



Enjoy live New Orleans jazz

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Spreading awareness for congenital heart defects

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East Bay Regional Parks Insert in this issue



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Believe to Achieve at Olympian Track & Field Clinic

SUBMITTED BY LEE WEBB
PHOTOS BY MIKE HEIGHTCHEW

After a hiatus of three years, the "Willie Davenport Olympian Track & Field Clinic" is returning to James Logan High School on Saturday, February 9. The event, open to all ages, is an invitation to learn by doing, guided by the expertise of over 50 Olympic coaches and athletes. Created by Logan's track and field coach Lee Webb, the daylong clinic gives young athletes an opportunity to meet and learn from decorated Olympians and experts in the field. The event will offer not only physical endurance activities but also life-learning skills.

Attendees will be instructed in triple jump/long jump, high jump, pole vault, shot put, discus, javelin, hammer, sprints, hurdles, and distance/race walking.

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Classical Jam from Bach to Rock



SUBMITTED BY VICKILYN HUSSEY
PHOTOS BY JIM SAKANE

Bach, Mozart, Rossini, Lennon-McCartney, Freddie Mercury, Al Green, Peter Gabriel, Tom Waits, and the tango! Music at the Mission has created an outrageously original music experience for their Sunday, February 10, Salon Series "Classical Jam." "From Bach to rock!" explains Bill Everett, Artistic Director of Music at the Mission.

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Cardiologist offers tips on simple lifestyle changes for a healthy heart

February is Heart Health Month, the perfect time to learn about your risk for heart disease and the steps you can take to protect that vital organ. Sponsored by the American Heart Association, Heart Health Awareness Month was established to raise awareness about heart disease and the prevention and management of the condition.

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths is caused by heart disease. Take heart, though—the good news is that it can often be prevented when you make healthy choices and manage your health conditions.

Catherine Dao, MD, a board-certified cardiologist with Washington Township Medical Foundation, notes that getting regular exercise and eating a “heart-healthy” diet—even getting the proper amount and type of sleep—are crucial. She explains that the most important thing people can do to improve their health is quit smoking, as those who smoke are two to six times more likely to have a heart attack.

How much and what types of exercise are ideal? “Try to get at least 150 minutes of moderate-intensity exercise per week (30 minutes per day five days a week), or 75 minutes of vigorous exercise per week,

whether it’s walking up hills, jogging, hiking, cycling, doing cross-fit or the elliptical,” Dr. Dao suggests. “Be sure to include strengthening exercises, such as lifting light weights, doing push-ups and engaging in yoga or Pilates.”

If you don’t have 30 minutes at a time, try to squeeze in 10 minutes of exercise at least a couple of times a day. Need help staying motivated? “I tell my patients that by choosing an activity they enjoy and finding a workout partner, they are more likely to keep up their routine,” says Dr. Dao.

Exercising at home? “Be sure your surroundings are

accommodating; have plenty of room and keep exercise tools such as resistance bands, jump ropes and other equipment within reach. You can also use technological tools to track your fitness, including wearables like Fitbit and some watches, as well as smartphone apps.”

Why is exercise so important? “It can improve your overall health and specifically bone health and heart health,” Dr. Dao asserts. “Although exercise doesn’t directly decrease the amount of plaque in one’s arteries, it helps the heart become more efficient and reduces risk factors for heart disease.” Exercise has other bonuses: it can lead to improved sleep and increased self-esteem, as well as decreased blood pressure and cholesterol levels.

In addition to exercise, eating a nutritious diet is critical for heart health. “I recommend adhering to a ‘heart-healthy’ diet,” says Dr. Dao. “This means a high-fiber, mostly vegetable-based diet, with lean proteins including fish, chicken, legumes and nuts. Add whole grains such as quinoa, oats and brown rice to your meals.” She advises limiting intake of trans-fats and pre-packaged foods, which often contain preservatives, added sugar and sodium. Too much sodium can lead to high blood pressure, which is a leading cause of stroke and heart disease.

Along with your diet, keep your weight goals in mind and aim for a body mass index (BMI) of 125, and a waist circumference of less than 35 inches for women and less than 40 for men.

Did you know that getting your 40 winks is important for a healthy heart, too? “Chronic lack of sleep can increase the risk of heart disease; six to nine hours of sleep is generally recommended,” explains Dr. Dao. She points out that sleep apnea is a common condition—especially for those who are overweight—that’s often under-recognized and under-treated. The resulting chronically low oxygen levels can increase the release of stress hormones, as well as increasing blood pressure and arrhythmia (abnormal heart rhythm that is too fast or too slow).

Sleep apnea symptoms include snoring, waking up multiple times a night, headaches and dry mouth in the morning, and feeling tired throughout the day. If you have any of these symptoms, talk to your doctor, who may recommend a sleep test.

So, keeping these three basics in mind: Moving your body, consuming lots of veggies and whole grains, and getting your fair share of shut-eye can help your heart remain healthy and strong.

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

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A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	
	2/5/19	2/6/19	2/7/19	2/8/19	2/9/19	2/10/19	2/11/19	
12:00 PM 12:00 AM	Low Back Pain	Relieving Back Pain: Know Your Options	Latest Treatment Options for Wound Care	Nerve Compression Disorders of the Arm	Updated Treatments for Knee Pain & Arthritis	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Hepatitis B and Liver Cancer: Prevention and Treatment	
12:30 PM 12:30 AM	Family Caregiver Series: Driving Safety & Alternative Transportation Resources		Solutions for Weight Management		Family Caregiver Series: Codepen- dency and the Caregiver	Respiratory Health		Washington Township Health Care District Board Meeting January 9, 2019
1:00 PM 1:00 AM	Chronic Kidney Disease: FAQ			11th Annual Women's Health Conference: Patient's Playbook				
1:30 PM 1:30 AM	Colon Cancer: Prevention & Treatment	Palliative Care Series: Interfaith Discussions on End of Life Topics	Washington Township Health Care District Board Meeting January 9, 2019		Diabetes Matters: Diabetes: Is There an App for That?	Latest Treatments for Cerebral Aneurysms	Not A Superficial Problem: Varicose Veins & Chronic Venous Disease	
2:00 PM 2:00 AM	Strategies to Reduce the Risk of Cancer Recurrence			Obesity: Understand the Causes, Consequences & Prevention				Washington Township Health Care District Board Meeting January 9, 2019
2:30 PM 2:30 AM	The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	Deep Venous Thrombosis	Women's Health Conference: Women & Stroke: Are You at Risk?		Good Fats vs. Bad Fats	Inside Washington Hospital: The Green Team	Family Caregiver Series: Recognizing the Need to Transition to a Skilled Nursing Facility	
3:00 PM 3:00 AM				Strengthen Your Back! Learn to Improve Your Back Fitness				Digestive Health: What You Need to Know
3:30 PM 3:30 AM	Keeping Your Heart on the Right Beat	Eating for Heart Health by Reducing Sodium	New Treatment Options for Chronic Sinusitis		Your Concerns InHealth: Senior Scam Prevention	Understanding HPV: What You Need to Know	Sick Feet?	
4:00 PM 4:00 AM				Washington Township Health Care District Board Meeting January 9, 2019				Family Caregiver Series: Nutrition for the Caregiver
4:30 PM 4:30 AM	Vitamins & Supplements: How Useful Are They?	Family Caregiver Series: Tips for Navigating the Health Care System	Family Caregiver Series: Advance Health Care Planning & POLST		Strategies to Help Lower Your Cholesterol and Blood Pressure	Diabetes Health Fair: Eat 4 Diabetes Care	Washington Township Health Care District Board Meeting January 9, 2019	
5:00 PM 5:00 AM				Minimally Invasive Options in Gynecology				Diabetes Matters: Exercise IS Medicine
5:30 PM 5:30 AM	Family Caregiver Series: Understanding Healthcare Benefits	Washington Township Health Care District Board Meeting January 9, 2019	Diabetes Matters: Filipino Food Made Healthy		Crohn's & Colitis	Family Caregiver Series: Care for the Caregiver	Family Caregiver Series: Panel Discussion	
6:00 PM 6:00 AM				Mental Health Education Series: Family Support				Learn More About Kidney Disease
6:30 PM 6:30 AM	Family Caregiver Series: Loss, Grief & Recovery	Cough and Pneumonia: When to See a Doctor	Symptoms of Thyroid Problems		How to Sleep Your Way to Better Health	Voices InHealth: Cyberbullying - The New Schoolyard Bully	History of Washington Hospital, 60 Years Strong	
7:00 PM 7:00 AM				Voices InHealth: Healthy Pregnancy				Family Caregiver Series: Medication Safety
7:30 PM 7:30 AM	Balance & Falls Prevention	Family Caregiver Series: Fatigue and Depression	Diabetes Matters: Diabetes: Type 1.5 Diabetes		Sick Feet?	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Diabetes Matters: Straight Talk About Diabetes Medications	
8:00 PM 8:00 AM				Inside Washington Hospital: Implementing the Lean Management System				Diabetes Matters: Type 1.5 Diabetes
8:30 PM 8:30 AM	Diabetes Matters: Type 1.5 Diabetes	Sick Feet?	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome		Diabetes Matters: Straight Talk About Diabetes Medications	History of Washington Hospital, 60 Years Strong	History of Washington Hospital, 60 Years Strong	
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Two Employees Found Careers and Each Other At Washington Hospital



Married 26 years, Neil and Sandi Adcock have worked at Washington Hospital a combined 68 years.

In the first few months of 2019, Washington Hospital will bid adieu to two employees who have contributed to the Hospital for a combined 68 years.

Director of Environmental Services, Neil Adcock, retired on February 1, and two months later, his wife, Senior Director of Patient Financial Services, Sandi Adcock, will follow suit.

Neil Adcock was 20 years old when he began to seriously look for a stable job. He hoped to find something that would provide a future. How could he have known that Washington Hospital would provide career opportunities, life-long friendships—and a wife?

When Sandi Day visited her college roommate who had moved from Ohio to the San Francisco Bay Area, she fell in love—with California. Turning a vacation into a permanent move took some

planning and money saving, but Sandi was determined.

In 1985, she accepted a job as supervisor of government programs at Washington Hospital. She held that role for five years, leaving to pursue an opportunity at a South Bay hospital. After seven years, Sandi received a call from the then Director of Patient Financial Services, Pat Stilwill, asking her to return to the Hospital as the patient accounting manager. Pat was both a mentor and a matchmaker, suggesting that while at a company picnic near Mission Peak, Sandi walk over and visit with Neil Adcock, the very tall man from environmental services (EVS), who was there with his 4-year old son, Karl.

Neil and Sandi immediately hit it off and dated for more than five years before deciding to marry. It was Karl's idea to hold the ceremony at the place where

they met. So 26 years ago, under a grove of olive trees, at the base of Mission Peak, the Adcocks became a family.

Though neither Neil nor Sandi work in clinical areas of the Hospital, they both feel the Patient First Ethic drives their departments. Sandi notes, "A patient's first point of contact is with someone from my team—Admitting. And, through their bill, a patient's last point of contact with the Hospital is with someone from my team. How we interact with patients leaves an important impression."

Neil recognizes that his team members play a critical role in patient care. Through their work, they help keep patients in an infection-free, comfortable environment. "When someone from EVS enters a patient room, he or she is there to provide a service, to make the patient more

comfortable. For some patients, this may be the closest thing to a visitor they see, so we know it's important to take a moment and listen to their needs."

Senior Associate Administrator, Chris Henry, has worked with Sandi for 20 years. "Over the years, Sandi has taken on many responsibilities. Time and again, her commitment to her team and to our patients has resulted in positive patient experiences. We have been fortunate to have her at Washington Hospital and will miss her knowledge, professionalism and sense of humor."

For both Neil and Sandi, retirement is bittersweet. While they are looking forward to having time to travel, work on projects, and visit their 1-year-old granddaughter, it will be difficult to not come to Washington Hospital each day. Sandi has a

catch in her voice as she looks around her department and says, "Not seeing these people every day will be hard. I'll still see them, but it won't be the same."

Neil shares those emotions. "I honestly cannot celebrate leaving," he says, "I look at retirement as an opportunity to reimagine and redesign our lives, but not being with my Washington Hospital family will be very hard."

Senior Associate Administrator, Ed Fayen, sums it up, "We acknowledge and celebrate the careers of two people who touched the lives of many of our community members. Neil and Sandi Adcock have both held important roles serving our patients. Their dedication to our Hospital is greatly appreciated."



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Free Community Seminar

SPEAKER



Ramin Beygui, MD
Medical Director
Cardiothoracic Surgery
Washington Hospital Healthcare System

Aortic Valve Disease: Treatment Options Including TAVR

Aortic stenosis occurs when the heart's aortic valve narrows. This narrowing reduces or blocks blood flow from your heart into the main artery in your body (aorta) and onward to the rest of your body. Aortic stenosis cannot be medically reversed or stopped and requires surgical intervention to treat. At this seminar, learn about aortic valve replacement options, including minimally invasive procedures and TAVR (transcatheter aortic valve replacement).

**Monday, February 11, 2019
6 to 8 p.m.**

**Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont**

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

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VALENTINE'S DAY DINNER
THURS. FEB. 14 | 5:00PM - 9:00PM

APPETIZER:
Sweet Gem Caesar or Lobster Chowder

MAIN COURSE:
Pan Seared Diver's Scallops, Filet Mignon
or Pan Seared Chicken

SWEET TREATS:
Raspberry and Strawberry Tiramisu or Dark Chocolate Marquis

PACKAGE ALSO INCLUDE INCLUDES:
Host Karaoke in the Bistro880 Lounge,
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PRICE: \$48 - Scallops, \$55 Filet Mignon, \$38 Chicken
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Bach's Orchestral Suite no. 2 with its gorgeous flute passages, Mozart's Flute quartet in D major K285 (flute, violin, viola, cello), and Rossini's Duo for Cello and Bass are three excellent reasons to spend Sunday afternoon with the virtuosic Music at the Mission Chamber Players: flutist Rhonda Bradetich, violinists Steve Huber and Phil Brezina, violist Chad Kaltinger, cellist Michael Graham, and double bassist Bill Everett.

"This concert samples classical and Baroque music of the seventeenth century and popular music of the twentieth century. While you may think the music of Bach and Freddy Mercury come from different planets, they have more in common than you would think," said Everett.

"As a classical musician, I have always been drawn to the music

of Queen. Part of it is their experimentation and the lengths they went to find their music. It's also how every aspect of this band is eclectic. They drew influence from everything from opera to Elvis. Even their backgrounds were incredibly different. In a sea of '70s British rock bands, this group made waves with a Zoroastrian lead singer and an astrophysicist guitarist!"

Everett credits violinist, composer, and arranger Steve Huber, who is equally at home in the classical and rock worlds, for transforming the iconic rock hits into classical chamber works, "showing the artistic depth of the original music." The arrangements honor the emotion, story line, and virtuosity of the original works, avoiding dreaded elevator music syndrome.

Waits' jazz-influence "Fish and Bird" is a good example of

Huber's creative process. "The lead singer of the Pirates Charles commissioned the arrangement for his wedding," said Huber. "The original is swampy blues, beat poetry, experimental. Each musician had his own interpretation, and I went with that. The melodic lines from the different instruments illustrate how each are both in the same world, but completely different. They can relate to each other, even though they're contrasting. Even though they're not in unison or completely harmonically perfect, they're complimentary."

Among Huber's arrangements on the program is "Jalousie Tango," Jacob Gade's famously demanding tango that dramatically showcases the cello, and "one of my favorites, one of my groovier, soul-inflected arrangements, Al Green's

'Let's Stay Together,' very rhythm and blues. 'In Your Eyes' also has a great groove. I'm a big fan of Peter Gabriel," said Huber, especially because, "there's a section that I like to leave open for improvisation."

Instrumental versions of Queen's "Bohemian Rhapsody" and "When I'm 64" by the Beatles are less introspective and intense. "Are we going to have fun with that? Yes!" said Huber, laughing. "The last time we played it, people sang along. It's up to Salon Series guests to decide!" Attendees will also have ample opportunity to talk with each of the stellar artists who will be performing. "The Music at the Mission Salon Series offers a chance for a more personal and intimate concert experience," explained Everett. "The concerts are set in a beautiful home in the hills above Milpitas, hosted by

Barbara and Gene Barrie, and catered by Gael Stewart of Mission Coffee. We pair great music with fine food and wine."

"The idea behind these concerts comes from the 18th century salon culture. Instead of the formal setting of the concert hall, these were smaller productions, gatherings of musicians with music lovers; basically, a chance to party around music. While you can go to a concert and then go home, this is a unique chance to hear a violinist play and then chat with him over a glass of wine. To me, this is the greatest part of what I do," said Everett, Principal Double Bass with Symphony Silicon Valley and former Acting Member of the San Francisco Symphony, "breaking down the barrier, getting rid of the stage, the podium, and bringing together everything that makes a concert possible: composer, musician, and audience."

If you're craving something fresh and original, satisfy your artistic pallet with "Classical Jam," outrageously virtuosic strings and flute in a program of classical favorites, new arrangements and improvisations. Reserve your afternoon of classical chamber music, gourmet savories, and wine in an elegant private residence surrounded by an extensive art collection, through the Music at the Mission website, Facebook page, or by contacting the office at info@musicatmsj.org or (510) 402-1724.

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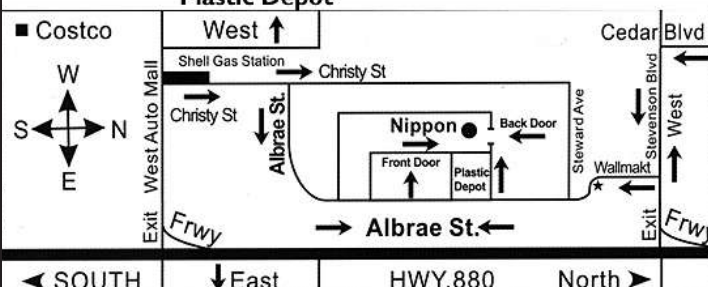
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Training starts March 2019. For information or to receive an application contact: Heidi Stein, LCSW at 510-574-2064 or hstein@fremont.gov

Are you in a healthy relationship?

BY ANNE CHAN, PhD, MFT

It's Valentine's Day and you are putting the last-minute touches to your outfit before you join your partner at a romantic restaurant. You are looking forward to a special evening out. But there's also a part of you that is uncertain. Perhaps your partner is unpredictable, and you know from experience that there is a good chance he will show up or leave in a sour mood. Or perhaps your relationship has a history of name-calling and putdowns and a part of you does not trust her anymore. What should you do if the person you love also makes you feel worthless?

Relationships can be confusing. Whenever two people share an emotional bond, challenges and difficulties are bound to happen. What we see in the movies (take your pick of the latest rom-com) is not reality. In the movies, the hero might literally sweep the heroine off her feet and both live happily ever after, without the hassle of rent, job stress, kids, health problems, student loans, drug or alcohol abuse, and credit card bills. The ending of most romantic movies is the beginning of real life for the rest of us.

So how do you know if the love of your life is for real? Is it okay or normal to have the occasional fight? Does a lot of disagreement signal healthy differences or not? What if there's intense anger and frustration on either or both sides? When is a relationship a lost cause? What is a healthy relationship?

The following warning signs will clue you in as to the health of your relationship. Some of these signs might even be present from the very beginning of your romance. Ask yourself the following questions to check if your relationship is healthy. Please be honest with yourself:

How do you feel when you are around your partner? Are you tense, afraid, feel like you are walking on egg shells, worried you might suddenly trigger him or her?

Can you communicate your feelings to your partner, knowing and feeling secure that he/she will listen and respect you?

When you disagree, are you able to do so in a respectful, non-destructive way?

Is there a balance of giving and taking in the relationship? Is one person giving too much and the other not enough?

Do you feel safe around your partner?

Do you feel pressured to be with your partner?

Do you feel like your partner takes things out on you?

How do you feel when you say no? How does your partner react when you say no?

Are you a different person altogether when you are with your partner? Do you feel more relaxed to be yourself when you are around other people?

Are you giving enough time for yourself, your dreams and your goals? Or are you giving up too much time and effort to be with the other person?

Counseling Corner

Anne Chan is a career counselor and licensed psychotherapist in Fremont. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com

© Anne Chan, 2018

Are you making conscious decisions in the relationship or just letting things happen?

Do you feel pressured to be exclusive?

Is your partner excessively jealous?

Is there violence in your relationship? Be aware that violence isn't just limited to physical violence, but can be emotional, spiritual, financial, verbal, and sexual as well.

Does your partner try to dictate what you should say, wear, or do?

Does your partner demand that you check in with them constantly?

Does your partner monitor your physical and online location?

Are your loved ones worried about you because of your relationship?

Any one of the above signs could signal that you are in an unhealthy relationship. Please seek help – talk to someone you trust, consult a psychotherapist, or call a domestic violence support line (1-800-799-7233). My hope is that everyone could be in a healthy, happy, and fulfilling relationship. However, if you aren't in such a relationship, please consider if you should be doing something different in your life. Above all, relationships should not hurt.

Juried Photo Show

SUBMITTED BY ARATHI SATISH

The Fremont Cultural Arts Council (FCAC) conducts art events throughout the year to support the practice and enjoyment of arts in the Fremont community. The next major event, co-sponsored by FCAC and the City of Fremont, is the annual Juried Photo Show.

The 25th annual Juried Photography Exhibit for Fremont residents, students, employees of Fremont businesses, and members of FCAC and Fremont Photographic Society will be held from Saturday, March 16 to Saturday, April 13 at the Fremont Main Library.

Images submitted may be manipulated but all image contents must be the creation of the photographer and the image must be primarily photographic in nature. Entries must also be acceptable for general viewing. A panel of judges will determine acceptability, basing their decision on Artistic Merit, Originality, Difficulty and Technical Aspects. The decision of the judges will be final.

Additional information and entry forms can be found at www.fremontculturalartsCouncil.org. Forms are also available at the FCAC Office, 3375 Country Drive, Fremont, CA 945638 from 11 a.m. to 2 p.m. on weekdays and at the Fremont Main Library, 2400 Stevenson Blvd, Fremont 94538 during regular hours.

Entries must be submitted on Saturday, February 23 from 10 a.m. to 4 p.m. and Sunday, February 24 from 1 p.m. to 5 p.m. Fee per entry is \$5 with a maximum of five entries per person. The entry fee will be used for basic material costs and prize money for the merit award winners.

For more information, contact Exhibit Chairman Gregory Smith at (510) 828-2893 or fcacphotoshow@gmail.com

Book sale to benefit library programs

SUBMITTED BY FRIENDS OF THE FREMONT LIBRARY

Hundreds of quality books, magazines, maps and DVDs at bargain prices will be available for purchase at the upcoming Fremont Friends of the Library Book Sale at its new location inside the Fukaya Room at the Fremont Main Library.

Friends of the Library members will have first crack at buying the books at a member's only sale from 7 p.m. to 9 p.m. Friday, February 8. For those who aren't members, annual memberships will be available at the door for \$10.

The book sale will be open to the public from 10 a.m. to 3 p.m. Saturday, February 9 and 12 noon to 3 p.m. Sunday, February 10. Books will be sold for \$1 per inch on Saturday and \$5 per bag on Sunday. Funds raised will benefit library programs.

Friends of the Library Book Sale
Friday, Feb. 8, 7 p.m. – 9 p.m.
(members only)

Saturday, Feb. 9, 10 a.m. – 3 p.m.
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TAKES FROM SILICON VALLEY EAST

Industry Trends 2019: What to Watch for in the Commercial Real Estate, Cleantech, and Additive Manufacturing Fields

**BY CHRISTINA BRIGGS,
ECONOMIC DEVELOPMENT
DIRECTOR**

As has become tradition, we've gathered some of Silicon Valley's foremost experts on topics relevant to Fremont's top industries to discuss their educated predictions for the coming year. These macro-level insights help shape our Economic Development team's focus for how best to support our businesses and economy. As you read about what's in store for commercial real estate, clean energy, and additive manufacturing, it's clear that the innovation coming from the



Bay Area will continue to make a positive impact on the global technology community and economy.

**Vladimir Bosanac
Co-founder & Publisher
The Registry | Bay Area
Real Estate**

During this cycle, the large technology companies have become generational companies. By this, I mean these companies will be mostly unaffected by economic cycles, and their goals will be to build services and products that we will be using and buying years and decades from now. As evidence of this, I present the leasing velocity of some of these firms around the region. The amount of space they are taking has little to do with this cycle and economic circumstance. It has more to do with their plans to enter new areas of commerce,

transform existing enterprises, or invent new products and services. The fact that we are in a region where three of the top five global firms are headquartered likely means that the Bay Area will play a much more significant role in the global economy than it did in the past.

**Jetta Wong
Clean Energy Consultant
President (Owner)
JLW Advising**

Whether it is for the electrification of the transportation sector or for grid and residential



storage capacity, the demand for battery technologies is on the rise. These renewable energy and battery storage systems will help make the grid more reliable and resilient, helping struggling utilities and consumers, especially in areas prone to losing power. Additionally, new and more affordable electric cars are no longer a novelty, at least in California, range anxiety is down and new charging infrastructure is on its way. Now the internal combustion engine isn't gone yet, but the efficiency of batteries is increasing, the cost is decreasing, and more car companies are moving into this already crowded field. Trends are moving in the right direction.

The San Francisco Bay Area has an opportunity to champion the science and the manufacturing of battery technology. Putting together its scientific resources, entrepreneurial spirit, and

high-value innovative manufacturing capabilities of the private sector, it can capitalize on the strong demand for batteries and come up on top. Especially if it is able to go beyond lithium-ion batteries. New battery chemistries, new materials, and whole new storage technologies are already flourishing here. The future for batteries is bright, but time is running out quickly before other countries like China get the cutting edge. The time to act is now.

**Teresa J. Thuruthiyil
Chief Strategy Officer
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In 2019, we will see 3D printing deliver equal or better results than traditional manufacturing technologies in a variety of industries from consumer goods to



healthcare/medical devices. Offering significant gains in speed and access, 3D printing has matured to a stage that we are now able to rapid prototype and manufacture at scale on the same equipment. In addition, innovation in materials, including engineering-grade PEEK and titanium alloy known as Ti6Al4V-ELI, is accelerating the increase in 3D printing applications. Leveraging additive and other advanced manufacturing technologies all the way from prototyping through to volume manufacturing will change designers' expectations of development, iteration, and invention. It will enable a shift in the way we think about what is possible.

Author Series focuses on

'The Vaccine Debate'

**SUBMITTED BY
JOHNNA LAIRD**

To vaccinate or not to vaccinate? What are the risks? What are the benefits?

Fremont author Tish Davidson will read from and discuss her latest book, "The Vaccine Debate," at the Second Saturday Author Series on Saturday, February 9 at Half Price Books. The event is co-sponsored by the bookstore and Fremont Area Writers. Davidson will be in conversation with Fremont fiction writer Chris Dews.

In her 13th book, published in 2018, Davidson provides the science behind vaccines in a way most people can understand. She explains how vaccines work and why they are controversial.

A trained biologist, Davidson says the book gave her a chance to share her fascination with human biology using non-technical language appropriate for high school students and adults.

A prior book, "Vaccines: History, Science and Issues," earned Davidson accolades in an American Library Association review for her research, described as "scientific, meticulous, and dispassionate in its coverage of both vaccine proponents and detractors"; for her "clear, nontechnical language"; and for "representing each side of the vaccination argument in an even, measured way."

Davidson's next book, "What You Need to Know About Diabetes," will be published in late 2019.



**Second Saturday Author Series
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- Saturday, February 9: 10 am - 3 pm
- Sunday, February 10: 12-3 pm

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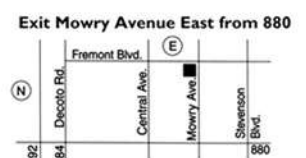
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BUSINESS

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Community Character

Fremont's General Plan is the constitution of the city. It has 12 main parts called Elements. Each General Plan Element is supposed to be just as important as any other. Therefore, the Community Character Element should be taken just as seriously as, say, the Land Use Element or Housing Element. The Community Character Element was new to our General Plan as of the December 2011 revision. Let's look at its implementation over the last seven years of housing development.

Community Character Element

The Community Character Element's introduction says that it "focuses on the ways in which Fremont's buildings, streets, and open spaces work together to define the city's sense of place" and that it "strives for a more cohesive design vision for the city."

Community Character is not limited to neighborhood character, but it also looks at commercial, city government and open space areas throughout the city. The Element says community character "is about design, aesthetics and place-making." However, many of the new townhouse developments all around Fremont have very similar exterior architecture and site layout. Many have narrow straight private streets with long rows of tall, multi-plex buildings with nothing but garage doors visible from the main street. Front doors face narrow walkways along rear fences.

Place Types

Part of the Community Character Element is the Place-Type Design Manual "which is meant to be a toolkit for design solutions when reviewing development proposals in the city." It identifies different types of Centers: "City", "Town"

(historical), "Neighborhood", and "Regional" (large-scale commercial). It also defines types of Corridors: "Urban", "Suburban", "Landscape", and "Main Street." The design manual shows examples of what Fremont wants to see in its different centers and along its different corridors.

Center Example

The five Town Centers are the historic centers of five original districts that formed Fremont. As a Place Type Center, they should be "pedestrian oriented and within easy walking distance to serve the surrounding neighborhoods." and consist of "traditional architecture and historic buildings." Centerville Town Center is along Fremont Boulevard, between Central Avenue and Thornton Avenue. The surrounding neighborhoods now consist of new townhouse development. which replaced businesses and housing some of

which are from the early 1900's. The proposed development of the entire east side of Fremont Boulevard between Parish Street and Peralta Boulevard would demolish many old commercial buildings and possibly demolish the Old Centerville Fire Station. The plans show a three-story frontage that is supposed to look like an old train station - but with a stone facade and not the yellow wood siding of our historic stations. The massing, scale and architecture of the streetscape seem out of character with the existing Town Center buildings across the street. Will the city approve this design?

Corridor Example

Landscape Corridors should be "characterized by landscaping, street trees, wide landscaped medians and large setbacks." Stevenson Boulevard between Paseo Padre and Mission Boulevard is a Landscape Corridor.

From the Fremont Main Library to the railroad tracks, the existing housing opposite Central Park is angled away from the street with deep setbacks. However, between the railroad tracks and Mission Boulevard the new housing is right at the sidewalk and there are no landscaped medians. Several other new residential developments on Landscape Corridors also have no setbacks.

Take a Look

As you go around Fremont, look at how Fremont is shaping up – design, aesthetics and place-making. Is Fremont adhering to its Community Character Element? Each Element of the General Plan is posted online in booklet format with an interesting, easy-to-read section with pictures, diagrams and maps at the beginning, and policy code at the end. For more information, visit www.fremont.gov/398/General-Plan.

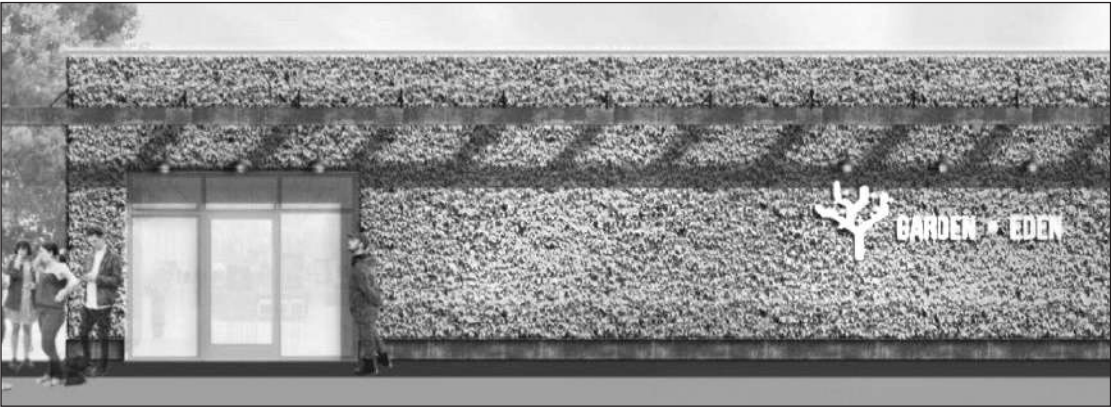
Medical cannabis businesses to open in Union City

By ROELLE BALAN

Two medical cannabis retail business permits were given to Eden Campus Holdings and Jiva Life during the November 27, 2018 Union City City Council meeting – the first two in the history of the city. A cultivation, manufacturing, and distribution permit was also awarded to Eden Campus Holdings.

Eden Campus Holdings will be located at 30540, 30542, and 3054B Union City Boulevard with a cultivation area of 22,000 square feet, manufacturing site of 8,000 square feet, and distribution site of 6,000 square feet. The retail portion of the medical dispensary, to be known as “Garden of Eden,” will be completed and open for business on June 1, 2019.

Jiva Life's 4,565-square-foot, two-floor medical cannabis dispensary will be on 29400 Kohoutek Way, Suite 100. Neighboring businesses have raised concerns about traffic, odor, and whether the business will become a nuisance to the community. Jiva Life hired LSA consulting to determine how the business will



impact traffic and parking; Deputy City Manager Mark Evanoff said the firm conducted a parking count and concluded that there would be enough parking for Jiva Life patients and staff during peak hours.

As a retail cannabis business, marijuana arrives already packaged. The cannabis comes from state approved manufacturers, cultivators, and distributors in odor-free packaging. All cannabis businesses must develop an air quality plan. Evanoff said during the November 27 city council meeting that Jiva plans to work with Camfil Group to install air monitoring equipment.

A group of businesses, called the Chess Center Owners Association, updated their CC&R (Covenants, Conditions & Restrictions) on November 21, 2018 to include a provision that prohibited commercial cannabis businesses, including Jiva Life. Despite this, the business received their medical retail cannabis permit from the city council.

Managing Director of Jiva Life Rajiv Pottabathni said they are willing to work with the association on a solution. “Our goal, as good neighbors, is to cater and appease those within our community. The intent is to communicate in an amicable fashion with our neighbors, professionally and cordially,

demonstrating integration and compatibility within the fabric of Union City,” Pottabathni said.

Cannabis regulation laws have been developing since it became legalized in 2016. That year, the State allowed recreational marijuana use for adults 21 years old and over. “Local cities had to come up with where they stand on their own regulations and what they allow,” said Union City Communications Manager Lauren Sugayan. “Our ordinance that the council passed allows for adult use and medical,” she said.

The process of applying for and receiving a cannabis permit takes months to complete. Applicants can apply for three testing

permits, two cultivation, two manufacturing, two for distribution, and one medical retail permit. The application form includes adding plans for a proposed location, business plan, development plan, site security plan, and an air quality plan. Union City's last round of applications were due by December 7, 2018.

A marijuana business tax was approved by Union City voters on November 6, 2018, which will be applied yearly when the businesses renew their permit. Cultivation dispensaries will be charged up to \$12 per square foot. If the marijuana business wants to have a retail, manufacturing, testing, or distribution space, the annual tax rate is up to six percent.

With all the struggles cannabis businesses have to go through, the social stigma is one of them. “There is a stigma, but the way we see is there's also an education process that needs to come alongside because there's people that just associate cannabis businesses with the worst of society and that's just not the case,” Sugayan said.

Have your say in new city park amenities

SUBMITTED BY THE CITY OF FREMONT

A new city park is in the planning stages in the Centerville area of Fremont and city officials want to know what features nearby residents would like to see included in the project. The four-acre park will be located at the corner of Dusterberry Way and Peralta Boulevard and will be called Dusterberry Park. The site previously housed an auto dealership surrounded by a large parking area and landscaping. The building will be demolished and the concrete and asphalt removed to make way for a park that will provide visitors with informal recreation, leisure, and fitness opportunities.

Fremont officials are planning a series of meetings to gather feedback from nearby residents about the amenities they would like to see in the park that will provide opportunities for informal recreation, leisure, and fitness. The meetings will be at Artist Place at Artist Walk, 3888 Artist Walk Common, Fremont.

Meeting dates are:

- Saturday, February 9 from 9:00 a.m. to 12 noon
- Wednesday, March 6, from 6:30 p.m. to 8:00 p.m.
- Wednesday, April 17, from 6:30 p.m. to 8:00 p.m.

Meanwhile, residents are encouraged to share their thoughts in an online survey sponsored by the City of Fremont at <https://www.surveymonkey.com/r/KYP6WH2>. More information about the park is available by visiting the Dusterberry Park webpage at www.fremont.gov/Dusterberry. For questions, send an email to Senior Landscape Architect Mark Mennuccvi at ammennuccvi@fremont.gov or call (510) 494-4530.

Renovations to begin at Kennedy Park

The changes will be huge

SUBMITTED BY NICOLE ROA

After years of planning and designing, renovations for Kennedy Park in Hayward are finally ready to start. And the changes will be huge.

For more 50 years Kennedy Park has been a beloved spot to visit for people who live in the Hayward and San Lorenzo areas. The 15.45-acre park has attracted generations of children and families over the years and has become a popular spot for hosting community events. It is one of the most popular parks throughout the Hayward Area Recreation and Park District (HARD).

And now it's time to update the park and make it even better for future generations. A groundbreaking ceremony for Kennedy Park renovations is planned for Friday, February 8. Among the improvements planned are renovated picnic areas and picnic shelters to allow for larger events and gatherings at the park.

In addition, more play elements will be added to the playground including a new teacup amusement ride. Kennedy Park's famous train station also will be revamped and re-polished and a brand new 2,614 square foot concession building will be built along with new

public restrooms. New and improved pathways, new picnic areas and informal lawn areas will balance out the project.

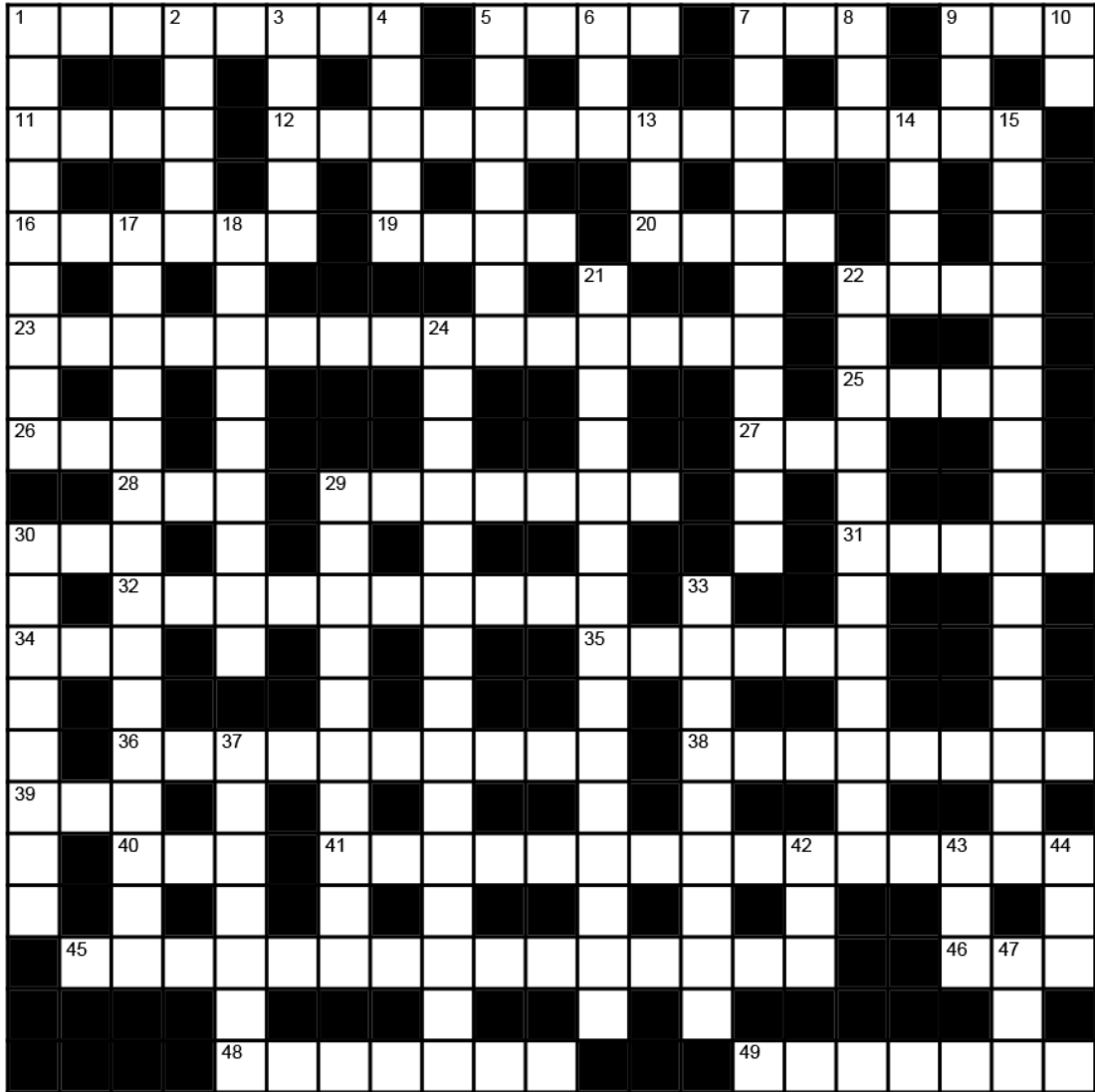
What's unique about the project is that it's going to incorporate “Bay-Friendly” sustainable practices in its soil management, landscaping, and the separation of waste streams (garbage, recyclable, and compost). This is a great way to demonstrate easy and eco-friendly practices. There's also going to be 179 new trees planted within the park vicinity as 140 old trees will be removed. The project is estimated to be complete in 2021.

At a cost of approximately \$78 million, funding for the park updates and renovations comes from a Measure F1 Bond Project which authorizes \$250,000,000 for needed repairs, upgrades, and new construction projects to HARD district parks and facilities. The measure was approved by more than 78 percent of area voters in November 2016.

Kennedy Park renovations
Friday, Feb. 8
1:00 p.m.
Groundbreaking ceremony
19501 Hesperian Blvd., Hayward
(510) 881-6700
Free

Mind Twisters

Crossword Puzzle



- Across
- 1 Drummer (8)

5 Actress Rowlands (4)

7 Apprentice (3)

9 Diploma word (3)

11 Actress Cannon (4)

12 Lightheaded people? (8,7)

16 Not at all (6)

19 Bacchanal (4)

20 Musical notes (4)

22 "Eso ____" (Paul Anka hit) (2,2)

23 Without delay (2,3,4,2,1,3)

25 Fearless (4)

26 "____-hoo!" (3)

27 Tarzan creator's monogram (3)

28 Amateur video subject, maybe (3)

29 In addition (7)

30 Brood (3)

31 Ex of the Donald (5)

32 Funny feeling (10)

34 Post-E.R. place (3)

35 Final words (6)

36 Overthrowing (10)

38 Lift (8)

39 "____ to worry" (3)

40 Apr. addressee (3)

41 Old Glory (5,3,7)

45 Intermittently (2,4,3,6)

46 Enzyme ending (3)

48 Italian province or its capital (7)

49 Hot pepper (7)

Down

1 Settled (9)

2 Boredom (5)

3 Sugar ____ (5)

4 "Cool!" (5)

5 Attending (5,2)

6 Modern: Ger. (3)

7 WKRP, e.g. (4,7)

8 Coal container (3)

9 Average (3)

10 ... (2)

13 Army cops (3)

14 British title (4)

15 Bargain establishment (10,5)

17 "Of course" (7,8)

18 Teen party (9)

21 Some noncoms (6,9)

22 Elated (8,4)

24 Shape shifter? (8,7)

29 Trades (10)

30 Allowances (8)

33 Care (4,1,4)

37 Inhuman (7)

42 N.F.L. scores (3)

43 Tour organizer, for short (3)

44 Mascara mistake (3)

47 Dict. listing (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: FEBRUARY 6 – FEBRUARY 12
- For All Signs: For the next two weeks Mars and Uranus are in a tense arrangement. Mars is the warrior and Uranus is a radical transformer. This combination makes an equation for sudden bursts of energy, quick tempers, people demanding freedom, and explosive action, which is not necessarily wise or well directed. Mars increases adrenaline and cortisol, resulting from the stress of will. Uranus is high wired, excitable energy that feels like electricity flowing through the brain. When these two operate together it is in-
- credibly important to keep oneself grounded. It is mandated that we exercise, which uses up the excess hormonal rush and settles us. When these two are at work we often get high on our excitement and cannot sleep well. This combination increases the risk for accidents, so drive carefully. A positive outcome is that we have the energy to break out of ruts that have been holding us hostage or to focus physical energy into major tasks.
- Aries the Ram (March 21-April 20):** This is not your best week unless you plan to get a lot of hard work accomplished. If you become aware that you are easily angered, use caution concerning tools or machinery. Your reflexes may not be on target. Avoid speeding because there may be police on every corner.
- Taurus the Bull (April 21-May 20):** Prepare for upcoming changes in life direction. Uranus will be entering Taurus on March 1. You experienced the preview of this transit from May 2018 through October 2018. You may think your life won't change, but it will over the next seven years. Probable cause: financial shifts.
- Gemini the Twins (May 21-June 20):** You are in the mood for travel, exploring, and overall expansion of your mind. Activities involving education, legal interests, and the internet are favored. You may be researching a new interest, gazing over travel brochures for your next adventure, or pursuing an interest in philosophy or religion.
- Cancer the Crab (June 21-July 21):** You may be feeling irritable this week. It is possible that your GI tract is disturbed. Concentrate on getting enough rest and drinking a lot of water to soothe quavering organs. Take some alone time if you need it. Your loved ones will manage for a few days without your care.
- Leo the Lion (July 22-August 22):** This is an upbeat time for you. Your mood is optimistic. Your relationship to partner, business or personal, is enjoying positive camaraderie. You have a grasp of the big picture of that relationship and can find an appropriate way to communicate it with another.
- Virgo the Virgin (August 23-September 22):** Activity this week favors employment, co-workers, and health improvement agendas. You may be upgrading high tech communications equipment. Attend to any information that seems to be intuitive or "strange" in a good way. It is a clue that you need to know in the future.
- Libra the Scales (September 23-October 22):** Give attention to your intuition this week. This is especially needed if you notice something different about your home, property, or family. Even dreams or day time visions could alert you to something important. Don't dismiss them.
- Scorpio the Scorpion (October 23-November 21):** Focus attention on the lead paragraph because Mars is one of your ruling planets. If you need courage and have a plan, now is the time to begin. Break free of ruts and try a new idea. Exercise so you will remain grounded on the planet. This is highly excitable energy.
- Sagittarius the Archer (November 22-December 21):** Your mood is expansive and optimistic this week. It is one of those "good luck" times that occasionally happen to the Archers. You have a grasp of the big picture and could use this energy to promote your projects and gain support. Or you could simply kick back and enjoy the glow.
- Capricorn the Goat (December 22-January 19):** You may need to concentrate in order to avoid critics, whether they be internal or external. Instead of blame, use the discipline to tackle a project that requires concentration. Avoid contracts and business negotiations right now because misunderstandings may develop.
- Aquarius the Water Bearer (January 20-February 18):** Please read the lead paragraph carefully. You may be subject to irritation or accidental injury (probably not serious). Give yourself time to be alone in the quiet. Having too many people around will get on your nerves this week.
- Pisces the Fish (February 19-March 20):** Mercury enters your sign on February 10. Mercury travels slowly through your sign between February 10 and April 17. It will be going through its retrograde cycle before it moves along. Take care with any decision of importance because you likely will find reason to change your mind. New information keeps popping up to muddy the works. This is normal with Mercury retrogrades. Do not beat yourself because you can't seem to move forward. Solutions come with time.
- Are you interested in a personal horoscope?
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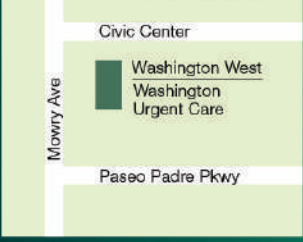
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Do you want to adopt a pet?



ARTICLE SUBMITTED BY CHRIS GIN AND LYANNE MENDEZ
PHOTO SUBMITTED BY CHRIS GIN

Come and help our furry friends find forever homes. Let's add another member in the family for companionship, security, and affection. Hayward Animal Shelter and Assemblymember Bill Quirk (D-Hayward) invite the community to "All Fur Love" pet adoption event on Saturday, February 9. Cats, dogs, puppies, bunnies, Guinea pigs, and pet rats will be highlighting the event. Participants will get a chance to learn about pet adoption, proper pet care, animal safety laws and updates on current legislation protecting pets.

There will be free and reduced cost pet adoptions to qualified homes, and include spay/neuter services, vaccinations, and a microchip. The shelter will also be taking donations for those who already have furry companions and would like to take a photo at the Valentine's Day themed photo booth. Other activities will include bake sale table, boutique table, and raffle prizes. For more information, call Hayward Animal Shelter at (510) 293-7200, Assemblymember Quirk's office at (510) 583-8818, visit www.haywardanimals.org/events or email Lyanne Mendez at lyanne.mendez@asm.ca.gov.

Requirements to adopt on adoption day:

- All members of the household must be present (including other dogs if you are interested in a dog)
- A current photo identification card
- Proof of address (if identification card doesn't have address)
- If you are a renter, you must provide landlord or property manager's contact information as they will be contacted before any adoption is finalized

Pet Adoption Event
Saturday, Feb 9
11 a.m. – 5 p.m.

Valentine's Pet Photos Booth
12 noon – 3 p.m.
\$10 suggested donation

Hayward Animal Shelter
16 Barnes Ct, Hayward
(510) 293-7200
(510) 583-8818
www.haywardanimals.org/events
lyanne.mendez@asm.ca.gov
\$17 licensing fee for Hayward residents dog adoptions



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Home & Garden

Containers make growing potatoes easy



ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

One handful of soil can have more living organisms in it than there are people on Earth. A single teaspoon of soil can have over one billion bacteria, yards of fungal mycelium, thousands of protozoa, and a wide range of earthworms, nematodes, springtails, and many other insects. A handful of soil might also contain a potato or two as well for some opportunistic gardeners.

There are over 4,000 edible potato varieties around today and over 2,800 are grown in the Andes Mountains. Potatoes can be grown from Greenland to Chile, from sea level to over 14,000 feet, and in a temperature range between 45 and 80 degrees. Genetic testing has shown that every potato subspecies sold today originated from the potatoes cultivated by the Incas around 8,000 B.C. in modern day Peru and Bolivia.

Solanum tuberosum, or potato plant, is a herbaceous (lacking a woody stem) flowering annual that can grow up to two feet tall. Potato plants can

produce purple, white, red, or blue flowers that will be closely related to the skin color of the potatoes (the edible tuber) that grow underground. Potato plants are members of the deadly nightshade family that also includes tomatoes. Their leaves, stems, flowers, seeds, and roots are poisonous to humans. A potato can be safely eaten if it has not turned green. Green potatoes will have produced the toxin solanine that is found throughout the rest of the plant.



Potato plants can be grown from seeds. New potato varieties develop from seed only. The flowers can be pollinated by bees and other insects but often the flowers do not produce fruit. The most common way a potato plant is grown is by propagating part of a tuber referred to as a seed potato. Non-organic potatoes are often sprayed with growth inhibitors making them unusable. Organically grown potatoes can be used but have no assurance of being disease free. Purchasing a certified seed potato grown in one of 15 specific states and government inspected is the only way it can be guaranteed to be pathogen free.

Seed potatoes grow from what look like small blotches on the potato called eyes that are the

buds. An entire seed potato can be planted, or it can be cut into pieces that have at least one eye. Fewer eyes will produce fewer but larger potatoes and more eyes means more but smaller potatoes. Cut pieces a few days before planting and place on a tray to allow the ends to slightly dry out. This will help prevent rotting and the incursion of diseases.

Potato plants are easy to grow. They prefer full sun but grow well in semi-shade and need a well-draining soil. There are many techniques for growing them in the ground to maximize tuber production and make harvesting easier. Gardeners who live in the Bay Area sometimes do not have a lot of space to grow potatoes and may not want to put in any effort to harvest them. Growing potatoes in a large container can alleviate those issues and still provide a bountiful crop.

Potatoes can be grown in a container as small as a five-gallon bucket. A wine barrel planter,

15-gallon tree pot, or a burlap coffee bag are also suitable. Start with an eight to 10-inch layer of potting soil on the bottom of the container. Place the seed potatoes or cuttings with the eyes up. Cover with about five inches of soil and keep the soil slightly moist. Plastic containers absorb heat from sunlight. Potato plants will stop growing potatoes when the temperature rises above 80 degrees. The best results for growing potatoes in containers come from when they are placed in early morning or late afternoon direct sunlight but indirect bright light for most of the day.

Potato plants have five stages of growth but because many of them happen underground, a plant growing in a container needs to be cared for without expecting to see daily progress. Keeping the plant well watered is important. When the stems grow a foot beyond the rim of the container, fill the rest of the container with soil covering the stalks and foliage. This will maximize tuber production. Eighteen to 20 weeks after being started, a healthy plant will flower, and the stems will turn yellow and die back. Shortly after the plant has died, empty the soil onto a flat surface and pick out the potatoes. Store them in a paper bag in the dark for a couple of weeks before eating.

Potatoes, depending on the source, are the third or fourth largest food crop in the world. China is the world's largest consumer of potatoes and plans to increase production by 50 percent in the coming years to feed its growing population. Expect many other countries including America to do the same. If that is the case, by growing your own, you will not only be following the trend but might have fun while doing it.

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



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To learn more about rebate programs visit: www.acwd.org/rebates

Save the date - March 7! ACWD will host "Designing Native Gardens" a landscape workshop that will show you how to create a beautiful, low water and low maintenance landscape with native and other water-wise plants from around the world. More info to come!



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Global Women Power: educating, enhancing, and empowering

BY JOHNNA M. LAIRD
PHOTOS COURTESY OF
GLOBAL WOMEN POWER

Fremont resident Alka Madan launched Bay Area Immigration Services based on her own experience. She arrived in the United States in 1999 and experienced the pitfalls and confusion of a newly-arrived immigrant, not knowing exactly where to turn, running from one location to another to get answers.

To provide the support that would have benefitted her at the time, she opened Bay Area Immigration Services to offer consultation to individuals and families and serve as a one-stop

“It was none of my business,” Madan recalls, but she could not ignore the incident. Instead, she telephoned an attorney who educated the woman on her rights in the United States. “Before my eyes, I could see the woman’s facial expression change.”

Madan, who holds a doctorate degree in metaphysics and was a counselor in India, was inspired by the woman’s response to act on her rights. The incident led her to launch Global Women Power (GWP), an international organization headquartered in Fremont to “create women leaders to bring about a major social change around the world.” A non-profit organization,

Its projects are as diverse as the needs.

GWP operates out of Bay Area Immigration Services on Paseo Padre Parkway, seeking any effective means to uplift women and empower them, often by helping them network to find jobs or grow their own businesses. One recent immigrant reached out to GWP for help when her home cleaning and maid service business was struggling. With networking from GWP, the woman moved beyond her one-woman operation to develop a business that gives employment to other women as home cleaners.

GWP maintains the premise that the most effective way to



Global Women Power Founder Dr. Alka Chopra Madan



information center to assist new immigrants.

While the plight of women unfamiliar with American culture and laws often seeped into her consultation conversations, Madan kept herself focused on providing information on documentation services new immigrants need. Then one day, four years ago, Madan could no longer just sit by.

A woman sat across from her, seeking help to bring her daughter from her first marriage to the United States from India. As their session ended, the woman confided that just that morning her husband had grabbed her and shoved her head into a microwave – intimidation designed to frighten her from continuing efforts to bring her daughter to the U.S. to live with them.

GWP networks with business owners, professionals, social workers, and volunteers to bring positive change to the lives of women and to the world. Since its beginnings, GWP has established two other chapters in the world with five more expected to launch in 2019.

empower women happens by giving them tools to obtain good jobs and decent wages that allow them to support themselves and their families. Women often benefit from an outstretched hand.

“Networking lets women know they are not alone. Group



consciousness has a higher energy stream than the individual thought process,” explains Madan. “Every project of Global Women Power is aimed at empowering women, children, and senior citizens.”

Often the networking occurs through phone calls, but it may occur with GWP’s Vice President Nancy Tobesman inviting women to her home to share a meal – women in need sitting beside professional women who can offer advice or other uplifting support.

GWP also offers a host of classes, many to help senior citizens become more technology savvy. Seniors can sign up for classes in everything from how to find their way around the internet to creating a PowerPoint presentation, to Excel data collection, to website design. There are even classes about playing online games and using Skype and WhatsApp.

“Senior citizens have witnessed everything from men landing on the moon to dramatic medical advances and now the rise of a society dependent on the internet,” explains Madan. “It is our turn to provide them with the knowledge they need for the fast-paced world we live in.”

No project is too small for GWP as long as it makes a difference. One of its active participants, returning from a trip to the Himalayas, launched

the “Pencil Project” to reach students in rural and remote areas of the world where pencils and other school supplies can make a huge difference. The Pencil Project has now expanded throughout the Bay Area to provide funds for books, field trips, and class projects that would otherwise go unfunded.

GWP operates a number of other outreach programs including “Warm the Winters” to provide a jacket and shoes in poverty-stricken areas of India where temperatures drop into the 40s. For people who love to hear a group singing “Happy Birthday” to them, GWP has tapped the idea of “Share Your Cake” by making a donation to treat poverty-stricken children with cake and other foods. In return, GWP facilitates a video of children joyfully singing as they eye the cake they are about to eat.

For more information, contact GWP Vice President Nancy Tobesman at (510) 456-6538 or nancy.t@globalwomenpower.com, or visit online at <https://globalwomenpower.com/>.

Global Women Power
39159 Paseo Padre Pkwy, Suite 105, Fremont
(510) 456-6538
nancy.t@globalwomenpower.com
<https://globalwomenpower.com/>

Romantic train rides planned through Niles Canyon

SUBMITTED BY NILES CANYON RAILWAY

With Valentine’s Day just around the corner, romance can’t be far behind. And in Fremont, what’s a better way to celebrate romance than riding a train through the bucolic Niles Canyon while sipping fine wines?

Thanks to the Niles Canyon Railway (NCRY), romantic dreams can come true. The railway is offering two “Romance on the Rails” wine tasting special train runs through the canyon on Sunday, Feb. 10.

Guests on the train will experience the magic of a bygone era as they travel through the scenic canyon on a vintage train from Sunol to Niles and back. During the trip guests will be served specially-selected wines from the Livermore Valley, paired with light appetizers.

The train will feature the Niles Canyon Railway Museum’s Southern Pacific 10040 Parlor Car newly restored to its elegant 1920s appearance. The car features plush lounge seating and is climate-controlled for passenger comfort. Attendants will be aboard to assist passengers. There also will be an open-air car for passengers who enjoy an alfresco view.

To add to the fun and romance of the afternoon, guests are encouraged to dress in vintage fashions from the 1920s through the 1940s, although it’s not required.

The first train will depart from the downtown Sunol train depot at 12 noon and return at 2 p.m. The second train leaves Sunol at 3 p.m. and returns at 5 p.m. Seating is limited and is open only to guests 21 and older. The parlor/diner car is not wheelchair-accessible because of the narrow passages on the vintage equipment.

Tickets are \$80 each plus a processing fee. Because of the popularity of the event, guests are encouraged to buy tickets in advance by visiting the NCRY website at www.ncry.org/

Romance on the Rails
Sunday, Feb 10
12 noon — 5 p.m.
Train ride through Niles Canyon
Niles Canyon Railway, Sunol train station
6 Kilcare Road, Sunol
\$80 per person, reservations required
510-910-7024
www.ncry.org/

Let’s have uncomfortable conversations

SUBMITTED BY SAVE - SAFE
ALTERNATIVES TO VIOLENT
ENVIRONMENTS

Team Stronger Than You Think (STYT) from Safe Alternatives to Violent Environments (SAVE) will host its annual Symbiosis Youth Summit on Saturday, February 9.

This year’s theme is TBH... because STYT wants to give the community a chance to be real, have uncomfortable conversations, tell their stories freely, and acknowledge the gray areas. Symbiosis aims to uplift trans and queer youth, educate about healthy relationships, and empower youth activists in their

home communities.

Samir Jha will be the keynote speaker at the summit. He is the founder of The Empathy Alliance, a nonprofit that aims to make schools safer for LGBTQ youth. The free, daylong event will also feature workshops, drag performance, and lunch from local food trucks. The summit is

open to ages 12 to 24, and folks above age 24 are welcome to volunteer. To register, sign up to volunteer or for more information, visit www.symbiosissummit.com.

Schedule:
9 a.m.: Breakfast and Check-in
10 a.m.: Official Start
4 p.m.: Closing

2019 Symbiosis Youth Summit
Saturday, Feb 9
Mission Valley ROP
5019 Stevenson Blvd, Fremont
9 a.m. – 4 p.m.
www.symbiosissummit.com

CASTRO VALLEY TOTAL SALES: 5						
Highest \$: 1,070,000		Median \$: 822,000				
Lowest \$: 689,000		Average \$: 859,400				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
22162 North 6th Street	94546	689,000	3	1288	1948	12/28/18
22162 North 6th Street	94546	689,000	3	1288	1948	12/28/18
22162 North 6th Street	94546	689,000	3	1288	1948	12/28/18
22162 North 6th Street	94546	689,000	3	1288	1948	12/28/18
22162 North 6th Street	94546	689,000	3	1288	1948	12/28/18

FREMONT TOTAL SALES: 15						
Highest \$: 2,090,000		Median \$: 1,012,000				
Lowest \$: 780,000		Average \$: 1,179,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3812 Burton Common	94536	780,000	3	1506	1979	12/27/18
5277 Fairbanks Common	94555	795,000	2	950	1989	12/28/18
3451 Hart Common	94538	810,000	2	1174	1996	12/28/18
4230 Tehama Avenue	94538	850,000	4	1938	1963	12/28/18
1228 Albacore Terrace	94536	906,000	3	1400	1994	12/27/18
40808 Townsend Terr#259	94538	960,000	3	1508	2007	12/28/18
38250 Ashford Way	94536	1,000,000	3	1500	1963	12/26/18
405 Hillview Drive	94536	1,012,000	3	1564	1954	12/27/18
48464 Cereus Court	94539	1,210,000	-	1231	1979	12/28/18
4018 Polonius Circle	94555	1,250,000	3	1767	1986	12/28/18
4609 Northdale Drive	94536	1,337,000	3	1837	1955	12/28/18
40677 Mission Boulevard	94539	1,425,000	4	1784	1975	12/28/18
71 Montevideo Circle	94539	1,560,000	3	1918	1991	12/28/18
2041 Ocaso Camino	94539	1,700,000	-	2342	1979	12/27/18
43457 Laurel Glen Com	94539	2,090,000	4	2570	1998	12/26/18

HAYWARD TOTAL SALES: 28						
Highest \$: 1,275,000		Median \$: 629,500				
Lowest \$: 265,000		Average \$: 639,036				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
378 Sycamore Avenue	94544	265,000	2	886	1948	12/27/18
29621 Red Oak Court #5	94544	300,000	1	489	1985	12/26/18
1137 Tiegen Drive	94542	330,000	2	846	1948	12/28/18
29082 Caravan Lane	94545	369,500	3	1867	2011	12/28/18
1147 Gomer Street	94544	400,000	3	1210	1956	12/28/18
26525 Parkside Drive	94542	450,000	2	1092	1915	12/28/18
21314 Gary Drive #103	94546	460,000	2	1100	1991	12/28/18
21484 Oak Street	94546	507,500	2	874	1906	12/28/18
30699 Carroll Avenue	94544	560,000	3	1134	1955	12/27/18
27542 Verona Avenue	94545	575,000	3	1128	1957	12/26/18
25457 Huntwood Ave	94544	600,000	3	1335	2008	12/27/18
27593 Capri Avenue	94545	620,000	3	1240	1957	12/28/18
2109 Boca Raton Street	94545	620,000	3	1128	1956	12/28/18
22981 Holly Court	94541	629,000	3	1159	1950	12/28/18
21950 Thelma Street	94541	630,000	3	1200	1955	12/28/18
25460 Lindenwood Way	94545	660,500	3	1294	1958	12/28/18
3302 Jamie Way	94541	675,000	3	1320	1979	12/26/18
317 Williams Way	94541	720,000	3	1726	2011	12/28/18
2342 Morrow Street	94541	725,000	3	1982	2013	12/24/18
317 Fairway Street	94544	725,500	3	1692	1955	12/27/18
2663 Bal Harbor Lane	94545	740,000	5	2330	1956	12/28/18
2144 Morrow Street	94541	748,000	4	2110	2012	12/28/18
23012 Lakeridge Avenue	94541	769,000	3	1959	2000	12/28/18
22208 Moselle Court	94541	780,000	4	2072	1986	12/27/18
61 Regency Place	94544	819,000	2	1938	2014	12/27/18
1156 Tiegen Drive	94542	950,000	5	2224	1958	12/26/18
23824 Twin Creeks Court	94541	990,000	4	2781	2006	12/28/18
2696 Beachwood Street	94545	1,275,000	4	3240	2004	12/28/18

MILPITAS TOTAL SALES: 19						
Highest \$: 1,472,000		Median \$: 945,000				
Lowest \$: 600,000		Average \$: 937,923				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
33631 5th Street	94587	560,000	2	1075	1940	12/28/18

32217 Mercury Way	94587	573,000	3	1255	1971	12/28/18
1957 Hartnell Street	94587	750,000	4	1544	1973	12/28/18
5716 Jean Drive	94587	795,500	4	2236	1998	12/27/18
32210 Hall Ranch Pkwy	94587	858,000	-	1953	1976	12/26/18
871 Alcosta Drive	95035	600,000	4	2183	1981	12/24/18
805 Penitencia Street	95035	600,000	3	1068	1962	12/26/18
30 Hemlock Lane	95035	600,000	2	873	1971	12/27/18
154 Heath Street	95035	780,000	3	980	1962	12/26/18
1840 Armand Drive	95035	830,000	5	1102	1960	12/28/18
690 Lexington Street	95035	900,000	3	1068	1962	12/24/18
431 Maple Avenue	95035	917,000	3	1231	1960	12/24/18
360 Hearst Drive	95035	944,000	3	1444	2018	12/27/18
1361 Merry Loop	95035	945,000	3	1643	2015	12/27/18
366 Hearst Drive	95035	965,000	3	1427	2018	12/28/18
362 Hearst Drive	95035	1,004,500	3	1708	2018	12/26/18
352 Hearst Drive	95035	1,011,000	3	1708	2018	12/24/18
1281 Glacier Drive	95035	1,100,000	4	2029	1970	12/27/18
358 Hearst Drive	95035	1,109,500	3	1708	2018	12/28/18

NEWARK TOTAL SALES: 2						
Highest \$: 1,259,500		Median \$: 893,500				
Lowest \$: 527,500		Average \$: 893,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
6267 Noel Avenue	94560	527,500	3	1050	1953	12/27/18
8491 Seawind Way	94560	1,259,500	4	2322	2017	12/24/18

SAN LEANDRO TOTAL SALES: 11						
Highest \$: 1,275,000		Median \$: 638,000				
Highest \$: 1,275,000		Average \$: 667,480				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
15335 Washington Ave #102	94579	390,000	2	1010	1985	12/28/18
15925 Maubert Ave #2	94578	420,000	2	1050	1992	12/28/18
2441 Jamaica Way	94577	525,000	3	1129	1961	12/28/18
15120 Crosby Street	94579	565,000	3	1076	1948	12/27/18
1237 Gardner Blvd	94577	580,000	3	1168	1942	12/27/18
15256 Wiley Street	94579	635,000	5	1673	1952	12/27/18
1012 Marquette Way	94579	680,000	3	1148	1956	12/24/18
169 Durant Avenue	94577	680,000	4	1568	1944	12/27/18
13881 School Street	94578	747,500	3	1710	1956	12/27/18
1332 135th Avenue	94578	761,500	4	1768	1949	12/28/18
14697 Saturn Drive	94578	835,000	2	1918	1964	12/27/18

SAN LORENZO TOTAL SALES: 4						
Highest \$: 700,000		Median \$: 640,000				
Lowest \$: 300,000		Average \$: 590,700				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
17270 Via San Ardo	94580	300,000	3	1409	1950	12/27/18
1844 Via Barrett	94580	630,000	3	1465	1956	12/28/18
15742 Vassar Avenue	94580	630,000	3	1252	1950	12/28/18
771 Delano Street	94580	700,000	4	1638	1952	12/28/18

UNION CITY TOTAL SALES: 5						
Highest \$: 1,078,000		Median \$: 810,250				
Lowest \$: 389,000		Average \$: 765,150				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
33631 5th Street	94587	560,000	2	1075	1940	12/28/18
32217 Mercury Way	94587	573,000	3	1255	1971	12/28/18
1957 Hartnell Street	94587	750,000	4	1544	1973	12/28/18
5716 Jean Drive	94587	795,500	4	2236	1998	12/27/18
32210 Hall Ranch Pky	94587	858,000	-	1953	1976	12/26/18

Home Sales Report

THEATRE REVIEW

39 Steps

a comic tumble of
mystery and melodrama

BY JULIE GRABOWSKI
PHOTOS BY GEORGIA BARNES
AND SIDDARTH SAS

Richard Hannay is in a bit of a slump. Bored, tired of the world, tired of life. A trip to the Cockney Music Hall brings Annabella Schmidt into his life, a thickly accented lady who claims to be a spy with knowledge of top secret information about to be taken out of the country. Snapped out of his boring life by the encounter, Hannay suddenly finds himself accused of murder and on the run, pursued by the police and henchmen for a mysterious organization.

Hannay embarks on a comedic journey to discover the truth and clear his name, tangling with adventure, danger, and romance at multiple stops as he makes his way from London to Scotland and back again, where everything comes to a head at London's famous Palladium theatre.

The award-winning “The 39 Steps” was adapted by Patrick Barlow from the 1915 novel by John Buchan and the 1935 movie by Alfred Hitchcock. Without a serious bone in its body, the play is a bouncing ball of melodrama, farce, and slapstick, playing gleefully with the mystery and detective genre with plenty of Hitchcock movie reference peppered throughout. “‘The 39 Steps’ is a silly play that has no purpose but to make you laugh. It is an homage to all that is Alfred Hitchcock with a bit of Monty Python and Mel Brooks thrown in for good measure,” says John Maio in his director’s notes. And playing for laughs is just what Maio does with the production at Castro Valley’s Chanticleers Theatre.

Four actors are tasked with bringing 150 characters to life and meet the challenge with aplomb. C. Conrad Cady and Damion Clark do the bulk of the heavy lifting, becoming a bevy of characters and shining as each one. Cady and Clark are endlessly



fun and versatile with all-in performances that bring the laughs. Cady’s most notable characters are the raging crofter (tenant farmer) John and playful hotel proprietor Willie McGarrigle, while Clark impresses in his first Chanticleers show as the devilish Professor Jordan and sentimental, over attentive Mrs. McGarrigle.

Michael Kelly has the luxury of wearing only one hat as Richard Hannay but wears it well as the dry, British chap who always finds himself in a pinch. Kelly is solid and likable and has a great moment in the sun with

his impromptu speech at a political rally about how an ordinary man can push on and triumph despite difficulty.

Rachel Powers is adept and appealing in her triple role, working sultriness and humor in a heavy accent as Annabella Schmidt, softness as the romance hungry Margaret, and poise as the proper Pamela.

The set is a bit drab, more utilitarian than for looks, and is composed of a few simple moving parts that serve the ever-changing story locations. Set designers Maio and

Michael J. Simons employ some clever, multi-purpose quick changes, such as transforming a podium into the front of a car (headlights included) and a hotel wall into a bed. Maio crafts several memorable scenes, including the train escapade, steam billowing and coats blowing in a frantic pursuit; two constables going through the window of the crofter’s cottage; and a shadow puppets chase scene, Nessie swimming along behind.

Costume designer Piper Ferguson brings a confident, defined style to the characters, from Annabella’s sleek black outfit to Hannay’s everyman brown suit, Mrs. McGarrigle’s bright and bosomy look to Pamela’s perfectly manicured hat, dress, and white buckle pumps.

“The 39 Steps” is an entertaining ride with plenty of fun and indulgence. Maio and company provide what’s intended — a silly escape with nothing to do but laugh.

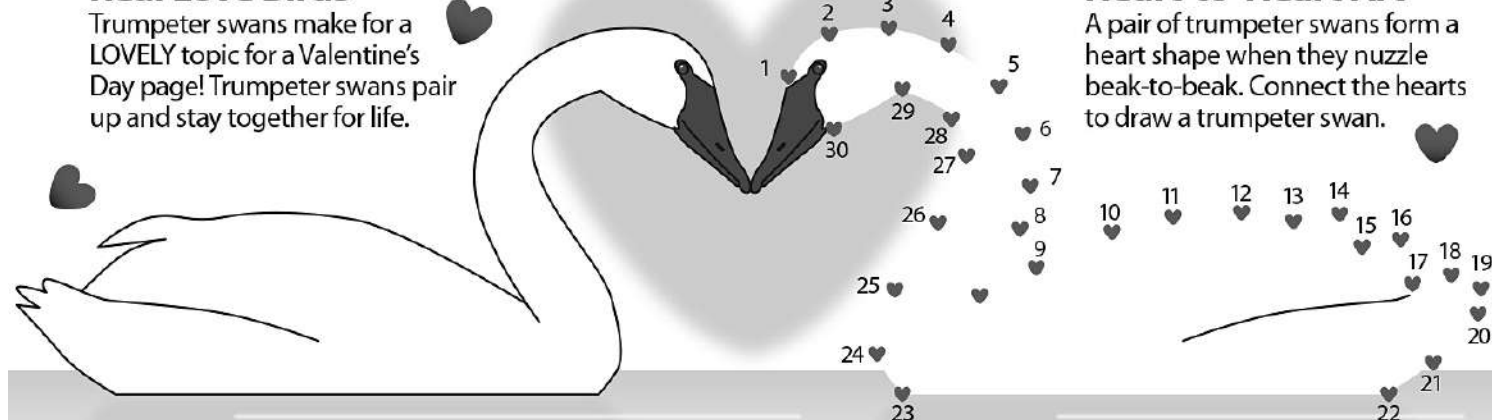
The 39 Steps
Friday, Feb 1 – Sunday,
Feb 24 8 p.m.,
Sunday matinees at 2 p.m.
Chanticleers Theatre
3683 Quail Ave, Castro Valley
733-5483
www.chanticleers.org
Tickets: \$25 adults,
\$20 seniors/students


Kid Scoop Together:

Can you write three opinions about them? (Remember, a fact is something that can be seen or proven true. An opinion is how a person feels about something.)

Challenge a friend to see who can find the most hearts on this page!

A pair of trumpeter swans form a heart shape when they nuzzle beak-to-beak. Connect the hearts to draw a trumpeter swan.



In order to take off, how many feet of water does a trumpeter swan need? Add the numbers on the correct path to the center of the heart to get the answer.



They make a noise that sounds like a person playing a trumpet! Hear their call at **kidscoop.com**

PLANTS
BILLS
DIVE
SEEDS
UPROOT

Trumpeters _____
underwater to eat
plants. Their broad,
flat _____ have tiny
tooth-like notches along
the edges to help them
strain aquatic _____
from water as they feed.

The birds' long necks and strong feet allow them to _____ plants in water up to 4 feet deep.

These birds eat the leaves,
_____ and roots of many kinds
of pond weeds.

Trumpeter swans are the largest native waterfowl in North America. Do the math to find out how big they are:

An adult swan can grow to be
 $25 - 21 = \underline{\hspace{2cm}}$ feet tall.
 (Are you taller than a
 trumpeter swan?)

A trumpeter swan's wingspan is about $21 - 14 =$ _____ feet wide.

A trumpeter swan weighs
about $7 + 7 + 7 =$ _____
to $42 - 12 =$ _____
pounds.

 = B
 = E
 = N
 = P
 = U
 = C
 = G
 = O
 = T
 = Y

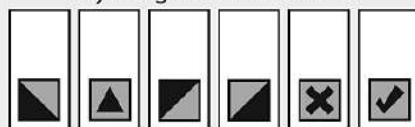
A male swan is called a:



A female swan is called a:



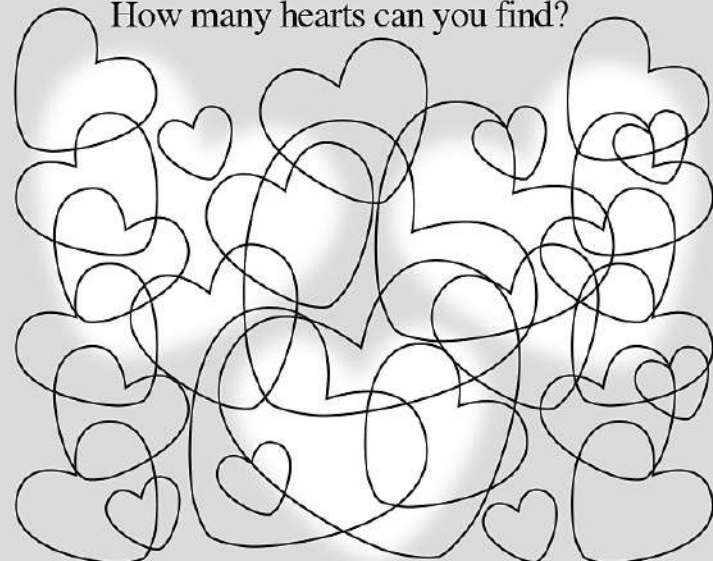
A young swan is called a:



Locate a photograph in the newspaper and make of list of the people, animals or things in the image. Measure each one in inches and in centimeters. Label each with the measurements.

Some people say that a swan sings a song when it dies. That led to the term “swan song” meaning a person’s last action before retiring or dying. But is this TRUE or FALSE? Hold the Fact Checker up to a mirror to find out.

How many hearts can you find?



Standards Link: Follow simple written directions.

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

WINGSPAN
FEATHERS
NOTCHES
AQUATIC
HEARTS
SWANS
WATER
WHITE
BILLS
NECKS
PAIR
STAY
EAT

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

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

Look through the newspaper for five singular nouns. Write them in a list on a piece of paper. Next to each noun, tell if it is a person, place or thing. Then next to that, write each noun in its plural form.

Standards Link: Language Arts: Students recognize nouns.



What kind of Valentine's Day candy is never delivered on time?

ANSWER: CHOCOLATE.

Make up a story about a Valentine's Day surprise. Who was surprised? What was the surprise? Use five or more adjectives in your story.

Park It Coyotes

BY NED MACKAY

It’s nearing the time of year when coyotes den up and give birth to pups in the regional parks and other open space. And since there have been a lot of coyote sightings lately, this seems a good time to offer some information about them.

Coyotes are common throughout the western U.S. and beyond. They can be found in almost every East Bay regional park, from the inland hills to the bay shoreline. Adaptable and intelligent, they also prowl nearby suburban neighborhoods, including mine. If you don’t see a coyote, you will often see its distinctive scat, which has a lot of fur mixed in with it from the small rodents that make up its basic diet. Through their eating habits, coyotes help to control the population of animals such as rabbits, ground squirrels, skunks and raccoons. They aren’t picky eaters; they will also go for fish, birds, reptiles and even insects on occasion.

Coyotes resemble smaller, skinnier versions of German shepherd dogs. Generally, tan in color, they have long snouts and bushy, black-tipped tails. Although they look like dogs, coyotes are wild and may occasionally be aggressive, especially if protecting a den. If you are walking with your dog and see a coyote approaching, it’s best to call your pet back to you and put it on leash. If a coyote follows you, make loud noises to scare it away. I have heard of no instances of coyotes attacking

people in the regional parks.

For the benefit of both species, coyotes need to remain wary of humans. So, coyotes should never be given handouts or fed unintentionally by leaving pet food or garbage where they can get to it. Especially if you live near open space, feed your pet indoors and use trash containers with lids that clamp shut. It’s also advisable to keep pets such as cats, rabbits and small dogs indoors. If allowed to run free outside, they can become prey for coyotes. Large dogs should be brought indoors after dark and should not be allowed to run loose. Coyotes can and do mate with domestic dogs. Moreover, if you let your large dog run free outside at night, it can pack up with similar pets and hunt wildlife in the parks, which is not a good outcome.

For more information about coyotes, check out California State Fish and Game website www.wildlife.ca.gov/keep-me-wild/coyote. There’s even more at Washington state site wdfw.wa.gov/living/coyotes.html.

Like coyotes, all other animals leave evidence of their presence. You can learn how to identify them in a “Critter Clues” program from 2 p.m. to 3 p.m. Saturday, February 9 at Big Break Regional Shoreline in Oakley.

Big Break is at 69 Big Break Road off Oakley’s Main Street. For information, call (888) 327-2757, ext. 3050.

A search for winter blooms is in the works from 10 a.m. to 12 noon Sunday, February 10 at Black Diamond Mines Regional Preserve in Antioch. Naturalist Eddie Willis will lead a steep, rocky hike to spectacular views and early season wildflowers, best for ages 8 and up.

Meet Eddie in the parking lot at the end of Somersville Road, 3½ miles south of Highway 4. For information, call (888) 327-2757, ext. 2750.

At Tilden Nature Area near Berkeley, naturalist Anthony Fisher will lead a series of “Good Morning, Nature!” walks from 10:00 a.m. to 11:30 a.m. Sundays – February 10, February 17 and February 24. Topics include tracks, scats, trees, rats, newts, mud, creeks and frost.

Meet Anthony at the Environmental Education Center, which is at the north end of Tilden’s Central Park Drive. Call (510) 544-2233.

Do you love Bay Beach? If so, you can help to clean it up during a pre-Valentine program from 10:30 a.m. to 12 noon Saturday, February 9 at Crab Cove Visitor Center in Alameda. Bring your own gloves and bucket or borrow either from the visitor center to help pick up left-behind litter.

The center is at 1252 McKay Avenue, off Alameda’s Central Avenue. Call (510) 544-3187.

The secret language of animal tracks will be revealed in a program from 10:30 a.m. to 11:30 a.m. Saturday, February 9 at Coyote Hills Regional Park in Fremont, led by naturalist Kristina Parkison. It’s for ages 7 and older. Meet at the visitor center for fun activities designed to help figure out which animals have left their marks on the trails.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. Call (510) 544-3220.

This isn’t even half of what’s going on in the regional parks in coming days. For more information, check out the website www.ebparks.org.

SOCIAL SECURITY COLUMN

Social Security and Black History Month

BY MARIAELENA LEMUS
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

In February, our nation honors African Americans by celebrating Black History Month. Recognizing our shared history is one way we can affirm our belief in freedom and democracy for all. For more than 80 years, Social Security has helped secure today and tomorrow with financial benefits, information, and tools for people of countless backgrounds and ethnicities that make up our richly diverse country.

One of our popular tools is the online Retirement Estimator. With it, you can plug in some basic information to get an instant, personalized estimate of your future benefits. Different life events or choices can alter the course of your future, so try out different scenarios such as higher and lower future earnings amounts and various retirement dates to get a good prediction of how it can change your future benefit amounts. You can access it at www.socialsecurity.gov/benefits/retirement/estimator.html. If you find that helpful, we have several calculators to help you prepare for retirement at www.socialsecurity.gov/planners/calculators.

We also pay disability benefits to people with medical

conditions that could prevent them from working for 12 or more months or result in death. If the disabled person has dependent family members, they may also be eligible to receive payments. We pay disability through two programs: Social Security Disability Insurance – for people who have worked and paid Social Security taxes long enough to be eligible, and Supplemental Security Income – a means-tested program for people who are 65 or older, as well as people of any age, including children, who are blind or have disabilities. Widows, widowers, and their dependent children may be eligible for Social Security survivors’ benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent die. And Social Security pays more benefits to children than any other federal program.

You can learn more about retirement, survivors, and disability benefits at www.socialsecurity.gov/benefits. Social Security is with you through life’s journey, helping secure today and tomorrow for you and your family. For more information, visit www.socialsecurity.gov/people/africanamericans.

Chinese New Year Celebration

SUBMITTED BY AMY T CHO

The South Bay Chinese Club, Citizens for Better Community and Fremont Main Library will celebrate Chinese New Year on Saturday, February 16. The official date for the new lunar year is Tuesday, February 5 – 2019 is the Year of the Pig. The event is open to families, youngsters and anyone interested in Chinese culture. The celebration will begin with musical and dance performances followed by Chinese New Year face painting, Lantern Riddle Game, and craft making such as paper cutting, fortune cookie pin making, and dough figurines. For more information, call Fremont Main Library Children’s

Information Desk (510) 745-1421, visit <https://events.aclibrary.org/event/4322518?&hs=a> or email fremontchildrens@aclibrary.org.

Chinese New Year Celebration
Saturday, Feb 16
1 p.m. – 4 p.m.

Schedule:
Performances: 1 p.m. – 2 p.m.
Crafts: 2 p.m. – 4 p.m.

Fremont Main Library, Fukaya room/Children’s Library Area
2400 Stevenson Blvd, Fremont
(510) 745-1421
<https://events.aclibrary.org/event/4322518?&hs=a>
fremontchildrens@aclibrary.org

Welcome the Year of the Golden Pig

SUBMITTED BY ALICE KIM

A live Dragon Dance performance by VOVINAM Vi t Vō o America will highlight a public celebration to welcome the new lunar year on Saturday, Feb. 9 in San Leandro. Hosted by the San Leandro Main Library, the program will welcome the Year of the Golden Pig. Activities start at 10:45 a.m. with Chinese paper making activities followed by the Dragon Dance performance, traditional dancing by the Thai Cultural Council of Berkeley and a magic show by master magician Dan Chan. Admission is free and light refreshments will be available. For details, call (510) 577-3971.

Lunar Year Celebration
Saturday, Feb. 9
10:45 a.m. – 4:00 p.m.
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971
Free

Celebrating African-American History

SUBMITTED BY FREIDA GREEN

The Afro-American Cultural & Historical Society invites the public to its Black History Month program on Saturday, February 9. This year’s theme is relevant to the local community: Black Migration: What brought you to the Tri-City & Hayward area? Attendees can participate in a workshop – write and share their personal stories and celebrate the value of their legacy. The free event will also feature a documentary presentation, panel discussion, music and performances, R.J. Reed Inventors Exhibit, Vendor Market Place, and Katrina and Family Soul Food Station. For more information, call Freida Green at (510) 471-9040 or email info@aachstricity.org.

Black History Month is an annual celebration of achievements by African-Americans and a time for recognizing the central role of blacks in U.S. history. It began as “Negro History Week,” a label applied by historian Carter G. Woodson in 1926. Woodson chose the second week in February to coincide with birthdays of Abraham Lincoln and Frederick Douglass. In 1976, President Gerald Ford

made Black History Month official, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Schedule

11 a.m. – 1 p.m.: Workshop: The Wisdom of Years – Creating, Celebrating and Sharing Your Legacy; presenter – Sheila Stevens
1:45 p.m.: Film: An Exploration of Our History – documentary series about the migration of blacks from the South to North Richmond; filmmaker – Doug Harris
3 p.m.: Panel Discussion – What Brought you to the Tri-City & Hayward Area; moderator Samuel Rutland

45th Black History Month Observance
Saturday, Feb 9
11 a.m. – 5 p.m.
Newark Community Center
35501 Cedar Blvd, Newark
(510) 471-9040
info@aachstricity.org

Earth Day Contest

SUBMITTED BY
CITY OF HAYWARD

The City of Hayward is accepting entries until Friday, March 15 for its annual Earth Day Poster and Writing Contest, which invites Hayward students to create a poster or write a poem or essay about Earth Day. Entries may focus on one or more of the following topics – water and energy conservation, renewable energy, active transportation, sustainable food, recycling

and composting, and a litter-free environment. Submissions will be judged on originality, clarity, and expression of theme by members of the Hayward Arts Council. Two winners for poster entries and two winners for poem/essay entries will be selected from each grade category – K-first grade, second-third grade, fourth-fifth grade, sixth-eighth grade, and ninth-12th grade. In each category, first place and second place winners will receive \$200 and \$150 gift certificates, respectively. Teachers of the winning students will also receive gift certificates. Students who submit winning entries will be invited to attend a city council meeting

in April to receive their prize and a certificate of achievement from Mayor Barbara Halliday. To learn more about the contest and its rules, visit www.hayward-ca.gov/your-environment/get-involved/earth-day-events/poster-and-writing-contest.

Earth Day Poster and Writing Contest
Submission deadline:
Friday, March 15

www.hayward-ca.gov/your-environment/get-involved/earth-day-events/poster-and-writing-contest

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9 Vimho Verde \$3.99 bottle

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(near the Washington Blvd. exit on the 680 freeway)



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Friday Night at SACBC BINGO

5:00 pm DOORS OPEN – Flashboard games begin
6:30 pm 4 WARM-UP BINGO GAMES \$150 prize
7:00 pm 15 REGULAR BINGO GAMES \$300 - \$400 prizes
FLASHBOARD GAMES pay as much as \$1,199
WWW.SACBC.ORG/Bingo for more information.
Southern Alameda County Buddhist Church
32975 Alvarado Niles Rd, Union City t: 510-471-2581



BINGO

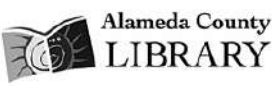
Fraternal Order Of Eagles 1139

Thursday is - BINGO

Doors open 4pm
Games Start 6:30pm

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

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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



Ziggy is an outgoing and friendly 3 year old boy. He allows all handling and loves snacking on timothy hay. He has beautiful orange and white markings and is quite a handsome, fun little guy He's looking for a loving, forever family.

Meet Ziggy at the Hayward Animal Shelter

Miracle is a gentle bunny who likes to explore her space after a quiet minute. She's timid at first, but warms up after a few head/ear pets. She loves cilantro and basil. and has soft, sleek black fur and soulful brown eyes. Spayed. Meet Miracle 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

Tuesdays, Jan 22 – Mar 26
Practice Your Spoken English R
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

Wednesdays, Dec 5 - Feb 20
Watercolor Class \$
9 a.m. - 12 noon
For all experience levels
San Lorenzo Adult School
820 Bockman Rd, San Lorenzo
(510) 317-4200
https://adu.slzusd.org

Monday - Friday, Dec 13 - Mar 1
Celebrate Women!
9 a.m. - 5 p.m.
Art from a variety of 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

Arts & Entertainment



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\$1 Mimosas, Great Prices
New breakfast skillet, Appetizers
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Chicken and Pulled Pork Combo
Pulled Pork & Hot link Combo
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Farmers’ Markets

CASTRO VALLEY:

Castro Valley Farmers' Market

Saturdays
10 a.m. – 2 p.m.
Year-round
Castro Valley Bart station lot off of Redwood Road
equipped to accept EBT and Market Match funds to CalFresh customers.
info@uvfm.org

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

Saturdays and Sundays, Jan 5 - Feb 24

Nature Crafts
10 a.m. - 12 noon
Get crafty and learn about the natural world
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Thursday-Sunday, Jan 11 - Feb 9

Musing and Memento Mori
12 noon - 5 p.m. Mixed media sculptures by David Morritt
Olive Hyde Art Gallery 123 Washington Blvd., Fremont (510) 791-4357 www.fremont.gov/OliveHyde
Friday, Jan 11 – Sunday, Feb 24
Perspectives
Friday-Sunday, 11 a.m. – 5 p.m.
Reception: Saturday, Feb 2
1 p.m. – 3 p.m.
Six-year-old artist Isadora Qi exhibits alongside her mentor Ruey Syrop
Sun Gallery
1015 E St, Hayward
(510) 581-4050
www.sungallery.org

Saturday, Jan 12 – Sunday, Mar 10

Chinese Roots: Sketches of Life in the Washington Township
Library open hours
Impact of Chinese immigrants on local history
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org/fremont
Tuesdays, Jan 15 - Mar 26
Shakespeare and Cultural Literacy Class \$
12:30 p.m. - 2:30 p.m.
Watch videos and discuss.
\$2 drop-in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Wednesday, Jan 16 – Friday, Feb 22

The Art of Peace – Alameda County
Tuesday – Thursday
10 a.m. – 4 p.m.
3D artwork created from dismantled firearms
Hayward Center/Adult School's Sunset Gallery
22100 Princeton St H2, Hayward
(510) 538-2787
www.haywardartscouncil.org

Wednesdays, Jan 16 - Mar 27

Crochet and Knitting \$
12:30 p.m. - 3:00 p.m.
Learn the basics. \$2 drop-in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Fridays, Jan 18 - Mar 29

Needle Arts \$
9:00 a.m. - 12:30 p.m.
Have fun with yarn. \$2 drop-in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Tuesdays, Jan 22 - Mar 26

All Levels Line Dance Class \$
10 a.m. - 12 noon
Exercise to music. \$4 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Thursdays, Jan 24 - Mar 28

Laughter Yoga \$
3 p.m. - 4 p.m.
Reduce stress and boost your immune system. \$2 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Friday, Jan 25 - Mar 29

Beginning Line Dance Class \$
12 noon - 1:30 p.m.
Exercise to music. \$4 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Friday-Sunday, Jan 25 - Mar 16

Children's Book Illustrator Show
11 a.m. - 5 p.m.
Artwork from local illustrators. Artist

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MONDAY: ALL SOUPS, BEEF, CHICKEN, MENUDO, POZOLE, BIRRIA, TLALPENO

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WEDNESDAY: TORTAS

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Tuesday - Friday 10-9
Sat, Sunday 9-9**

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reception Saturday, Feb. 2, 1-4 p.m.

Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Thursday - Saturday, Jan 26 - Mar 9

A.R.T. Inc. Annual Members' Exhibit

11 a.m. - 3 p.m.
Fine art from various local artists
Adobe Art Center
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Thursdays, Jan 31 - Mar 28

Hawaiian Dance Class
11:15 a.m. - 12:30 p.m.
Sway your hips to tropical music. \$4 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Friday - Sunday, Feb 1 - Feb 24

The 39 Steps \$
Fri - Sat: 8 p.m. Sun: 2 p.m.
Comedy, farce, melodrama and mystery
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Friday, Feb 1 – Thursday, Feb 28

Climate Change: Landscapes of Our Blue Planet
During business hours
Exhibit by Fremont artist Ricardo Mitchell. Reception Sun. 2/10 3 p.m. - 5 p.m.
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
Fremontcoffee.com

Sunday, Feb 3 – Sunday, Mar 24

Dove Gallery Art from the Heart Exhibit

Contact for time
Artworks of various media that reflect deep, heartfelt emotions
Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

1st and 3rd Mondays, Feb 4 - May 20

Guitar Jam For Seniors \$
1:00 p.m. - 3:30 p.m.
Play guitar with others. No instruction. \$2.50 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Wednesdays, Feb 6 - Mar 20

Diabetes Self-Management Classes R
10:00 a.m. - 12:00 noon
Learn 7 self-care behaviors. 18+ and diagnosed with pre-diabetes or type 2 diabetes
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Wednesdays, Feb 6 – May 1

Ukulele Jam Program \$
1:00 p.m. - 2:30 p.m.
Weekly program for active adults 50+. Bring ukulele and music stand
San Leandro Senior Community Center
13909 East 14th Street, San Leandro
(510) 577-3462

Wednesdays, Feb 6 – Apr 17

Tax Assistance R
9 a.m. – 4 p.m. by appointment
Free help with Federal/State tax forms for older adults/low income individuals
Kenneth C. Aitken Center



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ProgramCoordinator@DriversForSurvivors.org
www.DriversForSurvivors.org

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

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

Expires 2/28/19

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

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26775 Hayward Blvd. Hayward
Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

BOOKMOBILE SCHEDULE

Alameda County
Renew books by phone
(510) 790-8096
For more information
about the Bookmobile call
(510) 745-1477 or visit
www.aclibrary.org.
Times & Stops subject to change

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

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

Milpitas Bookmobile stops
Renew books by phone
(800) 471-0991
For more information
(408) 293-2326 x3060

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

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

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

Wednesdays, Feb 6 - Feb 20
Memory Academy R\$
1:20 p.m. - 2:20 p.m.
Techniques to improve memory
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Saturdays, Feb 9 - Apr 13
Free Tax Preparation
1 p.m. - 4 p.m.
Assistance for households earning
\$54,000 or less. Photo ID and tax
documents required
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421

Thursday - Sunday, Feb 14 - Mar 3
Ah, Wilderness!
Thurs - Fri: 8 pm Sat: 2pm and 8pm
Sun: 2pm
Nostalgic coming-of-age story
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.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/

THIS WEEK

Tuesday, Feb 5
Washington Hospital Health Seminar R
6 p.m. - 8 p.m.
Stroke Education Series: Stroke Prevention
Washington Township Nakamura Clinic
3077 Alvarado-Niles Road,
Union City
1-800-963-7070

Tuesday, Feb 5
Practice Your Spoken English About Chinese/Lunar New Year
4 p.m. - 5 p.m.
Bring treats to class and speak about the celebration, tradition and the treats you bring
Fremont Main Library Fukaya Room A
2400 Stevenson Blvd., Fremont
(510) 574-2063

Tuesday, Feb 5
Dawn Breakers Lions Club Student Speaker Contest
6:30 p.m.
5 high school students speak on "Freedom of the Press: What Does It Mean?"
Alameda County Water District
43885 S Grimmer Blvd., Fremont
(510) 371-4065

Wednesday, Feb 6
Toddler Time
10:30 a.m. - 11:45 a.m.
Read a story, do some chores, meet some farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Wednesday, Feb 6
Alameda County Bid Outreach Event
1 p.m. - 2 p.m.
Learn about doing business with the county
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 670-6283

Thursday, Feb 7
AMC 10A & 12A Math Contest \$
7:30 p.m. - 9 p.m.
Offered to Fremont students
American High School Theatre 50
36300 Fremont Blvd, Fremont
(510)796-1776 ext 57702
www.fuss4schools.org

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Renewmdwellness.com

210 Fremont Hub Courtyard, Fremont

Thursday, Feb.7
Public Hearing on Proposed Increase in Water Rates
6 p.m.
Public comments will be taken by board
Alameda County Water District
43885 S Grimmer Blvd., Fremont
www.acwd.org/rates

Thursday, Feb 7
Mid-Year Art Show
2:30 p.m. - 5:00 p.m.
Opening reception with refreshments. Work on display through 2/27
Mt. Eden High School
2300 Panama St., Hayward
(510) 723-3180 x62274

Friday, Feb. 8
Kennedy Park Renovations
1 p.m.
Groundbreaking ceremony
Kennedy Park
19501 Hesperian Blvd., Hayward
(510) 881-6700

Friday, Feb 8
Union City Family Center Game Night
6 p.m. - 7 p.m.
Come together and create family memories
Barnard-White Middle School
725 Whipple Rd, Union City
(510) 471-5363
(510) 476-2770 x61061

Friday, Feb 8 - Sunday, Feb 10
Lunar New Year - Tet Festival 2019
Fri. 3 p.m. - 11 p.m., Sat. & Sun. 11 a.m. - 11 p.m.
Live entertainment, talent contests, carnival rides and games, food booths
Eastridge Mall
2200 Eastridge Loop, San Jose
www.facebook.com/events/259068311464506

Friday, Feb. 8 – Sunday, - Feb. 10
Friends of the Library Book Sale
Fri., 7 p.m.- 9 p.m. (members only), Sat. 10 a.m.- 3 p.m., Sun. 10 Noon – 3 p.m.
Fremont Main Library,
Fukaya Room
2400 Stevenson Blvd., Fremont
(510) 745-1419

Saturday, Feb 9
Nature Journaling: Lovely Fungus!
10 a.m. - 12 noon
Guided session to document nature
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Feb 9
Documentary Film "Dolores"
1:30 p.m.
A look at the unsung hero of the United Farm Workers Union
Niles Discovery Church of Fremont
36600 Niles Blvd., Fremont
(510) 797-0895
www.nilesdiscoverychurch.org

Saturday, Feb. 9
Storytime with Grandma Alva
11 a.m.
Grandma Alva reads from some of her favorites
Books On B
1014 B St., Hayward
(510) 538-3943

Saturday, Feb. 9 \$
Pop-up Estate Sale
12 noon – 4 p.m.
Raven displays a collection of vintage jewelry
Books On B
1014 B St., Hayward
(510) 538-3943

Saturday, Feb 9 - Sunday, Feb 10
Mission San Jose Chamber Event
2 p.m. & 4 p.m.
Bring family and friends to the winter school of music recital
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335

Saturday, Feb 9
Black History Month Observance: Black Migrations
11 a.m. - 5 p.m.
Food, entertainment, displays, vendors
Newark Community Center
35501 Cedar Blvd., Newark
(510) 742-4437
www.aacstricity.org

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Saturday, Feb 9
Dusterberry Park Community Meeting
9 a.m. - 12 noon
Come learn about this future project on Dusterberry and Peralta
Artist Walk Fremont
3888 Artist Walk Common., Fremont
www.fremont.gov/Dusterberry

Saturday, Feb 9
Restoration Work Day - R
10 a.m. - 12 noon
Volunteers weed, mulch, plant native plants. All ages welcome
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513 x104
https://restorationeec.eventbrite.com

Saturday, Feb 9
Cart of Curiosities
1 p.m. - 3 p.m.
Find the cart filled with wonders of cultural and natural history
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturday, Feb 9
Salt Marsh Walk R
10:00 a.m. - 11:30 a.m.
Learn about the history of the wetlands
SF Bay Wildlife Refuge - Don Edwards
1 Marshlands Rd., Fremont
(510) 792-0222
https://marshwalk.eventbrite.com

Saturday, Feb 9
Twilight Marsh Walk R
4:30 p.m. - 6:15 p.m.
Discover the salt marsh at sunset. Not suitable for young children
SF Bay Wildlife Refuge - Don Edwards
1 Marshlands Rd., Fremont
(510) 792-0222
http://donedwardstwilight.eventbrite.com

Saturday, Feb 9
TumbleDownHouse \$
7 p.m.
New Orleans speakeasy jazz
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.braskhouseconcerts.com

Saturday, Feb 9
Artist's Relaxing Together
2 p.m. - 4 p.m.
Surrealism painter Bill Sala
Adobe Art Center
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Saturday, Feb 9
Lunar New Year Celebration: Year of the Golden Pig
10:45 a.m. - 4:00 p.m.
Chinese paper craft making, performances, refreshments
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.sanleandro.org/depts/library

Saturday, Feb 9
Animal Tracking
10:00 a.m. - 11:30 a.m.
Decode the secret language of animal tracks. Ages 7+
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturday, Feb 9
Crab Feed & Pasta
5:30 p.m. - 9:30 p.m.
Door prizes, raffle, entertainment. Benefits school musical theater company
All Saints Catholic School
22870 2nd St., Hayward
(510) 582-1910
ascshayward.org

Saturday, Feb 9
Education Summit 2019
9 a.m. - 1 p.m.
Learn about financial aid and scholarships to admissions
California State University East Bay, University Union
25800 Carlos Bee Blvd., Hayward
(510) 536-4477

Saturday, Feb 9
A Fungus Among Us
1:30 p.m.- 2:30 p.m.
Look for examples of these life forms and learn about their importance
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Feb 9
Victorian Table Top Games
11:30 a.m. - 12:30 p.m.
Play a game of ball and cup, tops, or Jacob's Ladder
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Saturday, Feb 9
Hens Lay Eggs
10:30 a.m. - 11:00 a.m.
Listen to a story, search the coop for eggs, feel a hen's feather
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Saturday, Feb 9
Valentino In February \$
7:30 p.m.
"The Conquering Power"
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Feb 9
Second Saturday Author Series
2 p.m. - 4 p.m.
Fremont author Tish Davidson will read from and discuss her book "The Vaccine Debate"
Half Price Books
39152 Fremont Blvd., Fremont
(510) 744-0333
www.hpb.com/055

Saturday, Feb 9
All Fur Love Pet Adoption Event
11 a.m. - 5 p.m.
Cats, dogs, puppies, bunnies, pet rats. Includes spay/neuter, vaccinations and microchip
Hayward Animal Shelter
16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org/events

Sunday, Feb 10
Basant Melodies \$R
1 p.m. - 4 p.m.
Classical music concert by Anupama Chandratreya & Amit Gud
India Community Center
525 Los Coches Street, Milpitas
(408) 934-1130

Sunday, Feb 10
Ohlone People & 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, Feb 10
Salamandering
10:00 a.m. - 11:30 a.m.
Search the creek, ponds, and other habitats on 2-mile hike. Meet at Red Barn
Garin Regional Park
1320 Garin Ave., Hayward
(510) 582-2206
www.ebparks.org

Sunday, Feb 10
Romance on the Rails \$R
12 noon - 2 p.m./3 p.m. - 5 p.m.
Wine tasting and hors d'oeuvres. Ages 21+
Niles Canyon Railway Sunol Depot Station
6 Killkare Rd., Sunol
(510) 910-7024

Sunday, Feb 10
Wellness Fair on Successful Parenting R
1:30 p.m.- 6:00 p.m.
Panel discussion, screening of The Valley, raffle, exhibiis
Mission San Jose High School
41717 Palm Ave., Fremont
(510) 657-3600
www.basantnow.org/register

Sunday, Feb 10
Preserving Your Family History
2:00 p.m. - 3:30 p.m.
Learn how to research family history, preservation of photos and other memorabilia

Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

Sunday, Feb 10
February is National Cancer Prevention Month
9 a.m. - 12 noon
Learn about cancer signs, symptoms, advances in chemo, latest guidelines for prevention
India Community Center
525 Los Coches Street, Milpitas
(408) 934-1130
www.relieffromcancer.org

Sunday, Feb 10
College Admissions Seminar
3:00 p.m. - 5:30 p.m.
Students/families grade
11 3p.m.-3:45pm, grades 8-10 4p.m. - 5:30 p.m.
India Community Center
525 Los Coches Street, Milpitas
(408) 934-1130
www.indiacc.org/uceazy-college-admission-workshop

Sunday, Feb 10
Milkweed for Monarchs
11 a.m. - 12 noon
Plant milkweed seeds to bring home and grow in your yard
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 10
Fun With Felting
1 p.m. - 2 p.m.
Learn how felt is made from sheep's wool, make a felt toy to take home
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 10
Gorgeous Goats
2:00 p.m. - 2:30 p.m.
Help with exercising and grooming the goats
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 10
Good Morning Farm
10:30 a.m. - 11:00 a.m.
Prepare a morning snack for the farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Feb 10
Love Is In The Air Hike
10:00 a.m. - 12:30 p.m.
Moderate 3-mile hike to the breeding pools of some amorous amphibians
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Feb 10
The Boys Are Here \$
4 p.m.
'Hi Neighbors", "Our Wife", "Sprucin' Up"
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Feb 10
Lunar New Year Celebration
12 noon - 4:30 p.m.
Performances, demonstrations, music and dance, Asian-inspired food trucks
Oakland Museum of California
1000 Oak Street, Oakland
(510) 318-8400

Sunday, Feb 10
Year of the Pig Chinese New Year's Party
2 p.m. - 5 p.m.
Fun activities, yummy food, booths for meditation, family photos, raffles
Bailian Bodhi Meditation Center
919 Hanson Ct., Milpitas
(408) 843-1638

Sunday, Feb 10
Chinese New Year Celebration
2 p.m. - 5 p.m.
Lion dance, martial arts exhibition, musical performance, face painting, airbrush art
Pacific Commons at The Block
43440 Pacific Commons Blvd., Fremont
(510) 770-9798
www.pacificcommons.com

Sunday, Feb 10
Classical Jam \$R
2:30 p.m. - 5:30 p.m.
Elegant and outrageous virtuoso strings.
Address provided upon RSVP
info@musicatmsj.org
www.musicatmsj.org

Sunday, February 10
Swiss Fondue Dinner and Jass Party R\$
Jass: 12:30 p.m.
Fondue: 4 p.m.
Newark Swiss Park
5911 Mowry Ave, Newark
(510) 936-2523
aelpplergruppe@gmail.com

Monday, Feb. 11 R
Senior Messages
1:00 p.m. – 3:30 p.m.
Call to make an appointment. Must be 60+
Kenneth Aitken Senior Center
17800 Redwood Rd., Castro Valley
(510) 881-6738

Monday, Feb 11
Outdoor Discoveries: Nature Hearts R
10:30 a.m. - 12 noon
Playful science for home school kids. Ages 4 - 8
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org/register

Monday, Feb 11
Archaeology at Stanford's Arboretum Chinese Houses
7 p.m.
Learn about early Chinese immigrants
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org/fremont

Monday, Feb 11
Health and Wellness Seminar - R
6 p.m. - 8 p.m.
Treatment options for aortic valve disease
Washington Hospital, Conrad E. Anderson Auditorium, Rm B
2500 Mowry Ave., Fremont
(510) 791-3428
(800) 963-7070

Tuesday, Feb 12
Boundless Compassion: Creating a Way of Life \$R
10 a.m.- 12 noon
7-week personal transformation process. Purchase book and read introduction before attending
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
http://bit.ly/2019Boundless

Tuesday, Feb 12
Washington Hospital Health Seminar R
6 p.m. - 8 p.m.
Stroke Education Series; Life After a Stroke
Washington Township Nakamura Clinic
3077 Alvarado-Niles Road, Union City
1-800-963-7070

Friday, Feb 15
Crab Feed \$
6 p.m.
Crab, pasta, garlic bread, salad, dessert, raffle. Support Fremont Senior Center
Centerville Presbyterian Church
4360 Central Ave., Fremont
(510) 299-2223
(510) 790-6606

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<i>Class</i>	<i>Schedule</i>	<i>Instructor</i>	<i>Fee</i>
Art for Preschoolers	Monday & Thursday 10 – 11:15am	Ms. Chris Materials provided	\$18
Children’s Art	Monday 6 - 7:00pm Tuesday 5 – 6pm Wed & Th. 5:30 – 6:30pm Friday 5:30 – 7:00pm	OMSRIARTS Mrs. Jem 510-789-3241 Materials provided	\$20 or monthly discount. See website for details.
Adult Watercolor Class	3 rd Saturday 2 – 6pm Once every month. Call or visit website for more information	Vaishaly Jaiprakash Materials not provided.	\$30 Non-Mbrs \$20 FAA Mbrs.
Adult Art Class	Once a month – Go to website for current information.	Nancy Benton Materials not provided.	\$30 Non-Mbrs \$25 FAA Mbrs.
ART JOURNAL WORKSHOP	Starting Feb. 3 Sundays 10 -12 pm	Barbara Cronin Call Gallery for more information	4 Class Blocks \$80 Mbrs. \$120 Non-Mbrs.
ELECTRIC GREETING CARDS! <i>Patent Pending</i>	Thursdays Feb. 7 – Sept. 26 5:30 – 7:00pm	OMSRIARTS Mrs. Jem, M.Sc. 510-789-3241	\$25 per class All materials provided
More Classes	Coming in March . . .	Check the	website.

Classifieds Deadline: Noon Thursday
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rvanpelt@cytekbio.com

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Bldv.Ste,12, Fremont, 94538

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 tonyarichmond007@yahoo.com

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 Req'd: MA in Music,
 Composition or related &
 Korean fluency.
 Resume to Emmanuel
 Mission Church, Attn:
 Martin Shim, 5885 Smith
 Ave., Newark, CA 94560.

Fremont Youth Soccer Club Referee Class

March 4th and 6th, 6pm
 March 9th – 9:00 am to 12:00 noon
 Fremont Youth Soccer Office
 44100 Old Warm Springs Blvd
 www.fremontyouthsoccer.com/referees
 info@fremontyouthsoccer.com

Alameda County Healthy Homes Department
HOME REPAIR GRANTS

Minor Home Repair Program
 This program provides small grants to low-income homeowners for minor
 repairs such as plumbing, electrical, carpentry, railings, grab bars, toilets
 and other minor health and safety repairs.

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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SPORTS

Girls Basketball

Eagles Junior Varsity subdue Huskies

SUBMITTED AND PHOTO BY
MIKE HEIGHTCHEW

The American Eagles (Fremont) junior varsity took control of their January 29th meeting with Washington Huskies (Fremont) right from the start with outside shooting that was on target. Speed on the hardwood contributed to their victory. The Huskies were competitive but too far behind to mount a meaningful challenge. Final score: Eagles 54, Huskies 34.



Boys Soccer

Cougars Report

SUBMITTED BY **TIMOTHY HESS**

Newark Memorial (11-1-0) moved into first place in the Mission Valley Athletic League with a

1-0 win over rival James Logan of Union City (10-1-1) on February 1st. After a big save by Cougar goalkeeper Cesar Arroyo on a penalty kick in the first half, Newark striker Fidel Ochoa scored the game's only goal in the second half with the assist coming from midfielder James Fernandez.



Baseball

Renegades Report

SUBMITTED BY
OHLONE ATHLETICS
PHOTO BY **DON JEDLOVEC**

Ohlone wins season opener
The Ohlone College baseball team, No. 3 ranked in the CCCBCA North Preseason poll, opened the season with a win for the sixth consecutive year. The Renegades played error-free defense and were led on the hot corner by Dalton Vanhille in a 7-1 win over Napa Valley College Storm on Friday, Jan. 25. In a crisp opener, Ohlone amassed

12 hits and did all the scoring damage in the fourth and eighth innings.

Bradley Norton was 2 for 4 with a double and triple and Cody Nisbet was 3 for 4 with two doubles. Michael Gallagher slugged a home run and Justin Clark had a double. Reliever Tyler Stultz got the first pitching win of the season. Starter Andrew Amato was excellent, allowing one hit over 3.0 scoreless innings with a strikeout and no walks. Six relievers combined to nail it down, allowing three hits total.
Ohlone splits series with Diablo Valley

Ohlone opened a series against Diablo Valley Vikings at home on

Monday, January 28. Diablo scored in the first and fourth innings, enough to hold off the Renegades who scattered runs in the second, third, fourth and sixth innings. Final score: Vikings 6, Renegades 4

In a rematch of the previous day at Ohlone, the Vikings and Renegades met again at Diablo Valley in Pleasant Hill on January 29th. The outcome was a bit different as the Renegades had big fifth and eighth innings and, although pitching faltered in the ninth, were able to hold off a late Vikings surge. Final score: Renegades 12, Vikings 8
Play Ball!



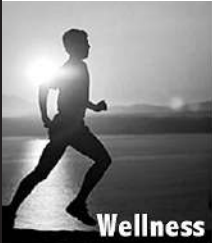
Girls Basketball

Eagles dominate hardwood

SUBMITTED AND PHOTO BY
MIKE HEIGHTCHEW

There was little suspense when the American Eagles (Fremont) met the Washington Huskies (Fremont) on January 29th. In a dominating performance, the Eagles took control of the paint area and overpowered the Huskies, using their height advantage to open an insurmountable lead. Although the Huskies made some great plays to try to close the gap, it was an uphill battle to no avail. Final score: Eagles 86, Huskies 26.





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Jobs for Youth in The Regional Parks

BY DENNIS WAESPI
EAST BAY REGIONAL PARK DISTRICT
BOARD OF DIRECTORS

It's not too soon to start thinking about summer employment – or permanent employment for that matter – in the East Bay Regional Parks. East Bay Regional Park District is the largest employer of youth in the East Bay, hiring more than 400 youth each year to work in the district's 73 regional parks and 10 visitor centers. Job opportunities include interpretive student aides, public safety student aides, recreation leaders, lifeguards, gate attendants, park service attendants, student laborers, field interns and volunteers. Applications are accepted continuously for gate attendants, student laborers, and interpretive student aides. Lifeguard applications close in two months. For other positions you need to move right away; some applications close in two weeks.

For more information on what's available, job descriptions, and pay scales, visit the Park District website www.ebparks.org. Move the cursor to "About Us," then click on "Jobs." On that page you can navigate to "Job Opportunities," "Job Descriptions," and fill out an interest card as well. You can also obtain job information by calling (888) 327-2757 and selecting option 5 or you can stop by the main office at 2950 Peralta Oaks Court in Oakland. Office hours are 8:30 a.m. to 5:00 p.m. Mondays through Fridays. The Park District is a great place to work. The parks are beautiful, and it's gratifying to be part of performing a vital public service. So, don't delay; check out our job opportunities now.

This year is a banner year for both the East Bay Regional Park District and the

Regional Parks Foundation, which is the nonprofit foundation that supports district programs. It's the Park District's 85th anniversary, and the Foundation's 50th. Established in 1934 by voters in seven East Bay cities, who supported preserving open space for public enjoyment and wildlife habitat, the Park District at first had no parks at all, just an office in downtown Oakland. The first three parks to open were Tilden (then called Wildcat) near Berkeley, and Temescal and Sibley (then called Roundtop) in Oakland. In the intervening years, the district has expanded to total 121,000 acres in Alameda and Contra Costa Counties. It offers a full spectrum of outdoor activities, with 1,250 miles of trails for hiking, horseback riding and nature education. Some 25 million visitors enjoy the parks annually.

The Foundation was established in 1969 to enable a land donation from Kaiser Sand and Gravel that became Shadow Cliffs Regional Recreation Area in Pleasanton. Foundation fundraising supports broader park access, parkland acquisition, wildlife habitat protection and enhancement, and educational and recreational programs designed in part to enhance access to parklands for all members of the community. The Foundation has raised more than \$2 million annually. Significant recent donations include a \$1 million contribution in 2017 for visitor center renovations, and a 296-acre land donation in 2014 from the Patterson family to expand Coyote Hills Regional Park. Lots of special events are in the works to celebrate the dual anniversaries. Watch for announcements in the media or check the Park District website for details.

Zoo's ZooMobile

Zoo's ZooMobile will be visiting local libraries with their Animal Ambassadors to teach attendees about "Amazing Adaptations and Habitats." Experience critters such as tortoises, hedgehogs, chuckwallas, cockatoos, and many more! The events are proudly sponsored by the Tri-City Voice. Contact libraries directly for updates, more information, and reservation requirements: www.aclibrary.org, www.haywardca.gov/public-library, www.sacl.org/Locations/Milpitas, and www.sanleandro.org/depts/library/.

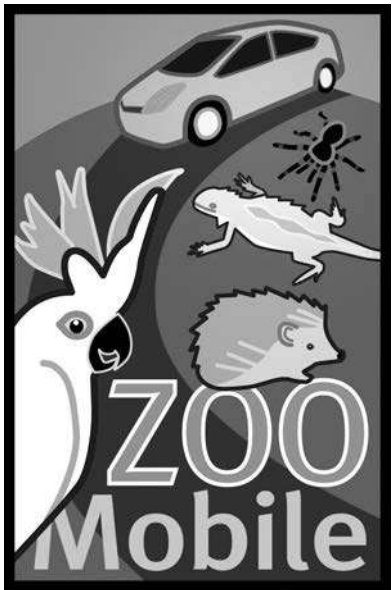
Remaining Zoomobile visits:

Saturday, Feb 16
10:30 a.m.
Castro Valley Library
3600 Norbridge Ave, Castro Valley
(510) 667-7900
TTY 888-663-0660
www.aclibrary.org/castro_valley

Wednesday, Feb 20
4:00 p.m.
Milpitas Library
160 North Main St, Milpitas
(408) 262-1171
www.sacl.org/Locations/Milpitas

Saturday, Feb 23
2:00 p.m.
Union City Library
34007 Alvarado-Niles Rd, Union City
(510) 745-1464
TTY 888-663-0660
www.aclibrary.org/unioncity

Confirmation Pending
Hayward Weekes Branch
27300 Patrick Ave, Hayward
(510) 782-2155
www.haywardca.gov/public-library



Confirmation Pending
San Leandro Library
300 Estudillo Ave, San Leandro
(510) 577-3971
www.sanleandro.org/depts/library

Saturday, April 20
2:00 p.m.
Fremont Centerville Branch
3801 Nicolet Ave, Fremont
(510) 795-2629
TTY 888-663-0660
www.aclibrary.org/centerville

Confirmation Pending
Newark Library
6300 Civic Terrace Ave, Newark
(510) 284-0675
TTY 888-663-0660
www.aclibrary.org/newark

New eyes on the sky

SUBMITTED BY
KIMBERLY HAWKINS

Cal State East Bay (CSEB) faculty and students are part of a team that is helping astrophysicists expand the view of the universe using a revolutionary new telescope.

Schwarzschild-Couder is a first of its kind prototype gamma-ray telescope that scientists say could soon change the way we see the cosmos by allowing them to study the most extreme events in the universe. With the new technology, made possible through the collaboration of more than 100 scientists, astrophysicists have gained a unique perspective of objects in the universe objects millions of light years away.

Amy Furniss, an Assistant Professor of Physics at CSEB and Amy Furniss, a gamma-ray astrophysicist, were involved in the development of the Schwarzschild-Couder telescope. They contributed the secondary mirrors for the instrument, alone with a computer science student

(now CSEB alumnus) who contributed to the analysis software. The telescope was completed in mid-January and unveiled at the Mount Whipple Observatory near Tucson, Arizona.

"This represents the next generation of telescope that will lead gamma-ray astronomy, a field of astronomy that is only 50 years old, into the new era of multimessenger astronomy," Furniss said. "This telescope can see a much larger portion of the sky than previous instruments, and with far greater sensitivity, allowing us to look deeper into the cosmos to answer questions about how the universe behaves."

The telescope, which is said to be 20-times more powerful than current technology and 100-times faster than similar telescopes, will test a novel dual-mirror design to improve image quality.

Students at CSEB who work within Dr. Furniss' research group will have the opportunity to travel to the Whipple Observatory to help with the

commissioning of this new instrument. They will partake in data collection, calibration, troubleshooting hardware and software and developing and testing the analysis software pipeline — all critical steps in the smooth transition to full data taking for the Prototype Schwarzschild-Couder's testing phase.

"Finally, and perhaps most excitingly, our students can use the data from the instrument to study extreme astrophysical sources within our universe, like gamma-ray emitting galaxies that have supermassive black holes at the centers of them with huge jets of relativistic particles emerging from the vicinity of the black hole," Furniss said.

"Questions like "How has the universe has changed since it was born?" and "What is dark matter?" and "What is the most energetic phenomenon in the universe?" and "How do black holes work?" are all high priority questions, and this telescope is poised to help scientists find these answers."



Prototype Schwarzschild-Couder telescope. Photo credit: Deivid Ribeiro.

Enjoy live New Orleans jazz

SUBMITTED BY BRASK HOUSE CONCERTS

New Orleans jazz is coming to Fremont with Bay Area-based Tumbledown House performing on Saturday, February 9. The event, presented by Brask House Concerts, is open to all ages. For more information, call (510) 623-6960, visit www.tumbledownhouse.com under Shows or www.braskhouseconcerts.com.

Brask House Concerts
Saturday, Feb 9
7 p.m. – 9 p.m.
Mission Coffee Roasting
151 Washington Blvd, Fremont
(510) 623-6960
www.tumbledownhouse.com - under Shows
www.braskhouseconcerts.com
Tickets: \$15 at door



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
- Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org
- East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com
- Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org
- Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com
- 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).

Alameda County Transportation announces appointments

SUBMITTED BY ALAMEDA COUNTY TRANSPORTATION COMMISSION

The Alameda County Transportation Commission unanimously re-elected Alameda County Supervisor Richard Valle as its chairman, and San Leandro Mayor Pauline Cutter as the vice chairwoman.

“I am honored to be re-elected as chairman of the Alameda County Transportation Commission,” said Valle, who has been a member of the

Commission since 2012. “It is a great privilege to continue to lead Alameda CTC in partnership with my colleagues as we deliver critically important transportation programs and projects throughout Alameda County. This year we will focus on leveraging our local Measure BB funds to close project funding gaps with new state and regional funds.”

Upon taking this leadership role, Valle outlined several priorities for 2019, among many, including:

Advancing our rail strategy while expanding our Safe Routes to Schools program to include a rail safety education program to reduce pedestrian collisions

Major multimodal corridor improvements

Improving interregional connectivity while easing traffic congestion and improving local traffic circulation and safety

Countywide expansion of the Affordable Student Transit Pass program

“I’m excited to continue our collaborative work at Alameda CTC as we deliver projects and programs to the public,” said Cutter. “Thanks to the voter-approved Measure BB, we are working year-round to improve mobility for bicyclists and pedestrians, support our transportation infrastructure, and leverage our local funding in order to meet the demands on the regional transportation network.”

The chairman and vice chairman are elected to serve a one-year term.

Board of Education meeting minutes – Measure E Bond Program

SUBMITTED BY KENNETH BLACKSTONE

The Board took the following actions on January 30, 2019 agenda items related to the Measure E Bond Program:

Allocated \$45.5 million of Measure E funds to the remainder of the middle school conversion projects (Centerville and Hopkins Middle Schools) and provided direction related to reprioritization of remaining Measure E projects not yet started. There is approximately \$98 million in remaining Measure E funds available for reprioritization. Staff provided a conceptual recommendation to prioritize previously identified projects into roughly equal segments, for example, five segments of about \$20 million each that could be implemented in a staggered timeline over the next several years. The Board was open to this concept and directed this item be sent to the Facilities Advisory Committee to review, make recommendations and bring back to the Board to set priorities.

Adopted a resolution acknowledging commitment of proposition 51 funding. The district has actively pursued these funds and received \$3.5 million total and has submitted applications for \$52.9 million, which is being reviewed by the Office of Public Schools Construction (OPSC). The district is also in the process of completing applications for an additional \$14.3 million in funding for modernization projects. For new construction projects to be eligible for funding under a future state bond, OPSC requires that the Board of Education adopt a resolution acknowledging that Proposition 51 funding for new construction projects has been fully committed. If approved, the district will be in line for funding when enough Proposition 51 bonds are sold.

In other matters related to facilities and construction, the Board:

Authorized staff to enter into an agreement with Bellecci & Associates, Inc. for \$55,141 for land surveying services, and Terraphase Engineering for \$69,410 for Environmental Services at the Patterson Ranch site. The site was donated for a potential school site but environmental analyses after acquiring the land determined a school can’t be built on that exact site. The district is in discussions to exchange adjacent parcels with the City of Fremont and/or East Bay Regional Park District for park use, or some other non-school usage.

Authorized staff to amend the agreement with DSA School Inspectors, Inc. in the amount of \$125,400 to provide project inspector services for Bringhurst Elementary School. This brings the total contract amount to \$560,470. Project inspector fees are based on project durations and district staff was recently informed that, due to a two-month delay of the release of plans from the Division of the State Architect, Union Sanitary District complications, excessive rain and the northern California fires that forced work stoppages, the project has been delayed. The new anticipated delivery of the school is early May 2019. The administration and kindergarten buildings may be ready for an earlier delivery date while construction of the remainder of the school is being completed, in accordance with the terms of the mitigation agreement. This delay does not affect the anticipated school occupancy of fall 2019.

Authorized staff to enter into agreement with QKA Architects for an amount not to exceed \$3,939,175 for architectural services for the new construction project at the Williamson property site and park. The project budget for both the site and park will be finalized during the schematic design phase once the enrollment has been designated and the scope of the project has been established. The plans for Bringhurst Elementary School are being partially reused as a cost-saving measure but the site development design for the school and park is not included in that reuse of plans. The district will share the cost 50/50 with the City of Fremont for the park designs. Sale of Site Funds will be used for the district portion until such time that the funding for the construction of the new construction project at the Williamson property site is determined.

Directors mull a boost in water rates

SUBMITTED BY SHARENE GONZALES

A public hearing on a proposed increase in water rates and on new water shortage emergency stage rates by the Alameda County Water Department (ACWD) is planned for Thursday, February 7 in Fremont.

A bit of background on the proposal: The Alameda County Water District Board of Directors will consider a proposed 2-year water rate increase – four percent beginning March 1, 2019 and four percent beginning March 1, 2020, to both the bimonthly service charge and water consumption charge. The Board also will consider adopting water shortage emergency stage rates at the public hearing.

For the average residential customer using 16 units of water in a two-month billing cycle, about 200 gallons per day, the proposal would result in an increase of \$2.41 per month in 2019 and \$2.51 in 2020.

To ensure sufficient revenue is available during a water shortage emergency, the board for the first time will consider adopting “stage rates.” If adopted, these rates would only be implemented in the event of a water emergency.

“It’s tough to tell our customers we need to raise rates but sometimes we have to make the unpopular decision,” said ACWD Board President James Gunther. “We’ve pored over the numbers, cut where we could, and are deferring projects and trimming positions when possible. But we cannot compromise service and water quality.”

About a third of the total revenue that ACWD collects will be used to fund critical infrastructure improvements. Employee compensation and benefits are included in the need for rate increases, despite long-term cost-cutting measures the district has made in recent contract negotiations. “Our staffing levels are lean, and we need a skilled workforce to treat and deliver water and services to our customers,” Gunther said.

The proposed increases and water shortage emergency stage rates comes following financial analyses and six public workshops. Two community meetings were hosted in January in advance of the public hearing.

The board will take public comments during the public hearing which will start at 6 p.m. at the ACWD district headquarters in Fremont.

**ACWD Public Hearing
Thursday, Feb. 7
6 p.m.
Proposed increase in water rates
Board Room, ACWD Headquarters
43885 S. S. Grimmer Blvd., Fremont
www.acwd.org/rates
(510) 668-4200**

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

Measure would update recycled water terms

SUBMITTED BY LYANNE MENDEZ

Assemblyman Bill Quirk (D-Hayward), Chair of the Assembly Environmental Safety and Toxic Materials Committee, has introduced AB 292 which would update the terms of the uses of recycled water in the state in order to reflect how recycled water is currently used.

AB 292 builds on previous legislation and recent work by the State Water Resources Control Board to remove the terms “direct potable reuse” and “indirect potable reuse”, in order to align the terms with how the water agencies are using recycled water.

In 2016, in a report to the Legislature the board concluded it is feasible to develop and adopt regulations for using recycled water as drinking water, provided that certain research and key knowledge gaps are addressed. The report laid the groundwork for creating regulations for a sustainable, reliable source of potable water and AB 574 will clarify definitions and set a timeline for completing regulations.

“In 2017 I introduced AB 574, which was signed by the governor, and requires the State Water Board to develop regulations for the safe use of recycled water through raw water augmentation. This bill improves the statute to ensure clarity in the uses of recycled water,” Quirk said. “As Chair of the Assembly committee tasked with protecting public health, I’m proud to move this legislation through the process.”

AB 292 has not been referred to policy committee.

OPINION



WILLIAM MARSHAK

A special joint meeting of city councils from local jurisdictions was held in San Leandro on January 30th to hear a presentation by representatives of Metropolitan Transit Commission's (MTC) Committee to House the Bay Area (CASA). They have crafted a "CASA Compact" to address the housing crisis in the San Francisco Bay Area. This is a 15-year "policy packaged" plan, a comprehensive evaluation and response to the shortage of housing and its direct and indirect impacts on our communities.

In the works since the summer of 2017, this ambitious project is designed to guide the area toward three principal outcomes:

- Increasing housing production at all levels of affordability
- Preserving existing affordable housing
- Protecting vulnerable households from housing instability and displacement

These are laudable goals; a coordinated approach to an area-wide problem must be addressed in a systemic manner that is inclusive and comprehensive. According to MTC, CASA originated following the release of the draft Plan Bay Area 2040 [http://www.2040.planbayarea.org/], that "projects the region will see 2.4 million more people, 820,000 new households and 1.3 million new jobs by the year 2040."

Mi casa es su casa?

Response from local councilmembers was mixed since all are aware of the housing shortage and strain this has caused on infrastructure, environment and quality of life. It doesn't take rocket science to figure out that there is and has been inadequate coordination between civic jurisdictions resulting in an exacerbation of the problem by some communities while others are left to bear the brunt of unbridled business expansion. Blinded by the promise of high-tech good times and taxes, some communities welcomed seemingly unrestricted construction for thousands of employees without much thought about where and how these people would live. If a neighboring jurisdiction was adversely impacted, so be it.

In response to the CASA compact, local elected representatives made it clear that although appreciative of the effort, the Steering Committee only included mayors of the three largest (by population) cities that were not representative of many others and amounted to a "road show after the fact." Fremont's Mayor Mei noted the effect of pass-through traffic that has plagued Fremont and surrounding cities. It was clear that the CASA compact was designed without the benefit of input from an important constituency – Southeast Bay Area cities. To create a comprehensive plan, it is imperative to include as many stakeholders as possible, including our cities – large and small.

After years of watching a steady stream of traffic, skyrocketing housing costs and an inevitable greed component infiltrate our communities, it is time to look at the root causes of this problem. To break it down to one simple component, it is the insatiable, cyclical

appetite of large firms with titanic campus environments that need bodies – lots of them. Little attention is paid to where these people will come from and repercussions of extensive growth in a limited geographic area. Sending buses to outlying communities is one symptom of this disparity. While many tangential communities share in the growth patterns, the over-arching problem of too much growth is left to symptomatic relief. Build more roads, more mass transit, more housing that cannot possibly keep up with the pace of employee demand. The cycle is clear but the solution is uncomfortable. Some of these industries have to consider additional facilities in other locations.

The CASA preamble states this problem in direct terms:

"During our remarkable run of economic expansion since the Great Recession ended in 2010, the Bay Area has added 722,000 jobs but constructed only 106,000 housing units. With housing supply and demand that far out of whack, prices have shot through the roof and long-time residents as well as newcomers are suffering the consequences."

When is enough, too much? When do we stop saying "mi casa es su casa"?

William Marshak
PUBLISHER



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Arthur Miramontes
RESIDENT OF MODESTO
July 1, 1952 – January 31, 2019

Estrella Tupaz Gonzalez
RESIDENT OF AMERICAN CANYON
November 1, 1925 – January 30, 2019

David J. Leyva
Resident of Fremont
August 30, 1973 – January 29, 2019

Colathur Chakravarthy Rajagopalan
RESIDENT OF FREMONT
May 22, 1926 – January 29, 2019

Cory Kazuo Crockett
RESIDENT OF FREMONT
February 15, 1960 – January 26, 2019

Jeffrey Robert Maberry
RESIDENT OF FREMONT
June 27, 1967 – January 25, 2019

Eduardo Ludan Gacerez
RESIDENT OF FREMONT
May 7, 1942 – January 20, 2019

Dave A. Amaral
RESIDENT OF FREMONT
February 14, 1937 – December 31, 2018



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Chen Mei Chan Chang
RESIDENT OF FREMONT
November 12, 1925 – February 1, 2019

Amudhasagaran Nadesan
RESIDENT OF FREMONT
December 4, 1970 – January 27, 2019

Carmelita Cortes
RESIDENT OF LATHROP
March 22, 1937 – January 26, 2019

Juanita Daly
RESIDENT OF SANTA CLARA
September 16, 1933 – January 28, 2019

Eva Santos
RESIDENT OF FREMONT
January 29, 1941 – January 27, 2019

Bruce Geren
RESIDENT OF FREMONT
August 12, 1949 – January 25, 2019

Marilyn Rasler
RESIDENT OF FREMONT
February 18, 1938 - January 24, 2019

Rachaneekorn Yamada
RESIDENT OF FREMONT
August 30, 1962 – January 24, 2019

Donald Eberwine
RESIDENT OF FREMONT
October 30, 1922 – January 21, 2019

Ramona V. Alvarez
RESIDENT OF NEWARK
July 18, 1938 – January 20, 2019

Radhu Chainulu
RESIDENT OF FEMONT
December 13, 1950 – January 17, 2019

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Obituary

Delores Virginia Herrington

November 6, 1934 - January 22, 2019

Loving wife, mother, grandma, great-grandma, daughter, sister, Aunt, and friend entered into rest January 22nd. Affectionately known as Tootie by those who knew her, Delores was born in Nebraska and then moved to California after she got married. Tootie loved going gambling, adding to her collections, playing her weekly lotto, trips across the US in the motor home, doing puzzles, spending time with friends, and mostly her family. She had a great sense of humor, could light up any room, and was an amazing woman who gave selflessly to everyone.

Delores is survived by her husband, Howard; son Rusty; daughter Debbie, son-in-law Colin; grandkids Jacob, Lindsay, Matthew, Blake, and Cooper; and great-grandchildren Luke, Tyler and another on the way in May.

She is preceded in death by her son Daniel, her parents Herb and Pauline Heinbigner; siblings Shirley, Joyce, and Walter.



She will be missed dearly by all those who knew and loved her.

An open house and celebration of Delores's life will be held Saturday, February 9th, 2019, 1:00pm - 3:30pm at Berge Pappas Smith Chapel of Angels, 40842 Fremont Blvd., Fremont, California, 94538.

You can donate to a charity of your choice or Young Life Capernaum-CA 16

Address: 1123 Hanchett Ave, San Jose, CA 95126 (Attn. Shelley Smith)

Obituary

Rodney C. Girard

Rodney C. Girard passed away on January 17th, 2019 in Orangevale, California at the age of 94 after being on hospice care since January 1st, 2019. He was born in Eastern Annex, Regina, Saskatchewan, Canada on July 9th, 1924 to Edith Mary Girard (Davis) and Max Arthur Girard. He is preceded in death by wife Rose, daughter Pamela Rose (Girard) Brandon, daughter in-law Tina M. Girard, grand-daughter Cassie Jean Girard. Rod is survived by loving son Richard M. Girard of Mokelumne Hill, CA, daughter Gloryanne H. (Girard) Bryant and husband Nathaniel, grand-daughter Sherea (Bryant) Westra, husband Keith and great grandchildren Keira and Kyler Westra of Fremont, and grandson Nathan Bryant of Livermore.

Rod was a WWII veteran of the Royal Canadian Air Force Bomb and Gunnery Squadron, having served for three years in England, Belgium and Germany. Rod worked most of his life as a house-painter and wall-paper hanger in the bay area. Rod and Rose lived in Fremont most of their 59-year married life and Rod was an active member of the Fremont Art Association. After Rod retired, he and Rose traveled



to many foreign countries, often with close family friends joining them.

Rod enjoyed photography and always had his camera with him on any outing or vacation, but it was during a back-injury convalescence of many months in 1965 that Rod began silk screening and doing oil paintings of the local scenery, florals and seascapes. Here is where he found not only a passion but a talent. He continued to paint pictures on the weekends and free time until his retirement at the age of 65 when he turned to being an artist fulltime. He enjoyed a trip to Africa soon after retirement which inspired him to paint African wildlife; especially lions, elephants and zebra which were his favorites. He also painted

Northwestern Wildlife, the Bald Eagle and Bison. But he held a deep sense of loyalty to the air force and his time in the military. Thus, his paintings moved into the reflection of World War II military planes, ships, etc. He researched many of the military craft he painted to learn about the history of the plane or ship which he would share with others. He joined several art clubs and associations where he participated in art shows and had a large circle of friends and supporters, including Aviation Art Groups. Rod participated in several art exhibits in Fremont and received numerous awards for his art work especially with the Fremont Art Association in Niles which he was very fond of. You can see his military artwork on display in the Niles Veteran's Hall.

A Memorial Service is planned for February 9th, 2019 (Saturday) at 1:00 pm at St. James Episcopal Church, 37051 Cabrillo Drive, Fremont, CA. Donations may be made in Rod's memory to the American Parkinson's Disease Association (APDA) at <https://www.apda-parkinson.org/1700d2l/> or by calling 1800-223-2732.

Obituary

Thomas J. Cooper

Tom was born in Petaluma, Ca on May 9, 1946 and married his high school sweetheart Patsy Lyon in August 1966. They had one son in Petaluma, Thomas G. Cooper (Vicki) and two grandsons (Justin Michael and Thomas J Cooper) who live in Livermore, CA Tom and Patsy, moved to Fremont, Ca in November of 1969 where Tom went to work for the FAA as an Air Traffic Controller. In 1973 his second son Trent J. Cooper was born. In 1981 Tom went on strike at Oakland Center Fremont, CA. He was fired along with 11,000 other Air Traffic Controllers and went to work for Dale Hardware/DCIS and worked there for 26 years. He also went to work for the Electricians Union, Local 595 and then back to DCIS for a short time. In 2008 Tom went back to Oakland Center, as a Flight Controller and worked



their until he retired in July 2014. There will be no memorial service or funeral service per Tom's request. Tom is survived by his wife Patsy of 52-1/2 years, his two sons, 2 grandsons, sister Bunny Zimmerman (Gary), and many nephews and nieces along with many special friends

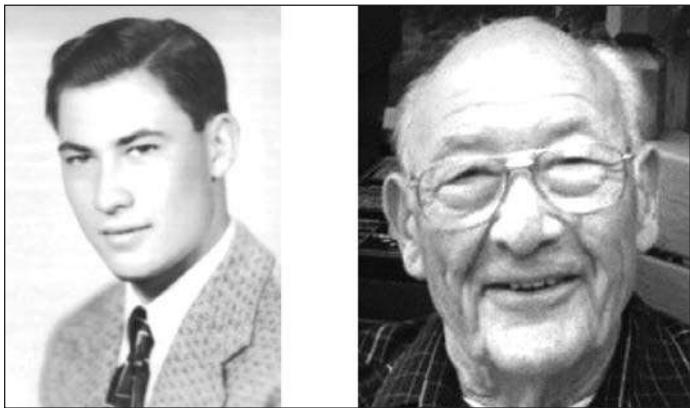
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Obituary
**Frederick “Fred”
Earle Hammer**

Nov. 29, 1928 - Dec. 14, 2018

Resident of Fremont



Fred Hammer was born in San Francisco on Thanksgiving Day, 1928, and passed away on December 14, 2018 at the age of 90,

He was preceded by his parents, Frederick and Beatrice Hammer, his sister, Audrey (Brian) Thompson and his cousin, George Hammer.

He is survived by his wife, Elaine; his partner, Joan Weber; his daughters: Barbara Hammer (Herb) and Colleen Hammer (Nick Marquart); his sons: Ken Hammer and Paul (Aileen) Hammer; his step-daughter, Leila (Jason) McCarty and his grandchildren: Shawn, Makaela and Brianna Hammer and Henning McCarty.

After graduating from Oakland High School Fred served in the army during the Korean War. He was a proud Journeyman Electrician and 70 year member of the International Brotherhood of Electrical Workers (IBEW) Local 595 where he was much respected and loved as Foreman and General Foreman as well as serving on the Executive Board and as a Negotiator. Some of the jobs he headed up for Red Top Electric were at NASA's 12 foot

Wind Tunnel, Ohlone and Chabot Colleges, Cal State Hayward, Lawrence Berkeley and Livermore Labs, the Oakland Coliseum Arena, Bayer Labs and the first Apple Production Plant in Fremont.

He enjoyed playing (in younger days) and watching sports and ran the Oakland Marathon on his 50th birthday. He loved working in his woodshop making gifts for people, traveling, tending his garden, walking his dog and getting together with family and friends. He was notorious around Niles for playing tricks for which someone else would get blamed. Fred will be remembered for his kindness, his sense of humor and his infectious laugh and will remain forever in our hearts.

Fred's Celebration of Life will be held on Sunday, March 24th, from 1 to 3 pm at the Niles Canyon Mobile Estates clubhouse, 711 Old Canyon Road, Fremont, CA 94536. Donations in Fred's memory may be sent to Furry Friends Rescue, P.O. Box 7270, Fremont, CA 94537 or Regional Parks Foundation, P.O. Box 21074 Crestmont Station, Oakland, CA 94620.

Obituary
Jeffrey Robert Maberry
Resident of Fremont
June 27, 1967 – January 25, 2019



Jeffrey Robert Maberry, 51, was born June 27, 1967 in Great Falls, MT. He died on January 25th, 2019, in Fremont, CA from gall bladder cancer.

His family moved from Great Falls to Chico, CA in 1974 and then to Fremont in the early 80's, where he lived the rest of his life. He graduated from Washington High School, where he was active in FFA. In 1984, his pig, Zeuss, won Grand Champion at the Alameda County Fair.

Jeff had many interests, including his much loved Harley and car racing. He was a great friend to many people and was always there to help in time of need. A highlight of his life was

being papa to Isaiah for eight years.

He is survived by his long-time girlfriend, Shelley Forsythe; mother Jan Trent of Salem, Oregon; father and stepmom Jack and Mary Ann Maberry of Sacramento, CA; sisters Brenda Maberry of Willows, CA and Bethany Wachtler of Salem, Oregon, and was proceeded in death by sister Jodi Bach of Livermore, CA in May 2018; Also survived by numerous aunts, uncles, nieces, nephews, and many cousins.

Inurnment will be private at Memory Gardens in Livermore, CA. In lieu of flowers, remembrances may be made to the American Cancer Society or Hope Hospice.

The family would like to extend deep gratitude to Shelley for her sacrificial love and care for Jeff throughout his cancer journey.

A Memorial Service was held on Saturday, February 2, 2019 at 10:00AM, Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont.

Fremont Chapel of the Roses
510-797-1900

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

Obituary
Anna Hansen Kittleson
Resident of Sunnyvale
April 11, 1959 – December 3, 2018

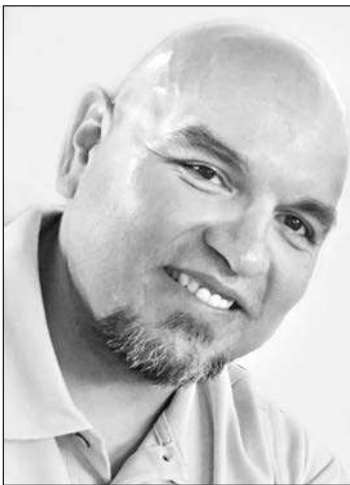


Anna Hansen Kittleson was born April 11, 1959 in Houston, Texas, and entered into rest with family by her side on December 3, 2018. Anna grew up in Fremont, California where she graduated from Mission San Jose High School, and graduated from Chico State University with a degree in Business. She was employed at Lockheed in Sunnyvale where she met her beloved husband of 34 years Scott, and also worked in marketing, merchandising and real estate. Anna and Scott raised their sons Eric and Greg in Sunnyvale, California. Anna was a very thoughtful person who derived her strength from her family and her faith. She is survived by her husband Scott

Kittleson, son Eric Kittleson and daughter-in-law Allison (Taylor) Kittleson, and son Greg Kittleson. Anna is also survived by her brother Lee Hansen Jr., sister Belinda (Hansen)

Zamecnik and brother-in-law Rob Zamecnik, brother Peter Hansen and sister-in-law Michele (Bassett) Hansen, nephew Kenny Zamecnik, niece Michele (Zamecnik) Cantrell and nephew-in-law Nathan Cantrell, nephews Nathan Hansen and Nicholas Hansen, her mother-in-law Jeannette Kittleson, as well as cousins, aunts and uncles. She was preceded in death by her loving parents Lee and Erna Hansen. Anna was buried in a private family ceremony in Fremont after a Celebration of Life memorial at her home. She will be greatly missed by all who knew her and loved her.

Obituary
David J. Leyva
Resident of Fremont
August 30, 1973 – January 29, 2019



David J. Leyva, son, father, husband, brother, son-in-law, cousin and friend, was most commonly and affectionately known as “Chief.”

David was born on August 30, 1973 in Guadalajara, Mexico to parents J. Felix and Teresa Leyva. Sadly, on Tuesday, January 29, 2019, David passed away peacefully in his sleep. David is survived by his wife, Nicole Leyva of 16 years and father to three children Desiree, Gabriel and Ariana.

David had a vivacious, bigger than life personality. He would fill the room with his presence both in size and loudness. He had the ability to command attention and respect from the entire room but with a teddy bear sweetness. Everyone that was lucky enough to be part of David's life always felt his love, happiness and zest for life. His hugs were amazing and always welcoming. His love had no bounds and he always brought joy to all events. Birthday, holidays, family dinners, beach getaways, any and all life's events were more fun with David there.

David was very athletic as he grew up. His childhood friends have endless stories of playing outside and being rambunctious. David had a true love for all sports, especially baseball and football, starting from a young age. His love and support for sports continued by actively coaching in the community and personally encouraging and coaching his own children.

David's work ethic was amazing. He was a true leader at heart, with the ability to take charge and manage the most difficult teams. He showed leadership and lived life through the motto “lead by example.”

David will be deeply missed by loved ones, family, friends, coworkers and anyone else lucky enough to have met him.

.... and shit!
Visitation will be held from 5:00 PM – 8:00 PM on Monday, February 4, 2019 with a Vigil Service at 6:30 PM, Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. A Mass will be held on Tuesday, February 5, 2019 at 10:30 AM, St Edward's Catholic Church, 5788 Thornton Ave, Newark. Burial to follow at Irvington Memorial Cemetery, 41001 Chapel Way, Fremont.

Fremont Memorial Chapel
510-793-8900

Obituary
Estrella Tupaz Gonzalez
Resident of American Canyon
November 1, 1925 – January 30, 2019



Estrella Tupaz Gonzalez was born on November 1, 1925 in Roxas-Capiz, Philippines, and entered into eternal rest on January 30, 2019 in Hayward at the age of 93. Devoted mother to Cezar Gonzalez (Elmira), Douglas Gonzalez (Haynee), Ermida (Danilo) and Maravic. Loving grandmother to Warren, Melanie, Chuck, Meryll, Joanne, Michael and Kathrina. Adoring great-grandmother to Tatiana Leonia, Azalea Emerald and Selena. Caring sister to Concepcion, Tomas, Oxilidoria and Patricio. Preceded by husband Jose Leon Gonzalez and one son Manuelito Gonzalez.

Estrella had many hobbies and talents she was multilingual, she

loved dancing, cooking, sewing, and many variety of arts and crafts most importantly proving endless love care and aid for her loved ones.

Visitation will be held from 1:00 PM – 8:00 PM Tuesday, February 12, 2019 with a Vigil at 6:30 PM, Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. A Mass will be held Wednesday, February 13, 2019 at 10: 00 AM at Holy Spirit Church, 37588 Fremont Blvd., Fremont.

Fremont Memorial Chapel
510-793-8900

Feeling stiff? A massage might help

SUBMITTED BY JENNIFER TIBBETTS

Free 10-minute massage appointments for people 60 and older are available at the Kenneth Aitken Senior Center in Castro Valley. The massages are conducted by a trained massage and certified acupressure practitioner from 1:00 p.m. to 3:30 p.m. on the second Monday of every other month. The next sessions will be Monday, February 11. Appointments must be made in advance by calling (510) 881-6738.

Senior massages
Monday, Feb. 11
1:00 p.m. – 3:30 p.m.

For people 60 and older
Kenneth Aitken Senior Center
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Registrations required: (510) 881-6738
Free

continued from page 1

Believe to Achieve at Olympian Track & Field Clinic



The 2019 clinic, dedicated to the 1968 Olympic Team by Speed City and Dick Fosbury, will feature speakers including Tommie Smith, Stephanie Brown, Reynaldo Brown, Mike Powell, Kenny Harrison, Mac Wilkins, Eddie Hart, Tom Petranoff, Karin Smith, and Crazy George, among others.

Off the field attendees can hit the classroom for morning and afternoon lecture sessions on topics that include 1968 Olympic Team, with men and women from the greatest track and field team ever; How Can I Introduce Fellowship of Christian Athletes (FCA) in My School with Northern California FCA Director and former San Francisco 49ers player Otis Amey; Women and Sport/Olympic Games with Olympians Marilyn King, Barbara Edmonson, and Martha Watson; Preparing for College and Athletic College Requirements with Dawn Ellerbe, Cal State Northridge Assistant Athletic Director and 2000 Olympian in the hammer; a class with John Carlos and Tommie Smith; and Speed City – San Jose.

Additional highlights include an officials' clinic; free bags of assorted track and field materials; Willie Davenport, Billy Mills, Stephanie Brown-Trafton, Kevin Young, Mike Powell, and Lee Evans trading cards; silent auction for Olympians and veterans in need; special recognition of Legends of the Past; individual event

information and workout plans; and vendors and tables with track and field information.

Registration for adults is \$20 and \$10 for youth. Lunch will be available for purchase for \$5, which includes sandwich, fruits, chips, cookie, and drink. To register for the clinic, visit www.bit.ly/UnionCityFebruary9. For more information, visit www.missionvalleytrackandfield.com, email coach Webb at lwebb@nhusd.k12.ca.us or call (510) 304-7172.

Willie Davenport Olympian Track & Field Clinic
Saturday, Feb 9
8 a.m. – 5 p.m.
James Logan High School
1800 H St, Union City
(510) 304-7172
lwebb@nhusd.k12.ca.us
www.missionvalleytrackandfield.com
Registration: \$20 adults, \$10 youth

Clinic Schedule:
8:00 a.m. – 9:15 a.m.: Registration, silent auction (open until 3:00 p.m.)
9:15 a.m. – 10:15 a.m.: Introduction of Clinicians, Dedication, & Clinic Format
10:15 a.m. – 12 noon: Events
10:30 a.m. – 12 noon: Lecture Sessions
12 noon – 1:15 p.m.: Lunch on Campus/DJ
1:15 p.m. – 4:00 p.m.: Events, Book Signings
1:30 p.m. – 3:00 p.m.: Lecture Sessions
6:00 p.m. – 8:00 p.m.: Social at Crowne Plaza Silicon Valley North – Union City



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BART Police Log

SUBMITTED BY LES MENSINGER

Saturday, January 26

- At 12: 42 a.m. a male was found dead inside the men’s bathroom of the San Leandro Station. Coroners arrived and took custody of the body. No foul play is suspected. The case is under investigation.
- At 10:16 a.m. a man identified by police as Ricky Levi, 26, of Emeryville was arrested at the Bay Fair station in San Leandro on suspicion of battery, resisting arrest and a probation violation. He was booked at Santa Rita jail.
- Sunday, January 27
 - At 12:43 a.m. a male was placed under an emergency psychiatric evaluation at the San Leandro station after he entered the trackway and threatened to kill himself. The male removed from the trackway and was taken to a local hospital.
 - At 9:13 a.m. a man identified by police as Joseph Dennis, 55, of Concord was arrested at the Fremont station on suspicion of resisting arrest. He was booked at Santa Rita jail.
 - At 11:57 a.m. an unidentified male was found dead outside the trackway fencing at the south end of the Union City station. Coroners arrived and took custody of the body. No foul play is suspected. The case is under investigation.
 - At 9:55 p.m. a man identified by police as Davinder Kamar, 37, of Newark was arrested at the Fremont station on suspicion of public intoxication and violating a court order.
- Tuesday, January 29
 - At 10:56 a.m. a man identified by police as Michael Rice, 26, of San Leandro was arrested at the Bay Fair station in San Leandro on suspicion of battery, vandalism and probation violation. He was booked at Santa Rita jail.
- Thursday, January 31
 - At 9:33 a.m. a man identified by police as Antwan Jones, 25, of Oakland was detained at the Union City station on suspicion of fare evasion and subsequently arrested on a \$10,000 warrant. He was booked at Santa Rita jail.

BART schedule changes may impact some riders

SUBMITTED BY LES MENSINGER

- Starting on Monday, February 11, BART is making major schedule changes to accommodate Measure RR funded improvements to its infrastructure to keep the system safe and reliable.
- The schedule changes are prompted by projects to upgrade BART’s electrical power system in downtown San Francisco and the Transbay Tube Seismic Retrofit. The system’s “Fleet of the Future” roll out is also allowing BART to expand some service and run longer trains.
- Weekday changes**
- To retrofit the Transbay Tube, BART will open at 5:00 a.m. weekdays, that’s one hour later the previous schedule. For bus alternatives during the 4:00 a.m. hour, riders can log on to www.bart.gov/earlybird-express. BART will also be single-tracking trains through the Transbay Tube on weeknights for this project. Impacts from this project include:
- Weekdays after 9:00 p.m. trains will run every 24 minutes instead of 20 minutes because of single tracking
 - On Friday evenings, trains will be added to the schedule after 8:00 p.m. to the Green, Red and Yellow lines to reduce wait times and increase capacity
 - The first train from Daly City (5:03 am) to Antioch will skip from MacArthur directly to Pittsburg/Bay Point. The train will not pick up or drop off passengers between these stations. The next train from Daly City (5:11 am) will make all stops
- Weekday service improvements include:**
- New direct Millbrae to SFO service on weekdays from 6:30 a.m. to 9:00 p.m. every 30 minutes
 - Early morning/late-evening trains will now be longer
 - A “Fleet of the Future” train will run as part of the schedule on each Transbay line and some trains will be lengthened thanks to the arrival of the new fleet
 - An additional Yellow Line train will be added to the morning commute and BART will extend one late afternoon train from Pleasant Hill to Pittsburg Bay Point
 - New Richmond-Daly City (Red) and Warm Springs-Daly City (Green) trains on Friday evenings at select times
- Sunday changes**
- To upgrade the electrical power system in Downtown San Francisco from 8:00 a.m. to 6:00 p.m. BART will single track trains in San Francisco on selected Sundays. The 20-minute headways will be maintained, but impacts include:
- For the most part, only one line (the Antioch/Yellow Line) will provide service through the Transbay Tube (some direct Red and Green line trains will be part of the schedule at select times)
 - Sunday service changes vary week to week and riders should check the Trip Planner or the official BART app before each trip to see the service plan
 - Dublin/Pleasanton/Blue Line service will operate between Dublin/Pleasanton and MacArthur
 - All Lake Merritt-Dublin/Warm Springs Transbay riders must transfer at 12th Street Station — go downstairs one level
 - All Millbrae riders must transfer to/from a San Francisco/Antioch train at SFO
- Sunday service improvements include:**
- Yellow Line passengers transferring to an East Bay line should transfer at MacArthur and will now have increased service with both a Blue and Orange Line train depending on destination
 - Additional trains/train length will be added to the Orange/Richmond/Warm Springs service
 - New direct Red and Green line trains added to the schedule on Sundays at select times
- There will be no changes to Saturday service. Riders are encouraged to download the official BART app at www.bart.gov/guide/apps or their Trip Planner at www.bart.gov/planner for the latest updates.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Friday, January 25

- At about 9:30 a.m. a police sergeant in an unmarked vehicle saw a suspect burglarizing a car in a parking lot near the City Sports gym on Farwell Drive and called for more officers in marked vehicles. Officers arrested two men, ages 27 and 35 and a woman, age 30. During their investigation, officers determined the suspects were linked to previous crimes in Fremont. All were booked on various charges including conspiracy to commit a crime, auto burglary and possession of burglary tools.
- An auto burglary was reported in the parking lot of the Whole Foods store on Mowry Avenue at Paseo Padre Parkway sometime between the hours of 3:30 p.m. and 3:50 p.m. Taken: two backpacks and a clarinet.
- At about 7:00 p.m. two vehicles were reported to have been broken into in the Washington Hospital parking

structure. Officers are reviewing video surveillance as part of their investigation.

Saturday, January 26

- Officers were dispatched to a residence on Reynolds Drive on a report of an altercation where a woman was reportedly stabbed in the arm by a man. Eventually it was determined she was bit on the arm and suffered minor injuries. The man, heavily intoxicated, was taken to a hospital. The victim declined to press charges.

Sunday, January, 27

- Swing shift units responded to a residence on Logan Drive on the report of a stabbing. The victim was reportedly stabbed during a family disturbance/fight by a juvenile. Multiple officers responded to the scene and an Emergency Response Team was put into place and a drone was deployed. A perimeter was set in the area around the residence. Eventually police saw a juvenile in the rear yard of the residence and he surrendered to officers. The victim sustained a non-life threatening injury and was taken to a local trauma center for medical care. The juvenile was taken to a hospital for an injury from the fight. He was later released and booked at Juvenile Hall.

Milpitas Police Log

SUBMITTED BY SGT. TYLER JAMISON AND SGT. ALEX PRINCE

Thursday, January 24

- At about 12:51 p.m. police responded to a call about suspicious people loitering in the back yard of a residence on the 400 Block of Roswell Drive. Arriving officers found and later identified the suspects as Laine Patrick Barnes, 44 and Danny Arthur Gutierrez, 37, both of Milpitas, in front of the residence. During the investigation, officers determined both suspects unlawfully entered a backyard and were rummaging through the victim’s vehicle. Both were arrested and booked at the Santa Clara County main jail on suspicion of prowling and possessing a controlled substance.

Friday, January 25

- At 2:27 a.m. a patrol officer spotted a suspicious 2006 Acura TL without lights on near the intersection of Canton and S. Temple drives. A vehicle stop was made and the driver was identified as Jessica Nieto, 32, of San Jose. A record check on a passenger, identified as Ramon Cruz, 29, showed he was on parole. Also in the car was a 14-year-old male. A check on the vehicle showed stolen property inside. Cruz was arrested on suspicion of burglary, possession of stolen property and contributing to the delinquency of a minor and parole violation. The youth was issued a citation for burglary and released to a guardian. Nieto was released at the scene.

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

Cops and doughnuts? Absolutely!

SUBMITTED BY SGT. BRYAN HINKLEY

Community members are invited to meet with members of the Milpitas Police Department at a Breakfast With a Cop gathering planned for Saturday, February 16. Those attending the 8 a.m. to 10 a.m. event at Christy’s Donuts will have a chance to ask questions about the

police department, voice neighborhood concerns and get to know officers who serve the community. Police will also bring their Armored Rescue Vehicle for people to see. Police will provide each guest with a doughnut. Admission is free and open to the public.
Breakfast With a Cop
Saturday, Feb. 16

8 a.m. – 10 a.m.
Meet and greet with Milpitas Police
Christy’s Donuts
1291 E. Calaveras Blvd., Milpitas
(408) 586-2527
Free



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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 3:30 P.M., ON WEDNESDAY, FEBRUARY 20, 2019 AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

DOWNTOWN FREMONT ROTATIONAL
PUBLIC ART PROGRAM (TEMPORARY
INSTALLATION)

- To receive a presentation regarding a temporary public art installation at Capitol Avenue and Fremont Boulevard within the Downtown Community Plan. The Board will then be asked to select an artist and artwork; and to consider an exemption from the California Environmental Quality Act, per CEQA guideline 15061(b)(3). General Rule, which states that where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. Staff Liaison - Luciana Torres, (510) 494-4553, lutorres@fremont.gov

FREEMONT CIVIC CENTER MASTER
PLAN PROJECT PHASE 1, PUBLIC ART
FOR DOWNTOWN EVENT CENTER
AND PLAZA - CAPITOL AVENUE/
STATE STREET

- To consider public art installation types for Phase 1 of the Civic Center Master Plan Project located on 3.2 acres of City-owned property at the east corner of Capitol Avenue and State Street in the Downtown Community Plan Area. Project Manager- Cliff Nguyen, (510) 284-4017, cnguyen@fremont.gov

BoxART! THEME - To consider criteria for the sixth call for artists for the boxART! program and to consider an exemption from the California Environmental Quality Act, per CEQA guideline 15061(b)(3). General Rule, which states that where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. Staff Liaison - Luciana Torres, (510) 494-4553, lutorres@fremont.gov

* NOTICE *

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

LUCIANA TORRES
FREEMONT ART REVIEW BOARD

CNS-3218439#

BULK SALES

NOTICE TO CREDITORS OF BULK SALE

U.C.C. §6104, 6105, 6106
ESCROW # 0126012745

NOTICE IS HEREBY GIVEN to creditors of the within named seller that a bulk sale is about to be made of the assets described below. The names and business address of the Seller(s) is/are: Victor Chan and Hedy Wong 5672 Thornton Avenue Newark, California 94560 The location in California of the Chief Executive Office of the seller is: same as above As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are: None The names and business address of the Buyer(s) is/are: Fulai Chang and Tin Tin Hwe 5672 Thornton Avenue Newark, California 94560 The assets to be sold are described in general as: All stock in trade, furniture, fixtures, equipment and other property And are located at: 5672 Thornton Avenue Newark, California 94560 The business name used by the Seller(s) at those locations is: "Asia Express" The anticipated date of the bulk sale is: February 25, 2019 At the office of Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520 The bulk sale is subject to California Uniform Commercial Code Section 6106.2. If so subject, the name and address of the person with whom claims may be filed is as follows: Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520 or E-Fax to 925-265-9040 or Fax 925-363-2211 The last day for filing claims shall be February 22, 2019 which is the business day before the sale date specified herein. Dated: 1/29/2019 Buyer(s): /s/ Fulai Chang /s/ Tin Tin Hwe 2/5/19

CNS-3218926#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAMECase No. HG19004943
Superior Court of California, County of Alameda

Petition of: Wuzhou Qi and Bo Yang for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner Wuzhou Qi and Bo Yang filed a petition with this court for a decree changing names as follows:

Xizuan Qi to Eric Qi
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: 4/5/19, Time: 11:30 A.M., 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: Whats Happenings Tri-City Voice
Date: January 31 2019
WYNNE S. CARVILL
Judge of the Superior Court
2/5, 2/12, 2/19, 2/26/19

CNS-3218503#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAMECase No. HG19004943
Superior Court of California, County of Alameda

Petition of: Alexander Lei for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner filed a petition with this court for a decree changing names as follows:

Alexander Lei to Alexander W. Lei
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: 4/05/2019, Time: 11:30 AM, Dept.: 24
The address of the court is 1221 Oak St. Oakland, CA

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

Happenings Tri-City Voice
Date: January 29, 2019
WYNNE S. CARVILL
Judge of the Superior Court
2/5, 2/12, 2/19, 2/26/19

CNS-3218321#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAMECase No. HG19003506
Superior Court of California, County of Alameda

Petition of: Mohammad Nadir Azarkhan for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner filed a petition with this court for a decree changing names as follows:

Mohammad Nadir Azarkhan to Nader Safa
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: 4/12/19, Time: 11:30 a.m., 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: Whats Happenings Tri-City Voice
Date: Jan 22, 2019
WYNNE S. CARVILL
Judge of the Superior Court
2/5, 2/12, 2/19, 2/26/19

CNS-3217686#

SUMMONS

Case No. DV18-01913
Dept. No. 13IN THE SECOND JUDICIAL DISTRICT COURT
OF THE STATE OF NEVADA IN AND FOR THE
COUNTY OF WASHOEGOPINATH KOTHAVALLA
Plaintiff /Petitioner /Joint Petitioner,vs. SAISWETHA BALUPALIREDDY
Defendant /Respondent /Joint Petitioner.

**TO THE DEFENDANT: YOU HAVE BEEN SUED.
THE COURT MAY DECIDE AGAINST YOU
WITHOUT YOUR BEING HEARD UNLESS YOU
RESPOND IN WRITING WITHIN 20 CALENDAR
DAYS. READ THE INFORMATION BELOW
VERY CAREFULLY.**

A civil complaint or petition has been filed by the plaintiff(s) against you for the relief as set forth in that document (see complaint or petition). When service is by publication, add a brief statement of the object of the action. See Nevada Rules of Civil Procedure, Rule 4(b).
The object of this action is: COMPLAINT FOR DIVORCE

Administrative Decision
1. If you intend to defend this lawsuit, you must do the following within 20 calendar days after served of this service of this summons, exclusive of the day of service:

a. File with the Clerk of the Court, whose address is shown below, a **formal written answer** to the complaint or petition, along with the appropriate filing fees, in accordance with the rules of the Court, and
b. Serve a copy of your answer upon the attorney or plaintiff(s) whose name and address is shown below.

2. Unless you respond, a default will be entered upon application of the plaintiff(s) and this Court will enter a judgment against you for the relief demanded in the complaint or petition.
Dated this 10th day of January, 2019
Issued on behalf of Plaintiff(s):
Name: GOPINATH KOTHAVALLA
Address: C/O THE KIDDER LAW GROUP
620 N. ROCK BLVD., SPARKS, NV 89431
Phone Number: (775) 359-1936
JACQUELINE BRYANT
CLERK OF THE COURT
By: /s/ Illegible
Deputy Clerk
Second Judicial District Court
75 Court Street
Reno, Nevada 89501
1/22, 1/29, 2/5, 2/12/19

CNS-3212808#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAMECase No. HG19001380
Superior Court of California, County of Alameda

Petition of: Alicia N. Smith for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner filed a petition with this court for a decree changing names as follows:

Alicia N. Smith to Alicia N. Overton
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: 2/22/19, Time: 11:30 AM, Dept.: 24
The address of the court is 1221 Oak Street, Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happenings Tri-City Voice
Date: January 4, 2019
Wynne Carvill
Judge of the Superior Court
1/15, 1/22, 1/29, 2/5/19

CNS-3210622#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENTFile No. 554438
Fictitious Business Name(s):**Jas Trucking, 1167 San Bernardino Way, Union City, CA 94587,** County of Alameda

Mailing address: P.O Box, Union City, CA 94587

Registrant(s):
Balwinder S. Malhi, 3167 San Bernardino Way, Union City, CA 94587

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 1-17-19

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/ Balwinder S. Malhi, Owner

This statement was filed with the County Clerk of Alameda County on January 25, 2019

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).

2/5, 2/12, 2/19, 2/26/19

CNS-3218320#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554332
Fictitious Business Name(s):**Xiqihuihui Media, 20283 Santa Maria Ave. #2183, Castro Valley, CA 94546,** Santa Maria Ave.

Vannessa Nava, 20283 Santa Maria Ave. #2183, Castro Valley, CA 94546

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/ Vannessa Nava, Founder, Owner

This statement was filed with the County Clerk of Alameda County on January 23, 2019

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).

2/5, 2/12, 2/19, 2/26/19

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).

2/5, 2/12, 2/19, 2/26/19

CNS-3218319#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554452
Fictitious Business Name(s):**Subway Sandwiches & Salads #5476, 34367 Alvarado Niles Road, Union City, CA 94587,** County of AlamedaRegistrant(s):
Ajmer Gosal, 39062 Ebbetts St., Newark, CA 94560

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/ Ajmer Gosal, Owner/Operator

This statement was filed with the County Clerk of Alameda County on January 25, 2019

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).

2/5, 2/12, 2/19, 2/26/19

CNS-3218278#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554292
Fictitious Business Name(s):**Go Construction, 4962 Mayfield Drive, Fremont, CA 94536,** County of Alameda

Mailing address: Same

Registrant(s):
Georgio Go, 4962 Mayfield Drive, Fremont, CA 94536

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 04/28/2008

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/ Qiang Ge, Owner

This statement was filed with the County Clerk of Alameda County on January 22, 2019

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).

2/5, 2/12, 2/19, 2/26/19

CNS-3217681#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554444
Fictitious Business Name(s):**Haleluya Ethiopian Gourmet, 4144 Walnut Ave, Fremont, CA 94538,** County of Alameda

Mailing Address: 4151 Baine Ave 124D, Fremont, CA 94536

Registrant(s):
Haleluya Assefa, 4151 Baine Ave 124D, Fremont, CA 94536

Business conducted by: An Individual

The registrant began to transact business using the fictitious business name(s) listed above on N/A

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

/s/ Haleluya Assefa

This statement was filed with the County Clerk of Alameda County on January 25, 2019

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).

2/5, 2/12, 2/19, 2/26/19

CNS-3217679#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554277
Fictitious Business Name(s):**MW Safety Training, 3861 Smith St. #135, Union City, CA 94587,** County of AlamedaRegistrant(s):
Michael A. Wyckoff, 4921 Colusa St., Union City, CA 94587-5535

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/ Michael A. Wyckoff, Owner

This statement was filed with the County Clerk of Alameda County on January 22, 2019

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).

1/29, 2/5, 2/12, 2/19/19

CNS-3215284#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 553896
Fictitious Business Name(s):**Tru MD Aesthetics, 39277 Liberty St., Bld. D-14, Fremont, CA 94538,** County of AlamedaRegistrant(s):
Temezzal Family Clinic, 39277 Liberty St, D-14, Fremont, CA 94538; California

Business conducted by: a Corporation

The registrant began to transact business using the fictitious business name(s) listed above on N/A

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

/s/ Liliana Tomona Yamañico, Owner/CEO

This statement was filed with the County Clerk of Alameda County on January 10, 2019

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).

1/29, 2/5, 2/12, 2/19/19

14411 et seq., Business and Professions Code).

1/29, 2/5, 2/12, 2/19/19

CNS-3215278#

FICTITIOUS BUSINESS
NAME STATEMENTFile No. 554073
Fictitious Business Name(s):**Bhandal Pizza (DBA) Mountain Mike's Pizza, 5333 Thornton Ave., Newark, CA 94560,** County of AlamedaRegistrant(s):
Gurdeep Singh Bhandal, 5255 Orkney Ct., Newark, CA 94560

Business conducted by: Married Couple

The registrant began to transact business using the fictitious business name(s) listed above on 2003

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/ Gurdeep Bhandal, Owner

This statement was filed with the County Clerk of Alameda County on January 15, 2019

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).

1/29, 2/5, 2/12, 2/19/19

CNS-3214922#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAMEFile No. 520638
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):

PUBLIC NOTICES

this project, can be accessed on-line on the City’s Agendas and Minutes webpage which is located at https://www.unioncity.org/199/City-Meetings-Video. Meeting packets are generally available on-line the Friday before the meeting.

If you challenge the above described project in court, you may be limited to raising only those issues you or someone else raised at the Planning Commission public hearing for this project or the City Council public hearing, or in written correspondence delivered to the Planning Commission or to the City Council at, or prior to, the public hearing.

Please send comments regarding the draft Revised MND or the project to Avalon Schultz, Senior Planner, City of Union City Planning Department, 34009 Alvarado-Niles Road, Union City, CA 94587. Comments can also be e-mailed to ASchultz@UnionCity.org.

If you have any questions regarding this project, please contact Avalon Schultz, Senior Planner, at (510) 675-5321 or via email at ASchultz@UnionCity.org.

This notice is intended to satisfy the notice requirements of CEQA Guidelines §15072. The project site is not located on a site that is included on a list of hazardous materials sites compiled pursuant to Government Code Section 65962.5 (Cortese List).

2/5/19

CNS-3218566#

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, February 19, 2019, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard:

CARBON NEUTRALITY RESOLUTION

Referral from the Environmental Sustainability Commission: Resolution to Adopt a Goal to Achieve Carbon Neutrality by 2045, Set an Interim Greenhouse Gas Emissions Reduction Target of 55% by 2030, and Establish a Framework for a Post-Carbon Community

GENERAL PLAN AMENDMENT SCREENING REQUESTS – (Ohlone Frontage – 43600 Mission Boulevard – PLN2019-00173), (Oakmont of Fremont – 4546 and 4588 Peralta Boulevard – PLN2019-00175), (The Golden Pines – 43450 Sabercat Road – PLN2019-00176)

Referral from the Environmental Sustainability Commission: Resolution to Adopt a Goal to Achieve Carbon Neutrality by 2045, Set an Interim Greenhouse Gas Emissions Reduction Target of 55% by 2030, and Establish a Framework for a Post-Carbon Community

Public Hearing (Published Notice) to Consider General Plan Amendment Screening Requests to Authorize Formal Processing of General Plan Amendment Applications to Change the Land Use Designation of Property Located at 43600 Mission Boulevard, 4546 and 4588 Peralta Boulevard, and 43450 Sabercat Road to Facilitate Additional Market Rate Residential Development, and to Consider a Finding that the Requests are not Subject to the California Environmental Quality Act (CEQA) Pursuant to CEQA Guidelines Section 15378 in that They do not Meet CEQA’s Definition of a Project.

2/5/19

SUSAN GAUTHIER, CITY CLERK

CNS-3218238#

PROBATE

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
CARL VERNON WHITE, JR. AKA CARL V. WHITE
CASE NO. RP19003066**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Carl Vernon White, Jr., aka Carl V. White

A Petition for Probate has been filed by Michele C. Feagley in the Superior Court of California, County of Alameda. The Petition for Probate requests that Michele C. Feagley 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 March 4, 2019 at 9:31am in Dept. 202 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: Jay A. Woidtke, Esq., 20320 Redwood Road, Castro Valley, CA 94546, Telephone: 510-881-5026

1/29, 2/5, 2/12/19

CNS-3214405#

TRUSTEE SALES

T. S. No.: 2017-03128-CA
A.P.N.:092A-0611-054-00 Property Address: 6490

Montcalm Avenue, Newark, CA 94560 NOTICE OF TRUSTEE’S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/28/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: Enrique M. Bartolome, A Married Man, as his sole and separate property Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded 01/07/2005, as instrument No. 2005008083 in book ---, page --- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 03/07/2019 at 12:00 PM Place of Sale:AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON STREET, OAKLAND, CA 94612

Estimated costs and other charges: \$ 369,987.81 NOTICE OF TRUSTEE’S SALE THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER’S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL BANK, OR CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinabove described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 6490 Montcalm Avenue, Newark, CA 94560 A.P.N.: 092A-0611-054-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trustee created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 369,987.81. Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt. If the Trustee is unable to convey title for any reason, the successful bidder’s sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE OF TRUSTEE’S SALE NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, please understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a

trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder’s office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx using the file number assigned to this case 2017-03128-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: January 25, 2019 Western Progressive, LLC, as Trustee for beneficiary C/o 1500 Palma Drive, Suite 237 Ventura, CA 93003 Sale Information Line: (866) 960-8299 http://www.alisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx Trustee Sale Assistant WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. 2/5, 2/12, 2/19/19

CNS-3217204#

NOTICE OF TRUSTEE’S SALE TS No. CA-18-806467-CL Order No.: 180046641-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 1/18/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier’s check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): SOLEDAD G ALMOCERA Recorded: 2/2/2007 as Instrument No. 2007051173 of Official Records in

the office of the Recorder of ALAMEDA County, California; Date of Sale: 2/13/2019 at 12:00PM Place of Sale: At the Fallon Street emergency exit to the Alameda County Courthouse, located at 1225 Fallon St., Oakland, CA 94612 Amount of unpaid balance and other charges: \$77,303.01 The purported property address is: 4647 HANSEN AVE, FREMONT, CA 94536 Assessor’s Parcel No.: 501-0456-085-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder’s office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site http://www.qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-18-806467-CL. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser’s sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary’s Agent, or the Beneficiary’s Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right’s against the real property only. Date: Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext. 5318 Quality Loan Service Corp. TS No.: CA-18-806467-CL IDSPub #0148926 1/22/2019 1/29/2019 2/5/2019 1/22, 1/29, 2/5/19

CNS-3209496#

Fremont
News Briefs

SUBMITTED BY
CHERYL GOLDEN

**Bikeway and Pedestrian
Improvements**

The City of Fremont is carrying out several projects to enhance bikeways and create safe pedestrian crossings. Recently, more than 7 miles of buffered bike lanes were added through the city’s pavement maintenance program. In early 2019, the city will install an additional 9 miles of buffered bike lanes along Driscoll Road, Stevenson Boulevard, Paseo Padre Parkway, Grimmer Boulevard, and Walnut Avenue. New flashing beacons and pedestrian signals are also under construction at Warren Avenue/Bradley Street and Mowry Avenue/Waterside Circle. Similar improvements will follow at six additional high-priority crossing locations

**Grants available for
environmental projects**

SUBMITTED BY DANIEL O’DONNELL

Grant applications to help fund environmental projects created by local individuals and groups are being accepted for 2019 by the Tri-City Ecology Center (TCEC).

Since 2007 TCEC has funded more than 35 Eco-Grants to students, scouts, environmentally aware teenagers and some sustainability minded eligible adults. Each year TECE sets aside approximately \$1,200 of

this year. Fremont’s Bikeway and Pedestrian Improvement Projects are funded by Measure B and Measure BB county sales tax. For more information, call Rene Dalton at (510) 494-4535 or email rdalton@fremont.gov.

**Construction Underway
for BART Warm Springs
Access Bridge and Plaza**

BART and the City of Fremont have started construction on a public plaza and pedestrian bridge on the west side of the Warm Springs/South Fremont BART Station. The bridge will span the width of the Union Pacific tracks to increase accessibility to the Warm Springs/South Fremont BART Station for pedestrians, bicyclists, employees from nearby businesses, and residents in the new Warm Springs/South Fremont communities. The plaza will provide a community gathering space with seating, bicycle lockers, solar charging stations, an information kiosk, and public art.

The Warm Springs/South Fremont BART Station will remain open during construction, and a barricade will be installed next to the station agent’s booth to separate the work zone from public space. Minor construction activities will take place on the platform and concourse levels of the station, including modifications to signage, directional tiles, guardrails, and the station’s communications systems. The project is scheduled for completion in 2020.

**New Garbage, Recycling,
and Compost Carts**

The Fremont community will be receiving new garbage, recycling, and compost carts in spring 2019. The new carts will replace older carts that are worn out and will meet the updated standard color theme: black for garbage, blue for recycling, and green for compost. The new carts will have a new imprint on the lid with information about what is acceptable in each container. Each neighborhood will be notified in advance about when

cart delivery will take place. If your cart needs repair or replacement before the new carts arrive, call Republic Services at (510) 657-3500 for assistance.

**Part-Time Job Fair in
Spring 2019**

The Fremont Recreation Services Division will be hosting its annual part-time job fair from 5:00 p.m. to 7:30 p.m. Thursday, March 14 at the Centerville Community Center. The fair provides employment opportunities for community members seeking a seasonal or year-round part-time job. Participants will have the option to meet directly with supervisors, submit applications, and receive screening interviews. Open positions include recreation leader/camp counselors, lifeguards, guest service team members, instructors (art, cooking, theater, dance, sports, etc.), coordinators, water safety attendants, and more. For additional information, call (510) 494-4300 or www.Fremont.gov/RecJobs.

San Leandro
Police Log

SUBMITTED BY
LT. ISAAC BENABOU,
SAN LEANDRO PD

Wednesday, January 30

- At about 10 a.m. officers

responded to a call about a laptop computer being stolen from a 52-year-old woman inside the Starbucks coffee shop at 13808 E. 14th St. Two teenage suspects fled from the store but were quickly apprehended by officers near the San Leandro BART station. The first suspect was identified by police as Antuan Scott-Perry, 18. The second suspect’s name was not released because he is a juvenile. Both suspects were taken to the police station for processing and admitted to stealing the laptop computer.

Thursday, January 31

- At the request of the

San Francisco Police Department which is investigating a violent robbery where a suspect vehicle was tracked to San Leandro, the San Leandro Police Department’s SWAT team executed a search warrant at about 5:00 a.m. at a residence on Preda Street. The owner of the vehicle was found and detained without incident. Detectives from the San Francisco Police Department assumed the investigation once entry into the residence was completed.

make a presentation to the Board of Directors and must agree to provide a final written report about the overall impact the project will have on the environment.

The TCEC Eco-Grants are a great way to kick start, partially, or fully fund a school, church, non-profit, or Scouting environmental project. The TECE has been advocating for the local environment since the early 1970s. Eco-Grants are a great way to be a part of the TCEC’s long standing environmental legacy while enriching the surroundings in Fremont, Union City, and Newark for humans and wildlife.

For details, call (510) 793-6222.

Have a Clipper Card? Get ready to travel!

SUBMITTED BY THE CITY OF FREMONT

For many people in the Bay Area who ride BART, light rail or a bus regularly, using a Clipper Card can help smooth the process for buying tickets, keeping track of multiple transit passes and obtaining transfers or ride discounts.

While these all-in-one transit cards are available for people of all ages, they are an especially good deal for people age 65 and older who are eligible to buy a Senior Clipper Card and receive a discounted fare. Each time a rider uses the card on most Bay Area public transit systems, it will automatically calculate the discounted senior cash fare, monthly pass or transfer fare.

Anyone who doesn’t have a Clipper Card but is curious

to know more about how they work and where to get one is invited to attend a Clipper Card Workshop held at 10 a.m. on the second Thursday of every month at the Fremont Senior Center.

Various topics are covered during the one-hour workshop, including:

- How to use a Clipper Card on transit
- How to add cash value and/or passes to a card
- How to check the balance on a card
- What transit agencies accept Clipper Cards
- What to do if a card is lost or stolen

After the presentation, people 65 and older can apply for and obtain a free Senior Clipper Card. Please bring

documentation showing proof of age if applying for a Senior Clipper Card. Clipper cards have no value and must be loaded with value prior to using the card on transit.

The next workshop will be February 14. For details, call the Ride-On Tri-City Helpline at (510) 574-2053.

Clipper Card Workshop

Thursday, Feb. 14

10 a.m. – 11 a.m.

Information on using Clipper transit cards

Fremont Senior Center

40086 Paseo Padre Parkway, Fremont

(510) 574-2053

Free

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.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post 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		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	The Tri-Cities Democratic Forum meets every 3rd Wednesday Chadni Restaurant- 5748 Mowry School Rd- in Newark. Resident of Fremont, Union City or Newark. Get involved in the political process, stay informed On local & national issues. Meet like-minded people. Contact President Sean Manalo sean.t.manalo@gmail.com	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 For You? Try OVEREATERS ANONYMOUS Do you eat when you're not hungry? Do you binge, purge or restrict? Is your weight affecting your life? No dues, no fees, no weigh-ins, do diets. All are Welcome www.oasaco.org or www.oa.org 510-449-7610		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 38801 Blacow 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	
	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			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
	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		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 involved in A Fun Activity! Ages 5 - 18 Years Registration Dates Jan. 1/12/19 & Feb. 2/9/19 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		Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 www.aachstricity.org Welcome!	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.	CRAB FEED Saturday, March 9th, 5-11pm Holy Spirit Gym, Fremont Crab, Pasta, Salad, Bread & Dessert No Host Bar, Silent Auction, Raffle & Dancing - sponsored by American High Athletic Boosters proceeds benefit student athletic call Michelle 510-206-7872 http://ahs-fusd- ca.schoolloop.com/crabfeed
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		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			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		

Student spellers lead the pack



SUBMITTED BY BRIAN KILGORE

Learn to spell and you will do well. That’s sage advice for anyone. But for almost 50 elementary school students in Fremont, doing well meant taking it to the next level to win a competition with their peers. Each shared their spelling finesse at the Fremont Unified School District’s 2019 Spelling Bee, held January 29, at Glenmoor Elementary School. While all participants did well in the competition, six students rose to the top to earn trophies.

- The winners were:
- First Place: Divya Mohanty, Sixth Grade, Maloney Elementary School
 - Second Place: Mary Lin, Fifth Grade, Green Elementary School
 - Third Place: Aayan Singh - Fifth Grade, Maloney Elementary School
 - Fourth Place: Nancy Jiang, Sixth Grade, Oliveira Elementary School
 - Fifth Place: Shreyas Chakravarty, Sixth Grade, Mission San Jose Elementary School
 - Sixth Place: Samvrith Bandi, Fifth Grade, Mission Valley Elementary School

Seniors invited for coffee

SUBMITTED BY CITY OF SAN LEANDRO

Join San Leandro Senior Commission for coffee and conversation on Thursday, ruary 21. Coffee with the Commission provides seniors the opportunity to meet and talk with commissioners in a less formal manner, with coffee, tea, and light refreshments. Commissioners will be available to answer questions, provide information, and chat about topics important to the senior community. For more information, call Commission’s Customer Service at (510) 577-3462, or Recreation & Human Services Manager Ely Hwang at (510) 577-3463.

Coffee with Senior Commission
Thursday, Feb 21
10 a.m. – 12 noon
San Leandro Senior Community Center
13909 E 14th St, San Leandro
(510) 577-3462
(510) 577-3463

Honor Roll

- | | |
|---|---|
| Northeastern University, Massachusetts
Fall 2018 Dean’s List | Champlain College, Vermont
Fall 2018 Dean’s List |
| • Suzi Kwon, of Fremont | • Caitlyn Dangvu, of Milpitas |
| • Adrienne Peng, of Fremont | • Richard Honiker, of Newark |
| • Sarah Chang, of Fremont | |
| • Erik Wong, of Fremont | |
| | Cornell College, Iowa
Fall 2018 Dean’s List |
| | • Gurshran Gill, of Union City |
| | |
| | Ithaca College, New York
Fall 2018 Dean’s List |
| | • Sabrina Chang, of Milpitas |
| University of Alabama
Fall 2018 President’s List | |
| • James Davenport, of Newark | Culver-Stockton College, Missouri
Fall 2018 President’s List |
| | • Anthony Garcia, of Union City |

Preschool and Enrichment Fair

SUBMITTED BY MACARONI KID

F.U.N. (Fremont, Union city and Newark) Mothers’ Club will present its annual Preschool Fair on Saturday, February 23. The fair brings together preschools, camps, after-school and STEAM enrichment programs, and more designed for young children under one roof. This is a unique opportunity for parents to research what options are available to your child for preschool and beyond in the Tri-City area. The free community event will also feature workshops, demos, and door prizes. For more information, visit www.funmothersclub.org or follow the club’s Facebook page @FUNMothersClub.

F.U.N. Mothers’ Club Preschool Fair
Saturday, Feb 23
9 a.m. – 1 p.m.
Kimber Hills Academy
39700 Mission Blvd, Fremont
www.funmothersclub.org
@FUNMothersClub

Practice your Spoken English

SUBMITTED BY JUI-LAN LIU

The Fremont Main Library hosts a weekly program on Tuesdays for people who would like to boost their English skills. Most sessions focus on everyday topics and life skills. The February 5 Chat is for English language learners at the intermediate level and above.

February 5 is the official Chinese/Lunar New Year; therefore, Chinese/Lunar New Year will be the special topic of the class. Students can bring

treats and prepare to speak about the celebration, the tradition and the treats they bring in, e.g., preparation, ingredients, significance, and the backstory. People are welcome to join the celebration with goodies. For more information or to register online, visit www.aclibrary.org/Fremont under Calendar/February or call (510) 745-1401.

Improving English Skills
Weekly, Tuesdays
4 p.m. – 5 p.m.
Fremont Main Library, Fukaya Room A
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org/Fremont under Calendar/February
Registration required

NOTICE OF TIME AND PLACE OF HEARING

NOTICE IS HEREBY GIVEN that the Board of Directors of the ALAMEDA COUNTY WATER DISTRICT has fixed **Thursday, February 7, 2019, at the hour of 6:00 P.M.** in the Board Room of the District Office Building, 43885 South Grimmer Boulevard, Fremont, California, as a time and place for a public hearing to review and consider and potentially act on the following development-related charges that are proposed to be collected by said DISTRICT, which, if adopted, would take effect on **May 1, 2019: Facilities Connection Charges, and Meter Installation Charges.** The Facilities Connection Charges proposed increases would be phased in over a five year period, and adjusted annually for inflation, through Fiscal Year 2023. It is also proposed to eliminate the Facilities Reimbursement Charges.

At the hearing, any person interested may appear and present comments on the proposed development-related charges.

Following the conclusion of the hearing, this Board of Directors may, by resolution, fix the charges to be collected by said DISTRICT, effective May 1, 2019 and annually thereafter through 2023.

NOTICE IS FURTHER GIVEN that any person interested may inspect the proposed development-related charges in the office of the District Manager of Finance at 43885 South Grimmer Boulevard, Fremont, California, **Monday through Friday between the hours of 8:00 A.M. and 12:00 Noon, and 1:00 P.M. and 5:00 P.M.**

GINA MARKOU
District Secretary
Board of Directors
Alameda County Water District

Neighborhood Cleanup Event

SUBMITTED BY CITY OF HAYWARD

Keep Hayward Clean and Green Task Force will conduct its Longwood/Winton Grove neighborhood cleanup event – litter collection and graffiti removal – on Saturday, February 23. Invite your friends and neighbors to pitch-in and enter to win a \$20 gift card to Starbucks. The public can pre-register online until Thursday, February 21 or in-person on the day of the event. For more information or to pre-register, call (510) 881-7745 or visit www.hayward-ca.gov/haywardbeautiful.

Hayward Cleanup Event
Saturday, Feb 23
8:00 a.m. – 11:30 a.m.
Longwood Elementary School
850 Longwood Ave, Hayward
(510) 881-7745
www.hayward-ca.gov/haywardbeautiful
Pre-registration until 3 p.m. Thursday, Feb 21
In-person registration begins 8 a.m. Saturday, Feb 23
Bring pair of gloves

Milpitas poised to receive \$1.38M annually for transportation and road improvements

SUBMITTED BY JENNIFER YAMAGUMA

The City of Milpitas is set to receive the first installment of 2016 Measure B funds from the Santa Clara Valley Transportation Authority (VTA) for local streets and road improvements. The anticipated \$329,415 advance will directly contribute to the annual Street Resurfacing Program, roadway pavement repair throughout the city. In addition to the one-time advance, Milpitas expects to receive dedicated money for this program on an ongoing basis, projected to be approximately \$1.38 million annually, over the next 30 years. In addition, VTA currently has \$1 million of 2016 Measure B funding programmed specifically for Calaveras Near Term Improvements.

“This is great news for the entire County of Santa Clara region and specifically for Milpitas as we can move forward with much needed improvements to provide safe streets for drivers, cyclists and pedestrians and to address traffic congestion – a high priority for the Milpitas City Council,” said Milpitas Mayor Rich Tran. “Voters made their voice heard with the overwhelming support of Measure B and now the residents and visitors of Milpitas will see their dollars hard at work.”

Establishment of a Transportation Subcommittee led by Mayor Tran and Councilwoman Carmen Montano will be considered at the February 5 city council meeting. The subcommittee would be charged with developing innovative solutions to address traffic, bike baths, street maintenance, parking, etc. Additionally, through this subcommittee, the Milpitas community could provide input on how best to leverage 2016 Measure B funding, particularly as there are several grant opportunities available to go toward meeting the transportation needs of Milpitas residents and businesses.

Over the next 30 years, 2016 Measure B is anticipated to generate \$6.3 billion for transportation projects, including VTA’s BART Silicon Valley Phase II, bicycle and pedestrian programs, Caltrain Corridor capacity improvements and grade separations, county expressways, highway interchanges, local streets and roads, State Route 85 Corridor and transit operations.



CITY OF NEWARK, CALIFORNIA
37101 Newark Boulevard • Newark, California 94560
(510) 578-4266 • city.clerk@newark.org

VACANCY NOTICE COMMUNITY DEVELOPMENT ADVISORY COMMITTEE

Pursuant to California Government Code, Section 54974, notice is hereby given that a vacancy has occurred on the Community Development Advisory Committee of the City of Newark.

The Community Development Advisory Committee (CDAC) provides recommendations to the City Council for the use of Community Development Block Grant (CDBG) funds and to the Community Development Director on priorities for the use of Housing Funds.

CDBG funds are federal funds that must be used primarily to benefit low and moderate income people in Newark, and these funds have been used to fund projects such as street improvements in low income neighborhoods, repairs to homeless shelters, and construction of the senior center addition. Housing funds must be used to increase and improve the supply of housing affordable to low and moderate income households.

The CDAC meets once each year, usually in January, at the City Administration Building.

Persons interested in serving on the Community Development Advisory Committee are invited to apply. Applicants are required to be Newark residents and a registered voter of the City of Newark.

Application forms are available on the City website www.Newark.org, in the Office of the City Clerk, 37101 Newark Boulevard, 5th Floor, or by calling (510) 578-4266. The Newark City Council is the appointing authority for the Community Development Advisory Committee. Applications are due by 5 p.m. on Thursday, January 31, 2019.

Sheila Harrington
City Clerk

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JEWELRY

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Tues-Sat 10-5pm **510-793-3660** 

6299 Jarvis Ave., Newark

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



Salon Series

Sundays at 2:30pm, hosted at The Barrie Residence, Milpitas

Classical Jam
February 10, 2019

Trio Suono
April 28, 2019

The Sunday afternoon Salon Series recalls the artistic salons of past eras. Join us for two Sunday afternoons of music, art, gourmet savories, and delicious wines!

**MUSIC at the MISSION**
Chamber Music Outside the Box
WWW.MUSICATMSJ.ORG

Hayward Animal Shelter & Assemblymember Bill Quirk Present

ALL FUR LOVE PET ADOPTION EVENT

Saturday, February 9th 11 am – 5 pm

Free Pet Adoptions to Qualified Homes*
(*\$17 license fee applied to Hayward resident dog adoptions)

Valentine's Pet Photos Booth 12 pm – 3 pm
(\$10 suggested donation)



16 Barnes Court, Hayward CA 94544 | Call (510) 293 – 7200 for More Info

Spreading awareness for Congenital Heart Defects

PHOTOS COURTESY OF SHANNON LIU SHAIR

Congenital Heart Defect Awareness Week is recognized February 7 to 14, fittingly ending on Valentine's Day. Why does this matter? Congenital heart defects (CHDs) are heart defects that a baby is born with and are the most frequently occurring birth defects, affecting approximately 1 in 100 babies. This means that every year, 40,000 babies in the U.S. are born with a CHD. One in four babies born with a CHD will require intervention, which can include one or more open heart surgeries. CHDs can be fatal, depending on the level of complexity; many are not detected until after a child is born. CHDs usually do not have a known cause and affect children from all ethnicities and socioeconomic backgrounds.

The field of medicine surrounding CHDs has grown rapidly. Dr. Walter Li, a pediatric cardiologist with UCSF Benioff Children's Hospital, notes, "Conditions that previously seemed hopeless now have treatments that allow patients not just to live, but to engage in life in such a manner that didn't seem possible before." He also indicates that now there are more adults living with CHDs than children (the current estimate is over one million adult CHD survivors in the U.S. alone). Adults with CHDs require very different cardiac treatment from those whose heart issues developed later in life, so they may continue seeing their pediatric cardiologist through adulthood. Dr. Yoni Dayan, a



pediatric cardiologist with UC Davis Health's Pediatric Heart Center, says, "The lifelong bond formed between a pediatric cardiologist and their families is very unique and special."

Research and funding are severely limited, even with the new passage of the federal Congenital Heart Futures Reauthorization Act. Funding is critical because of the prevalence of CHDs, variety of medical treatments necessary, and lifelong nature of the condition. The Bay Area is lucky to have great hospital systems with robust

Even after these interventions, children with profound heart defects continually face the challenges of their condition."

Many Tri-City residents are personally affected by CHD. Tiffany Hale, who grew up in Fremont, has a six-year-old daughter named Khloe who was born with a CHD. Khloe was diagnosed when she was 8 days old and immediately sent to UCSF for open heart surgery at only 10 days old. Being such an unknown situation, this was a very stressful and scary time for Khloe and her

family. Hale has worked closely with Mended Little Hearts of the Bay Area, coordinates the annual Super Hero Heart Run, and finds ways to give back and raise CHD awareness. Thankfully, Khloe is a very active girl who loves playing soccer and being with her friends and family. It is important to Hale to have Khloe spread CHD awareness with her. She wants her to know how brave and strong she is.

CHD awareness and patient support services. Mended Little Hearts (www.mendedlittlehearts.org) connects heart families, creating an important support network of families who "get it." United for Heart Warriors (www.facebook.com/unitedforheartwarriors) sends care packages to families in the local cardiac intensive care units. Heart Heroes (www.heartheroes.org) sends superhero capes to children with CHDs, reminding them of their strength. Children's Heart Foundation (www.childrensheartfoundation.org) is a national organization that works on raising funds for research, both through its own efforts and lobbying Congress members. Ronald McDonald Houses (www.rmhc.org) across the nation provide housing for families with children receiving medical treatment, including open heart surgery; Camp Taylor (www.kidsheartcamp.org) is a non-profit medically supervised camp for children with CHDs and their families.

Joining the "heart warrior" club is an honor that no one wishes to have. Dr. Dayan says, "Most people can't even imagine what these brave families have to endure, and the emotional rollercoaster can be overwhelming – from the discussion of a new fetal diagnosis with an expectant mother to the joyous celebration of good results from a follow-up echocardiogram," so the role of medical specialists to guide families through the lifelong journey is particularly important. Though medical advancements have progressed rapidly, there is still much more to do. As Dr. Li highlights, "The courage of these children and their families inspire the rest of our team of nurses, child life specialists, technicians, sonographers, social workers, research scientists, and pediatric cardiologists. These children and their families drive us to keep getting better at treating CHDs."



Shannon Liu Shair, a Fremont Estate Planning attorney and active community member, has a son named Ripley who has Tetralogy of Fallot, which consists of four defects to the heart. Shair and her husband, Hayes, learned of the baby's heart defect while Shair was still pregnant. Ripley received open heart surgery at 30 days old from UCSF. He now is a happy two-and-a-half-year-old with a strong prognosis, due to the excellent care he received. Ripley's situation was on the moderate side for children who require open heart surgery, but the family still stays very involved in the heart community, understanding that this cause is an important one to advocate for. Shair says that she was not aware of how prevalent CHDs are until her son was diagnosed with one. She has now become an active advocate of CHD awareness and also used her professional skills to help a group called United for Heart Warriors file for non-profit status.

Medical treatment for CHDs is only the beginning and support for heart families is key. There are numerous non-profits that address