer) is suspected, though confirmation from testing is still incomplete.

Nikko's body will be returned to the Oakland Zoo for burial.

ARTSFUND Grants for nonprofits

SUBMITTED GUY ASHLEY

The Alameda County Arts Commission has announced 2019 ARTSFUND Grants Program for Alameda County-based nonprofit organizations. Standard grant awards are \$1,000 to \$2,500 each and application deadline is March 1, 2019. The program supports all types of arts programming such as dance, literature, media arts, music, theater, visual arts, and multidisciplinary arts programs.

The Arts Commission staff will organize free workshops on January 16, January 23 and February 6 to provide information on the program and application process, including a review of the guidelines and eligibility requirements, application requirements, and how to use the new online application system. Reservation is not required. For details, visit Alameda County Arts Commission's website at www.acgov.org/arts (click on "Programs") or email Arts Commission Office at artscommission@acgov.org or call (510) 208-9646.

ARTSFUND Grant Program
Deadline: March 1, 2019

Workshops
Wednesday, Jan 16, 2019
3:00 p.m. – 4:30 p.m.
Fremont Main Library, Fukaya Room A
2400 Stevenson Blvd, Fremont

Wednesday, Jan 23, 2019
3:00 p.m. – 4:30 p.m.
Alameda County Lakeside Building, Room 1107
1401 Lakeside Dr., Oakland

Wednesday, Feb 6, 2019
5:30 p.m. – 7:00 p.m.
Robert Livermore Community Center
4444 East Ave., Livermore

(510) 208-9646
www.acgov.org/arts (click on "Programs")
artscommission@acgov.org



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**ON TIME SIGNS**

continued from page 1

Local gym rocks on after one year

Shafsky used to play sports in high school and college. After college she worked for the City of Fremont then started developing an interest in fitness. “As I was going through my own health struggles, I started becoming more and more active in both the gym and then also in yoga, and so at that time I got certified as a yoga instructor and started teaching, and then it just expanded from there,” she said. Shafsky’s passion for fitness planted the seed for HeniFitness. “I wanted to be able to do the training, bring all my clients into one space. I wanted to offer a facility that people could come to and could build a community.”

HeniFitness opened its doors on October 28, 2017. The Shafskys celebrated their one-year gym anniversary in 2018 with a free community event, which offered free classes including yoga, a combination Zumba and mixed fitness class, and bingo bootcamp. Donations from the event went to Compassion Network, a non-profit organization in Fremont dedicated to offering community support, food, and humanitarian relief to those in need.

Shafsky’s idea for her gym was different from other gyms. She didn’t just want people to have a place to work out.

“I realized that everybody has a different journey in life that they’re going through and why they’re trying to get healthy. Very rarely is it just somebody’s in here trying to fit in a bikini; there’s always an underlying reason for health,” Shafsky said.

HeniFitness offers group fitness classes, personal training, nutrition, and health coaching. “Health coaching is kind of like life coaching. It’s helping people figure out what their goals are and figure out the directions that they

need to go and how to best achieve those,” Shafsky said. Nutrition coaching includes a 30-day healthy meal program where people can learn how to meal prep and eat healthy. They also offer Tabata, yoga, Zumba, Strong by Zumba, a kettlebell class, a sprinting class, and a bootcamp-style class, and are in the process of adding boxing classes.

What’s special about HeniFitness is their small, personalized classes. “We take the time to get to know everybody. I try, and my instructors try to know each of the people who walk through the door and learn more about them,” Shafsky said. HeniFitness has nine group fitness instructors, including Shafsky, who teaches the Tabata classes and some of the HeniStrong bootcamp-style classes.

Aside from exercise, they plan to launch a community garden and organize composting classes for kids and families. “Health and wellness aren’t just working out. It’s also taking care of the world around you, it’s taking care of your life, it’s learning more about how to live a healthier life, how to give back,” she said.

An indoor mural project is also in the works for HeniFitness. “At the anniversary event we had

posters up on the back wall and had everybody write their ‘why.’ Why do they want to be healthy? Why do you put all these hours in? Why do you work out so hard?” Shafsky explained. “The artist is actually going to be doing a mural but incorporating everybody’s ‘why.’”

Being part of the gym does not require a monthly membership fee. “When it comes to attending our classes, we try to keep it as simple as we could for people,” Shafsky said. The drop-in fee is the most convenient option. “You don’t have to be a member, you don’t have to have been here before, you don’t have to plan this out very far in advance. You just show up and drop in,” she said.

The unlimited monthly membership is \$130 and allows access to all HeniFitness classes. Another option is a 10-class package for \$130 during a three-month span. There’s also a seven-day trial pack for \$30. For more information on HeniFitness and their classes, visit www.henifitness.com.

HeniFitness
37161 Niles Blvd, Unit B,
Fremont
(510) 828-1613
info@henifitness
www.henifitness.com

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Alan Olsen, CPA
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