

Flamenco performances
Directly from Spain

Page 12



Ham radio:
hobby provides fun and invaluable emergency assistance

Page 16



Celebrate women with SAVE

Page 7



TRI-CITY VOICE

Fremont, Newark, Union City & Castro Valley, Hayward, Milpitas, San Leandro, San Lorenzo, Sunol

"Accurate, Fair & Honest"



Scan for our FREE App or Search App Store for TCVnews

510-494-1999

tricityvoice@aol.com

www.tricityvoice.com

February 26, 2019

Vol. 17 No. 9

Cabaret

This is the “see and be seen” event of the season! This year’s theme is “Cabaret,” and to perfect the ambiance, professional dancers from the LA Follies will greet and entertain guests throughout the evening. The L.A. Follies have been featured at the Golden Globe Awards, NBC Universal Studios, Yahoo and Barney’s NY Gala, and now they’re coming to our cabaret for one night only.

The night begins with an elegant reception including photo ops with the dancers followed by a sumptuous dinner in Castlewood’s formal ballroom and live and silent auctions. Highlight of the evening is a spectacular performance by the LA Follies.

Funds raised from the event will support the Fremont Symphony, under the direction of Artistic Advisor and Conductor Jung-Ho Pak, to bring world-class music to the greater Tri-City area. A major focus this year will be to support the annual free children’s concert.

For information or to purchase tickets, call (510) 371-4859 or visit online at www.fremontsymphony.org.

Fremont Symphony Gala
Saturday, Mar 2
6 p.m.
Castlewood Country Club
707 Country Club Cir, Pleasanton
(510) 371-4859
www.fremontsymphony.org
Tickets: \$150

FREMONT SYMPHONY’S ANNUAL GALA



YOU'RE INVITED TO THE PARTY OF THE YEAR!

CABARET

A world of wonder for gem enthusiasts

By ALFRED HU
PHOTOS BY VICTOR CARVELLAS

Do you have an interest in gems and minerals and a desire to turn that interest into a lucrative and worthwhile hobby? Then step into the world of lapidary arts at the 71st annual “Mineral, Gem and Jewelry Show and Sale” Friday, March 1 through Sunday, March 3 at the Newark Pavilion, hosted by the Mineral and Gem Society of Castro Valley (MGSCV). Attendees can look forward to exhibits featuring local Ice Age Irvington fossils, fluorescent minerals, witness how gems are identified and geodes are split, kids’ spinning wheel, door prizes every half hour and much more. In addition, MGSCV members and various dealers will showcase over 40 displays of items such as rocks, beads, gemstones (including quartz, opal, agates, jaspers and turquoise), jewelry, fossils, varieties of lava, petrified wood, faceted stones, meteorites, crystals and birthstones for viewing and sale.

Participating dealers include Afghan Gems, Buddha Gems and Minerals, Daggett’s Jewelry and Stoneworks, Jade and Jewelry, Jewel Train, The Kleins, and Rock Solid Jade. Food trucks will also be on-site for lunch and snack breaks.

The lapidary process (forming stone, minerals, or gemstones into decorative items such as cabochons, engraved gems, and faceted designs by using techniques of cutting, grinding and polishing) will be on display and presented in live demonstrations throughout the weekend. On Saturday at 2 p.m., items that have been handmade by members will be available at a live auction. An opal pendant, handcrafted by a MGSCV member, will be raffled; the winning ticket will be drawn on Sunday at 4 p.m. (winner need not be present to win). Proceeds from the auction and raffle are used to fund two scholarships awarded each year to local students majoring in geology.

Show Chair Cathy Miller says that the displays are considered by many to be one of

continued on page 39



Science Olympiad puts local students to the test

SUBMITTED BY BAY AREA SCIENCE OLYMPIAD
PHOTOS COURTESY OF MICHAEL WONG

Local junior high and high school students will put their smarts and talents to the test in various events at the “Bay Area Regional Science Olympiad” tournament held Saturday, March 2 at California State University, East Bay.

Science Olympiad is a nationwide nonprofit K-12 science and engineering team competition with over 8,000 schools in 50 states participating each year. Teams compete in 23 events with subjects covering engineering, physics, chemistry, biology, astronomy, earth science, and computer science. Each year, teams first compete in regional tournaments with the best four schools advancing to Northern California State Tournaments. The best teams from

continued on page 39

INDEX

Arts & Entertainment 21
Bookmobile Schedule 23
Business 8

Classified 25
Community Bulletin Board 36
Contact Us 29
Editorial/Opinion 29
Home & Garden 13

It’s a date 21
Kid Scoop 18
Mind Twisters 10
Obituary 30
Protective Services 33

Public Notices 34
Real Estate 15
Sports 26

Washington Hospital Hosts Free Seminar About Advance Care Planning

Do your loved ones know your wishes?

Talking about end-of-life care is difficult for many of us. Thinking about our mortality—and those of our loved ones—can be uncomfortable, even scary. And how do you start that conversation?

The Five Wishes booklet is a good place to begin. “It’s a type of advance care document that guides people through important discussions to help them convey to their loved ones their wishes about end-of-life care and comfort,” notes Father Jeff Finley, Palliative Care coordinator at Washington Hospital.

Fr. Jeff will lead a free community seminar about advance care planning and how to use the Five Wishes booklet on Tuesday, March 19, from 3 to 5 p.m. in the Conrad E. Anderson, MD, Auditorium in the Washington West building at 2500 Mowry Ave.

At the seminar, Fr. Jeff will give attendees a Five Wishes booklet they can follow as he explains the steps—then they can take the booklet home with them to have the conversation with their families. “Five Wishes goes deeper than the traditional Advance Care Directive. It covers



Conversations about end-of-life care can be difficult to start. March 6, free seminar offers guidance.

personal, spiritual, medical and legal wishes all in one document,” he explains, noting that although it’s a legal document, it’s written in plain language, so it’s easy to understand and fill out.

Contrary to popular belief, having an advance care directive isn’t just for older folks. “Anyone 18 or older should have one,” Fr. Jeff asserts. For example, when a son or daughter prepares to leave for college, they should have completed a Five Wishes

document so their parents have access to their wishes in case of a sudden trauma or illness.

Many young people avoid advance care planning—especially when it’s for their parents—due to fear of it causing illness or the death of a loved one. “It’s this myth that by discussing it, something bad will happen. But how awful would it be if your loved one was on life support when maybe that’s not what they would want?”

says Fr. Jeff. “We do our families a favor by telling them what our wishes are.”

It’s never too soon to have the Five Wishes conversation. “It’s really important to do this when we’re well; if we get sick suddenly, we may not have the opportunity to tell our loved ones what our wishes are,” he says. “We need to have these discussions when we have clear minds so we’re not making decisions out of desperation. When we’re sick or weak, we

may not be as rational as when we’re well.”

The Five Wishes booklet, available online or in print, walks people through the five most important things to talk about when it comes to advance care planning. It also gives concrete examples of how to have a conversation about each of the five wishes, which are:

1. The person I want to make care decisions for me when I can’t make them for myself
2. The kind of medical treatment I want or don’t want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

Fr. Jeff has given many talks about advance care directives in the community, at places of business and at churches. “When I tell them about the Five Wishes and how easy it is to use, a lightbulb goes on, and people realize, ‘I can do this.’”

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

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

 Follow WHHS on Facebook & Twitter





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
	2/26/19	2/27/19	2/28/19	3/1/19	3/2/19	3/3/19	3/4/19
12:00 PM 12:00 AM	Family Caregiver Series: Understanding Healthcare Benefits	Symptoms of Thyroid Problems	Heart Health: What You Need to Know	Updated Treatments for Knee Pain & Arthritis	Nerve Compression Disorders of the Arm	Family Caregiver Series: Driving Safety & Alternative Transportation Resources	Relieving Back Pain: Know Your Options
12:30 PM 12:30 AM	Voices InHealth: Demystifying the Radiation Oncology Center		Solutions for Weight Management			Family Caregiver Series: Caregiving From A Distance	
1:00 PM 1:00 AM	Family Caregiver Series: Coping as a Caregiver			Shingles	Washington Township Health Care District Board Meeting February 13, 2019		
1:30 PM 1:30 AM	Obesity: Understand the Causes, Consequences & Prevention	Mental Health Education Series: Anxiety Disorders	Sports Medicine Program: Nutrition & Athletic Performance			Mental Health Education Series: Understanding Psychotic Disorders	Strategies to Reduce the Risk of Cancer Recurrence
2:00 PM 2:00 AM	The Patient's Playbook Community Forum: Getting to the No-Mistake Zone				Colon Cancer: Prevention & Treatment		
2:30 PM 2:30 AM		Strengthen Your Back! Learn to Improve Your Back Fitness	Your Concerns InHealth: Senior Scam Prevention	Sports Medicine Program: Exercise & Injury		Good Fats vs. Bad Fats	Chronic Kidney Disease: FAQ
3:00 PM 3:00 AM	Digestive Health: What You Need to Know				Pain When You Walk? It Could Be PVD		
3:30 PM 3:30 AM		Latest Treatment Options for Wound Care	Caregiver Series: Codependency and the Caregiver	Mental Health Education Series: Crisis Intervention		Diabetes Matters: Gastroparesis	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome
4:00 PM 4:00 AM	Washington Township Health Care District Board Meeting February 13, 2019				Your Concerns InHealth: Decisions in End of Life Care		
4:30 PM 4:30 AM		Reach Your Goal: Quit Smoking	Caregiver Series: Securing Care Preferences Through AHCD	Voices InHealth: Medicine Safety for Children		Diabetes Health Fair: Eat 4 Diabetes Care	Learn If You Are at Risk for Liver Disease
5:00 PM 5:00 AM	Vitamins & Supplements: How Useful Are They?				Palliative Care Series: How Can This Help Me?		
5:30 PM 5:30 AM		Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Diabetes Matters: Type 1.5 Diabetes	Sports Medicine Program: Why Does My Shoulder Hurt?		Mental Health Education Series: Family Support	Family Caregiver Series: Advance Health Care Planning & POLST
6:00 PM 6:00 AM	Diabetes Matters: Reading Food Labels: The Latest Updates				Washington Township Health Care District Board Meeting February 13, 2019		
6:30 PM 6:30 AM		Learn About the Signs & Symptoms of Sepsis	Family Caregiver Series: Tips for Navigating the Healthcare System	Sports Medicine Program: Youth Sports Injuries		How To Stop Disease Before It Starts	Crohn's & Colitis
7:00 PM 7:00 AM	Minimally Invasive Options in Gynecology				Family Caregiver Series: Advance Health Care Planning & POLST		
7:30 PM 7:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
8:00 PM 8:00 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
8:30 PM 8:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
9:00 PM 9:00 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
9:30 PM 9:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
10:00 PM 10:00 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
10:30 PM 10:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
11:00 PM 11:00 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
11:30 PM 11:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women		Balance & Falls Prevention	Inside Washington Hospital: Implementing the Lean Management System
	Family Caregiver Series: Mindfulness Meditation for the Caregiver				Inside Washington Hospital: Advanced Treatment of Aneurysms		
		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Inside Washington Hospital: Advanced Treatment of Aneurysms	Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More			



Are You at Risk for Type 2 Diabetes?

Upcoming Seminar Focuses on Ways to Prevent Diabetes

More than 30 million Americans have diabetes, and millions more are at risk, according to the American Diabetes Association. Diabetes can cause serious complications, and even death. But there are ways to reduce your risk of developing type 2 diabetes.

“Often, the first thing people ask me when I meet them is whether diabetes can be cured,” said Vida Reed, a certified diabetes educator at Washington Hospital and coordinator of the diabetes program. According to an article in Diabetes Care, for a chronic illness such as diabetes, it may be more accurate to use the term remission than cure. Remission may be one of three types: partial remission, when a person has had a blood glucose level lower than

that of a person with diabetes for at least one year without any diabetes medication; complete remission, when the blood glucose level returns to normal, not simply pre-diabetic levels, for at least one year without any medications; and prolonged remission, when complete remission lasts for at least five years. Reed likes to share that the best cure at this time is prevention through the modification of lifestyle behaviors that increase our risk for developing type 2 diabetes.

Reed will explain how to do that at an upcoming seminar titled, “Stop Diabetes Before it Starts.” The free seminar will be held on Tuesday, March 26, from 6 to 8 p.m., in the conference room at the Nakamura Clinic, located at

33077 Alvarado-Niles Road in Union City. Community members can register online at www.whhs.com/events or by calling (800) 963-7070.

There are two types of diabetes. Both type 1 and type 2 diabetes are chronic diseases that affect the way your body regulates blood sugar. Type 1 occurs when the body does not produce enough insulin and type 2 happens when your body does not use insulin efficiently. Insulin is a hormone your body needs to convert food into energy. When this process doesn't work right, glucose (sugar) in the blood can get too high and lead to serious, life-threatening complications like heart disease, stroke and blindness. The seminar will focus on type 2 diabetes.

Know Your Risk

Reed said the first step in preventing diabetes is to understand your risk. She encourages anyone who thinks they could be at risk for type 2 diabetes to take the American Diabetes Association's online risk test at <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. If you are at risk, you should consult with your physician and get a diabetes screening test to measure your blood sugar level.

“You need to know what your risk factors are,” she added. “Focus on the ones you can change, because some you can't change such as family history and race. People of color are at higher risk of developing type 2 diabetes.”

Age is another factor you can't change. Your risk for developing type 2 diabetes increases after age 45, according to the Centers for Disease Control and Prevention (CDC).

Lifestyle behaviors you can modify to reduce your risk include weight, activity level, diet and smoking. People with higher than normal blood sugar levels—known as prediabetes—are also at increased risk, she added. The CDC estimates that one in three adults in the U.S. has prediabetes.

Lifestyle Changes

The Diabetes Prevention Program, a landmark study led by the National Institutes of Health (NIH), found that lifestyle changes can prevent or delay type 2 diabetes in people with prediabetes. Participants were asked to lose 7 percent of their body weight through a low-fat diet and to engage in at least 150 minutes of moderate exercise a week, including walking or biking.

Further study showed that people with prediabetes who take part in a structured lifestyle-change program can cut their risk of developing type 2 diabetes by 58 percent, according to the NIH. For people over 60, it was 71 percent. Reed will talk about the changes you can make to reduce your risk. “I'll also talk about ways to incorporate these changes into your life,” she added.

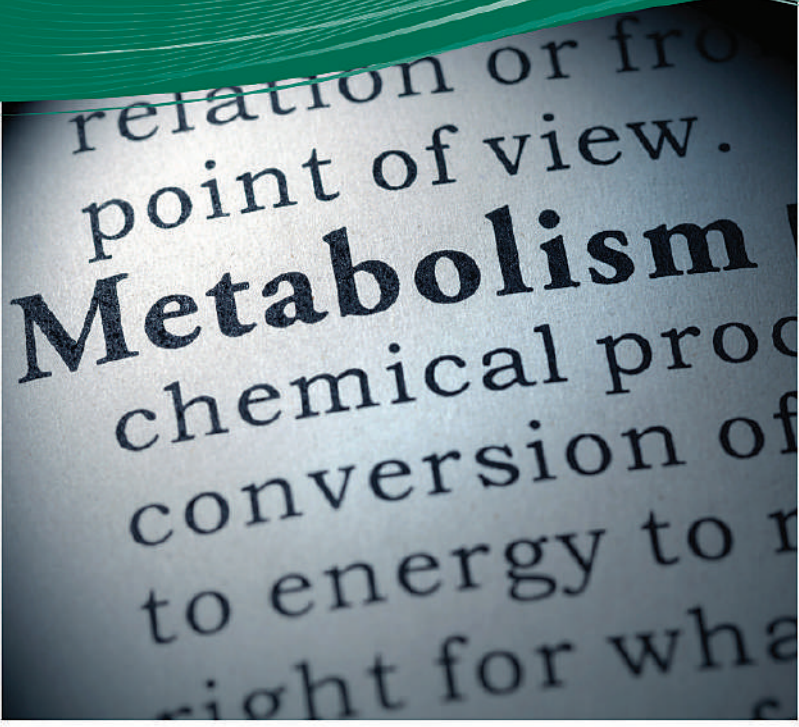
Washington Hospital offers a number of programs to help people with diabetes manage their disease, including educational seminars and a support group. To learn more about diabetes programs at Washington Hospital, visit www.whhs.com/diabetes or call (510) 818-6556.



Washington Hospital Healthcare System
Investing in the health of the community.

whhs.com

Health&Wellness



Free
Community
Seminar

SPEAKER



Prasad Katta, MD
Endocrinologist
Medical Director, Diabetes Center
Washington Township Medical Foundation



Washington Township
Medical Foundation
Part of Washington Hospital Healthcare System

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

Seminars may be televised on InHealth,
a Washington Hospital Channel
(Comcast Channel 78) and online at
www.whhs.com/inhealthtv.

Metabolic Disorders

Metabolism is the process your body uses to get or make energy from the food you eat. However, our bodies are very sensitive to errors in metabolism. At this seminar, learn about different types of metabolic disorders, causes, symptoms and treatment options.

Wednesday, April 3, 2019

6 to 8 p.m.

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

Washington West, 2500 Mowry Ave., Fremont



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

MAGNET
RECOGNIZED

AMERICAN NURSES
CREDENTIALING CENTER

STARSTRUCK

YOUTH PERFORMING ARTS



July 20-August 4, 2019
Dublin Center for the Performing Arts

AUDITIONS MARCH 1 & 2
by appointment only

Ages: 13-22

Callbacks: March 3, 4, & 5, 2019

Rehearsals: Beginning April 29, 2019 @ StarStruck Studio in Fremont, CA

Tech Rehearsals: July 7-19, 2019 @ Dublin Center for Performing Arts (no conflicts permitted)

Performances: July 20- August 4, 2019 @ Dublin Center for Performing Arts



Choreographed by
Broadway's Juliane Godfrey
(SpongeBob Squarepants)

SIGN UP ONLINE: STARSTRUCKTHEATRE.ORG/AUDITIONS

ever & ever®
CREATE YOUR FOREVER

Vow to celebrate Together

everandever.com



JEWELRY
By Design

Fine quality jewelry

Design - Appraise - Repair

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

6299 Jarvis Ave., Newark



ALL YOU CAN EAT CRAB FEED



Annual Fundraiser & Community Event Hosted by
The Committee for the Restoration of the Mission San José

Where: St. Joseph Parish Hall, 43148 Mission Blvd., Fremont

When: Saturday, March 2, 2019

6:30 PM No Host Bar

7:00 PM Dinner | Dessert | Raffle

Don't wait! Order your tickets now! \$55/person

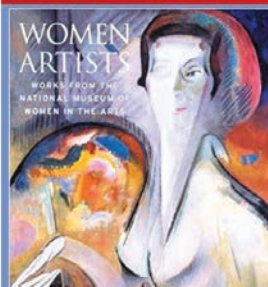
For more information call 510-882-0527
or email chochenyo@aol.com

NO OUTSIDE BEVERAGES PERMITTED | NO "DOGGIE BAGS" OR "CARRY OUTS"

LEAF's Community Garden
is seeking volunteers to greet visitors. Very time flexible.
ADA Handicap accessible. Location: California Nursery
Historical Park in Fremont, at Mission Blvd/Niles.
FremontLEAF@gmail.com 925-202-4489

Tea & Talent Show

Celebrating Women in the Arts



♦ Tea
catered by The Cake Lady
Laurel Seymour Beebe

♦ Entertainment
by Talented Local Performers

This Women's History event is co-hosted by AAUW Fremont
and Country Club Washington Township Women's Club.
Net proceeds benefit local scholarships offered by AAUW and
CCWTWC.

March 9 ♦ 12-2 pm

Fremont Adult School
4700 Calaveras Avenue

Tickets \$25

RSVP by March 1, 2019

By mail: AAUW Fremont Branch
P.O. Box 8254
Fremont, CA 94537-8254



AAUW Fremont
Advancing gender equity for women
and girls through research, education
and advocacy.

Country Club Washington Township
Women's Club (CCWTWC)



BOOK BY
CATHERINE JOHNSON
ORIGINALLY CONCEIVED
JUDY CRAYMER

MUSIC AND LYRICS BY
BENNY ANDERSON
BJORN ULVAEUS
SOME SONGS W/
STIG ANDERSON

DIRECTOR: SCOTT MARAJ
CARY LITCHFORD **KEVIN HAMMOND**
VOCALS & MUSIC CHOREOGRAPHY

MAMMA MIA!

FRI-SAT 8PM
SUN 2:30

TICKETS \$15~\$30

MARCH 2nd ~ 17th
ASL Performance March 3rd
WWW.STAGE1THEATRE.ORG
3975 CEDAR BLVD NEWARK
NEWARK MEMORIAL HIGH SCHOOL THEATRE

TRI-CITY VOICE ALAMEDA COUNTY ARTS COMMISSION DALE HARDWARE

NEWARK ROTARY CLUB



VOLUNTEER to bring JOY to the elderly

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

Options to meet your interest and schedule:

- Drive to appointments and provide assistance as needed
- Deliver meals...and a smile
- Visit with a new friend

Volunteers needed throughout Alameda County

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



Prudent preparation

BY TOSHALI GOEL
PHOTOS COURTESY OF
SHANTI BALARAMAN

As more and more schools open up to technology use within the classroom, one Newark-based program is hoping to teach material while also developing soft skills for students that will aid in their developmental growth. Soft skills are personal attributes and behaviors used when interacting with others, including communication, teamwork, networking, problem solving and critical thinking. The Children's Innovation Center is a program of registered non-profit Green Kids Now and focuses on addressing the gaps in the current K-12 academic curriculum through transformational education. The program is run and taught by Shanti Balaraman, who hopes to reinvigorate curiosity within students.

Green Kids Now was founded by Balaraman's son, Pavan Raj Gowda, in 2009 when he was

just eight years old. He ran the organization for 10 years before going to college, and Balaraman took over after quitting her corporate job. The organization served as a platform for children to take action and offer solutions for issues they observed in their community, particularly in sustainable development. Balaraman's interest in transformational education was largely born out of these endeavors. "We found that in order to solve issues, kids need to learn first. There were a lot of skills gaps that stopped them from observing and understanding the issues around them. Since 2011, I've been creating curriculums and working with children, and finally now we have our own place so we can teach more kids."

The program offers college preparatory courses, covering material from the SAT, ACT, and selected AP courses. They also have enrichment classes and camps in STEM (science, technology, engineering,



mathematics) subjects, covering topics from computer programming to biotechnology. Balaraman, however, emphasized that the most unique offerings of the program are STEAM (science, technology, engineering, arts, mathematics) courses. These include four foundational courses: Digital Storytelling, Analytical Writer, Public Speaking and Communications, and Naturalist Designer. Upon completing these four, students can advance to the high-level STEM+ course. "The plus means it's beyond STEM," said Balaraman. "In STEM, we are learning what somebody else found. The books and theories

The organization served as a platform for children to take action and offer solutions for issues they observed in their community, particularly in sustainable development.

have already been written, and we study it. Our creativity is only in applying that. STEM+ is not a subject – we teach them methodology... to make them capable of finding new scientific [theories] and engineering [principles], not just memorizing what somebody else has found." The course helps students to discover their own inner scientists and engineers and provides skills that prove essential in later development.

Balaraman spoke on the importance of STEAM courses and disagreed with a common interpretation of the acronym. "When you use STEM, you exercise the left side of your brain. People were creating products and then trying to see how people can benefit from it. It has to be completely the opposite way of thinking – we have to say, 'What do people want, and how can I create a solution for that?' For us to understand what people want, we have to use our right brain. This [right-brain thinking] is what the A in STEAM actually means, not literally the Arts. We need to gather this information from the right brain, and then use the left brain to strategically solve it...that is what my courses teach."

For more information or to register for classes, visit <https://childrensinnovationcenter.org/>.

Children's Innovation Center
39155 Cedar Blvd, Newark
(510) 894-1497
info@childrensinnovationcenter.org
<https://childrensinnovationcenter.org/>





Haller's
MEDICAL SUPPLIES
Since 1957

Empathetic, Accurate & Timely Service is our #1 Priority

Medical Supplies
Scooters
Lift Chairs
Bath Accessories
Wheelchairs
Walkers/Canes/Crutches
Aids for Daily Living
Hospital Beds/Bed Accessories

*Personalized Service
Special Orders*

Sales Service
Rentals
Repairs

Bring This Ad in for ***20% off**
NOVA Shower Chairs
*not valid for with any other offers
Exp. 3/30/19



Haller's Medical Supplies
510-797-2221
4067 Peralta Blvd., Fremont
www.hallersrx.net

Mon-Fri: 9:00 a.m. - 6:00 p.m.
Sat: 9:00 a.m. - 4:00 p.m.
Sun: Closed -





OHLONE HUMANE SOCIETY
Advocating For All Animals Since 1983

510-792-4587
39120 Argonaut Way #108, Fremont, Ca. 94538-1304
www.ohlonehumanesociety.org

East Bay Hand & Plastic Surgery Center



We customize treatments for your individual needs
Highly skilled and trained in all aspects of Cosmetic Surgery
Complimentary Cosmetic Consultations

Breast Augmentation With Allergan Gel Implants
\$6,999.00 Limited Time!
1st time augmentations only

Breast Augmentation specialist
Breast lift
Breast reduction
Mommy Makeover Specialist
Tummy Tuck
Liposuction
Upper/Lower Eyelids
Removal of Excess skin surgery after weight loss
Breast Reconstruction Specialist

We accept most insurance providers

Botox Special!
\$14.00 a unit when you mention this ad
\$50.00 off regular price of Juvederm ultra, Juvederm ultra plus and Vollure
Voluma XC \$100.00 off regular price of Voluma

The first and only FDA-approved filler to correct age-related volume loss in the midface for natural-looking results - Last up to 2 years

We are part of the Brilliant Distinctions Program

LATEST ADDITION FOR CELLULITE PROBLEM
Marini CelluliTx
Introductory price of \$99.00 while Supplies last!

20% OFF SkinCeuticals Exp. 3/30/19

Contact our office with any questions. We would love to hear from you
510-791-9700
Contact Delilah for more information
delilah@prasadkilaru.com

Se Habla Español and Marunong Po Kami Mag Tagalog
www.prasadkilaru.com

facebook  instagram yelp 

Prasad G. Kilaru, MD, MBA
Diplomate, American Board of Plastic Surgery
Over 20 years experience in cosmetic surgery



39141 Civic Center Dr. #110, Fremont



In Fremont since 1988

Transmission • Clutches • Engine Performance • Emissions
Power Trains • Drivability Issues • Drive Axle
Brakes • Suspension • Diagnostics • Electrical • Heating & AC

Timing Belt Special

\$269 4 Cyl. Plus Tax

\$369 6 Cyl. Plus Tax

Includes Timing Belt & Labor to Replace

Timing Belt

With Water Pump/Collant & Labor

\$389 4 Cyl. Plus Tax

\$469 6 Cyl. Plus Tax

Honda /Toyota/Nissan Factory/OEM Parts

Not Valid with any other offer Most Cars Expires 4/30/19



**TRU-CAST TECHNOLOGY
DRILLED & SLOTTED
PERFORMANCE ROTORS**

Drive Safer - Stop Faster

Ceramic Formula Disc Brake Pads

**Drive Safer Stop Faster
Noise Free - Low Dust
Breaks. Performance
drilled & Slotted rotors
Ceramic Formula
Disc Break-Pads**

\$90

Installation +Parts & Tax

Most Cars Expires 4/30/19



Replace Catalytic Converter

Factory, OEM Parts or after Market Parts

\$90

+ Tax

+ Parts

**CALIFORNIA
APPROVED**

Call for Price

Most Cars Expires 4/30/19

FREE AC Diagnostic

If Repairs Done Here (\$45 Value)

\$39 REGULAR

+ Freon

\$49 HYBRID

+ Freon

Visual Inspection System Charge
We have a special machine to clean & remove moisture from your Air Conditioning unit

Most Cars Expires 4/30/19

Minor Maintenance

(Reg. \$86)

\$66⁹⁵

+ Tax

**With 27 Point
Inspection**

- Change Oil & Filter (up to 5 QTS)
- Check Fluids, Belts, Hoses & Brakes
- Evaluate Exhaust System
- Check & Rotate Tires

Most Cars Expires 4/30/19

Normal Maintenance

\$229

+ Tax

30,000 Miles

With 27 Point Inspection

- Replace Air Filters • Oil Service
- Power Steering Fluid • Inspect Brake Pads
- Coolant Service • Rotate Tires
- Set Tire Pressure • Test Drive • Inspection
- AC Cabin Filter

60K/90K **\$225** + Tax EXTRA COST

Not Valid with any other offer Most Cars Expires 4/30/19

PASS OR DON'T PAY SMOG CHECK

\$30

For Sedans & Small Trucks only

\$40

SUV Vans & Big Trucks



Cash Total

Price Includes EFTF

\$8.25 Certificate Included

Most Cars Expires 4/30/19

BRAKE & LAMP CERTIFICATION

For Salvage Cars - Fix-It Tickets & Lamp & Alignment

\$107



Not Valid with any other offer Most Cars Expires 4/30/19

Auto Transmission Service

\$98

+ Tax

Up to 4 Qts

• Replace Transmission Fluid

• Inspect Transmission or Filter (Extra if Needed)



Most Cars Expires 4/30/19

Coolant System Service

Factory Coolant

\$89

+ Tax

Drain & Refill up to 1 Gallon



Most Cars Expires 4/30/19

New CV Axle

\$169⁹⁵

+ Tax

Parts & Labor

Not Valid with any other offer Most Cars Expires 4/30/19

OIL SERVICE

ACDelco Factory Oil Filter

\$26⁹⁵

+ Tax

Made in USA



CHEVRON SAE SUPREME or Toyota Genuine

Most Cars Expires 4/30/19

European Synthetic Oil Service

\$79

+ Tax

Up to 6 Qts.

5W40

or 5W30

Mobil 1



Not Valid with any other offer Most Cars Expires 4/30/19

SYNTHETIC OIL CHANGE FACTORY OIL FILTER

CHEVRON Your Choice MOBIL

\$51⁹⁵

+ Tax

Up to 5 Qts

\$54⁹⁵

+ Tax

Not Valid with any other offer Most Cars Expires 4/30/19

TOYOTA GENUINE SYNTHETIC OIL CHANGE OW20

\$51⁹⁵

up to 5 Qts.



ALL OTHER TOYOTA FACTORY OIL FILTERS

Most Cars Expires 4/30/19

BRAKES FREE INSPECTION

Replace Brake Pads, Resurface Rotors Front or Rear

Made in USA

\$169

+ Tax

Brake Experts

OME & ORIGINAL DEALER PARTS

Not Valid with any other offer Most Cars Expires 4/30/19

Electric & Computer Diagnostics

We are the ELECTRICAL EXPERTS

Only \$69

\$120 Value

- Repair Loss of Power to Lights/Outlets
- Repair Flickering/Dimming Lights
- Repair or Replace Circuit Breaker
- Fuses, Panels/Meter Boxes
- Upgrade Fuses
- Aluminum Wires Replaced
- New Circuits
- Rewiring
- Code Corrections
- Inspection Report/Corrections
- GFI Outlets, Lights, Fan, Switches
- Outlets, Service Upgrade

Most Cars Additional parts and service extra Expires 4/30/19

Check Engine Light Service Engine Soon

FREE

(\$45 Value)

If Repairs Done Here

Not Valid with any other offer

Most Cars Expires 4/30/19

10% OFF

AUTO REPAIR SPECIAL

Includes **Major Work**

Install Rebuilt or Used

Engine & Transmission

Plastic Depot

Towing Available: FREE

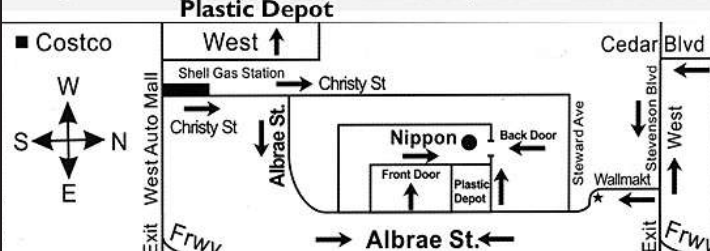
Open Mon-Sat 8:30am-6pm

Sunday by Appointment Only

FREE Estimates & Consultation

24 Hour Phone Service

Shuttle drop off available with 15 miles



Take HWY 880, Exit West Stevenson Blvd Left Albrae St. or Exit West Auto Mall Right Christy St Right Albrae St

Located behind Plastic Depot



510-659-6920 - cell 510-207-5853
41419 Albrae St., Fremont



Scan for our FREE App or Search App Store for TCVnews

Get our App and you will always know what is happening. We also have the back issues archived



PLEASE JOIN US

COMMUNITY MEETING

San Mateo County Transit District (District) and Cross Bay Transit Partners (CBTP) are engaged in a public-private partnership (P3) to improve transportation along the Dumbarton corridor in the San Francisco Bay Area. Together, they are exploring new, environmentally appropriate alternatives for a high-quality, high-capacity public transit system.

You are invited to join us for an introductory meeting about the future of the Dumbarton Rail Corridor. Your invaluable participation will help guide the development of this proposed new connection across the Bay. Doors will open approximately 30 minutes prior for sign-in and refreshments.

For the convenience of Bay Area residents, we have scheduled several times and locations for this meeting. Join us when it's convenient.

1

Newark Meeting

Saturday, February 23

10:30am-12:00pm

Newark Pavilion

6430 Thornton Ave

Newark, CA 94560

3

Fremont Meeting

Thursday, February 28

6:30pm-8:00pm

Centerville Community Center

3355 Country Dr.

Fremont, CA 94536

2

Redwood City Meeting

Wednesday, February 27

6:30pm-8:00pm

Veterans Memorial

Senior Center

1455 Madison Ave.

Redwood City, CA 94061

4

Menlo Park Meeting

Saturday, March 2

10:30am - 12:00pm

Menlo Park Senior Center

110 Terminal Ave.

Menlo Park, CA 94025

At these meetings you will meet our project partners and learn about project background, goals, funding, timeline and process. Ample time will be provided for questions and answers. Refreshments will be served. Servicio de interpretación en español estará disponible.

Please visit the project website or email us



www.crossbaytransit.com



info@crossbaytransit.com

Community meeting to explore Dumbarton corridor improvements

SUBMITTED BY THE CITY OF UNION CITY

East Bay residents who regularly commute across the Dumbarton Bridge may sometimes wonder if there might be ways to make the trip more pleasant and better for the environment. The good news is that plans are underway to do just that.

San Mateo County Transit District and Cross Bay Transit Partners are working together on a Dumbarton Rail Corridor Project with a goal coming up with ideas that can boost the efficiency of public transit across the corridor.

Once identified and implemented, these proposed transportation improvements aim to bring commute alternatives along with job and housing opportunities to the Bay Area. The project may also facilitate mixed-use transit-oriented development at key transit connections.

Possible transit improvements include:

- High capacity public transit between Redwood City and the East Bay

- A reconstruction of the Dumbarton Rail Bridge to connect the East Bay and Peninsula
- Upgraded bicycle and pedestrian facilities

To learn more about what these agencies are doing, local residents are invited to a community meeting where they will learn about the project and its goals, funding, timeline and processes. Ample time will be provided for questions and answers from the audience. The meeting is set for 6:30 p.m. Thursday, February 28 at the Centerville Community Center in Fremont. Doors open at 6 p.m. and guests will be asked to sign in. Admission is free.

Dumbarton Corridor meeting

Thursday, Feb. 28

6:30 p.m. – 8:00 p.m.

Centerville Community Center

3355 Country Drive, Fremont

<https://crossbaytransit.com/>

Students recognized for perfect scores

SUBMITTED BY GLORIA PEÑA

During a recent ceremony four Hayward Unified School District students were awarded Apple iPad tablets for being named 2019 Hall of Fame Rotary Scholars from the Hayward Rotary. Each was recognized for achieving perfect school test scores and attendance records and citizenship.

St. Rose Hospital President and CEO Amann Dhuper made the presentation January 23 at Hayward City Hall. The winners honored during the presentation were:

- Vanna Van, Winton Middle School
- Edward Suarez, Martin Luther King Jr. Middle School
- Ting Chen, Hayward High School
- Aliah Hagins, Martin Luther King Jr. Middle School

A fifth Hall of Fame Rotary Scholar for 2019, not at the ceremony was Vanessa Nguyen, from Martin Luther King Jr. Middle School.



Celebrate women with SAVE



SUBMITTED BY SAFE ALTERNATIVES TO
VIOLENT ENVIRONMENTS
PHOTOS BY CHAO LEE

Safe Alternatives to Violent Environments (SAVE) invites you to join us in celebrating International Women's Day on March 7. Our third annual celebration is a family-friendly, free event open to everyone with food, music, poetry, dance, reflection and so much more!

"We hope to offer the community an opportunity to recognize women and their achievements and also to acknowledge the struggles women and girls still face," said Paula Manczuk, SAVE Director of Development.

The event will include food generously donated by Chandni Restaurant and entertainment by a variety of local performers that reflect the diversity of our community. Presentations will include dance, spoken word, song, and martial arts, with several of the performers including SAVE staff and volunteers. Attendees can win raffle prizes with items such as gift baskets with food and spa type items, and information on ways to support SAVE's programs will also be available.

The event is free with a suggested donation of \$5 per person. Those interested in contributing a performance that celebrates women can contact Shailajad@save-dv.org. For any additional



information or questions, please contact
SAVE's Empowerment Center at (510) 574-2250.

International Women's Day Celebration
Thursday, Mar 7
5 p.m. – 8 p.m.
Chandni Restaurant
5748 Mowry School Rd, Newark
(510) 574-2250
<https://save-dv.org/>
Suggested donation per guest: \$5



TIMOTHY J. GAVIN
ATTORNEY AT LAW

CERTIFIED SPECIALIST
Estate Planning
Trust & Probate Law

Free Initial Consultation

510-248-4769

tim@gavin-law.com

www.gavin-law.com



39355 California St., Suite 209
Fremont, 94538

Haller's PHARMACY

Bring This Ad in for

***20% off**

Over the counter items

*not valid for with any other offers

Prescription Drugs or Co-Pays

FREE DELIVERY

Haller's Pharmacy
37323 Fremont Blvd.
Fremont, CA 94536
510-797-2772

Mowry Plaza Pharmacy
668 Mowry Avenue
Fremont, CA 94538
510-745-9900

Mowry Medical Pharmacy
1999 Mowry Avenue, Suite 2A
Fremont, CA 94538
510-793-5011

www.hallerspharmacy.com

#Empathy #Accuracy #Timely



ROSSINI The Barber of Seville

Free Lecture One Hour Before Curtain

March 9, 10, 16 & 17, 2019

Tickets @ LVOpera.com

Regular price: \$42- \$90

Ages 20 and under: \$20

Ages 40 and under: \$40

**World class Opera at
the Bankhead Theater**

Superstar cast! Don't miss out!

CAST



Alex DeSocio
Opera Santa Barbara



Shirin Eskandani
Metropolitan Opera



Thomas Glenn
Lyric Opera of Chicago



Peter Strummer
San Francisco Opera

**LIVERMORE
VALLEY Opera**

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



REVIVE ACUPUNCTURE Fertility and Pain Management Specialists

Research shows acupuncture increases pregnancy rates by 60% in couples trying to conceive.
Research shows acupuncture reduces pain and inflammation, while accelerating healing times.

Fertility care for the following conditions:

- PCOS
- Endometriosis
- Low ovarian reserve
- Recurrent miscarriage
- Male factor infertility
- IVF/IVU support

Pain management for the following conditions:

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

Holistic care for the following health issues:

- Menopausal symptoms
- Digestive disorders
- Fatigue
- PMS and hormonal imbalance
- Diabetes and high cholesterol
- Stress, anxiety, depression
- Thyroid disorder
- Autoimmunity
- High blood pressure

FREE CONSULT (Valued at \$50) 510-438-0128
43353 Mission Blvd., #B, Fremont, CA 94539

BUSINESS

Payless files for bankruptcy, closing North American stores

AP WIRE SERVICE

Payless ShoeSource has filed for Chapter 11 bankruptcy protection and is shuttering its remaining stores in North America.

The filing on Monday came a day after the shoe chain began holding going-out-of-business sales at its North American stores.

The company, based in Topeka, Kansas, updated the number of stores it is closing to 2,500, up from the 2,100 it cited on Friday when it confirmed it was planning to liquidate its business. It reiterated that stores will remain open until at least the end of March and the majority will remain open until May.

The liquidation doesn't affect its franchise operations or its Latin American stores, which remain open for business as usual, it said.

The debt-burdened chain filed for Chapter 11 bankruptcy protection a first time in April 2017, closing hundreds of stores as part of its reorganization.

"The challenges facing retailers today are well documented, and unfortunately, Payless emerged from its prior reorganization ill-equipped to survive in today's retail environment," said Stephen Marotta, Payless ShoeSource's chief restructuring officer.

He noted that the prior Chapter 11 proceedings left the company with too much debt and with too many stores.

Ghirardelli, Russel Stover fined over chocolate packaging

AP WIRE SERVICE

Ghirardelli and Russell Stover have agreed to pay \$750,000 in fines after prosecutors in California said they offered a little chocolate in a lot of wrapping.

Prosecutors in Sacramento, San Joaquin, Shasta, Fresno, Santa Cruz and Yolo counties sued the candy makers, alleging they misled consumers by selling chocolate products in containers that were oversized or "predominantly empty."

Prosecutors also alleged that Ghirardelli offered one chocolate product containing less cocoa than advertised.

The firms didn't acknowledge any wrongdoing but agreed to change their packaging under a settlement approved earlier this month. Some packages will shrink or will have a transparent window so consumers can look inside.

San Francisco-based Ghirardelli and Kansas City-based Russell Stover are owned by a Swiss company, Lindt & Sprungli.

Construction complete on new industrial building in Hayward



SUBMITTED BY WARE MALCOMB

Ware Malcomb, an international design firm, on February 20 announced that construction is complete on a new industrial building designed for SteelWave at 2580 Industrial Boulevard in Hayward. Ware Malcomb provided architecture and civil engineering services for the project.

SteelWave is a full-service commercial, multifamily and mixed-use real estate management, operating company and investment management firm. The project comprises a single-story, 93,467 square foot industrial building situated on a 5.86-acre site. The unique shape of the in-fill parcel required special site engineering and a design that maximizes the building footprint while providing for the necessary parking. The building shares common access with an existing Costco store.

"Because of the high visibility of this in-fill location, which is surrounded by public roads, it was especially important that all four sides of this new industrial building feature an aesthetically appealing architectural design," said Jim Terry, principal, architecture in Ware Malcomb's Pleasanton office. "We also worked closely with City of Hayward on public landscaping, trails and lighting throughout the site development."

Tesla buys battery technology company

AP WIRE SERVICE

Tesla is buying the battery company Maxwell Technologies Inc. about \$218 million in stock.

The deal gives Tesla a boost in battery technology as it tries to cut costs and mass produce electric cars. Those improvements involve improving battery capacity and cutting down on recharging time.

David Lyle, the chief financial officer at Maxwell Technologies Inc. told analysts last month that because of recent technological developments, the San Diego company expected to form new partnerships within six months.

Tesla Inc. expects to deliver 360,000 to 400,000 vehicles this year, a growth rate of 45 percent to 65 percent compared with 2018. The company recently announced a 7 percent cut to its workforce.

NASA, SpaceX aim for March test of 1st new astronaut capsule

By Marcia Dunn
AP Aerospace Writer

NASA and SpaceX are now aiming for a March debut of the first capsule from a private company designed to fly astronauts to the International Space Station.

No one will be on board for the crew Dragon's inaugural test flight to the orbiting outpost.

Officials on Wednesday set March 2 as the latest launch date. If the demo goes well, two NASA astronauts will take a test flight in July aboard the SpaceX capsule.

It would be the first launch of U.S. astronauts into orbit, from U.S. soil, since NASA's shuttle program ended in 2011. President Donald Trump mentioned the upcoming milestone in Tuesday night's State of the Union address.

Boeing, meanwhile, is shooting for an April launch of its first Starliner capsule without a crew. The first Starliner flight with astronauts would be August at best.

Water rates in Alameda to increase from March

SUBMITTED BY
SHARENE GONZALES

On February 7, Alameda County Water District Board of Directors approved a two-year water rate increase – 4 percent beginning March 1, 2019 and 4 percent beginning March 1, 2020, to both the bimonthly service charge and water consumption charge. The board also approved water shortage emergency stage rates. The approved rate increase for each of the next two years results in an average increase of \$2.41 per month to residential customers in 2019 and another \$2.51 per month in 2020 – totaling to about \$5.02 per month over the two-year period. ACWD's water rates continue to be in the lowest third of 30 water utilities in the Bay Area.

About a third of the total revenue that ACWD collects will be used to fund critical infrastructure improvement, including the ongoing replacement of about 900 miles of aging water mains, and constructing fish ladders along Alameda Creek. The remaining revenue will be used to cover increasing operations and maintenance costs. To ensure enough revenue is available during a water shortage emergency, the board for the first time adopted "stage rates." These rates would only be implemented in the event of a water emergency declared by the board. There would be a public hearing process for the board to declare the water emergency.

The board has also approved changes to the fireline policy. Fireline residential service is water service for both residential-water needs and a home's fire sprinkler system through the same connection to the water system. This type of service is common for homes built since the 1990s. The policy changes result in billing all residential fireline accounts based

About a third of the total revenue that ACWD collects will be used to fund critical infrastructure improvement, including the ongoing replacement of about 900 miles of aging water mains

on the smallest meter that could provide adequate water service absent the fire sprinkler system. Most customers that have a residential fireline will experience a decrease in their service charge, the amount of which depends on their meter size. In the coming weeks, ACWD will contact eligible fireline customers to advise them of the policy updates.

ACWD recognizes some customers may have trouble paying their water bills. The customer assistance program "Help on Tap" provides income-qualified residential customers a credit on their bimonthly water service charge. The board approved a credit increase from \$20 to \$25 on the bimonthly water service charge. Applications for "Help on Tap" are available on the ACWD's website www.acwd.org/HOT. For more information about increase in water rates, visit ACWD website www.acwd.org/rates.

US says airfares hit new lows after factoring inflation

By The Associated Press

The average fare for airline travel within the United States has hit the lowest level since the government started keeping track in 1995, after adjusting for inflation.

However, that doesn't count fees that airlines add for things like checking a bag, getting a better seat, or moving up in the boarding line.

Airlines get an increasing share of their revenue from those fees and from deals

with credit-card providers, helping them remain profitable.

The Bureau of Transportation Statistics said Thursday that the average domestic itinerary was \$343 in the third quarter of last year. The average round trip was \$417,

and the average one-way ticket was \$249.

The overall figure of \$343 is down \$2 from the third quarter of 2017 and \$7 lower than the second quarter of 2018.



THE

COMERFORD

LAW FIRM

Personal Injury Law Firm

*Traffic Accidents

*Dog Attacks

*Defective Products

*Premises Injuries

3900 Newpark Mall Rd.

Newark, CA 94560

Tel: 510-277-0191

Web: <http://comerfordlawfirm.com>

Denied Social Security
or SSI

BOARD CERTIFIED SOCIAL SECURITY
DISABILITY SPECIALIST

NATIONAL BOARD OF LEGAL SPECIALTY

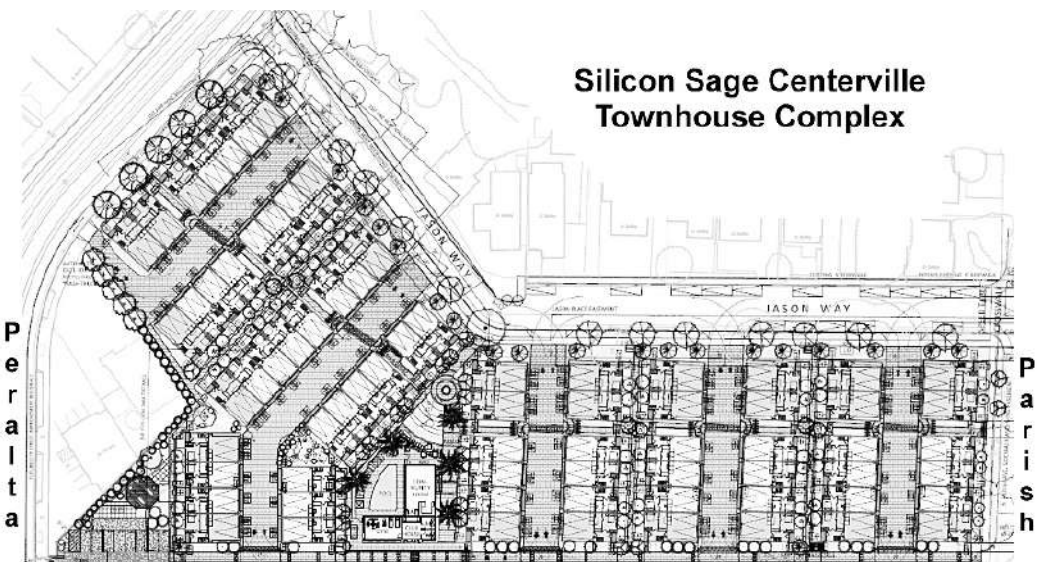
30-years experience

CYNTHIA G. STARKEY

I-888-972-3454

No Fee if No Recovery

Shape Our Fremont



More Centerville Townhouses

Silicon Sage's Centerville mixed-use project proposes a separate complex of 72 townhouses behind a Fremont Boulevard commercial frontage. Almost the entire discussion at the February 14 Planning Commission hearing was on whether to retain and rehabilitate the old Centerville fire station as part of the frontage. Silicon Sage has not had to defend the choice to build market-rate, for-sale townhouses in a Town Center TOD.

Location

The project is between Parish Street and Peralta Boulevard along Fremont Boulevard and is within Centerville's Historic Town Center. On the eastern edge, century-old single-family homes line Jason Way. To the right of the proposed exit on to Peralta Boulevard, the house has been declared "Historic." Other historic houses line Parish Avenue. Across Peralta Boulevard and the railroad tracks is the Centerville Train Station with many trains passing through or stopping at the station day and night. This area is within the Centerville Transit Oriented Development (TOD) Overlay, which requires a higher density of residential units than other areas in Fremont.

Current Proposal

In the area behind the proposed Fremont Boulevard commercial frontage to Jason

Way, Silicon Sage proposes a separate complex filled with 72 market-rate, for-sale townhouses in 12 long, straight rows. The townhouse garages would face each other across five private streets. The townhouse buildings would be 39 feet high.

There would be 28 four-bedroom townhouses of over 2,700 square feet including the garage and 44 three-bedroom townhouses of over 2,300 square feet.

Each townhouse would have a two-car garage. There would be no driveway apron for guests or extra cars that residents of four-bedroom townhouses often have. The proposed underground garage cannot go under the townhouses. There is a large swimming pool and a tall clubhouse for the residents of the townhouses (a fitness center for apartments is in the frontage building.) The community center room is part of the private area governed by the townhouse Homeowners Association and may be difficult to keep separate from the pool area if it is made a public meeting place. The daily, intermittent train horn noise would be so high that even the highest rated soundproofing could not bring it down to an acceptable level. This would require the City Council to adopt a Statement of Overriding Considerations for the townhouses facing Peralta Boulevard.

Another Option

For-sale, three-bedroom condominium flats could take the place of townhouses and provide

much-needed lower-cost housing for Fremont. There could be more units and yet total fewer bedrooms. The site unit density could be raised from the minimum allowed to the mid-point for a Town Center TOD project. Silicon Sage could redesign the site to be a sort of square surrounding an open plaza – a three-story condominium building along Jason Way with deep setbacks; third-floor condominium flats facing the hills could be penthouse suites; and underground garage could be extended towards Jason Way. The area off Peralta, which is subject to loud train horn noise, could be filled with larger restaurant-sized retail spaces and parking. If the pool was removed, there could be a truly public community meeting space. With creative planning and architecture, Silicon Sage could net the same profit from for-sale condominiums. By redesigning the rear area to have buildings of unique design and layout, Silicon Sage could create a "place-to-be" Centerville Town Center Square.

What Do You Think?

Does Centerville need more four-bedroom townhouses priced at over \$1.2 million? The Fremont City Council hearing is tentatively scheduled for March 19. You can send comments to the application's city staff planner Joel Pullen at jpullen@fremont.gov. For any hearing schedule changes, visit www.ShapeOurFremont.com.

Chahall

European Auto Center

SPECIALIZING IN:

Mercedes, BMW, Volvo, SAAB, Audi, VW, and Japanese Cars

Open Monday to Saturday (6 days)

Engine • Fuel • Transmission • Brake • Electrical etc.

• Engine Check light • ABS & SRS

• Free Diagnose with Work

BMW inspection 1 & 2, Mercedes Benz service A & B

Install Rebuilt or Used engine and transmission - **Special Price**

Our Quality and Price are so impressive, we think you WILL switch to us if you try us.

Over 39 years experience; Warranty 1 year or 12,000 miles.

Brake special

Timing belt special

Synthetic oil change

Synthetic oil change

Regular oil change

\$69.99 + parts - most cars

\$99.99 (4 cyl), \$149.99 (6cyl)

\$79.99 Mercedes, Land Rover

\$69.99 BMW, VW, Audi

\$19.99 4cyl, Syn. Oil \$39.99

www.chahalleuropean.com (510) 226-6349

45845 Warm Springs Blvd #I, Fremont

BUNDLE UP,
CALIFORNIA





I can help you save time and money.
The weather is warm, and it's time to bundle up. Save big when you bundle protection for your car with renters or life insurance. Ask me about other ways to bundle and save. Why wait? Call today.

Bill Stone Insurance Agency

510-487-2225

Spanish, Tagalog, Hindi, Punjabi

billstone@allstate.com

www.allstateagencies.com/61416

CA Insurance Agent #: 0649577



Allstate

You're in good hands.

Auto Home Life Retirement

Subject to terms, conditions and availability. Savings vary. Allstate Insurance Company, Allstate Indemnity Company, Life Insurance and annuities from Allstate Life Insurance Co., Northbrook, IL. Lincoln Benefit Life Insurance Co., Lincoln, NE. American Heritage Life Insurance Co., Jacksonville, FL. © 2011 Allstate Insurance Company.

Fremont Is Our Business FUDENNA BROS., INC.

Phone: 510-657-6200

www.fudenna.com

Leader in Small To Medium Size Office Space

2450 PERALTA BLVD.
SUITE 222
-812 SQ FT. APPROX.
-5 ROOM/2ND FLOOR
OFFICE
-WALKING DISTANCE
FROM BART

-CONFERENCE ROOM
AVAILABLE
-AVAILABLE SOON

ReLife Acupuncture

relifehealthgroup.com

408-888-3616

relife.acup@gmail.com

39803 Paseo Padre Pkwy, Ste.D
Fremont, CA 94538

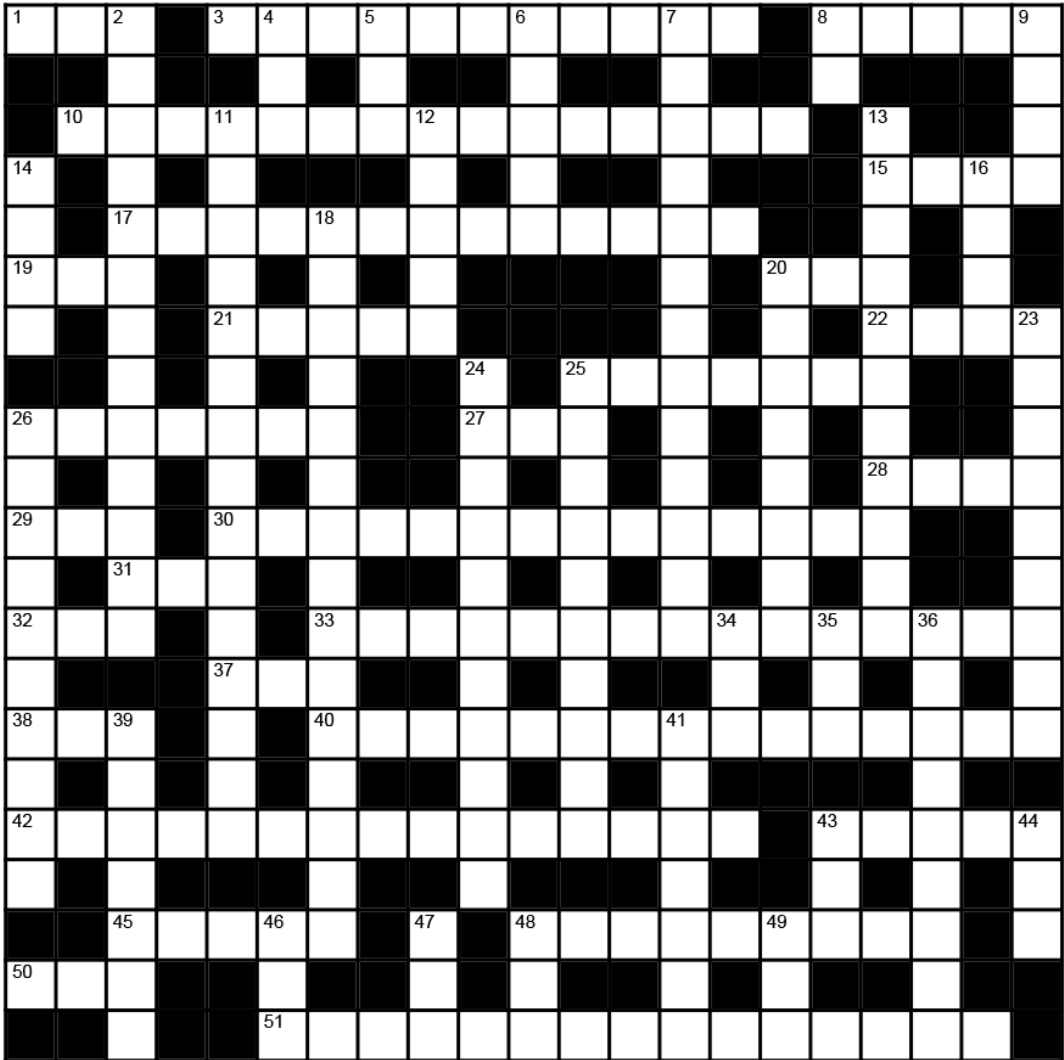
Reclaim your quality of life

* Stress/ Depression/ Anxiety/ Insomnia

* Constipation/ Diarrhea	* Allergies
* Floaters/Dry/Watering/Blurry	* Pain management
* Rash/Acne/Singles/Urticaria	* High blood Pressure
* Frequent urination	* Diabetes
* Kidney stone	* Facial Palsy
* Parkinson's disease	* TMJ syndrome
* Tourette syndrome	* Alzheimer's disease

Mind Twisters

Crossword Puzzle



- Across

1 Bond rating (3)

3 Hard stuff (5,6)

8 A Gabor sister (5)

10 Wallop (4,3,3,3,2)

15 "Beg pardon ..." (4)

17 Shabby (13)

19 Poet laureate before Southey (3)

20 Back, in a way (3)

21 "The Mary Tyler Moore Show" spinoff (5)

22 "Don't look at me!" (3-1)

25 Plaintiff (7)

26 Con (7)

27 Bristle (3)

28 Financial page inits. (4)

29 Dowel (3)

30 Speaker of the quote (4,10)

31 Admiral's org. (3)

32 Triage sites, briefly (3)

33 Hard to grasp (8,2,2,3)

37 Cousin of an ostrich (3)

38 Calendar abbr. (3)
- 40 Unappealing (3,4,3,2,3)

42 Bakery offering (9,6)

43 Court figure (5)

45 Fiesta fare (5)

48 Siren (3,6)

50 #13 (3)

51 Free-for-all (4,11)
- Down

2 cattle (2 words) (8,5)

4 Backstabber (3)

5 "___ Como Va" (1971 Santana hit) (3)

6 Nez ___ (5)

7 Nearby (2,3,8)

8 ... (2)

9 Astringent (4)

11 Hot movie of 1974, with "The"? (8,7)

12 Aquarium fish (5)

13 "Guys and Dolls" writer (5,6)

14 Arctic native (4)

16 Departure (4)

18 Quite some time (1,5,2,7)

20 Charges (8)
- 23 Among other things (5,4)

24 Wet blanket (5,6)

25 "Black Beauty" author (4,6)

26 Bunk (10)

34 "The Simpsons" storekeeper (3)

35 Big deal (3)

36 Sign, as an agreement (5,4)

39 Nature's alarm clock (7)

41 Corrugation (7)

43 Bit (3)

44 Bar staple (3)

46 Antipoverty agcy. (3)

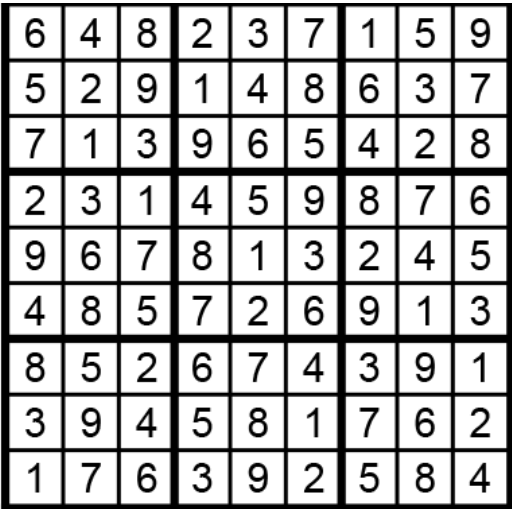
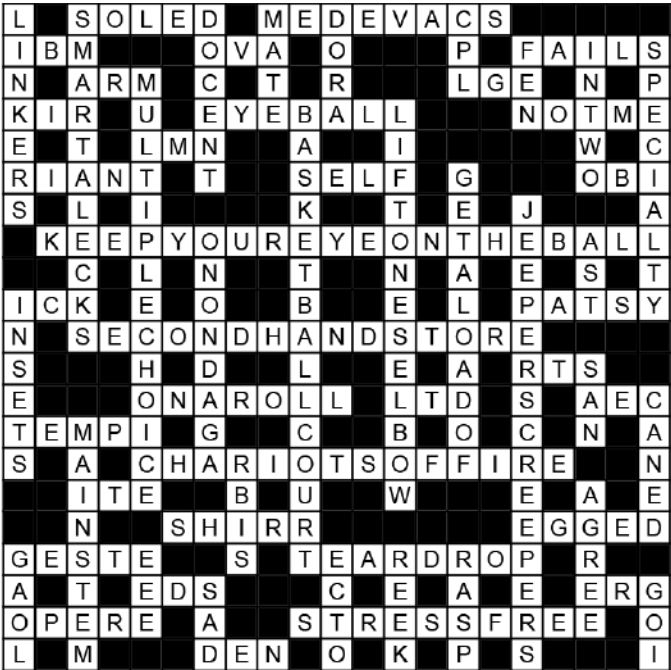
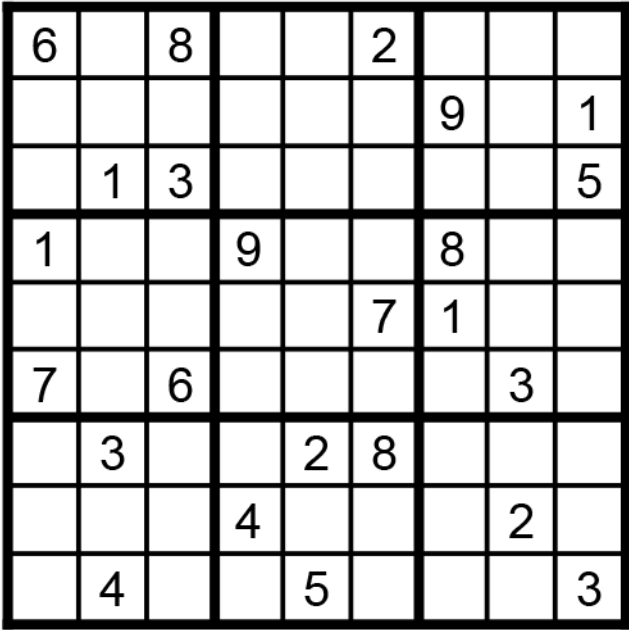
47 Gloomy (3)

48 ___ Paulo, Brazil (3)

49 ___-night doubleheader (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 27 – MARCH 5, 2019

For All Signs: Mercury, ancient god of travel, messages and routine business, turns retrograde on Tuesday, March 5. This phenomenon occurs three times per year, lasting approximately 3.5 weeks each. Those whose work involves appointments can be prepared for a flurry of phone calls and changes in schedule. If your work is related to publishing, travel or the communications industry, be prepared for last minute changes and potential computer snafus. Avoid signing contracts while Mercury is retrograde because you may change your mind later. If you must settle an issue legally at this time, be sure you thoroughly understand what you sign. Nuisance complications arise during these periods because our culture is out of touch

Aries the Ram (March 21-April 20): This is a good time to make adjustments in your life routines so that they will reflect what you really want to accomplish. You can easily stay on target with your goals now. Use your imagination to “see” your accomplishment and then begin with the first step which will lead you to the next.

Taurus the Bull (April 21-May 20): You have a sense of physical strength at this time that will be especially beneficial if you are exercising or in any type of competition. For the next three weeks your activities are on display. Others are noticing your performance, so make it great. You may be standing in the limelight.

Gemini the Twins (May 21-June 20): You are probably thinking twice about an action that sounded good in the beginning. Mercury will turn retrograde in the house of career and life direction. This is more of a tweaked change than a larger life change. Now is the time to research the best possible choices, but don’t make promises until you are certain.

Cancer the Crab (June 21-July 21): You may have a minor struggle with yourself about whether to take care of others or yourself. Helping others may look good, but it isn’t what you want to do right now. Because Mercury is turning retrograde this week, you may be splitting your time and attention between both needs.

Leo the Lion (July 22-August 22): Experiences may seem surreal on some level during this week. You may be doing something you never thought you would do. Hold onto the awareness that you might be misinterpreting what happens. It is also possible that you are unconsciously applying a mask to suit the circumstances. If you feel disconnected, you must go back to your heart center.

Virgo the Virgin (August 23-September 22): Because Mercury will be retrograding in your 7th house, changes will be coming to you through others. A partner may change his/her mind about a previously made decision. Those of you engaged in any kind of contract or

promise may feel the need to back off and rethink the situation. Those who are recently separated may want to try the relationship again.

Libra the Scales (September 23-October 22): Venus, your ruling planet, moves into the sector of life related to children, recreation, and romance. The goddess of love is happy in this territory and often brings new energy and light wherever she goes. Opportunities to share your love, personal or humanistic, will be rewarding.

Scorpio the Scorpion (October 23-November 21): Now is the time to talk with your partner. Your communications are open and honest, but not brutal, just the right combination to work things out. If either of you has carried a grudge, put it out there on the table and be willing to play fair while you find a solution.

Sagittarius the Archer (November 22-December 21): You are likely second guessing yourself on a decision you thought was final. Oops! No, it isn’t. Do some research on

anything concerning your property. There may be a better solution if you dig into the options. Don’t hurry yourself into what could be an expensive venture.

Capricorn the Goat (December 22-January 19): Mercury is changing directions this week. This suggests that you will change your mind about something you have been planning. New information will come to light that causes you to abandon the first plan. Use caution as you proceed over the next four weeks. Take your time before you promise.

Aquarius the Water Bearer (January 20-February 18): Venus enters your sign this week and will be traveling "with

you" through most of Jan. Her presence gives you an air of poise and people will simply like how you look. Often when Venus is prominent, we become more interested in art forms and want to make things in the environment more attractive. We are also more interested in beautifying ourselves.

Pisces the Fish (February 19-March 20): Mercury entered your sign on February 10. Its retrograde cycle will roll backward through your sign again. Then it goes forward and through Pisces one more time. You will feel better if you avoid pressing yourself into any final decisions at this point. It will depart Pisces on April 17. Focus on what you really want to do next.

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



Chabot Space & Science Center to receive moon rock from NASA

SUBMITTED BY CHABOT
SPACE & SCIENCE CENTER

In celebration of the 50th anniversary of the Apollo 9 Moon mission on March 3, Chabot Space & Science Center will receive a Moon rock from the National Aeronautics and Space Administration (NASA) to be put on public display in a dedication ceremony by Apollo 9 astronaut Russell (Rusty) Schweickart.

The Moon rock was collected on the Descartes Highlands on the surface of the Moon during the Apollo 16 mission in 1972 and March 3 marks the 50th anniversary of the 1969 Apollo 9 mission. Schweickart and Chabot Executive Director Adam Tobin will lead the public dedication on Sunday, March 3 in the center's rotunda. The Moon rock is on loan from NASA's Johnson Space Center presented on behalf of NASA and Apollo Astronaut Rusty Schweickart.

On April 16, 1972, Apollo 16 became the fifth mission to land on the Moon. It was the first to land in the "highlands," at a site chosen to allow the astronauts to gather geologically older lunar samples than any obtained before. Measurements revealed that this 3.87-billion-year-old sample had only been exposed to cosmic rays from space for 4.5 million years, suggesting that it

had previously been buried under the Moon's surface. Its crystalline composition indicated that it was not igneous (volcanic) as scientists had originally thought, but instead was melted instantaneously by the extreme heat of an asteroid or comet upon impact, and then hardened into its present, crystalline form. The similarity between minerals contained in samples like this one and the Earth's crust led to the present-day origin theory: the Moon was formed from debris when another planet collided with Earth approximately 4.5 billion years ago.

In addition to the dedication, Chabot will premiere Luna-Verse, its new Planetarium show developed by staff astronomer Ben Buress.

For more information about the Moon rock dedication and program, visit www.chabotspace.org.

**Moon Rock
Dedication Ceremony**
Sunday, Mar 3
2 p.m.

Chabot Space & Science Center
10000 Skyline Blvd, Oakland
(510) 336-7300
www.chabotspace.org

**Admission: \$18 adults,
\$15 students/seniors,
\$14 children 3-12
(under 3 free)**

Celebrating Women's Day

SUBMITTED BY NANCY TOBESMAN

Fremont-based Global Women Power, a nonprofit organization, invites the community to celebrate Women's Day with high tea and conversations on Sunday, March 10. The free event will feature inspirational speakers, snacks, entertainment, and more. For more information, call Nancy Tobesman, vice president, Global Women Power at (510) 456-6538 or visit www.globalwomenpower.com under Events.

Women's Day Celebration
Sunday, Mar 10
3 p.m. – 6 p.m.
Mulakat Hall

6170 Thornton Ave, Suite D, Newark
(510) 456-6538

www.globalwomenpower.com under Events

Meet children's author Penelope Anne Cole

SUBMITTED BY NANCY GUARNERA

Half Price Books will host award-winning children's author Penelope Anne Cole on March 9 at its March FAW "Second Saturdays" program. You and your young ones can listen to the author read from her books, many of Cole's books will be on sale at the reading, and she will inscribe and sign them for your child. In Cole's light-hearted plots, her characters model themes important to the healthy development of children's social skills: helping, friendship, family relationships, and doing good work. Many of her titles are available in Spanish.

Book Reading by Penelope Anne Cole
Saturday, March 9
2 p.m. – 4 p.m.
Half Price Books
39152 Fremont Hub, Fremont
(510) 744-0333
www.penelopeannecole.com

Program recognized for helping to boost student achievement

SUBMITTED BY BRIAN KILLGORE

Brookvale Elementary School in Fremont was recently recognized as a model Professional Learning Community (PLC) where educators have worked to build and sustain success in raising student achievement. The school is one of about 200 schools and districts in the U.S. and Canada to receive the honor, given by Solution Tree, a professional development company and publisher of educational material for K-12 educators.

Brookvale's successful implementation of the Professional Learning Communities at Work process was a major contributing factor in the improved achievement of its students. PLCs are schools and districts in which educators recognize the key to improved learning for students is ongoing, job embedded learning for the adults who serve those students.

The three big ideas of a PLC call upon educators to:
— Focus on learning
— Build a collaborative culture
— Create a results orientation

Schools are recognized based on strict criteria, including demonstration of a commitment to PLC concepts, implementation of these concepts for at least three years, and clear evidence of improved student learning over that period. Once measurable results can be seen, the school must explain its practices, structures, and culture and submit its application for consideration by the PLC Review Committee.

FREE TALK *Healing Today* Saturday, March 2nd, 2pm *Speaker: Mary Alice Rose, CSB*

All are Welcome. For information call: 510-656-8161

Christian Science Church
1351 Driscoll Road, Fremont
(Between Paseo Padre Parkway and Mission Boulevard)

Join the team! Become a Senior Peer Counselor

- PUT YOUR WISDOM AND EXPERIENCE TO WORK HELPING OTHERS
- LEARN NEW SKILLS AND MAKE NEW CONNECTIONS
- MAKE A DIFFERENCE IN THE LIFE OF A VULNERABLE SENIOR

Caring individuals over age 50 are invited to apply to participate in the program to offer emotional support for seniors experiencing a "rough patch".

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

Kiwanis Club of San Leandro

presents

30th Annual

ST. PATRICK'S DAY DINNER

SATURDAY, March 16, 2019

San Leandro Senior Community Center
13909 E. 14th Street, San Leandro



5:30 p.m.
Social & Silent Auction



7:00 p.m.
Corned Beef & Cabbage Dinner
Traditional Irish Band
Live Auction



All proceeds benefit the Club's charitable projects...
San Leandro Boys & Girls Club, 4H, Building Futures, The Notables,
SLHS Key Club, Roosevelt Elementary K Kids, Bikes for Tykes,
San Leandro Scholarship Foundation, Arroyo High School Key Club,
San Leandro Kiwanis Foundation

For more information or to reserve tickets, call
Terri Neumann at (510) 895-4425

Class to focus on personal preparedness

SUBMITTED BY JENNIFER SEETHO

It's never too early to be prepared for a community emergency or disaster. With that in mind, the Fremont Fire Department is offering a free Personal Emergency Preparedness (PEP) class to residents. The three-hour class will focus on how people can take care of themselves and their families before, during and after a disaster. Topics covered will include:

- Earthquake and disaster awareness
- How to shut off gas, electric and water
- Hazardous material awareness
- Fire extinguisher types
- Smoke detector placement
- Sheltering in-place

Because space is limited, it's a good idea to sign up early.

Personal Emergency Preparedness
Tuesday, Mar 19
7 p.m. – 10 p.m.
Fremont Fire Administration Office
3300 Capitol Ave., Building A, Fremont
(510) 494-4243
<https://fremont.gov/102/PEP>
Free





**Non surgical
FDA-cleared**

**Permanently
reduce underarm sweat**



Visit our website for more information at
miraDry www.drokamoto.com

**CALL TODAY
510 794-4640
686 Mowry Ave. | Fremont**



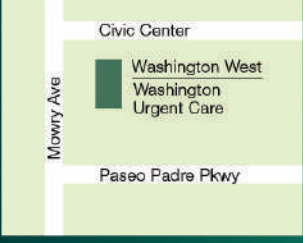
Washington Urgent Care

When it's urgent but not an emergency.

Washington Urgent Care is a convenient and cost-effective alternative to emergency care.

- Board certified physicians.
- Most insurance accepted.
- Walk-ins welcome.
- Treatment for sprains, fractures, asthma, fever, cold, cough, flu and other minor emergencies or illnesses.

Visit our website for updated wait times and registration forms.





Washington Urgent Care is located on the second floor at Washington West, 2500 Mowry Ave., Suite 212. No appointment necessary. Visit whhs.com for updated wait times and to download registration forms to fill out prior to your visit, or call 510-791-CARE (510-791-2273).

Open 8am to 8pm, 7 days a week, 365 days a year

**Flamenco performances
Directly from Spain**



SUBMITTED BY EDDIE DIAZ

The Flamenco Society of San Jose presents Directly from Spain, Antonio Rey, who undoubtedly is one of the greatest flamenco guitarists of his generation. Antonio presents his latest release, “Two Parts of Me,” with special guest Mara Rey, who has worked as a flamenco dancer and singer with great flamenco figures. This powerful performance combines both the influential force of Antonio’s flamenco guitar and Mara’s stunning voice and showcases dancer Bianca Rodriguez and percussionist Marlon Aldana.

Antonio Rey was born in Madrid and is one of the most outstanding talents of the new flamenco guitar. Born in a family of artists, his artistic career began at the age of 10 in Mexico, in the tablaos of the capital, accompanied by his father, Tony Rey. Mara Rey is a flamenco singer-songwriter and dancer born in Madrid. Throughout her career she has participated in great performances and theaters like Lope de Vega, La Bienal de Flamenco, and the Festival de Jerez. Recently, she was a semi-finalist on the television program “Levántate.”

The Flamenco Society is dedicated to sharing its passion for the art, music, and culture of Andalusia, Spain. Founded by Anita Sheer in 1985 in San Jose, the society is now based in Newark and in its 33rd year of operation, continuing under Artistic Director Eddie Diaz and Secretary Catherine Diaz along with the Board of Directors. Their educational programs of baile (dance), cante (song), and toque (guitar) are nationally recognized for their excellent curriculum and are taught on a weekly basis in San Jose and Newark.

During their stay in Newark, Antonio Rey and Mara Rey will present flamenco workshops in the private home of the Flamenco Society’s directors. Workshops will be taking place on Sunday, March 3 in Newark, Sunnyvale, and San Francisco. For more information about the Flamenco Society of San Jose and upcoming workshops, call (510) 673-6979, visit www.theflamencosociety.org or email flamencos@earthlink.net.

Two Parts of Me
Friday, Mar 1
7:30 p.m.
Mountain View Center for the Performing Arts
500 Castro St, Mountain View
(650) 903-6000 www.mvcpa.com
Tickets: \$42 – \$59

Saturday, Mar 2
6:30 p.m.
La Peña Cultural Center
3105 Shattuck Ave, Berkeley (510) 849-2568
<https://lapena.org/event/flamencosociety2019/>
Tickets: \$35 general seating, \$50 premium seating



John Juarez, REALTOR®

510-673-0686

"Helping you write the next chapter in your life.™"



679 Cuenca Way, Niles, Fremont, CA

Niles - Rancho Arroyo Beauty

- ◆ 4 Bedrooms, 3 Baths
- ◆ 2,177 Sq. Ft. Living Area
- ◆ 9,600 Sq. Ft. Yard
- ◆ Pool, Spa & Pool Cover
- ◆ Granite Counter Tops
- ◆ Stainless Steel Kitchen Appliances
- ◆ Large Kitchen Island
- ◆ Beautifully Landscaped
- ◆ Skylight in Dining Room & Kitchen
- ◆ 3/4" Hickory Hardwood Flooring

List Price: \$1,580,000

Keller Williams Benchmark Realty
john@medfordteam.com ♦ 510-673-0686 ♦ www.MedfordTeam.com ♦ CalBRE# 01223788



AFANA ENTERPRISES
MOBILE MARKETING SOLUTIONS



**ONE RIGHT
DECISION CAN
GROW YOUR
BUSINESS**

**YOUR CUSTOMERS & COMPETITORS
ARE LEVERAGING MOBILE TECHNOLOGY
SO SHOULD YOUR BUSINESS**

**PROGRESSIVE WEB APPS (PWA)
THE NEW MOBILE MARKETING STANDARD**

- Apps that go beyond the app stores
- Look and feel just like a native app
- Launches just like a native app with app icon
- No need for customers to download from the app stores - apps can now be delivered very quickly
- Dynamically available when someone visits your website on their mobile smartphone or tablet
- Immediate access to software updates and updated content - Push Notifications, GPS & Loyalty Programs
- Improved discoverability through all search engines
- Cross platform compatibility - works on any smartphone & tablet with an Internet Connection

CALL TODAY FOR YOUR FREE MOBILE MARKETING SOLUTIONS STRATEGY SESSION

OUR MISSION AND VISION

Provide small to medium size business owners the ability to leverage the power of Mobile Marketing Solutions to assist in their fostering professional solution-based relationships with new and existing customers.

- APP DEVELOPMENT**
Mobile Marketing Apps for Apple iOS, Google Android and Amazon Marketplace
- SEO, SMS, SSL & SOCIAL MEDIA**
Automated Search Engine Optimization ranking along with SMS & Social Media Engagement
- WEB DESIGN & DEVELOPMENT**
Websites designed and developed for any business or niche for both desktop and mobile
- 360° VIDEO MARKETING**
360° video is a new powerful local marketing medium that captivates millions daily; 360° video for your product and service promotion



AFANA ENTERPRISES
P.O. BOX 814
FREMONT, CA 94537-0814
(510) 698-2646
www.afanaenterprises.com
david@afanaenterprises.com

Home & Garden

Use color
to create the
right mood
in your home

How do you feel when you walk into a red room? How about a green room? You're not alone if you feel calmer surrounded by blues and greens, or more confident when wearing black. The subject of color psychology is fascinating. As we all might guess, color can have a profound effect on our mood, whether it's in something we wear, or in our homes.

Red exudes excitement and energy, and it makes a bold statement wherever it goes. Think of a bright red sports car or a dozen red roses. In addition to stimulating appetites, red has been known to improve one's sense of smell, as well as cause other psychological responses such as increased heart rate and



rapid breathing. Red provides a jolt of energy and life. Just look at this kitchen! I was happy when these clients took my suggestion of red as their wall color – it adds so much punch to all the gray and white. Other energetic colors in the red family are fuchsia and magenta. If these colors are too intense for you, try burgundy or brick red, which are still bold, but a bit more subdued.

Orange is associated with warmth, happiness, whimsy and playfulness. Like red, it is also an appetite stimulant, and because of its energy, it also attracts attention, waking up any room.

As the complement of blue on the color wheel, it is a great accent color to pair with navy or cobalt blue. Other colors in the orange family are copper and terra-cotta. Try combining copper with turquoise or purple for a very beautiful color scheme.

Yellow is cheerful and outgoing, and a particularly wonderful color for rooms with no windows or natural light. Closets, small bathrooms and laundry rooms come to mind as spaces that could benefit from this warm and friendly color. Yellow can remind us of nature, as in golden sunsets, lemons and daffodils, or elegance and

prestige, as in gold jewelry or gold leaf.

Green is a restful color, and because of its ubiquitous presence in nature can even act as a neutral, allowing other colors to play off it. Dark greens tend to be masculine, traditional and can even imply wealth. Earthy greens like moss and sage are quiet and soothing. And bright greens, like in Granny Smith apples and limes, are playful and fun,

especially when combined with tangerine orange, aqua blue or lemon yellow. Dark green looks beautiful paired with burgundy red (think vineyards and a glass of Pinot Noir). And mossy greens combine well with mustard and brick red.

Blue is named by most people as their favorite color (including yours truly!) The color of the sky and the ocean, blue is calming and peaceful. Blue is a wonderful



Anna Jacoby is a local Certified Interior Designer. Contact her at 510-378-6989 or info@annajacobyinteriors.com. You could also visit her website at www.annajacobyinteriors.com

color for bedrooms, and really any room in the house. Lighter tones can be almost ethereal (great when you're designing a spa-like bathroom for example); darker blues can be formal (think navy blue velvet with gold trim); or casual (think of your most comfy pair of blue jeans.) In the world of color psychology, blue exudes professionalism and dependability. Business consultants often recommend wearing navy blue suits, and many professional uniforms are also blue.

Purple combines the vibrancy of red and the tranquility of blue. Historically, purple has been the color of royalty, and it connotes wealth and luxury. Purple is also associated with the exotic and mystical. Red-purple is sensual and exciting. Eggplant and plum are regal and elegant. Lavender is delicate and sweet.

THE ACWD CONNECTION

Board of Directors Approves Increase in Help on Tap Program Credit

Customers participating in the Help on Tap Program will soon see an increase to the bimonthly bill credit from \$20 to \$25! This program provides bill payment assistance for income-qualified residential customers. The increase becomes effective March 1 and does not require action from customers currently participating. Those who enrolled in early 2017 will soon receive re-enrollment materials from the District. And with updated income guidelines, more customers may qualify.



Number of Persons in Household	Total Combined Gross Annual Income*
1-2	\$33,820 or less
3	\$42,660 or less
4	\$51,500 or less
5	\$60,340 or less
Each additional person, add	\$8,840

*Income guidelines effective February 1, 2019

Increased to \$25 per bimonthly bill!



Applications are available at www.acwd.org/HOT or call 510.668.4200
Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



LOCAL
SHOP • EAT • PLAY • LEARN

Tri-City Street Fair

OHLONE
COLLEGE

CALL FOR VENDORS!

The Tri-City Street Fair wants to celebrate businesses like yours!

Join our growing list of vendors to showcase your products and services at our grand opening celebration on

SATURDAY, APRIL 13, 2019

from 9:00 a.m. to 4:00 p.m.
at the Ohlone College Fremont Campus.

The Tri-City Street Fair is a premier event, attracting residents from Fremont, Union City, and Newark and all across the Bay Area.

Don't miss out!

Event & Vendor Information

VISIT ohlone.edu/streetfair
EMAIL streetfair@ohlone.edu

Spring Forward in Regional Parks

BY AYN WIESKAMP,
BOARD OF DIRECTORS

As winter slowly turns to spring, there are lots of activities on the calendar in the East Bay Regional Parks. The sheep may not be looking forward to it, but they will be sheared during an event from 11 a.m. to 3 p.m. Saturday, March 16 at Ardenwood Historic Farm in Fremont, with Mindy Castle and the interpretive staff. Visitors can watch while the sheep get their annual haircut, then try wool carding and see the transformation from fiber to yarn at the spinning wheel. You can also make your own wooly lamb to take home. Fee for the event is \$6 for adults, \$5 for seniors 62 and older, \$4 for kids ages 4 through 17, and free for ages 3 and under. Parking is free. Ardenwood is at 34600 Ardenwood Boulevard, just north of Highway 84. For information, call (510) 544-2797.

Looking farther ahead, Ardenwood will host the Tartan Day Scottish Fair from 10 a.m. to 5 p.m. Saturday, April 6. All things Scottish are on the agenda, including dancing, bagpipes, handmade crafts, historical re-enactments and Highland athletics. The Children's Glen will feature magic and fantasy, maybe even fairies and a dragon. Fee for the fair is \$12 for adults, \$8 for seniors, \$6 for children and free for ages 3 and under. You can buy tickets in advance by calling (888) 327-2757, option 2, or at the park entrance. Parking is free.

Circle Sunday, April 14 on your calendar for the Spring Wildflower Festival at Sunol Regional Wilderness in southern Alameda County. Sunol is one of the Park District's premier wildflower venues. Activities will include wildflower hikes, arts and crafts, live entertainment and nature-themed activities. Sunol Regional Wilderness is at the end of Geary Road off Calaveras Road, about 5 miles south of I-680 and the town of Sunol. Admission to the festival is free; parking costs \$5 per vehicle. For more information, call (510) 544-3249.

Speaking of hiking, use of hiking poles is a way to improve endurance, posture, balance, confidence spine function and performance. With Jayah Faye

Paley as instructor, the Park District offers a variety of pole walking and pole hiking classes, tailored to various levels of ability. There's one from 8:30 a.m. to 3:00 p.m. Saturday, April 6 at Sunol teaching hiking pole skills and techniques, with a beautiful, bucolic springtime flower hike. There's a fee of \$75 (\$83 for non-district residents). Another clinic, "Using Poles for Walking & Maintaining Mobility," will take place from 1:30 p.m. to 4:30 p.m. Thursday, April 18, at Coyote Hills Regional Park in Fremont, including a gentle practice walk in the butterfly garden and bird marsh. The fee is \$45 (\$51 for non-residents). Also, at Coyote there's a more expert level "Hiking with Poles: Morning Skills and Techniques," from 8:15 a.m. to 12:45 p.m. Saturday, April 27. The fee is \$65 (\$73 for non-residents).

For more information and reservations, call (888) 327-2757 and select option 2. For the April 6 program, refer to number 24073. For April 18 it's 24109, and for April 27, 24178.

And don't forget the Trails Challenge, the self-guided incentive program for hiking and bicycling in the Regional Parks. Download the Trails Challenge guidebook from the Park District website, www.ebparks.org/TC. Hike or ride any five of the 20 trails or 26.2 miles of trails. Submit your log, online or by mail, by December 1 and receive a commemorative pin while supplies last. The free program is sponsored by the Regional Parks Foundation and Kaiser Permanente. Challenge trails are available for all levels of fitness. It's a great way to explore new regional parks while improving health and fitness.

Thinking even farther ahead, signups are now available for day camps for kids ages 5 through 12 in many of the regional parks, including Coyote Hills and Ardenwood. The camps are five-day long, starting June 10 and ending August 2. Recreation leaders and lifeguards supervise hiking, fishing, swimming, arts and crafts and sports. The fee is \$200 for five days (\$220 for non-district residents). For information, visit the Park District website www.ebparks.org or call (888) 327-2757.

THEATRE

An enchanting tale of love, laughter, and friendship

SUBMITTED BY BELINDA MALONEY
PHOTO BY DEBBIE OTTERSTETTER

Stage 1 Theatre presents "Mamma Mia!", Judy Craymer's ingenious vision of staging the storytelling magic of ABBA's timeless songs with an enchanting tale of family and friendship unfolding on a Greek island paradise.

On the eve of her wedding, a daughter's (Sofie played by Zoe Lytle) quest to discover the identity of her father brings three men (Steve Wilner, Mark Flores, and Todd Aragon) from her mother's (Donna played by Heather Watson) past back to the island they had last visited 20 years ago. Benny Andersson's and Björn Ulvaeus's songs including "Dancing Queen," "The Winner Takes It All," "Money, Money, Money," and "Take a Chance on Me" are all featured in this feel good night of fun and laughter. Over 60 million people worldwide have fallen in love with the characters, the story and the

music that make "Mamma Mia!" the ultimate feel-good show!

Stage 1's production runs Saturday, March 2 through Sunday, March 17, with an ASL interpreted performance on Sunday, March 3. For tickets or more information, visit www.stage1theatre.org.

Mama Mia!
Saturday, Mar 2 – Sunday, Mar 17
8:00 p.m., matinees at 2:30 p.m.
Newark Memorial High School
39375 Cedar Blvd, Newark
(510) 791-0287
www.stage1theatre.org/
Tickets: \$15 – \$30

Mystical Poetry and Sacred Dances

SUBMITTED BY LILI KHALILI

Observe the coming of Spring and its new beginning with peace, love, and unity on Saturday, March 2. Farima Berenji and her dance company 'The Simorgh Dance Collective' will present Sufi dances to bless and honor the coming of Spring, including a candle dance, Sufi whirling, Persian mystical dances, and sacred circle dances. Recognized as one of few world experts and scholars of Persian dance history, Berenji infuses spirituality into her dance and teachings to impassion, empower, and inspire. She is the founder and artistic director of the Simorgh Dance Collective, a member of the International Dance Council (CID-UNESCO).

This event is part of a series of 300 free Art is Education events for youth and families presented by Alameda County Library in partnership with the Alameda County Arts Commission and the Alameda County Office of Education. For more information about the event, call the Union City Library at (510) 745-1464.

Mystical Poetry and Sacred Dances
Saturday, March 2
3:00 p.m. – 4:30 p.m.
Union City Library, Community Meeting Room
34007 Alvarado Niles Rd, Union City
(510) 745-1464
No reservation required

CASTRO VALLEY TOTAL SALES: 13						
Highest \$: 1,000,000		Median \$: 720,000				
Lowest \$: 487,500		Average \$: 750,962				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2787 Cortez Court	94546	487500	2	1141	1977	1/14/19
17116 Rolando Avenue	94546	560000	2	1019	1940	1/16/19
19246 Pinehaven Place	94546	625000	2	1272	1968	1/16/19
4758 Proctor Road	94546	650000	5	2676	1952	1/16/19
21238 Kahlert Street	94546	699000	3	1452	1950	1/14/19
20977 Center Street	94546	700000	3	1268	1956	1/18/19
21354 Rizzo Avenue	94546	720000	2	1455	1947	1/18/19
3462 Wyndale Drive	94546	785000	3	1557	1961	1/17/19
18666 Summit Court	94546	815000	3	1256	1952	1/15/19
22020 Chaparral Lane	94552	878000	4	1996	1988	1/16/19
4194 Krolop Road	94546	915000	3	2010	1947	1/18/19
22255 West Lyndon Loop	94552	928000	4	2379	2000	1/17/19
5933 Charter Oaks Drive	94552	1000000	3	1645	1988	1/14/19

FREMONT TOTAL SALES: 22						
Highest \$: 3,050,000		Median \$: 998,500				
Lowest \$: 549,000		Average \$: 1,114,068				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37000 Meadowbrook Com #203	94536	549000	2	1083	1984	1/16/19
5202 Curtis Street	94538	575000	4	1854	1961	1/14/19
4666 Devonshire Com	94536	660000	2	1140	1987	1/16/19
969 Avila Terraza	94538	710000	2	1102	2001	1/14/19
5637 Roosevelt Place	94538	792000	3	1108	1966	1/15/19
34394 Livorna Terrace #33	94555	900000	2	1395	1992	1/16/19
4676 Wheeler Drive	94538	945000	3	1358	1960	1/18/19
4847 Piper Street	94538	949000	4	2314	1960	1/14/19
4956 Omar Street	94538	950000	4	1624	1962	1/14/19
4638 Hedgewick Ave	94538	980000	4	1744	1963	1/18/19
36540 Oak Street	94536	996000	3	1368	1962	1/17/19
4643 Montmartre Park Ct	94538	1001000	4	1916	1964	1/17/19
38405 Granville Drive	94536	1030000	3	1481	1960	1/18/19
5141 Waller Avenue	94536	1075000	3	1411	1962	1/14/19
765 Gallegos Terrace	94539	1111500	4	1578	1970	1/18/19
224 Viento Drive	94536	1160000	3	1762	1976	1/14/19
34458 Bacon Place	94555	1180000	4	1831	1969	1/17/19
35396 Terra Cotta Circle	94536	1360000	5	2386	1999	1/18/19
1697 Marabu Way	94539	1475000	4	1720	1968	1/14/19
43825 Dubal Court	94539	1486000	4	2071	1988	1/18/19
48785 Taos Road	94539	1575000	4	2100	1978	1/14/19
47532 Avalon Heights Ter	94539	3050000	5	4210	2000	1/16/19

HAYWARD TOTAL SALES: 22						
Highest \$: 1,550,000		Median \$: 664,000				
Lowest \$: 285,000		Average \$: 690,523				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
30107 Mountain View Dr	94544	285000	4	3150	2017	1/17/19
21117 Gary Drive #211	94546	471000	2	1041	1981	1/18/19
650 Artisan Place	94541	510000	1	1700	2004	1/14/19
27444 Ponderosa Court	94545	510000	3	1254	1970	1/18/19
1333 Mcfarlane Lane	94544	525000	3	1077	1955	1/18/19
27327 Tyrrell Avenue	94544	530000	2	996	1930	1/18/19
2504 West Tennyson Rd	94545	535000	3	1254	1971	1/16/19
664 Atherton Place #510	94541	575000	3	1224	1997	1/17/19
24023 Myrtle Street	94541	575000	2	1059	1947	1/18/19
25849 Bryn Mawr Avenue	94542	600000	3	1050	1951	1/16/19
1989 Boca Raton Street	94545	660000	3	1128	1956	1/18/19
657 Quincy Way	94541	668000	3	1399	1957	1/18/19
808 Poinciana Street	94545	670000	3	1121	1959	1/18/19
22234 Prospect Street	94541	685000	3	1524	1930	1/18/19
21815 Rio Vista Street	94541	730000	4	1544	1908	1/17/19
3083 Chronicle Avenue	94542	760000	4	1592	1932	1/16/19
28165 Riggs Court	94542	760000	3	1920	1986	1/17/19
21876 Main Street	94541	810000	4	2381	1955	1/18/19

166 Willow Avenue	94541	900000	4	2200	1987	1/17/19
27954 Edgecliff Way	94542	932500	4	2650	1968	1/17/19
26472 Parkside Drive	94542	950000	5	2903	2015	1/14/19
98 Dunfirth Drive	94542	1550000	0	0	0	1/14/19

MILPITAS TOTAL SALES: 8						
Highest \$: 1,590,000		Median \$: 902,000				
Lowest \$: 750,000		Average \$: 993,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
700 South Abel St #221	95035	750000	2	1108	2007	1/16/19
260 Mazey Street	95035	800000	3	1136	1958	1/17/19
1645 Cortez Street	95035	875000	3	1100	1958	1/18/19
235 Hazen Street	95035	900000	3	1067	1954	1/17/19
434 Moretti Lane	95035	904000	3	1550	1986	1/16/19
227 Currlin Circle	95035	1025000	3	1622	2014	1/15/19
213 Alton Street	95035	1100000	3	1431	1957	1/15/19
2283 Devon Place	95035	1590000	5	3318	1985	1/16/19

NEWARK TOTAL SALES: 3						
Highest \$: 925,000		Median \$: 900,000				
Lowest \$: 50,000		Average \$: 625,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
36394 Concord Street	94560	50000	3	1100	1960	1/18/19
6283 Lido Court	94560	900000	3	1666	1979	1/18/19
5504 Musick Avenue	94560	925000	3	1242	1958	1/15/19

SAN LEANDRO TOTAL SALES: 14						
Highest \$: 970,000		Median \$: 587,500				
Lowest \$: 299,000		Average \$: 593,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1570 165th Avenue #206	94578	299000	1	648	1987	1/18/19
1132 Carpentier St #209	94577	450000	2	1180	1983	1/17/19
499 Estudillo Ave #102	94577	475000	2	1169	1981	1/18/19
16172 Carolyn Street	94578	520000	2	1177	1947	1/15/19
1171 Gardner Boulevard	94577	561000	0	0	0	1/14/19
1490 Plaza Drive	94578	564000	2	1055	1941	1/14/19
2171 Buena Vista Ave	94577	575000	2	1081	1930	1/15/19
14451 Locust Street	94579	600000	3	1096	1952	1/15/19
15136 Norton Street	94579	625000	3	1180	1949	1/14/19
2030 Juneau Street	94577	630000	3	1502	1951	1/16/19
530 Warden Avenue	94577	663000	3	1477	1948	1/15/19
1522 Willow Avenue	94579	680000	3	1707	1953	1/14/19
1571 Randy Street	94579	690000	3	1204	1960	1/15/19
1349 Glen Drive	94577	970000	3	1823	1939	1/17/19

SAN LORENZO TOTAL SALES: 8						
Highest \$: 688,000		Median \$: 626,500				
Lowest \$: 396,000		Average \$: 602,750				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
17601 Wickman Place	94580	396000	2	900	1971	1/14/19
17315 Via San Ardo	94580	557500	3	1406	1951	1/15/19
16009 Nielson Avenue	94580	590000	3	1282	1955	1/15/19
909 Delano Street	94580	623000	2	1040	1950	1/18/19
2101 Keller Avenue	94580	630000	3	1560	1957	1/17/19
16147 Via Sonora	94580	650000	4	1482	1955	1/17/19
1602 Via Rancho	94580	687500	3	1143	1955	1/15/19
16054 Via Del Sol	94580	688000	3	1982	1944	1/17/19

UNION CITY TOTAL SALES: 7						
Highest \$: 1,380,000		Median \$: 830,000				
Lowest \$: 400,000		Average \$: 838,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
4478 Madrid Court	94587	400000	3	1155	1971	1/15/19
4288 Solar Circle	94587	530000	3	1390	1973	1/14/19
33022 Carrara Terrace	94587	640000	3	1212	1997	1/14/19
31258 San Andreas Drive	94587	830000	2	1995	1969	1/18/19
35014 Lilac Loop	94587	900000	4	1560	1978	1/16/19
133 Elderberry Lane	94587	1186000	5	2671	2000	1/14/19
31464 Marlin Court	94587	1380000	5	2951	1997	1/14/19

Home Sales Report

Bay East Association of REALTORS® announce 2019 leadership team

ARTICLE AND PHOTO SUBMITTED BY DAVID STARK

Nancie Allen of MasterKey Real Estate Advantage in Fremont has been installed as the 2019 President of the Bay East Association of REALTORS® (Bay East). An inaugural gala for Allen and other Bay East leaders was organized on February 16. As the chief elected officer, Allen's focus for 2019 will be promoting the Bay East core values: Communication, Integrity, Vision, Innovation and Leadership. Allen brings considerable real estate knowledge and leadership experience to her new role. She has served on the Bay East executive, strategic planning and professional standards committees. She is an active member of the Newark Rotary Club. She also serves on the California Association of REALTORS® Board of Directors.

The 2019 Bay East Board of Directors also was installed at the gala. The new board of directors who will represent more than 5,500 REALTORS® and Affiliates from throughout the San Francisco Bay Area are:

Officers:

President Nancie Allen, MasterKey Real Estate Advantage, Fremont

President-Elect Tina Hand, Intero Real Estate, Castro Valley

Treasurer Sheila Cunha, Legacy Real Estate and Associates, Pleasanton



Nancie Allen

Past President Tim Ambrose, Berkshire Hathaway HomeServices, Castro Valley
Chief Executive Officer, Tricia Thomas

2019 Board of Directors, by District are:

North County: Anne McKereghan, Alain Pinel REALTORS®, Alameda
Central County: Bill Espinola, Parkview Realty, Hayward; Sinath Thi, Coldwell Banker, Castro Valley
Tri-City: June Burckhardt, Legacy Real Estate and Associates, Fremont; Allison Hull, Realty Experts, Fremont; Steve Medeiros, Realty Experts, Fremont; Jackie Pena, Legacy Real Estate and Associates, Fremont
Tri-Valley: Barbara Clemons, Coldwell Banker, Pleasanton; Tracey Esling, J. Rockliff REALTORS®, Pleasanton; Leslie Fought, Alain Pinel REALTORS®, Pleasanton; Ed Gomes, Pride Properties, Livermore
At-Large: Joe Annunziato III, Annunziato and Associates, San Leandro; Viviana Cherman, Better Homes and Gardens Tri-Valley Realty, Pleasanton; Sandi Gomes, Pride Properties, Livermore; Angela McIntyre, Alain Pinel REALTORS®, Alameda
Affiliate Director: Bob Henry, Bob Henry Photography, Pleasanton

Are you itching for a bargain?

SUBMITTED BY JENNIFER TIBBETTS

East Bay bargain hunters look forward each year to the annual Big Spring Flea Market sponsored by the Kenneth C. Aitken Senior and Community Center in Castro Valley. This year's market is set for Saturday, March 2 and will include more than 50 vendors selling a multitude of one-of-a-kind items and vintage treasures. After shopping, visitors are invited to enjoy lunch at the snack bar with homemade goodies.

Big Spring Flea Market
Saturday, March 2
8:00 a.m. – 1:00 p.m.
Bargains galore!
Kenneth C. Aitken Senior Center
17800 Redwood Road, Castro Valley
(510) 881-6738
Free

Ham radio: hobby provides fun and invaluable emergency assistance



Hams using HF can communicate over international distances, while those using VHF communicate to other hams locally. As for hardware, ham radios can be varied but typically consist of a transmitter and a receiver purchased as one unit called a transceiver and can transmit on one frequency and receive on another. An example of a simple ham radio would be a hand-held transceiver under a dashboard of a car connected to

The American Radio Relay League (ARRL), an association for amateur radio in the U.S., can help many get started and have useful information on exams and general technical information (www.arrl.org). The Hayward Radio Club (HRC) is also a great place to start. The nonprofit provides members with interesting meetings, emergency drills, and novice and upgrade classes. HRC was established in the early 1950s and in 1956 acquired the call sign K6EAG. During the early 1980s they acquired three repeaters using frequencies of 145.3 MHz, 444.825 MHz, and 52.76 – 500 KHz. With a current count of 20 – 25 members, HRC's goal is to bring people with an interest in ham radio together and hosts field day events where members test their equipment and communicate to hams around the world. These events present an excellent opportunity for the public to learn more about the hobby and see how club members communicate using Morse Code, voice, data modes, and satellite.

of worldwide communications. Musselman said it is even possible to have one's "own TV station" using ham radio. He pointed out that all ham radio communications are specific point-to-point and operate on a non-paid basis. In addition to field day events, the club has operated at aid stations during athletic events such as the Ohlone 50K and Skyline 50K trail races. Musselman said operating ham radios is "a great hobby, lots of fun and a chance to meet lots of people."

To become an HRC member, the only requirement is an interest in ham radio; no exams are required - The club meets the third Friday of each month to cover a variety of topics such as communications, finances, ham-related issues, field day events and video presentations. The public is welcome to attend.

Hayward Radio Club
7:30 p.m.
Third Friday of each month
1401 W Winton Ave,
Hayward
(behind the Hayward
Fire Station)
(510) 924-2040
www.qsl.net/k6eag
Annual Dues: \$18



BY ALFRED HU
PHOTOS COURTESY OF
HAYWARD RADIO CLUB

Ham radio, also known as amateur radio, is a popular hobby and service that brings electronics, communication, and people from all walks of life together worldwide. Ham radio is used to talk across town, around the country, around the world and even into space. It can be fun, social, educational, and a great opportunity to form friendships over the air, and great for those who love to experiment with various wireless radio technologies. During natural disasters, amateur radio operators (or hams) can spring into action assisting emergency communication efforts and working with public service agencies. This is especially critical when the Internet and cell phones fail to function.

Another advantage of ham radio is that they can be used just about anywhere – from inside your car, shirt pocket, garage, office desk or even the International Space Station. These features made the ham radio immensely popular, and today there are more than 675,000 ham radio operators in the U.S. and more than 2.5 million worldwide.

Ham radios communicate over a network of other hams and use many different types of



wireless transmitting modes such as voice, microphone, Morse Code, radio interface with computer or tablet, text or images and maps. To make such communications possible, hams use many frequencies across the radio spectrum. Medium frequency (MF) would operate around 1.8 – 2MHz using a frequency band of 160 meters, high frequency (HF) can operate from 3.5 – 30 MHz using frequencies bands of 80 – 10 meters, while very high frequency (VHF) operate at above 30 MHz – 275 GHz using frequency bands of six meters to a few centimeters. Basically, the higher the frequency, the shorter the frequency band (bands are specific group of frequencies). Some frequency bands are available in certain countries, some work best at night, while others work best at particular seasons of the year.

a magnetic mount antenna, which can be useful during heavy traffic or in an accident. Hand-held transceivers and more complex ham radios can also use FM repeaters in the area set up by local radio clubs. These FM repeaters receive one signal at a time and simultaneously rebroadcast it on another frequency, thus increasing the communication distances between hams.

To become a ham operator, you must first meet the Federal Communications Commission (FCC) licensing requirements, which involves passing an exam covering electronics theory and amateur rules and regulations. Each license allows operating a ham radio in certain frequency bands and modes. Another exam must be passed to obtain a license to operate in more allowable frequency bands. A typical exam fee is \$15.

Honor Roll

Georgia Institute of Technology
Fall 2018 Graduates, Master of
Computer Science
• Andrea Hu, of Fremont
• Yilong Hu, of Newark
• Ramesh Iver, of Fremont
• Eduardo Martinez, of
Hayward
• Zhihui Xie, of Fremont
• Li Xu, of Fremont

Hofstra University, New York
Fall 2018 Dean's List
• Yash Bisen, of Fremont

Baldwin Wallace University,
Ohio
Fall 2018 graduation
• Michael Rivera, of Hayward

Tufts University, Massachusetts
Fall 2018 Dean's List
• Era Iver, of Fremont

• Radhika Joshi, of Fremont
• Joshua Tso, Newark

University of Dallas, Texas
Fall 2018 Honor Roll
• Minh Ly, of Hayward
• Favier Hu, of Hayward

Azusa Pacific University,
California
Fall 2018 Dean's List
• Isaac Bocage, of Fremont
• John Breslow, of Castro Valley
• Justine Brown, of Castro Valley
• Calista Burnama, of Castro Valley
• Esther Cho, of Castro Valley
• Conner Edstrom, of Fremont
• Austin Gee, of Fremont
• Daniel Jean, of Fremont
• Jacob McCluskey, of Fremont
• Eleeza Mecua, of Fremont
• Samantha Wu, of Fremont
• Kayla Hirsch, of Newark

Rochester Institute of
Technology, New York
Fall 2018 Dean's List
• Rebecca DiPaola, of Fremont
• Raven Lynch, of Castro Valley
• Merry Ren, of Fremont
• Jacob Corey, of Hayward
• Nelson Palacios, of Hayward
• Hailey Sanidad, of Fremont
• Samiksha Alur, of Fremont
• Amanda Bui, of Fremont

Massachusetts College of
Pharmacy and Health Science
Fall 2018 Dean's List
• Lambert Diep, of Fremont

Georgia State University
Fall 2018 graduation
• Tahj (TJ) Hobson, of Hayward

Hofstra University, New York
Fall 2018 graduation
• Paras Shah, of Fremont

One-stop fair for summer programs

SUBMITTED BY FREMONT UNIFIED STUDENT STORE

Looking for summer programs for your kids? Visit Fremont Unified Student Store's (FUSS) 2019 Summer Programs and Internship Fair on Friday, March 1. Teen programs, college prep, individual classes, all-day camps, arts & crafts, speech and debate, engineering, music, and internship are some of the programs to be featured at the fair. Students and families can talk to vendors and learn more about the programs on the spot. For more information, visit www.fuss4schools.org under "Events and Activities" or email events@fuss4schools.org.

FUSS Summer Programs and Internship Fair
Friday, March 1
6 p.m. – 8 p.m.
American High School – Rotunda
36300 Fremont Blvd, Fremont
www.fuss4schools.org under "Events and Activities"
events@fuss4schools.org
Program categories for students (Pre-K – 12th grade)
Free admission

Lexus LS 500h Hybrid Fuel-Sipping Flagship Sedan

BY STEVE SCHAEFER

The Lexus LS 500 is a big, bold, beautiful flagship sedan, which competes with cars such as Mercedes-Benz S-Class and BMW 7 Series. Redone in 2018, it moves into 2019 with a few small updates. You can choose from the “regular” LS 500 or the hybrid



LS 500h.

The wide-mouthed spindle grille and sharp details evoke a certain “Lexusness” that stands out well against the recognizable flavor of those German luxury leaders. Coming from the company that gave us the Prius hybrid, though, the LS 500h, while not a “green” car like a Tesla, does deliver significant fuel economy improvements. The non-hybrid LS 500 uses a 3.5-liter twin-turbocharged V6 to provide 416 horsepower and 442 lb.-ft. of torque, for a 4.6-second zero-to-sixty time. Its EPA mileage numbers are 19 City, 29 Highway, and 23 Combined. The available all-wheel-drive model posts slightly lower numbers.

Compare that to the hybrid LS 500h, which uses a naturally-aspirated 3.5-liter V6 and two electric motor-generators powered by a compact, lightweight lithium-ion battery. The battery is charged up by regenerative braking. This model is a trifle slower from zero-to-sixty, at 5.1 seconds, but pushes the

EPA fuel economy to 25 City, 33 Highway, and 28 Combined. It also boasts EPA green numbers of 7 for Smog and 6 for Greenhouse Gas. Range is an impressive 622 miles (varies depending on speed, weather, etc.) That means that the hybrid version of Lexus’ massive, 2-1/2-ton flagship car gets better fuel economy numbers than Lexus’ non-hybrid smaller ES (26 mpg combined) and IS (24 mpg combined) sedans!

Naturally, there’s room for five, and the LS 500h offers every amenity imaginable when you factor in the vast menu of options. Most notable is the Executive package, which adds the price of a base-model Camry car to the total



(\$23,080). But what you get is remarkable. Most visually striking is the first use of beautiful Kiriko glass in a car, on the doors. It gives the interior a shimmer, especially against the beautifully hand-pleated door trim with “floating” armrests that are back-lit at night. The supremely comfortable quilted-leather seats offer an amazing 28-way power-adjustable driver’s seat with multi-function massage. The rear seats recline, there’s a four-way “climate concierge,” and power side window shades.

Going along with the theme of large numbers, the stunning Mark Levinson audio system (\$1,940) features 23 speakers and 2,400 watts of power! The head-up display (\$1,200) stretches 24 inches across the left half of the lower windshield. Lexus uses a touchpad to control the numerous options on the large center display screen. I got pretty good at sliding and flicking my fingers to adjust things like the level of seat heating or audio selections. My car had Apple CarPlay integration, a handy feature that projects your phone content onto the main screen. You can use Siri to do verbal texting, phone calls, and other interactions. This car also had Alexa compatibility, but I didn’t use it.

The Lexus Safety System is a \$3,000 option as well, although many safety features are part of every Toyota and Lexus today. I was saved by the pre-collision active braking. One night, as I backed out of a dark driveway, the car stopped suddenly, and red capital BRAKE flashed on the head-up display. Yes, there was a parked car behind me that I couldn’t see. The cross-traffic alert notifies you of cars moving across your path ahead with bright green arrows moving in the long head-up display area. That’s why they made it two-feet long.

There’s more! The wheels on my car were upgraded to 20-inchers (\$2,450), and the Manganese Luster paint added an additional \$595. The LS 500h is a smooth riding limo, especially with the optional adaptive variable air suspension (\$1,500). I can’t say I thought much about it, but traveling was serene under any circumstances. If you want to configure your experience, on one of the two “horns” on the instrument panel you can twist to “ECO,” comfort, and two higher-performance drive modes – Sport and Sport +. I stayed mostly in ECO mode, but sampled the others briefly. If you want to open the LS 500h on a winding back road or on a freeway

Auto Review



Over the past 25 years, Steve Schaefer has tested more than 1,200 cars and published a weekly story on every one. As a teenager, he visited car dealers’ back lots to catch a glimpse of the new models as they first rolled off the transporter. He is a founding member of the Western Automotive Journalists.

Contact Steve at
sdsauto53@gmail.com
My blog for alternative vehicles: stevegoesgreen.com

entrance ramp, the Sport settings will let you unleash yourself.

More big numbers come when pricing this special car. The base price is \$79,710, plus \$1,025 for delivery and handling. But with the long list of options, my car topped out at a knee-weakening \$118,010. But it’s hard to imagine how you could pack more content and driving pleasure into a luxury sedan. While many people are moving to crossover sport utilities, there’s still a viable sedan market, and the LS 500h is one of the fanciest ones you’ll find, while still providing decent fuel economy.

Artists capture
world's beauty and light

ARTICLE AND PHOTO SUBMITTED BY SUSAN OLSEN

Roving Artists is a group of women who create and record the beauty, pattern, and light that they see in the world around them. For the past 12 years they have captured this beauty using paint, pencil, ink and tiles. The group meets monthly for mutual inspiration, critical support and friendship. Every year or so they pool their work and display it at Mission Coffee Roasting Company in Fremont for the enjoyment of friends, family and the public.

This year’s show, “Where We Live,” will be on exhibit March 1 through 31 with a reception to meet the artists on Sunday, March 10. The artists include Judy Anglin, Katherine Latson, Maria Grazia Romero, Robin Worthington, Lois Haselby, Susan Olsen, Pat Finn and Barbara Schlein.

Where We Live
March 1 – 31
Mission Coffee Roasting Company
151 Washington Blvd., Fremont
Artists’ reception:
Sunday, Mar 10
3 p.m. – 5 p.m.
(510) 623-6920
Free



Lighthouse by Judy Anglin

Speaker Series takes you down ‘Path of the Jaguar’



SUBMITTED BY THE OAKLAND ZOO
PHOTO BY SUZI ESZTERHAS

Humankind both admires and reveres the mighty jaguar. They have been used as symbols throughout the Americas and continue to gain global and local support for conservation. Yet, their predatory behavior and massive, connected habitat requirements bring them into conflict with humans, leading to dramatic decline over the past 20 years.

Join Kimberly Craighead, founder of Kaminando Jaguar Project, and learn more about these elusive cats and how you can help uncover the secret to jaguar survival when the Oakland Zoo hosts “The Path of the Jaguar” Thursday, March 7.

For more information and tickets, go to www.oaklandzoo.org. All proceeds benefit the Kaminando Jaguar Habitat Connectivity Project.

IMPACT Speaker Series: The Path of the Jaguar
Thursday, Mar 7
6:30 p.m. – 9:30 p.m.
Oakland Zoo
Zimmer Auditorium
9777 Golf Links Rd, Oakland
(510) 632-9525
www.oaklandzoo.org
<https://kaminando.org/the-jaguar-project/>
Tickets: \$10 – \$30

VENUS FLYTRAP

THE JAWS OF DOOM

Quick! Help this fly escape the Venus flytrap's grip!

YIKES!

START

FINISH

Beautiful but Hungry

The Venus flytrap is a meat-eating, or **carnivorous**, plant. It is also quite lovely. That is why its name includes Venus. That is the name of the Roman goddess of love and beauty.

But don't worry – a Venus flytrap won't eat you. Mostly they eat bugs. They especially love mosquitoes and flies.

Jaws of Doom True or False Quiz

Make a guess about which of these statements are true and which are false. Then read the scientist's notes about the Venus flytrap to check your answers.

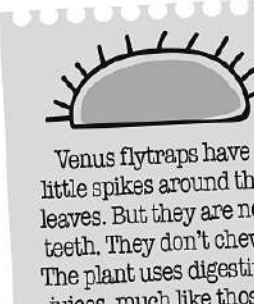
1. Venus flytraps have teeth.
☐ TRUE ☐ FALSE

2. Venus flytraps only need bugs to survive.
☐ TRUE ☐ FALSE

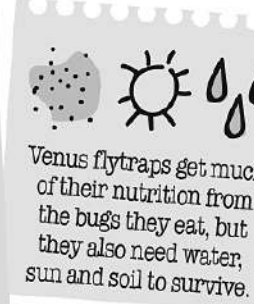
3. Venus flytraps eat anything that falls into their mouth-like leaves.
☐ TRUE ☐ FALSE

4. Venus flytraps help keep bugs out of your house.
☐ TRUE ☐ FALSE

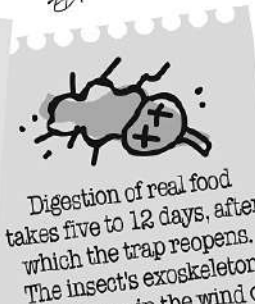
5. Its "mouth" shuts in under one second.
☐ TRUE ☐ FALSE



Venus flytraps have little spikes around the leaves. But they are not teeth. They don't chew. The plant uses digestive juices, much like those in your stomach, to eat insects.



Venus flytraps get much of their nutrition from the bugs they eat, but they also need water, sun and soil to survive.



Digestion of real food takes five to 12 days, after which the trap reopens. The insect's exoskeleton blows away in the wind or is washed away by rain.



If something not edible falls into a Venus flytrap, it will close up and try to digest it. But after about 12 hours, it will open its leaves and let the fake food fall out.

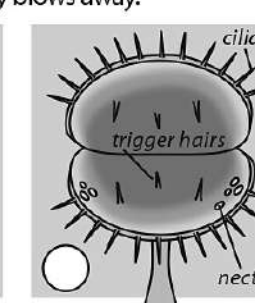
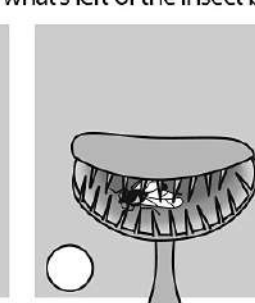
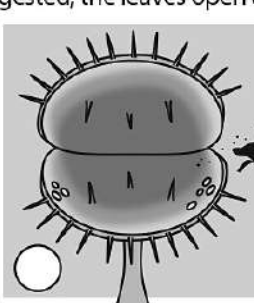
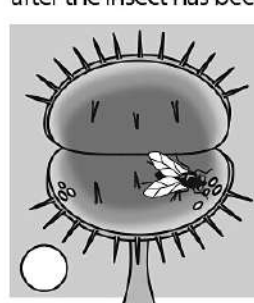
How many flies can you find on this page?

Today the plant is threatened in the wild. The draining of bogs for farming and the building of shopping centers and houses has reduced the plant's habitat and numbers. **Less than 5% of the plants are left.**

Snapping Up a Meal

Number the pictures in order.

Sweet nectar around the edges of the Venus flytrap's open leaves attract insects. As a bug moves across the surface drinking up this treat, it touches small, sensitive bristles on the Venus flytrap. These trigger hairs tell the plant when a possible meal has arrived. Then the plant's "jaws" close very quickly, trapping the insect inside. The long *cilia*, hairs along the leaf edges, act like prison bars, preventing the insect from escaping. Several days later, after the insect has been digested, the leaves open and what's left of the insect body blows away.



Extra! Extra!

Before & After

Look at a photograph in the newspaper. What do you think happened before the photo was taken? What do you think happened afterwards?

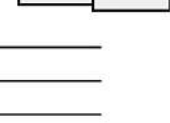
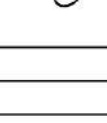
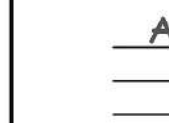
Standards Link: Research: Students predict likely outcomes.

Effect:



Kid Scoop Puzzler

Flytrap is a **compound word**, made by combining two smaller words: **fly** and **trap**. Look at the pictures below. Draw a line between two pictures to make a compound word. Then write the word.



ARMCHAIR

Standards Link: Follow simple written directions.

Double Double Word Search

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

FLYTRAP
CLIMATE
STOMACH
SURVIVE
BEAUTY
SPIKES
EDIBLE
DIGEST
JUICES
VENUS
LOVE
BOGS
FEAR
WILD

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

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

Kid Scoop Together: Cause and Effect

When something happens, there is usually something that caused it to happen. The **cause** comes first, the **effect** second. Here are some examples:

When the hairs on the inside of a Venus flytrap's leaves are touched, the plant snaps shut.

Cause: touch the hairs
Effect: plant snaps leaves closed

If a little rock is put inside the mouth-like leaves of a Venus flytrap, the leaves will snap shut. After about 12 hours, the leaves will open so the rock can drop out because it is something the plant can't eat.

Which part of the above is the "cause?"

Which part is the "effect?"

Look through the newspaper for an article that interests you. Can you find one effect and what caused it?

Cause:

Effect:

Kid Scoop VOCABULARY BUILDERS

This week's word: EDIBLE

The adjective **edible** means safe to be eaten.

Kevin and his grandpa looked through the bushes for **edible** berries to eat.

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

Write On! The Magic Seed

One day I planted a magic seed... Finish this story.

FROM THE Kid Scoop LESSON LIBRARY

Newsy Timeline

Select an article that interests you in the newspaper. Read the article and then make a timeline to show the events in the order they happened. Share your timeline with a parent or other family member.

Standards Link: Reading: Extract information from text.

Do Venus flytraps ever eat fireflies?

ANSWER: Only when they want a light snack.



Fremont Releases Draft Mobility Action Plan



In May 2017, Fremont’s Mayor and City Council initiated the process to develop a Mobility Action Plan and appoint a Mobility Task Force to guide staff and consultants on Fremont’s transportation issues and needs. From its inception, the goal of the Mobility Action Plan would be to address traffic congestion, improve local multimodal circulation, reduce traffic crashes, and adapt

new transportation technologies. In September 2017, the City Council appointed a 14-member Mobility Task Force composed of Fremont residents and stakeholders. The task force represented different areas of the city and contributed a variety of perspectives and knowledge from a wide range of professional backgrounds. The Fremont Mobility Action

Plan was developed from community input solicited at five community events, a topic posted on Fremont Open City Hall, the City’s online civic engagement forum, and 11 Mobility Task Force meetings. The Mobility Action Plan is intended to guide the City’s local implementation priorities and regional advocacy efforts over the next five years. Recommendations in the plan include topics of traffic signal modernization, school zones and access, travel alternatives, traffic safety program, new technologies and smart mobility, and regional policy and projects. To review the latest draft of the Mobility Action Plan, visit www.Fremont.gov/MobilityActionPlan. The draft Plan was presented to the Fremont City Council for review at a work session held on Tuesday, February 19, 2019, at 5:30 p.m. at Fremont City Hall, located at 3300 Capitol Ave. City Council adoption of the Mobility Action Plan is scheduled for March 5, 2019.

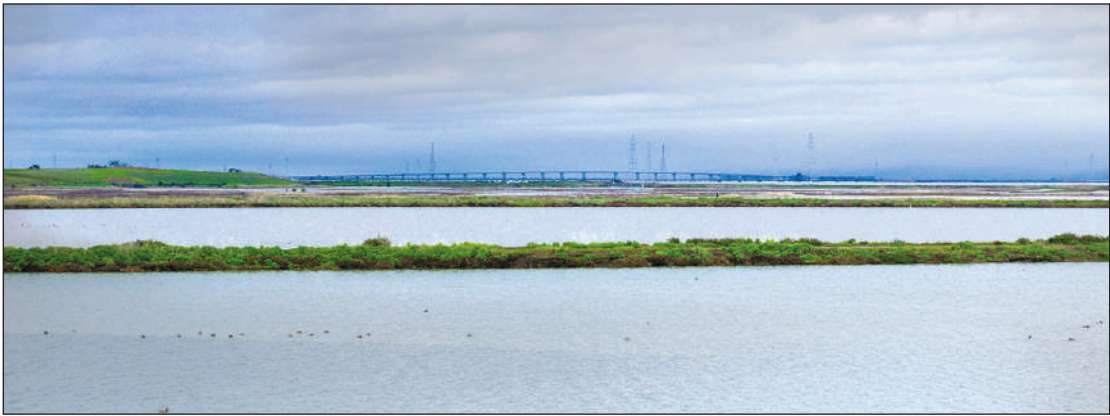
Fremont Businesses Have an Ally on Their Side



Businesses are an integral part of the Fremont fabric. As the community grows and attracts new businesses, the City of Fremont continues to look for ways to help business owners and entrepreneurs succeed. The City understands that starting or expanding a business is not a simple task. There are several steps involved in the process—from obtaining the correct permits to enlisting the proper services to get the business up and running. Sometimes the process can be overwhelming and confusing, but the Business Ally Program can help. The Business Ally Program is a coordinated approach between the City’s Economic Development and Community Development Departments to help new businesses meet all of their needs. Fremont’s economy grows, and new businesses get a head start. It’s a win-win. Heading up this win-win is Mike Wayne. Mike serves as the City’s Permit Center

Manager/Business Ally and has many years of experience working in planning and building departments across the Bay Area. In his role as Business Ally, Mike provides one-on-one assistance to business owners opening or expanding a business in Fremont. He facilitates project reviews and pre-application meetings, assists with the permitting process, employs outside resources, and coordinates with staff from other City departments and outside agencies. “Fremont values its businesses, and I am happy to be that one point of contact for them on the regulatory side,” says Mike. “When starting a business, I know how important it is to have peace of mind that all requirements are being met.” When asked about his vision for the program moving forward, Mike says, “We are starting to streamline the information we provide businesses and offer online tools that make the permitting process easier. We want to take advantage of the available resources and technologies and promote them to the business community.” Fremont is open for business. To connect with Mike Wayne and find out more about the Business Ally Program, visit www.Fremont.gov/BusinessAlly.

Community Meeting about Future of Dumbarton Rail Corridor



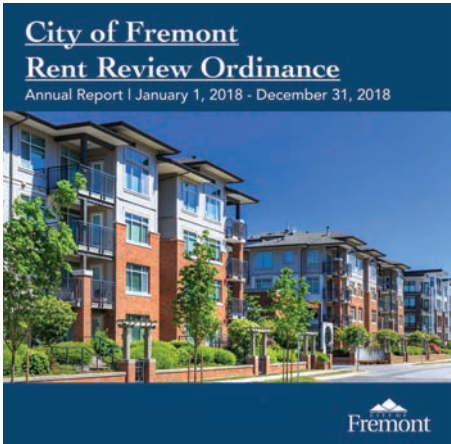
San Mateo County Transit District and Cross Bay Transit Partners are engaged in a public-private partnership to improve transportation along the Dumbarton corridor in the San Francisco Bay Area. Together, they are exploring new, environmentally appropriate alternatives for a high-quality, high-capacity public transit system. The community is invited to an introductory meeting about the future of the Dumbarton Rail Corridor. Participation will help guide the development of this proposed new connection across the Bay. Project partners will be on hand to share information about project background, goals, funding, timeline, and process. There will be ample time for questions and answers. For the convenience of Bay Area residents, there are several times and locations for this meeting, including one in Fremont on Thursday, February 28 from 6:30 p.m. to 8 p.m. Doors will open approximately 30 minutes prior to each meeting for sign-in and refreshments.

Redwood City Meeting
Wednesday, February 27
6:30 p.m. - 8:00 p.m.
Veterans Memorial Senior Center
1455 Madison Ave.
Redwood City, CA 94061

Fremont Meeting
Thursday, February 28
6:30 p.m. - 8:00 p.m.
Centerville Community Center
3355 Country Dr.
Fremont, CA 94536

Menlo Park Meeting
Saturday, March 2
10:30 a.m. - 12:00 p.m.
Menlo Park Senior Center
110 Terminal Ave.
Menlo Park, CA 94025

For more information please visit the project website at www.crossbaytransit.com or email info@crossbaytransit.com. Servicio de interpretación en español estará disponible.



City of Fremont Rent Review Ordinance

The City of Fremont Rent Review Ordinance provides a review process for rent increases. The ordinance covers all residential rental units in Fremont, including single family homes and condominiums with a few exceptions. While the rent review process is non-binding, the City believes that the rent review process will contribute to fair and equitable resolutions for both parties by providing a neutral setting for discussion. City staff presented the Rent Review Ordinance Annual Report to the Fremont City Council on February 5, 2019. The report provided an update on the status of the

ordinance implementation and operation, and an evaluation of the effectiveness of the program. The Council voted to make minor ordinance amendments that will address some of the challenges that staff faced while implementing the ordinance in 2018. The Annual Report is available online at www.Fremont.gov/RROAnnualReport. For more information on the City’s Rent Review Ordinance, visit www.Fremont.gov/RentReview.

Find a Housemate with Covia’s Home Match Program



Covia, a nonprofit organization, has partnered with City of Fremont to provide a free Home Match program to connect individuals (age 18 or older) who live or work or attend school in Fremont with someone who has a room to rent in Fremont, Union City, or Newark. One of our recent matches was Linda and Debi. Linda came to the program looking for someone to provide her with companionship and to drive her to church and the grocery store. Debi was struggling to find affordable housing. They were partnered through Home Match and completed a service agreement

together – Linda receives transportation services and Debi has a safe, affordable place to live. They both appreciated Covia’s screening and support. Linda said that “everything is going well and I enjoy having a friend to shop with.” If you are interested in finding a housemate to pay rent or provide a service exchange, please call Covia’s Home Match Program at 510-574-2173.

GIVE YOUR BODY A MAKEOVER WITHOUT DIET, EXERCISE OR SURGERY.

Now you can transform yourself
without diet, exercise or surgery.
Sculpt yourself with CoolSculpting®

CoolSculpting® is the only non-surgical body contouring treatment that freezes and eliminates stubborn fat from your body. There are no needles, no special diets and no downtime. It's FDA-cleared, safe and proven effective.

Freeze your fat away



Eric Okamoto
M.D.

★ Ask about our
Special Package
Pricing

Dr. Eric Okamoto, M.D.

Visit our new website for more information at
CoolSculpting & other services WWW.drokamoto.com

CALL TODAY

510 794-4640

686 Mowry Ave. | Fremont



WALK IN ACCEPTED
All PPO's, Medicare,
Hill Physicians,
Alameda Alliance
& Cash Pay Patients

CCCMA URGENT CARE

Do not delay. Early treatment. Better outcomes.

CCCMA UrgentCare Center offers a high quality medical care that is faster, convenient, and more economical than going to an emergency room. Expert physicians, nurse practitioners, physician assistants and support staff provide quality same-day care for non-life-threatening illnesses and injuries.

Ages 12 and up

No Appointment Necessary

Clinic Hours: Monday - Friday 8:30am - 6:30pm
Saturday 8:30am - 2:30pm

2333 MOWRY AVE #300, FREMONT CA 94538

PHONE: 510-796-0222

Ippolito's NEWARK JEWELRY CENTER

Sales
Service
Repairs



Since 1959

Arista

510-797-5993

www.newarkjewelrycenter.com

5646 Thornton Ave., Newark



Sousa's
Discount
FOOD &
LIQUOR

9AM to 9PM daily

Largest selection of Portuguese and Brazilian Foods in the area

Linguica - Guarana - Bacalhau - Azeite - Cod Fish - Olive Oil
A variety of Portuguese breads including Sweet Bread

Rombauer Chardonnay 750ml ONLY \$29.99

Largest selection
of wine
beer and portos
from all over the world

Super Bock 6 Pack \$8.99

Silver Oak \$59.99

Grand Marnier 750ml \$28.99

Porto Wine \$9.99 bottle

9 Vimho Verde \$3.99 bottle

**Best Prices
in the
Bay Area**

510-659-8366

1584 Washington Blvd. Fremont

Ohlone Village Shopping Center
(near the Washington Blvd. exit on the 680 freeway)



adidas

RECREATION SOCCER SPRING 2019

For players ages 3 years to 14 years (players born 2015 to 2005)
Starting March 11th

www.fremontyouthsoccer.com, info@fremontyouthsoccer.com

- Locations include - Irvington HS, American HS, Hopkins JH, Centerville JH
- Player-centric programs for the best of the players, a focus on play for mass participation while learning soccer.

- **DISCOVER A PASSION FOR SPORTS AND EXERCISE, BENEFICIAL TO A CHILD'S PHYSICAL AND MENTAL HEALTH**
- **GAIN CONFIDENCE AND AN OPEN MINDSET**



COMPETITIVE SOCCER AVAILABLE UPON REQUEST, EMAIL: INFO@FREMONTYOUTHSOCCER.COM

Will You Help Our Students To Sing?

**HELP
OUR
STUDENTS
TO
SING**

Become a HOSTS Sponsor and give the gift of music to children!

\$250

**will bring music to
One Classroom
Once a Week
for One School Year!**

Music For Minors II Volunteers currently have 5100 students singing in over 200 classrooms in Fremont, Newark, and Castro Valley elementary schools. Existing schools want us to add more classes, and new schools want to join.

501(C)(3) non-profit EIN 94-3102307

510-733-1189

Visit www.MusicforMinors2.org
and click "DONATE NOW" today!



WIN CASH PRIZES!**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

**Fraternal Order Of Eagles 1139****Thursday is - BINGO**

Doors open 4pm
Games Start 6:30pm

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

Round and round you go



Life with our studs is just
 a fun merry-go-round!

We Buy Diamonds & Gold

H. C. NELSON & CO.
 JEWELERS SINCE 1981

40707 GRIMMER BLVD., FREMONT
 TUES-SAT 10AM-5PM
 (510) 490-3022

I need a Forever Home

Charlie is a smart, spunky, 1-yr-old Queensland heeler/pitbull mix. He's very active and needs a family who can keep up with his energy. He gets along well with other dogs and might do well in a home with teens. Charlie is potty

trained and knows most of his basic commands. Meet Charlie at the Hayward Animal Shelter.

Julian is a large, sweet and cuddly 7-yr-old who wants to be a lap kitty. He had eyelid surgery to correct a painful condition and now he's healed and ready to go to his new home. He'd love to lay near a window to soak up the sun and sights, or in your lap receiving all your love. Meet Julian 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

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

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

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

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

Arts & Entertainment

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 3/30/19

ANY X-LARGE PIZZA \$3 OFF

ANY LARGE PIZZA \$2 OFF

ANY MEDIUM PIZZA \$1 OFF

510-792-1070

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

3765 I Niles Blvd. Fremont

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



SMOKING PIG
BBQ
COMPANY

Voted Best BBQ**LIVE MUSIC/Dancing**

Friday & Saturday 9pm - Midnight

Try Juicy Ribs
that Fall off the Bone,
Paul's 7 Month Brisket,
and Homemade Cornbread,
Sauces and Pies!

Happy Hour**SUNDAY**

Football Brunch

Mon.-Fri 2pm-6pm

\$1 Mimosas,
New breakfast skillet,
and breakfast burrito!

Great Prices
Appetizers
and Drinks

WEEKDAY LUNCH SPECIALS

Mon - Fri 11am - 2pm \$13.99 each

Rib & Chicken Combo
Hot Link & Chicken Combo
Pulled Pork & Brisket Combo
Chicken and Bratwurst Combo
Chicken and Pulled Pork Combo
Pulled Pork & Hot link Combo
Pulled Pork & Bratwurst Combo

CATERING
Delivery/Pick-up
Available

510-713-1854

www.smokingpigbbq.net

3340 Mowry Ave., Fremont

NEED STORAGE SPACE?



50% OFF
FIRST 2 MONTHS

On selected sizes only. New rentals only.

Excludes RV spaces

www.reevesmgt.com

OPEN 7 DAYS A WEEK

CAL SELF STORAGE

26869 Mission Blvd., Hayward
(Behind FOOD SOURCE)

510-538-1536



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

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

Wednesday - Sunday, Jan 26 - Mar 31

Hayward Arts Council 2019 Members Show
10 a.m. - 4 p.m.
Members share sculpture, quilting, pottery, watercolors, mixed media and poetry
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(510) 581-0223
haywardartscouncil.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

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

EL DORADO RESTAURANT

1/2 Price Promotions EVERYDAY

Some restrictions apply

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

TUESDAY: TACO

WEDNESDAY: TORTAS

THURSDAY: BURRITOS

FRIDAY: All BEER half price



Sunday Buffet
9 to 3



FRESH HAND MADE CORN TORTILLAS, MENUDO, POZOLE, BIRRIA, CEVICHE, SALADS, CHILE RELLENO, ENCHILADAS MEXICAN PASTRIES, DESSERTS and many more

Any Breakfast with meat & Coffee \$9.99+tax Mon-Sat 10am-12pm

15% SENIOR DISCOUNT not applicable with other offers

Monday 10-8 Tuesday - Friday 10-9 Sat, Sunday 9-9

Authentic Mexican Food Beer and Wine

El Dorado Restaurant

510-581-8612

corner of Grand and Winton

386 Winton Ave. Hayward

13909 East 14th Street, San Leandro
(510) 577-3462

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

Mondays and Thursdays, Feb 12 - May 30

Table Tennis \$
Mon: 1:00 p.m. - 3:45 p.m. Thurs: 12:30 p.m. - 3:45 p.m.
Improve your hand-eye coordination. \$3 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Sunday - Saturday, Feb 12 - Mar 9

"Wulai Falls" Water-Color Exhibit
Library open hours
Artist Kin Hsieh, husband wrote the Mandarin poetry accompanying the painting
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

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

Mondays, Feb 18 - May 27

Caning & Furniture Refinishing/Restoration Class \$
9 a.m. - 12 noon
Beginners thru advanced - bring your project for evaluation. \$2 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Monday - Friday, Feb 18 - May 30

Billiards/Pool Tables \$
8:30 a.m. - 4:00 p.m.
Beginning thru advanced players. \$1.50 drop in fee
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Thursday - Sunday, Feb 22 - Mar 23

American Portraiture by James Mills
12 noon - 5 p.m.
A tribute to Americans with watercolors and drawings

Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.fremont.gov/OliveHyde

Tuesdays, Feb 26 - Apr 16

Civics/Citizenship Class
6:00 p.m. - 8:30 p.m.
Prepare for the U.S. Citizenship exam
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org/fremont

Wednesdays, Feb 27 - Apr 17

Civics/Citizenship Class
12 noon - 2:30 p.m.
Prepare for the U.S. Citizenship exam
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0684
(510) 745-1480

Monday - Friday, Mar 1 - May 3

Art is Education Show
8 a.m. - 5 p.m.
HUSD students' art work display. Opening reception Friday, Mar 1 at 5:30 p.m.
John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Sunday-Saturday, Mar 1 - Mar 31

Roving Artists - Where We Live
During business hours
Women who create & record the beauty, pattern and light in the world around them
Reception 3/10 from 3-5 p.m.
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Saturdays and Sundays, Mar 2 - Apr 26

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

Saturdays and Sundays, Mar 2 - Apr 26

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

Saturdays, Mar 2 - Mar 23

Homebrewing On the Farm \$R
1 p.m. - 3 p.m.
3-part, hands on workshop. Discover the ancient art of homebrewing. No class 3/16
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org/register



DRIVERS FOR SURVIVORS, INC.
Helping Cancer Patients
Making a difference, one survivor at a time.

FREE

Transportation service and supportive companionship for ambulatory cancer patients, from suspicious findings through completion of treatments

Drivers For Survivors provides this **FREE** service to ambulatory cancer patients living in **Fremont, Newark, Union City, Hayward, San Leandro, San Lorenzo, Castro Valley, Ashland** and **Cherryland** going to all cancer-related medical appointments within a 60-mile radius of ZIP code 94538, freeing them to focus on their health and essential treatment.

Need a ride to your cancer-related medical appointment?
We can drive you for FREE!

Do you have occasional extra hours?
We always need more **volunteer-companion drivers...let's talk!**

Companionship • Stress Relief • Therapeutic Presence • Free Transportation Assistance

For more info, please call **(510) 896-8056** or email

ProgramCoordinator@DriversForSurvivors.org

www.DriversForSurvivors.org

Help us help local cancer patients...come to an event, donate funds or donate services



BRONCO BILLY'S
PIZZA PALACE

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

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

Expires 3/30/19

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

510-727-0532

Dine In - Take Out - Delivery (Limited Area & Time)
26775 Hayward Blvd. Hayward
Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

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

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

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

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

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

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

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

Friday - Sunday, Mar 2 - Mar 17
Mamma Mia! \$
Fri - Sat: 8 p.m. Sun: 2:30 p.m.
*Young woman's search for her birth
father set to ABBA music. Additional
show 3/7 at 8 p.m.*
Newark Memorial High School
Theatre
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org

Sundays, Mar 3 - Apr 26
Animal Feeding Time
10:30 a.m. - 11:00 a.m.
Discuss reptiles, observe feeding time
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Saturday, Wednesday, Mar 3 - Mar 13
Paths To Grace \$R
Sun 3/3: 1:45 p.m. - 4:30 p.m., Sat
3/9: 9 a.m. - 12 noon, Wed 3/13:
6:45 p.m. - 9:30 p.m.
Prayer through art. Register by 2/28
Dominican Sisters of Mission
San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
www.msjdominicans.org

Thursdays, Mar 7 - Mar 28
Spiritual Guides for Today \$R
1:00 p.m. - 2:30 p.m.
*"The Return of the Prodigal Son", 4-
part book series. Register by 3/4*
Dominican Sisters of
Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335

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/
Made Up Theatre

THIS WEEK

Wednesday, Feb 27
Tedx Event "Rise Up" \$
7 - 9 p.m.
*Talks on immigration, mental health,
climate change, and more*
Moreau Catholic High School
27170 Mission Blvd., Hayward
(510) 582-1910
(510) 881-4300
www.tedx.moreaucatholic.org

Wednesday, Feb 27
Toddler Time
10:30 a.m. - 11:45 a.m.
*Read a story, do some chores, meet some
farm animals. Ages 1-4*
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Wednesday, Feb 27
Milpitas Tip-a-Cop \$
5 p.m. - 9 p.m.
*Benefits the Special Olympics of
Northern California*
Black Angus
275 Ranch Drive, Milpitas
(408) 586-2527

Wednesday, Feb 27
Free Clothing Swap
9:30 a.m. - 11:30 a.m.
*Bring clothes, toys, books, holiday decor
to swap*
Latter Day Saints Social Hall
38134 Temple Way, Fremont

Thursday, Feb 28
MVROP Open House
6:30 p.m. - 8:00 p.m.
Career training classes for students
Mission Valley ROP
5019 Stevenson Blvd., Fremont
(510) 795-2244
www.mvrop.org

Thursday, Feb 28
College at What Cost?
7 p.m.
*Parent forum with Dr. Stuart Slavin:
high-pressure culture at the school*
Irvington High School
41800 Blacow Rd., Fremont
(510) 590-7510
www.IHSPTSA.org

Thursday, Feb 28
Future of Dumbarton Rail
6:30 p.m.
*project background, goals, funding,
timeline*

Renew MD Wellness

Dr. Sethi, MD and Owner

INTEREST FREE CARECREDIT AVAILABLE



Double Chin

Now uplift
your sagging
muscles with
technology
the stars are
using.
Lift your
full face, brow,
double chin, neck
or décolleté.
Need 1-2
treatments a year .

Coupon for \$500
towards full face

Freeze or Melt Stubborn Fat with 6 Different Lasers



- Lose 2-5" in one treatment
- Lose 5-25" in 12 treatments
- Shrink your stomach fat, love handles, & double chin

\$500 coupon

FREE CONSULTATION

510-744-1582 or 510-793-2277
Renewmdwellness.com
210 Fremont Hub Courtyard, Fremont

Centerville Community Center
3375 Country Dr., Fremont
(510) 791-4324
https://bit.ly/2GCdIXx

Friday, Mar 1 - Sunday, Mar 3
Jewelry, Gem and Mineral Show and Sale \$
Fri - Sat: 10 a.m. - 6 p.m. Sun: 10 a.m. - 5 p.m.
Fossils, gemstones, jewelry and more
Newark Pavilion
6430 Thornton Ave., Newark
(510) 793-5683
www.mgscv.org

Friday, Mar 1
College and Career Fair
10:30 a.m. - 1:30 p.m.
Learn about colleges and careers
Idliong-Vera Cruz Middle School
31604 Alvarado Blvd., Union City
(510) 489-0700

Friday, Mar 1
Eden Area Village Member Forum & Outreach
2 pm.
*Meet members and learn how seniors
are being helped*
Hayward City Hall
777 B St., Hayward
(510) 208-0410

Friday, Mar 1
Happy Birthday Dr. Seuss \$R
12 noon - 1 p.m.
*Storytime with coloring, music, book
raffle, light snacks & cupcakes*
Silliman Aquatic Center
6800 Mowry Ave., Newark
(510) 578-4620
www.newark.org

Friday, Mar 1
FUSS Summer Programs and Internship Fair
6 p.m. - 8 p.m.
*Learn about programs for pre-K - 12th
grade*
American High School
36300 Fremont Blvd., Fremont
(510) 796-1776 ext. 57702
http://www.fuss4schools.org

Friday, Mar 1
Concert \$
7:30 p.m.
Wind Symphony with Frank Ticheli
Chabot Performing Arts Center
25555 Hesperian Blvd., Hayward
(510) 723-6976

Friday, Mar 1
Two Parts of Me \$
7:30 p.m.
*Newark's Flamenco Society presents
flamenco guitarist Antonio Rey and
dancer and vocalist Mara Rey*
Mountain View Center for the
Performing Arts
500 Castro St, Mountain View
(650) 903-6000
www.mvcpa.com
www.theflamicosociety.org

Saturday, Mar 2
Two Parts of Me \$
6:30 p.m.
*Newark's Flamenco Society presents
flamenco guitarist Antonio Rey and
dancer and vocalist Mara Rey*
La Peña Cultural Center
3105 Shattuck Ave, Berkeley
(510) 849-2568
https://lapena.org/event/flamencoso-
ciety2019/
www.theflamicosociety.org

Saturday, Mar 2
Nature Journaling: Stories of the Introduced
2 p.m. - 4 p.m.
Guided session to document nature
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Mar 2
Indoor Spring Flea Market \$R
8 p.m. - 1 p.m.
*Unique and handcrafted items, baked
goods*
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Saturday, Mar 2
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

22 VETERANS DIED TODAY BY SUICIDE



VETERANS Crisis Line

1-800-273-8255 PRESS 1



TEAM AMVETS
**SUICIDE
PREVENTION**



Saturday, Mar 2
Fremont Symphony Gala - Cabaret! \$R
6 p.m.
Dinner, live and silent auctions, performance by LA Follies
Castlewood Country Club
707 Country Club Cir., Pleasanton
(510) 659-6053
gala.fremontsymphony.org

Saturday, Mar 2
Family Crafts and House Tours \$
11 a.m. - 2 p.m.
Family friendly crafts and activities with transportation theme
McConaghy House
18701 Hesperian Blvd., Hayward
(510) 581-0223

Saturday, Mar 2
Milpitas Community Breakfast
8 a.m.
Rhoda Shapiro
Sunnyhills United Methodist Church
355 Dixon Rd., Milpitas
(408) 262-1486

Saturday, Mar 2
First Time Homebuyer Assistance Program R
9 a.m. - 5 p.m.
HUD approved education seminar
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.myhomegateway.org/hsl-programs

Saturday, Mar 2
Are You Ready for the Next Wave of Innovation?
10:30 a.m.- 11:30 a.m.
What will drive future economic growth & what skills will be needed
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0684
(510) 795-2627

Saturday, Mar 2 -Sunday, Mar 3
Spring Rummage Sale
Sat. 9a.m. - 3 p.m., Sun.
11 a.m. - 3 p.m.
Clothing, housewares, books
Southern Alameda County Buddhist Church
32975 Alvarado Niles Rd., Union City
(510) 471-2581
www.sacbc.org

Saturday, Mar 2
Art Is Education: Rumi in Spring
3:00 p.m. - 4:30 p.m.
Simorgh Dance Collective: ancient & beautiful sacred and Sufi dances
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464

Saturday, Mar 2
Practicing Christian Healing Today
2 p.m.
Free lecture and childcare provided
First Church of Christ, Scientist
1351 Driscoll Rd., Fremont

Saturday, Mar 2
Outer Space Adventure
12 noon - 3 p.m.
Planet Bingo game, face painter, space-themed backdrop for selfies, kid's crafts, fun giveaways
Pacific Commons at The Block
43440 Pacific Commons Blvd., Fremont
(510) 770-9798
www.pacificcommons.com

Saturday, Mar 2
Molly's Revenge \$
7 p.m. - 9 p.m.
Live Celtic music
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.braskhouseconcerts.com

Saturday, Mar 2
Garden Open House
10 a.m. - 4 p.m.
Workshop on the buzz about beekeeping
Paradise Community Garden
20095 Mission Blvd, Hayward
(510) 909-4077

Saturday, Mar 2
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, Mar 2
Old-Fashioned Fun
11:30 a.m. - 12:30 p.m.
Stilt walking, sack races, tug-o-war, potato-spoon racing
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Saturday, Mar 2
Wild Food
1 p.m. - 2 p.m.
Explore the farm for edible plants and weeds
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Saturday, Mar 2
Stilt Walkers
2:00 p.m. - 2:30 p.m.
Improve your balance
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Saturday, Mar 2
Bird Walk
8 a.m. - 10 a.m.
Patterns of behavior, migration & habitat. 8+ years
Meet at Isherwood Staging Area
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
(510) 544-3220

Saturday, Mar 2
Bay Area Regional Science Olympiad
Competition: 8:30 a.m. - 3:30 p.m.
Awards Ceremony:
4:30 p.m. - 6:30 p.m.
Events covering biology, physics, chemistry and more
Cal State East Bay University
25800 Carlos Bee Blvd., Hayward
(510) 885-3118
www.bayareascioly.com

Saturday, Mar 2
Odd Man Out \$
7 p.m.
Humorous account of Bay Area figure Marty Nemko's life
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Saturday, Mar 2
Public Charge R
3:30 p.m. - 5:00 p.m.
Representative Ro Khanna: US Public Charge policy
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont
(510) 790-6600
swapanthi.mandalika@mail.house.gov

Saturday, Mar 2
Transcendentalism and Art, Part 1 \$
2 p.m. - 4 p.m.
Watch video on American and European landscapes, open studio time
Adobe Art Center
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Sunday, Mar 3
Ssnakes, Sstories and Sspirals
10 a.m. - 12 noon
Learn about snakes; unique adaptations
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Sunday, Mar 3
Mardi Gras Family Fun
11:30 a.m. - 1:00 p.m.
Live jazz, fresh beignets, mask making and other crafts and games
Holy Redeemer Church
35660 Cedar Blvd., Newark
(510) 793-1911
www.hrlc-newark.org/mardi-gras-family-fun

Sunday, Mar 3
Extended Roots
2 p.m.
Acoustic band playing traditional music from the roots of America
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464

Sunday, Mar 3
Book Discussion - DNA Testing: Blessing or Curse? R
12:45 p.m.- 3:00 p.m.
Talk on genetics, identity and family ties
India Community Center
525 Los Coches St, Milpitas
(408) 934-1130
info@ibpw.net

Sunday, Mar 3
Wake Up the Farm
10:30 a.m. - 11:00 a.m.
Help prepare a snack for the sheep and goats
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Mar 3
Moon Rock Dedication Ceremony \$
2 p.m.
A moon rock from NASA on public display; dedication ceremony by Apollo 9 astronaut Russell (Rusty) Schweickart
Chabot Space & Science Center
10000 Skyline Blvd, Oakland
(510) 336-7300
www.chabotspace.org

Sunday, Mar 3
Rabbit Rendezvous
10:30 a.m. - 11:00 a.m.
Learn how rabbits use their long ears to sense danger
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Mar 3
Meet the Farmer: Growing a Green Thumb
1p.m. - 2 p.m.
Hands on practice in the vegetable garden
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Mar 3
Stories of the Past: Stone Tools
1:30 p.m. - 4:00 p.m.
Learn about the rock cycle, flintknapping, and grinding techniques
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Sunday, Mar 3
Watershed Wonder
10 am. - 1 p.m.
Follow the Alameda Creek on this 3-mile moderate bike
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Mar 3
Super Hero 5k and 10k Fun Run R
8 a.m.- 12 noon
Race, costume contest, raffle, vendors. Benefits Parkinson's Foundation
Union City City Hall
34009 Alvarado-Niles Road, Union City
(510) 471-3232
www.active.com

Monday, Mar 4
Milpitas Rotary Club Meeting
12 noon - 1:30 p.m.
Discussion of Cal Fire 2018
Dave and Busters
940 Great Mall Dr., Milpitas
(408) 957-9215
http://www.clubrunner.ca/milpitas

Tuesday, Mar 5
Census Solutions for Faith Based Organizations R
12 noon - 1:30 p.m.
Learn what the census is & why it matters. Register by 3/1
Fremont Family Resource Center,
Pacific Room #H800
39155 Liberty St. (at Capitol), Fremont
(888) 308-1767
(831) 998-4441

Tuesday, Mar 5
Weekday Bird Walk
7:30 a.m. - 9:30 a.m.
Tranquil walk to look for birds. Bring water, sunscreen, and binoculars. 12+ yrs.
Vargas Plateau Regional Park
2536 Morrison Canyon Rd, Fremont
(510) 544-3246
(510) 544-3220

Tuesday, Mar 5
Hikes for Tykes
10:30 a.m. - 11:45 a.m.
1-mile hike to explore lakeside life. Bring a snack
Lake Chabot
17600 Lake Chabot Rd, Castro Valley
(888) 327-2757

Wednesday, Mar 6
Swimming Pool Ribbon Cutting Ceremony
3:30 p.m.
Celebrate opening of pool with FUSD
Mission San Jose High School

41717 Palm Ave., Fremont
(510) 657-3600

Wednesday, Mar 6
Dusterberry Park Community Meeting
6:30 p.m.- 8:00 p.m.
Review of conceptual plans & selection of preferred plan
Artist Walk Fremont
3888 Artist Walk Common., Fremont
www.fremont.gov/Dusterberry

Wednesday, Mar 6
Ash Wednesday Day of Prayer \$R
9 a.m. - 2 p.m.
Contemplative prayer, distribution of ashes, personal time to reflect. Register by 3/1.
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
http://bit.ly/2019AshWed

Wednesday, Mar 6
Kayaking for Folks 50+ \$R
11 a.m. - 3 p.m.
Paddling techniques and safety guidelines
Lake Chabot
17600 Lake Chabot Rd, Castro Valley
(888) 327-2757
www.ebparks.org

Wednesday, Mar 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, Mar 6
Job Search Workshop - Job Search Strategies
3:30 p.m. - 4:30 p.m.
Learn about the hidden job market
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org/fremont

Thursday, Mar 7
Business Building Seminar - Double Tap Marketing
1 p.m. - 4 p.m.
Improve your website, learn how your customers think
Fremont Chamber of Commerce
39488 Stevenson Blvd., Fremont
(510) 789-1950
(562) 795-2240

Thursday, Mar 7
Business Building Seminar - Planet Maggie
8:30 a.m. - 10:00 a.m.
Learn safe email & internet practices
Fremont Chamber of Commerce
39488 Stevenson Blvd., Fremont
(510) 789-1950
www.planetmaggie.com/cyberfu

Thursday, Mar 7
Digital Footprints and Manipulation
6:30 p.m. - 7:30 p.m.
Learn about the risks of technology's overwhelming presence in our daily lives
American High School Theatre 50
36300 Fremont Blvd, Fremont
(510)796-1776 ext. 57702

Hopkins Advanced Orchestra Home Concert

SUBMITTED BY HOPKINS MUSIC VOLUNTEERS

Advanced Orchestra of Hopkins Junior High School has been accepted by the American String Teachers Association to participate in the National Orchestra Festival 2019, which will take place from Wednesday, March 6 to Saturday, March 9 in Albuquerque, New Mexico. While participants of the festival include 16 high schools and six middle schools across the country, Hopkins’ 70-member ensemble will be the only group nationwide to represent California. It will also be the first Fremont-based music group to compete at a national festival.

Join us for an evening Home Concert – directed by Greg Conway – on Monday, March 4 where the community and families that do not travel along will have the opportunity to appreciate the hard work and resources put into preparing these talented students for the national stage. The musicians themselves will also benefit from a



final dress rehearsal three days before their departure. For more information, visit <https://musicathopkins.com/>.

Hopkins Advanced Orchestra Home Concert
Monday, Mar 4
7 p.m. – 9 p.m.

Hopkins Junior High School
600 Driscoll Rd, Fremont
<https://musicathopkins.com/>
Free Admission

Classifieds Deadline: Noon Thursday
(510) 494-1999 | tricityvoice@aol.com

CLASSIFIEDS

ABC PAINTING

Serving the Entire East Bay
 Since 1983
ABC PAINTING
 Lic.#711176
 No Job is too Big or too Small
OUR WORK IS GUARANTEED

**Lowest Prices - Highest Quality
 Prompt Service**

Free on-site estimates
 RESIDENTIAL AND COMMERCIAL
510-278-6356
www.abcpainting.us

HANDYMAN Craftsman Quality

30 Years Experience
I Guarantee My Work
Check my References!

FREE Estimates
510-673-1766
Senior Discounts

LANDSCAPING SERVICE

Lic. #758988
 Trees - Trimming - Pruning
 New Lawn - Yard & Hillside Clean Up
 Sod Topping - Sprinkler System
 Driveway - Paver stone - Fence
 Retaining Wall - Overhang - Decking
 Patio - Mowstrip - Flagstone
 Aggregate Exposed - Walkway - Brick
 Block - Concrete - Artificial Grass

Monthly Maintenance 2/4 Times
FREE ESTIMATES
 Please Call: Mr. Tony
510-599-8814

H&H Appraisal Consulting Services

Antiques,
 Jewelry, Fine Art
 Estate Management

Estates Purchased

**Call us
 for an evaluation**

Certified Museum Specialist
 GIA Accredited
 Auction House Liaison

510-582-5954
Norm2@earthlink.net

Randy's Fence Repairs

**Fence Leaning?
 Don't Replace...
 Repair & Save!**

Reinforcement of existing fences
 is my only business. Rotted posts
 are my specialty.

FREE ESTIMATES!
510-706-6189
 Randy McFarland

FIREWOOD FOR SALE

**Kelley's Tree &
 Stump Service**
 Tree's Trimmed or Removed
 Tree Stumps Removed
**RESIDENTIAL &
 COMMERCIAL**

FIREWOOD
 Wheelbarrow full of wood \$20
 1/ Cord Almond \$200
 1/2 Cord Oak \$200
 1/2 Cord Mixed Hardwood \$140
 1/2 Cord Pine/Cedar \$100

FREE Estimates
510-490-7902

HANDYMAN SERVICES

36 Years Serving the Bay Area

**Big or Small
 We do it all!**

**FREE Estimates
 and Senior Discounts**
925-548-4202

WANTED HOUSE TO RENT

Landscape Contractor
 looking for home rental
 Tri-City Area. Can pay
 up to \$3,500 per month

Contact John
 510-284-7790

BUSINESS DEVELOPMENT SPECIALIST

Research
 Market
 Conditions in
 Logistics Industries.

Bachelor's in
 Econ/Mktg related.

Pumyang Shipping Inc.
3494 Depot Road
Hayward, CA 94545

**Subscribe to
 TRI-CITY VOICE
 and you will
 always know
 What's Happening**

510-494-1999
tricityvoice@aol.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

3BR HOME FOR RENT IN NORTH SAN JOSE

near San Jose Country Club
 \$3500/mo.
 Large yard. Excellent location, safe street,
 for family with children.
 Street dead ends at Country Club.
 See photographs on Zillow.com for
 354 Valley View Drive, San Jose 95127
 Only 20 min. drive to Fremont by
 Piedmont Rd. to Jacklin Rd.
 Owner resides in same neighborhood
 and works in Fremont.

**Call 408-923-3821
 for appt**

SEAMSTRESS NEEDED AS SOON AS POSSIBLE

Looking for a seamstress with
 10+ yrs exp. Bi lingual a plus.
Call for appt @ (510) 573-3066
or drop in between 10a -3p
Mon -Fri @ 40919 Fremont
Bldv.Ste,12, Fremont, 94538

Carpet and Janitorial J & J

COMMERCIAL AND RESIDENTIAL

Serving Fremont and
 surrounding area

Steam Carpet Cleaning
Upholstery Cleaning
Tile Cleaning

\$40 Large Room
\$35 Small Room
\$45 Large Living Room
\$40 Small Living Room
60¢ foot for tile
\$60 Upholstery (Large)
\$50 Upholstery (Small)
\$15 Hallways



FREE Estimates
10% OFF

510-359-1013

Licensed Day Care Services



Located in Fremont (Ardenwood Dist). Responsible,
 caring and respectful professionals offering day care
 services for children between 2 - 6 years. Experienced
 staff in a safe, secure place for your child to learn and
 play!

20% off the first month.

Limited spots available. Call us today!

(510) 556-8548

HeadStart Day Care

License Facility No. 013422965

**Subscribe to
 TRI-CITY VOICE
 and you will
 always know
 What's Happening**

510-494-1999
tricityvoice@aol.com

Silicon Valley Community Foundation announces appointment

SUBMITTED BY SUE MCALLISTER

Silicon Valley Community Foundation (SVCF) has named
 Melissa Daar Carvajal as executive vice president, marketing and communications.
 With more than 20 years of experience, Daar Carvajal will lead SVCF's team
 in its strategic marketing and strategic communications efforts.

"I am thrilled to bring Melissa to SVCF," said Nicole Taylor, president and CEO
 of Silicon Valley Community Foundation. "Her broad and deep expertise in social
 impact marketing and communications will be incredibly valuable in supporting us
 as we launch the next chapter for this dynamic community foundation."

Previously, as the founder of MDC Network, Daar Carvajal assisted
 The Early Learning Lab, Center for Youth Wellness, The David and Lucile Packard
 Foundation, Thrive Foundation for Youth and the Rogers Family Foundation.
 Earlier in her career, she played key senior roles at the Stuart Foundation,
 Fenton Communications, and Full Court Press, as well as doing a stint in county
 government. She has a bachelor's degree from Clark University, where she majored
 in sociology.

School superintendent honored for leadership

SUBMITTED BY CHARLENE AQUINO

Officials from the Association of California
 School Administrators (ACSA) recently
 selected Pat Sánchez, Newark Unified School
 District Superintendent, as the Region 6
 Administrator of the Year. The region
 represents school administrators from Alameda
 and Contra Costa County.

ACSA is the largest organization for school
 leaders in the United States, serving more than
 17,000 California educators. ACSA's mission is
 to be the driving force for an equitable,
 world-class education system, and the
 development and support of inspired
 educational leaders who meet the diverse needs
 of all California students.

"I want to thank the amazing team

members of the Newark Unified School Dis-
 trict," Sánchez said, after his selection was
 announced on February 11. "Their support has
 allowed for our district to continue achieving
 success in our classrooms."

One of ACSA's priorities is to ensure that
 school leaders are recognized for their
 excellence. Through their annual awards
 program, they honor students, administrators
 and community organizations for their
 achievements and their dedication to public
 education.

Other district employees recognized by
 ACASA Region 6 include:

- Mark Neal, Middle Grades Principal
- Angela Ehrlich, Elementary Principal
- Leticia Salinas, Central Office Administrator
- Lawrence Simon, Technology Administrator



www.topflightfremont.net

- * Recreational & Competitive Gymnastics
- * Preschool, Toddler & Developmental Classes
- * Cheer & Tumbling
- * Birthday Parties
- * Open Gym **1x** & Flight Night **2x** a Month



Has your child ever wanted to be a Ninja Warrior?
Top Flight is proud to introduce our new **Ninja Zone** program! These classes offer influences from parkour, free running, martial arts, and obstacle courses to improve agility, balance, and strength.

5127 Mowry Avenue
Fremont, CA, 94538

510-796-FLIP

Try a **FREE** Class Today!

Call the Office for upcoming Spring Camp details

SPORTS

Boys Basketball

Mariners take conference crown

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Moreau Catholic Mariners won the North Coast Section, Division 2 championship in front of a packed gym at Dublin High School on February 23rd. In a tough battle with the Bishop O'Dowd Dragons, the Mariners proved their place at the championship with a dominating defensive performance. Quickly taking control of the paint area under the basket, the Mariners capitalized with second and third shot opportunities as well as blocking Dragons' attempts at outside shots.

A halftime 34-27 Mariner advantage was tested by the Dragons but continued defensive sparkle by the Mariners not only maintained the lead, but extended it to open the fourth quarter with an additional five-point margin. In a test of their determination to earn the crown, the Mariners were confronted by a Dragons surge to cut the lead but it was too little, too late. When the clock ticked off the last seconds, Mariners supporters rushed onto the court to celebrate with their team and claim the title.



Boys Basketball

Mariners move on to Championship

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Moreau Catholic Mariners (Hayward) pulled off a great victory on February 15th with a third quarter rally to beat the Las Lomas Knights of Walnut Creek 55-46. Erasing an 11-point deficit, the Mariners third quarter rally moved them to the North Coast Championship game scheduled for March 2nd in Dublin. At the beginning of the contest, the Mariners were slow to respond to an early lead by the Knights who took control of the paint area, using it to take second shots at the basket.

Something lit a fire in the Mariners at the half as the Moreau Catholic squad looked like a new team in the third quarter, fighting for every loose ball and playing excellent defense. By the end of the quarter, only two points separated the teams. With a chance for the championship on the line, the fourth quarter was a tremendous battle between two teams that played with everything they had. The Mariners were not to be denied and move on to a championship contest with the Bishop O'Dowd Dragons (Oakland, CA) on March 2nd.



Girls Wrestling

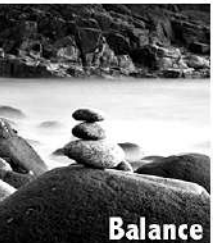
Lady Cougars do well at state championships

SUBMITTED BY TIMOTHY HESS

The Newark Memorial Lady Cougars Sierra Van Rossem, Ezra Vavao, Ariana Pereira, Mikaela Troche placed 21st out of 216 schools at the California State Wrestling Championships held at the Rabobank Arena in Bakersfield, February 22-23. Ariana Pereira, (a junior) placed 2nd in the 160lb bracket at this prestigious event. She had three falls and a major decision victory before falling in the finals 6-13.



Wellness



Balance



Chiropractic

*Professional/Affordable
Quality Chiropractic Care*

- Soft tissue release therapy
- Children & adults
- Auto, work and sport injuries
- Neck, back and extremity pain
- Headaches

Most insurances accepted

Come and enjoy
a truly unique healing experience

New Patient Special

50% off Initial Visit With This Ad

Exp. 2/28/19

Janet L. Laney, D.C.

510-792-9000

6170 Thornton Ave., Suite H

Newark (near Haller's Pharmacy)

**22 VETERANS
DIED TODAY
BY SUICIDE**



**VETERANS
Crisis Line**

1-800-273-8255 PRESS 1



**TEAM AMVETS
SUICIDE
PREVENTION**



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

Baseball

Renegades Report

SUBMITTED BY OHLONE ATHLETICS

The Ohlone baseball program has had a memorable month, on so many levels. In addition to receiving championship rings for 2018, head coach Mike Curran's Renegades were honored for academic excellence and achievements on the field. Moreover, six former Ohlone players find themselves starting on Division I teams.

As of February 18, the Renegades (6-4) had a 1-2 record last week highlighted by an 11-1 rout of Contra Costa on February 12. Dalton Vanhille led Ohlone against the Comets with two triples and four RBI. Winning pitcher Tyler Stultz, Michael Bonnacorso, Zac Heinz, Robert Chioino, James Colyer, and Zach Patterson combined on the mound.

In a 7-3 loss to visiting Chabot on February 16, Justin Clark blasted a home run and Zach Patterson was 2 for 4 with a

double and run scored. Max Heverly also doubled in a run. Clark and pitcher Peter Van Loon were picked as Preseason All-Americans. Clark is No. 4 in the conference in batting average at .419, and Van Loon has a 1-2 mark. Clark, Van Loon and Zach Patterson were also picked as "Players to Watch" by Collegiate Baseball Newspaper.

Six former Renegades players have earned starting spots with Division I teams: AJ Curtis (Fullerton), Thad Phillips (UConn), Ethan Skuija (Bakersfield), Ryan Walstad (Sacramento State), Isaac Cruz (Utah) and Ryan Ruley (LMU). Curtis basically won the Triple Crown in the Coast-Pacific in 2018, leading the conference in average (.421), RBI (47) and tying for the top spot in home runs with eight. Skuija led the conference in ERA (1.70), wins (13) and strikeouts (109).

Ohlone graduate Michael Newman, a right-handed pitcher, showed off his 2017 and 2018 championship rings as one of 12 Renegades to earn them.



EARTH TALK

Dear EarthTalk: There's a lot of talk about overfishing and pollution wreaking havoc in marine ecosystems, but has anyone actually studied if there is less wildlife in the oceans these days?

—Melissa Cassidy, Raleigh, North Carolina

Environmental advocates do spend a lot of time harping about threats to our oceans, but sadly for all of us, the facts bear out the concern. According to the World Wildlife Fund (WWF), population numbers for the majority of marine wildlife species have declined by half since 1970, with many species down as much as 75 percent. Furthermore, a third of all fish stocks are overfished and one in four species of cartilaginous fish (sharks, rays and skates) are living on the brink of extinction. “Driving all these trends are human actions: from overfishing and resource depletion, to coastal development and pollution, to the greenhouse gas emissions causing ocean acidification and warming,” said WWF’s Senior VP for Oceans Brad Ack.

Another recent study by University of British Columbia researchers corroborates WWF's findings, concluding that the biomass of predatory fish in the world's oceans has declined by some two-thirds over the last 100 years, and the decline is accelerating, with 54 percent of it occurring in the last 40 years.

No doubt these changes are happening partly as a result of overfishing. According to the United Nation's Food & Agriculture Organization (FAO), nearly 90 percent of the world's marine fish stocks are either fully exploited, overexploited or depleted.

Efforts to rein in the industry in the U.S. and elsewhere have led to more sustainable practices, but bad actors still ply deep sea waters with destructive trawlers and other gear which not only collect more fish than is sustainable but also inadvertently kill many other marine wildlife in the process.

There is some hope. Early results of efforts to essentially rope off certain parts of the ocean as “marine protected areas” (MPAs) to let marine wildlife recover are showing promise.

A Center for Biological Diversity analysis of 31 marine wildlife populations found that habitat and other protections afforded them under the Endangered Species Act helped them rebound significantly, with three-quarters of endangered marine mammal and sea turtle species increasing population sizes accordingly.

“The Endangered Species Act not only saved whales, sea turtles, sea otters and manatees from extinction, it dramatically increased their population numbers, putting them solidly on the road to full recovery,” said the Center for Biological Diversity’s Shaye Wolf. “Humans often destroy marine ecosystems, but our study shows that with strong laws and careful stewardship, we can also restore them, causing wildlife numbers to surge.”

Another way to stop or slow the overexploitation of marine resources would be to end the approximately \$20 billion in yearly subsidies for harmful fisheries that encourage destructive practices. The World Trade Organization has pledged to set new targets by mid-2019 that would require member nations to reroute any such subsidies toward investments in sustainable fisheries, aquaculture and coastal community development to reduce pressure on fish stocks. But even if such a drastic restructuring of the fisheries economy takes place, environmental leaders worry it may be too little too late.

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

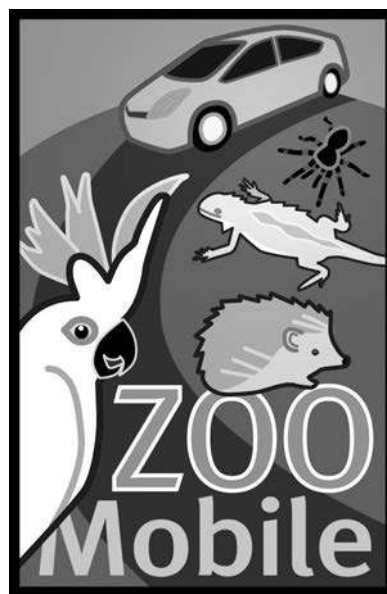
Zoo's ZooMobile

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.scccl.org/Locations/Milpitas, and www.sanleandro.org/depts/library/.

Remaining Zoomobile visits:

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

Looking for Enthusiastic, Responsible and Dependable volunteers

The Kenneth C. Aitken Senior and Community Center

If you enjoy working with people and bringing a smile to their face, then we have the perfect volunteer opportunity for you!

Volunteer Positions include Front Desk/Clerical, Nutrition Program, Senior Van Drivers, Special Event Assistants, Bingo Program and Class Instructors.

What skills can you share? Volunteers are needed Monday - Friday from 9:00am - 4:00pm, depending on your specific interests. Schedules are flexible and we will work with your needs and provide all training for the position.

Contact Recreation Coordinator Jen Tibbetts at (510) 881-6742 for more information.

FREE  Alameda County
LIBRARY

**Improve your reading and writing
with a tutor**

**Study for the citizenship test
in a Civics class**

**Complete High School Online and
earn a diploma**

**Learn English for beginners in
small groups**

**Apply for a job by updating
your basic computer skills**

**For more information call
The Alameda County Library
Education and Literacy Services**

510-745-1480
www.aclibrary.org

Community breakfast to focus on local journalism

SUBMITTED BY ALLYSSON McDONALD

Rhoda Shapiro, founder of the community-based newspaper, The Milpitas Beat, will be guest speaker at the next breakfast meeting of the Sunnyhills Neighborhood Association. Shapiro will speak about the current state of community journalism and how communities can get involved in preserving and strengthening it.

Community Breakfast
Saturday, March 2
8 a.m.
Rhoda Shapiro
Sunnyhills United Methodist Church, Jones Hall
355 Dixon Road, Milpitas
(408) 507-3913

City Council/Public Agency MEETINGS

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

CITY COUNCILS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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).

Fremont City Council

February 19, 2019

- Work Session:**

 - Discuss Draft Mobility Action Plan
- Announcements:**

 - City Manager Mark Danaj announced that a 2020 Census Solution Workshop for faith-based organizations will be held March 5th at the Family Resource Center. The City hosted an Irvington Community Plan meeting January 16 to provide an overview of the Irvington Community Plan and updates on legislation that will affect planning efforts.

- Consent Calendar:**

 - Second reading of an ordinance adjusting the monetary limits prescribed for public construction contract bidding procedures.
 - Approve closeout of completed capital projects and partial defunding of selected projects.
 - Reject all bids for Washington Boulevard Safety Improvements Project.
- Public Communications:**

 - Community members living at Patterson Ranch asked for help to address inadequate height of a sound wall to mitigate noise, vibration and security for their neighborhood.
- Scheduled Items:**

 - Authorize formal processing of General Plan Amendment

- application to change land use designation of property located at 4546 and 4588 Peralta Boulevard for senior assisted living facility. FAILED 0-7
- Authorize formal processing of General Plan Amendment application to change land use designation of property located at 43450 Sabercat Road to facilitate additional market rate residential development. WITHDRAWN
 - Referral from Environmental Sustainability Commission: 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.
- Other Business:**
- Accept new city council retreat report and identified

- council priorities.
- Council Communications:**
- Referral from Mayor Mei to update council assignments to outside committees, commissions and boards.
 - Referral from Mayor Mei for appointments and reappointments to advisory bodies.
- | | |
|---------------------------|-----------|
| Mayor Lily Mei | Aye, 1 No |
| Vice Mayor Raj Salwan | Aye, 1 No |
| Vinnie Bacon | Aye, 1 No |
| Rick Jones | Aye, 1 No |
| Teresa Keng (District 1) | Aye, 1 No |
| Jenny Kassan (District 3) | Aye, 1 No |
| Yang Shao (District 4) | Aye, 1 No |

Hayward City Council

February 19, 2019

- Public Comments:**

 - Affordable housing was discussed
 - Public outcry over the shooting of Agustin Gonzalez. Demands for the Hayward Police to conduct an independent investigation and for better mental health training
- Consent Calendar:**

 - Transmittal of the comprehensive annual financial report for the year ended June 30, 2018; and of the memorandum on internal control and required communications
 - Resolution to file a Chapter 8 request for the purchase of the property located at 1032 Central Boulevard for \$37,027 plus closing and recording costs
 - Resolution to execute an agreement with Moves the Needle for various lean innovation trainings
 - Amendment to lease with Briggs Resources, Inc. for property at 21015 Skywest Drive
 - Approval of final map tract 8319 associated with 20 single family homes on a 1.75-acre site located at 25906 Gading Road; Blue Mountain Communities (Applicant/Owner)
 - New Sidewalks FY19 Project - approval of plans and specifications and call for bids

- New Garin reservoir and pump station improvements: amendments to agreement for additional engineering services during construction Calendar passed 7-0
- Work Session:**
- Update on efforts related to the city’s Residential Rent Stabilization Ordinance. Public comments from landlords, property owners, and tenants were heard. Council mostly in favor of some form of rent control and an improved database for properties.
- Public Hearing:**
- Public TEFRA hearing as required by the Internal Revenue Code of 1986, and adoption of a resolution approving the issuance by California Public Finance Authority of multifamily housing revenue bonds to finance the acquisition, rehabilitation of Leisure Terrace Apartments. Item passed 7-0
 - Adoption of an ordinance to approve an amendment to the City of Hayward contract with the California Public Employees Retirement System (CalPERS) for miscellaneous members in SEIU Local 1021. Item passed 7-0
- | | |
|------------------------|-----|
| Mayor Barbara Halliday | Aye |
| Sara Lamnin | Aye |
| Francisco Zermeno | Aye |
| Aisha Wahab | Aye |
| Al Mendall | Aye |
| Elisa Marquez | Aye |
| Mark Salinas | Aye |

Rep. Swalwell becomes chairman of House Intelligence Subcommittee



SUBMITTED BY JOSH RICHMAN

On February 6, Rep. Eric Swalwell (CA-15) was named chairman of Intelligence Modernization and Readiness Subcommittee of the House Permanent Select Committee on Intelligence. The subcommittee was created as part of a complete reorganization of the committee’s structure for this 116th Congress, so that subcommittees will be more focused on the Intelligence Community’s core missions than specific agencies.

The Intelligence Modernization and Readiness Subcommittee will oversee overall management of the Intelligence Community: policies and programs focused on making sure that all 17 U.S. intelligence agencies have the workforce, infrastructure and services they need to succeed. This involves fostering greater collaboration and better use of resources across the entire Intelligence Community in personnel management, security clearance reform, information technology modernization, and other areas.

“Keeping our nation safe is Congress’ most sacred responsibility, and I’m honored to chair a subcommittee that will help advance our Intelligence Community’s staffing, training, and technology to the highest, most modern standards,” Swalwell said. “We need a diverse Intelligence Community workforce that looks like America and understands the threats we face from all parts of the world. We must ensure that the national crisis of student loan debt isn’t leaving the hard-working men and women of our intelligence agencies in financial quicksand and anxiety that diverts their focus from our safety, and that means looking at loan forgiveness in exchange for their service to America.

“And I’m particularly eager to help lead the long-overdue conversation on reforming our security clearance procedures. We must expedite processing to get clearances in the hands of the right people, and we must conduct oversight when the President has put them in the hands of the wrong people.”

Swalwell is serving his fourth term representing California’s 15th Congressional District, and his third as a member of the House Intelligence Committee. He is also co-chairman of the House Democratic Steering and Policy Committee, and a member of the House Committee on the Judiciary.

How will you respond to a disaster?

SUBMITTED BY ALAMEDA COUNTY FIRE DEPARTMENT

Anyone who would like to be better prepared in the event of an emergency is invited to join Alameda County Fire Department for a free 90-minute Personal Emergency Preparedness Training on Thursday, February 21. Participants will learn how to prepare a home for an emergency, make an emergency response kit, and manage utilities after an earthquake. For more information and to register for the training, call (510) 632-3473, ext. 1721, visit <http://bit.ly/2GjJvMb> or email CERT@acgov.org.

Personal Emergency Preparedness Workshop
Thursday, Feb 21
6:30 p.m. – 8:00 p.m.
Holly Community Center
31600 Alvarado Blvd, Union City
(510) 632-3473, ext. 1721
<http://bit.ly/2GjJvMb>
CERT@acgov.org
Registration required; free



Scan for our FREE App or Search App Store for TCVnews

Get our App and you will always know what is happening. We also have the back issues archived

OPINION



WILLIAM MARSHAK

Apathy has taken a back seat to active participation at the local level in the greater Tri-City area. Recently, at many city council meetings, motivated citizens have turned out to register their opinions... and it does make a difference. Elected representatives are sensitive to the will of their constituents since just as one election ends, a new cycle for reelection begins. Mindful of this relentless fact, vocal support or opposition does affect the behavior of councilmembers.

Although not always representing a majority opinion, the fact that a group of people are inspired to at least show up at a meeting to support their side of an issue is important and revealing. It takes quite a bit of effort to alter a routine, especially on a weeknight, to either take a turn at the podium for a minute or two, or simply attend these meetings to remind elected officials of where the real power resides in our democratic system. In a recent Fremont Planning Commission meeting, not only were both sides of a proposal for development in Centerville addressed, but students took time on a school night to speak about their views and participate in government... an important lesson in civics that can apply to all of us.

PEOPLE POWER

City Councils respond to public communications. This is not a nefarious or mysterious process, simply direct communication between constituents and those they elect to serve their needs. Some prospective developments have been beneficiaries or targets of these demonstrations, but have been put on notice that community support is an important factor when considering the viability of a project. In the recent past, suggested ordinances have been advanced to address a wide variety of issues: housing, zoning, marijuana sales, traffic, shared transportation, rent control, etc. All of these can have a direct effect on residents and, even without citizen input, the council is required to vote for or against, often based on staff recommendations with little or no resident comment. For routine and mundane items, this may be acceptable, but when scrutiny is limited, so are checks, balances and controls.

Whether to express approval, disapproval or a grievance, a key factor when representing your point of view is not only the strength of the argument, but adherence to common courtesy. In most cases, people advancing their point of view at council meetings have respected the process and adhered to meeting protocols. Even though everyone may not elect to speak, especially when speakers echo the same message, presence at the meeting can have a powerful effect. Visual support of a well-constructed argument delivered in

a calm, rational manner not only has significant influence on councilmembers, but allows the agenda to advance in an orderly manner.

A packed council chamber can be used to demonstrate an overwhelming sentiment even without each person speaking for their allotted time (usually 1-3 minutes). An identifying color, clothing, button, raising a hand or standing up to signify support when asked by a speaker can be as influential as hours of "me too" speak. In some ways, this can be even more powerful than a series of speakers verbalizing identical arguments.

It is heartening to watch an informed and active electorate participate in our governmental process. Hopefully, this activism will continue in a constructive and supportive environment that benefits our cities and extends to regional, state and national issues.

William Marshak
PUBLISHER



PUBLISHER
EDITOR IN CHIEF
William Marshak

DIRECTOR OF OPERATIONS
Sharon Marshak

PRODUCTION
Claire Camaclang

OFFICE ADMINISTRATOR
Gail Hansen
David R. Newman

BOOKKEEPING
Vandana Dua

DELIVERY MANAGER
Carlis Roberts

ARTS & ENTERTAINMENT
Sharon Marshak

ASSIGNMENT EDITOR
Julie Grabowski

CONTENT EDITOR
Jui Sadekar

COPY EDITOR
Rob Klindt

REPORTERS
Frank Addiego
Roelle Balan
Asok Chatterjee
Janet Grant
Alfred Hu
Johnna M. Laird
David R. Newman
Daniel O'Donnell
Margaret Thornberry

INTERNS
Toshali Goel
Zoya Hajee
Dhanika Pineda

PHOTOGRAPHERS
Mike Heightchew
Don Jedlovce

APP DEVELOPER
WEB DEVELOPER
AFANA ENTERPRISES
David Afana

LEGAL COUNSEL
Stephen F. Von Till, Esq.

Quirk renews efforts on accurate and humane hazardous waste identification

SUBMITTED BY LYANNE MENDEZ

Hazardous waste must be disposed of properly to protect public health and the environment. On February 19, Assemblymember Bill Quirk (D-Hayward) introduced AB 733, which will enable California to identify this waste more humanely and accurately. "As Chair of the Assembly Committee of Environmental Safety and Toxic Materials, I work every day to protect Californians and California's environment from toxic pollution. Making sure hazardous waste is accurately identified and disposed of is crucial," said Assemblymember Quirk.

The hazardous waste test currently used in California, commonly known as the "minnow test," essentially involves adding waste to a fish tank and seeing if the fish die. Companies committed to cruelty-free practices forgo the test and play it safe by treating all

their waste as hazardous. "This is costly to business and means that California may be treating more waste than we should as hazardous waste," said Assemblymember Quirk. AB 733 authorizes the Department of Toxic Substances Control (DTSC) to identify humane alternatives to the "minnow test."

"Last year, we made history in passing monumental legislation that banned the sales of any cosmetic tested on animals anywhere in the world in the State of California. It is time the state joined business industry leaders and advocates in adopting its own cruelty-free pledge and eliminate this barbaric and outdated test on live fish replacing it with an internationally accepted humane alternative," said Judie Mancuso, president of Social Compassion in Legislation, co-sponsor of the bill with the Physicians Committee for Responsible Medicine.

ADJUDICATION:

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

You help create a world with less cancer and more birthdays.

Thanks to your donations and purchases, the American Cancer Society's Discovery Shop raises money and awareness to finish the fight against cancer.

ST. PATRICK'S DAY TEA EVENT

JOIN THE FREMONT DISCOVERY SHOP ON MARCH 1ST AND SHOP OUR ST. PATRICK'S DAY DECOR.

We will also have all you need for your next tea party!

Discovery Shop

A Unique Quality Resale Experience™

2690 Mowry Ave., Fremont 510-402-0124

Mon.-Thurs. 10 a.m.-7 p.m., Fri.-Sun. 10 a.m.-5 p.m.

cancer.org/discovery | 1.800.227.2345

Any Home Sale or Refinancing Questions Ask The Gupta Team 510-697 7750

Rajeev Gupta

Home Sales Specialist
Remax Accord
CA BRE # 01232943
39644 Mission Blvd., Fremont
510-697-7750

Monica Gupta

Home Loan Specialist
Home Advantage
CA BRE # 01424265, NMLS # 343986
702 Brown Road, Fremont
510-520-7770

FHA home loans with 3.5% down* Call to qualify.

www.realtytrain.com

What's Happening's **TRI-CITY VOICE**™

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

Subscribe
Call 510-494-1999

510-494-1999
fax 510-796-2462
tricityvoice@aol.com
www.tricityvoice.com

COPYRIGHT 2019®
Reproduction or use without written permission from What's Happening's Tri-City Voice™ is strictly prohibited

Birth

LIFE CORNERSTONES

Marriage

Obituaries

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



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



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

Yu Ling Chu
RESIDENT OF FREMONT
October 9, 1938 – February 22, 2019

Benjamin Lucela Ayala
RESIDENT OF NEWARK
February 17, 1935 – February 21, 2019

Tam Vu
RESIDENT OF UNION CITY
December 31, 1931 – February 20, 2019

Stella Marie Willard
RESIDENT OF FREMONT
May 16, 1924 – February 19, 2019

Olivia Romero
RESIDENT OF NEWARK
June 19, 1926 – February 18, 2019

Elizabeth Ann Mabanglo
RESIDENT OF FREMONT
March 3, 1953 – February 18, 2019

Marcos Augustine Cardenas Sr.
RESIDENT OF FREMONT
October 8, 1922 – February 17, 2019

Ramon Andrew Vance
RESIDENT OF FREMONT
November 14, 1933 – February 14, 2019

Sandra Kay Chetty
RESIDENT OF FREMONT
November 4, 1943 – February 10, 2019



Berge • Pappas • Smith
Chapel of the Angels
(510) 656-1226
40842 Fremont Blvd, Fremont

Grace Terry
RESIDENT OF FREMONT
July 16, 1923 – February 22, 2019

Yu-Chen Wang
RESIDENT OF FREMONT
October 8, 1923 – February 21, 2019

Mary Waller
RESIDENT OF FREMONT
March 5, 1923 – February 19, 2019

Kathleen Rustice
RESIDENT OF FREMONT
September 29, 1947 – February 19, 2019

John Hillan
RESIDENT OF FREMONT
May 22, 1929 – February 17, 2019

Martin Ortega
RESIDENT OF FREMONT
January 5, 1963 – February 16, 2019

Jami Hoagland
RESIDENT OF FREMONT
August 7, 1956 – February 15, 2019

Tessy Silvester
RESIDENT OF UNION CITY
November 4, 1970 – February 15, 2019

Carmelita Becker
RESIDENT OF FREMONT
October 19, 1933 – February 14, 2019

Ai Minh Tran
RESIDENT OF SANTA CLARA
May 21, 1944 – February 12, 2019

Ramaswamy Ayyar
RESIDENT OF SAN JOSE
September 8, 1931 – February 12, 2019

Jewel McCrary
RESIDENT OF FRESNO
May 25, 1936 – February 11, 2019

Sinh Nguyen
RESIDENT OF FREMONT
August 30, 1931 – February 10, 2019

Roberta Golway
RESIDENT OF FREMONT
April 13, 1939 – February 10, 2019

Richard Olmos
RESIDENT OF MILPITAS
March 13, 1947 – February 8, 2019

H&H Appraisal Consulting Services

Antiques,
Jewelry, Fine Art
Estate Management

Estates Purchased

**Call us
for an evaluation**

Certified Museum Specialist
GIA Accredited
Auction House Liaison

510-582-5954
Norm2@earthlink.net

Obituary

Antonio Mares

On Valentine’s day, our beloved Father and Grandfather Antonio passed away peacefully with his wife and family by his side. He was born in Rowe, New Mexico and eventually moved and settled in Fremont, California. He resided in Fremont for the last 45 years.

At the age of 17, he enlisted in the U.S. Army during the Korean war where he was trained to drive tanks. After returning home from his assignment, he met his wife Lydia. He was a dedicated and hardworking man, who worked as a dough mixer for 20 years and 5 years with the Fremont Unified School District to support his wife and 9 children. He enjoyed trips to the casino, guitar & harmonica playing, gardening, handyman tasks, his dog Clyde and the numerous family celebrations.

Antonio leaves behind a legacy of family-his wife, Lydia of 64 years, daughters (Angela, Anita, Tanya & Katrina), sons (Henry, Ricky & Daryl) and numerous Grandchildren & Great Grandchildren. He is preceded in death by his daughters Joann, Marla and son Jackie.



Family and friends are invited to attend a visitation on Thursday, February 21st 4:30-8 p.m., with Rosary & Vigil at 6:30 p.m., held at Berge-Pappas-Smith Chapel of the Angels, 40842 Fremont Blvd, Fremont. A mass will be held at Our Lady of Guadalupe church, 41933 Blacow Rd, Fremont, February 22nd at 11:00 AM. A celebration of life reception will follow mass, details to TBD. (Please contact the funeral home for TBD details). Burial will take place Monday, February 25th at 12 noon at Holy Sepulchre cemetery in Hayward, Ca.

Obituary

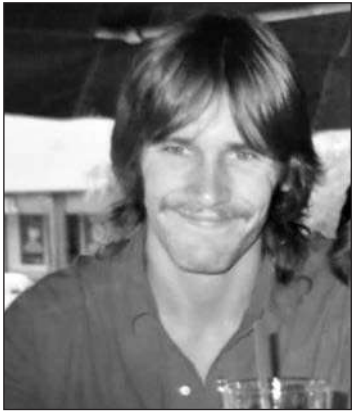
Curtis Alan Seaver

Resident of Fremont

July 19, 1963 – February 7, 2019

Curtis was born on July 19, 1963 in Oakland, and entered into rest on February 7, 2019 in Fremont at the age of 55. Beloved father to Baylie Seaver. Loving brother to Cindy Seaver and Saundra “Dee” Cardenas, and James Jay Seaver. Beloved son to his adoring mother Dorothy Nunes and one cherished uncle to Felicia Seaver.

Curt was a terrific guy he was always helping people all his life.



Curt enjoyed fishing, camping and riding dirt bikes. He loved his mother Dorothy and was a loving caretaker to her these last several years. Curt loved his family and his dogs Bo, Hero and Pepper. All will agree he left us way too soon.

Service was held on Saturday, February 23, 2019.

Fremont Chapel of the Roses
510-797-1900

Obituary

JD Segura Sr.

Resident of Union City

November 11, 1945 – February 15, 2019



J.D was born November 11, 1945 in Hale Center, Texas to Anastacio and Juanita Segura. JD passed away unexpectedly on February 15th, 2019. He was 73 years old. He was a long time resident of Union City.

JD retired from AC transit after 34 years of service. He was an avid sports fan and athlete who was especially devoted to the Oakland Raiders, Oakland A’s

and the Warriors. He was a beloved husband to Anita Arellano Segura, his high school sweetheart. Devoted father to Corina, George, JD Jr. Also father to John Patrick who preceded him death.

He is survived by his son-in-law Dale Bier and daughter-in-law Jossie Segura. JD was blessed with 9 grandchildren, 9 great grandchildren and 4 step children. His family meant everything to him. He dedicated his life to them. JD was 1 of 12 children. 3 brothers and 8 sisters and is survived by 7 of his siblings. He was the Patriarch of his family and will be missed by many nephews, nieces and cousins.

In lieu of flowers donations may be sent to OLR.

Fremont Chapel of the Roses
510-797-1900

Obituary

CARMELITA B. BECKER

Carmelita B Becker passed away on Thursday, February 14, 2019 in Fremont, CA. She was born on October 19, 1933 in Valley Home, CA to John and Eva Moreno.

She enjoyed traveling, sewing, and cooking. She was a founding member of The Ladies of the Knights of Columbus. She worked at Our Lady of Guadalupe School as a bookkeeper for several years.

She was a loving mother to Sandra Durand, Nora Maldonado, John Becker, Anthony Becker and James Becker. Grandmother to 11 grandchildren, 14 great-grand-



children, and 1 great-great-grandchild due next month.

She was preceded in death by her husband Eugene C. Becker in 2004. As well as 2 brothers and 1 sister.

Family and friends are invited to attend memorial Mass Saturday, March 2 beginning at 11:00 at Our Lady of Guadalupe Parish, 41933 Blacow Rd, Fremont.

Burial will be Monday, March 4th at 11:00 at San Joaquin National Cemetery 32053 McCabe Rd, Santa Nella, CA.

For further information contact:

Berge Pappas Smith
Chapel of the Angels
510-656-1226

Obituary
Paul Francis Couchot
Resident of Newark
July 28, 1928 – January 22, 2019

Paul Francis Couchot passed away on January 22, 2019 at the age of 90. He had been a resident of Newark, California since 1960 and a California resident his entire life.

Paul was born in Alameda, California on July 28, 1928. On his maternal side, he was the great, great, great grandson of Don Luis Maria Peralta, Spanish soldier and pioneer rancher. Don Luis was awarded for his services to the Spanish Crown and country, the royal land grant of Rancho San Antonio comprising what is today an extensive part of Alameda County. On his paternal side, he was the grandson of Maurice Couchot, the prominent engineer of many landmark buildings in the Bay Area. The unique cement process he developed created numerous buildings that survived the Great San Francisco Earthquake, some that remain vibrant today. One example is the Palace of Fine Arts.

Married in 1959, he is survived by his wife Nancy Ann (Gillard) Couchot. His children Denise Couchot Aghazarian (Ron Aghazarian) and Paul J. Couchot (Stephanie Rede Couchot). He was adored by his grandchildren Rochelle Couchot, Nicholas Couchot, Samantha Aghazarian and Marlo Aghazarian. Paul is preceded in death by his brothers Maurice Couchot, George Couchot and Quinten Couchot. He is survived by his sister Rene Scott, his brother Charles Couchot, and several nieces, nephews, and cousins.

After graduating from the University of San Francisco in 1953, he served as an army



counter intelligence agent in Korea from 1954-1956. He thereafter received his teaching credential, and in the process met his future wife.

In 1989, Paul retired from the San Lorenzo School district after 30 years. He was a dedicated and respected teacher sharing his sense of humor and creativity with his students and fellow teachers. His hobbies included history, carpentry, and poetry, the fruits of which were bestowed upon and enjoyed by his family. Paul enjoyed being a part of the Newark community. Assisting in the establishment of Bobby Sox softball was just one his many contributions to the Newark community. He was a devout and practicing Catholic his entire life.

His warmth, charm, and humor made him a special person. The love and support that we have received from our community of friends and family has been much appreciated.

A family graveside service was held on February 9, 2019.

Fremont Chapel of the Roses
510-797-1944

Obituary
Olivia Romero
Resident of Newark
June 19, 1926 – February 18, 2019

Olivia Romero was born on June 19, 1926 in Del Rio, Texas, entered into rest on February 18, 2019 in Roseville at the age of 92.

Olivia preceded in death by her husband Gonzalo Romero 2003.

She survived by her son: Ernesto Romero, twin daughters: Maria Romero and Anna Blankenship (William), grandchildren: Anthony Romero, David Romero, Robert Landreth, Michael Landreth, Arianna Blankenship and Alina Blankenship and brother: Geraldo Gallegos (Carmen).

She was a Newark Unified ESL teacher's aide for 19 years.

Visitation will be held on Sunday, February 24, 2 to 5 PM, at Fremont Chapel of the Roses,



1940 Peralta Blvd, Fremont. With a Vigil Service at 3 PM. Funeral Mass will be on Monday, February 25, 10:30 AM, at St Edward's Catholic Church, 5788 Thornton Ave, Newark.

Fremont Chapel of the Roses
510-797-1900

Obituary
Benjamin L. Ayala
Resident of Newark
February 17, 1935 – February 21, 2019

Benjamin was born on February 17, 1935 in the Philippines, and entered into rest on February 21, 2019, at the age of 84.

Benjamin was predeceased by son Benjamin J. Ayala Jr. (1981).

Survived by his beloved wife of 44 years, Herminia Ayala of Newark. Loving father to Jennifer Ayala Bermillo and Caroline Ayala Kawazoe of Newark. Dear brother to 7 brothers and 5 sisters. Devoted grandfather to Christopher, Jenivieve, Jaeden, Leanila, Cayla, and Jason.

Retired from the City of San Francisco Water Dept. after 34 years. Member of Tau Alpha

Fraternity -University of Philippines. Member of St. Edward's Catholic Church in Newark.

Visitations will be held on Saturday, March 2, 4 to 8 PM, Sunday March 3, 2019, 1 to 5 PM at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. Funeral Mass will be on Monday, March 4, 2019, 10:30 AM at St. Edward's Catholic Church, 5788 Thornton Ave, Newark. Burial to follow at Holy Sepulchre Cemetery, Hayward.

Fremont Memorial Chapel
510-793-8900

Obituary
Stella Marie Willard
May 16, 1924- February 19, 2019
Resident of Fremont



Revered community volunteer Stella Marie Willard passed away peacefully from natural causes at 94 years of age. Stell was a native of Stockton, CA.

It's impossible to honor Stell's memory without including "My Bobby." Robert G Willard lived across the street from the outgoing and cute Italian girl - Stell. They were sweethearts at the age of 16. Bob, the handsome, quiet, James Garner look alike, married Stell in Reno, Nevada in 1943. They eloped just before Bob was deployed overseas in WWII. In 1950 they settled in Fremont where Bob joined Ford Motor Company until his retirement in 1983.

Stell was a devoted Catholic and in the early days would ride her bicycle every morning to mass. Without children of their own they embraced all the families near them and dedicated themselves to community service. They became "Auntie Stell and Uncle Bob" to 14 Godchildren!

Stell loved to entertain and cook authentic Italian food. She was famous for her homemade ravioli and mouth-watering pies. Dinners were fancy with crystal and china. Bob and Stell were often featured in the newspapers. They were members of the Fremont Dance Club. Bob was always the debonair gentleman in the tuxedo and Stell wore the bedazzled dresses she created with sparkling jewelry to match. They were showstoppers!

One of Stell's most proud accomplishments was being a charter member of the Washington Hospital Service League in 1955. She coordinated and opened the Gift Shop at the hospital that has raised funds for many charitable causes. In 1969 she was recognized by Ford Motor Company as Citizen of the Year. She was President of the Washington Township Country Club. Over the years she

has received numerous awards and commendations.

The Willards loved to travel and visited over 65 countries. On their many cruises Stell and Bob were always invited to the Captain's Table. She was "Belle of the Ball" and was a dramatic and colorful storyteller. Without a doubt she entertained everyone and the laughter she evoked was contagious.

Stell never forgot someone's birthday. She had a photographic memory. Auntie Stell doted on everyone. She remembered every anniversary, graduation, baptism, birthday, and memorial with a thoughtful card and a prayer.

Bob and Stell were beloved by all. She continued her busy life after Bob's passing March 1, 2003. Together they created many happy and loving memories to cherish. Stell is survived by nephew Richard Weakland and many friends and families.

Funeral Mass will be celebrated Friday, March 1, 2019 at 10 AM at St. Joseph's Catholic Church, 43148 Mission Boulevard, Fremont.

Fremont Chapel of the Roses
(510)797-1900

Obituary
Elizabeth Ann Mabanglo
March 3, 1953 – February 18, 2019
Resident of Fremont, CA

Elizabeth is predeceased by her father, Fredrick; father-in-law, Elpidio; and sister-in-law, Remy.

Elizabeth is survived by her husband, David; daughter, Angelique (husband, Christopher); mother, Ida; her mother-in-law, Brigida; her sisters, Patricia (husband, Lawrence) and Sandra (husband, Terry); her brothers, Maurice (wife, Andi), Brian (wife, SuSu), Fred (wife, Teresa); brothers-in-law, Edward (wife, Jonny), Jesse (wife, Eyde), George, John (wife, Colleen), Michael (wife, Gretchen), Peter (wife, Clara), Anthony; her nieces, Yolanda (husband, Robert), Melissa (husband, Lorenz), Lauren (husband, Bryan), Lisa (husband, Ryan), Lilly, Jessica, Maya, Michelle, Mary and Victoria; her nephews, Steven (wife, Anne), Christopher, Cody (wife, Jess), Michael, Jacob, Edward Paul, Kai, Noa, Jaxon; and her great nephews and nieces, Cameron, Samantha, Jackson, Liam, Grayson, Eric, Grace, Aria, and Kade.



Her hobbies include art, especially watercolor, drawing, ceramics, and stained glass; traveling; her dedicated dog, Tommy; walking; reading; enjoying nature; and photography.

She worked 9 years in the biomedical engineering field, followed by 27 years within the clinical/medical and biopharmaceutical field at

Merris Labratories, Alza, Palo Alto Medical Foundation, and Genentech, where she was to retire from in a few weeks. She was a devout Catholic who helped start the Holy Spirit Catholic Church prayer group ministry and served as a minister for the sick.

Her services will be held on Monday, March 4, 2019, with public viewing beginning at 5pm followed by Vigil and Rosary at 6:30pm (Fremont Memorial Chapel, 3723 Peralta Blvd, Fremont, CA 94536). Her Funeral Mass will be on Tuesday, March 5, 2019, at 10am at St. James Apostle Catholic Church (34700 Fremont Blvd, Fremont, CA 94555), with her burial following the Mass at Holy Sepulchre Cemetery (26320 Mission Blvd, Hayward, CA 94544).

Fremont Memorial Chapel
510-793-8900

Obituary
Ramon “Raybo” Andrew Vance
Resident of Fremont
November 14, 1933 – February 14, 2019

Ramon was born on November 14, 1933 in San Francisco, CA and entered into rest on February 14, 2019 in Fremont. Ramon is survived by his devoted wife Mariam Vance for 36 years. Loving father to Rick, Bruce, Craig, Robin, Tracy, Penny and Ramon. Caring brother to Jim and Michael Vance. Adoring grandfather to 14 grandchildren and 7 great-grandchildren.

Ramon retired from Pacific Bell as a cable splicer.

In lieu of flowers, contributions may be made to Lupus or American Diabetes in honor of Ramon Andrew Vance.

A Celebration of Life will be held on Saturday, March 9, 2019



at 1:00 PM at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont.

Fremont Chapel of the Roses
510-797-1900

Have real estate questions?

Can I buy? Should I sell? Rent?
Renovate or "As-Is"?

Call me!

I offer effective, customized solutions to your real estate goals and no pressure advice to help you make informed decisions.

ONE REALTY**ONE**GROUP
AMERICAN

CA BRE# 01818076

"To give real service, you must add something that cannot be bought or measured with money, and that is sincerity and integrity."
— Douglas Adams



Brenda Avilla-Kintz

REALTOR®, ABR, CRS, SRES, SRS

408.828.2020

CaRealEstateOnline.com

Fremont resident serving Alameda, Contra Costa, Santa Clara, & San Mateo Counties.

Solutions for Changing Lives



Is Your Business Growing?
It's a Good Time to Feed It.



Surround Yourself With The Right People



Connect. Grow. Prosper. Belong.

NEWARK
CHAMBER OF COMMERCE

510.578.4500 | www.Newark-Chamber.com

YOU'RE INVITED! BJ TRAVEL CENTER PRESENTS ROCKY MOUNTAINEER!



Beauty, Beyond Words

— Truly Moving Train Journeys —

AN EDUCATIONAL SERIES PRESENTATION

WITH CARSON HOBART,
REGIONAL BUSINESS DEVELOPMENT MANAGER

**WEDNESDAY, MARCH 27, 2019,
FROM 5:30PM TO 7:00PM**

**RSVP DEADLINE: MARCH 22, 2019
LIMITED SEATING**

RSVP required
Space is limited - Call or Email Today
Call Cathy at 510-796-8300
or email cathy@bjtravelfremont.com



All on Four Dental Implants Custom Milled Fixed Permanent Bridge



\$14,999
per arch

Fixed Permanent
Bridge in 5 days
instead of 6 months



FREE Consultation

510-398-6372

Center for Implant Dentistry

3381 Walnut Ave., Fremont

www.BayAreaImplantDentistry.com



Dr. Jain



Dr. Gupta

Subscribe to
TRI-CITY VOICE
and you will
always know
What's Happening

510-494-1999
tricityvoice@aol.com

HAYWARD'S PREMIER SIGN SHOP!



- ✓ Full color high-tech digital printing
- ✓ Flyers, indoor/ outdoor signage options
- ✓ Event banners for birthdays, graduations & holidays
- ✓ Fully skilled in-house graphic design team

- ✓ Business cards, flyers, & company website designs
- ✓ 3D, Neon, LED signs, and backlit sign boxes
- ✓ A-boards, Realtor signs, exhibition stands, etc
- ✓ Indoor wall signage, window lettering & graphics

- ✓ Custom vehicle color graphics, magnets and lettering
- ✓ Full or partial vehicle wraps and specialty color changes
- ✓ Certified installers for professional installation

FREE CONSULTATION
(510) 888-9155

250 Jackson St. Hayward, CA 94544

Email: info@OnTimeSignsCA.com

Web: www.OnTimeSignsCA.com

"Our business is your image!"

ON TIME SIGNS

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

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



Union City Police Log

SUBMITTED BY LT. MATIAS PARDO, UNION CITY PD

Friday, February 22
At 11:04 a.m. police responded to a report that a male student had been stabbed at James Logan High School, 1800 H Street. Two juvenile students were stabbed in the 400-wing on the James Logan High School campus. One juvenile suffered a serious puncture to the lower abdomen and the other suffered minor injuries. The injured juvenile was transported to a local hospital for medical treatment and he is in

stable condition at this time. Officers quickly placed the school under lockdown while they searched for the suspect, who was found shortly after 1 p.m. and identified as another student. Detectives located and arrested the juvenile suspect at a grocery store in Hayward (Mexico Super). No other suspects are involved. The lockdown was lifted at 1:27 p.m. and students were released at the usual time of 3:20 p.m. Police have not released the names of any students. An investigation is ongoing; a motive for the stabbing has yet to be determined. Anyone with information on this incident is encouraged to call Detective Nick Perry at 510-675-5266.

Hayward Police Log

SUBMITTED BY HAYWARD PD

Wednesday, February 20
• At about 5:45 p.m. police responded to a report of a carjacking where the female driver was kidnapped at the 3900 block of Trust Way. Officers spotted the vehicle going northbound on Interstate 880 and began a pursuit. The suspect vehicle collided with several vehicles in the heavy rush hour traffic and came to a stop at the Winton Avenue overpass about half a mile away. Officers nabbed the suspect at about 5:55 p.m. and recovered the handgun used in the carjacking. The victim was treated for minor road rash injuries caused by jumping from the vehicle while it was still moving. Another driver from collision scene was taken to a hospital for precautionary reasons. The California Highway patrol is investigating the incident.

Milpitas Police Log

SUBMITTED BY SGT. SEAN HENEGHAN

Thursday, February 21
• At about 8:08 a.m. police and personnel from the Milpitas Fire Department responded to a report of a pedestrian hit by a vehicle near the intersection of California Circle and Dixon Landing Road. Arriving officers determined the male pedestrian, later identified as an 84-year-old Milpitas resident was in the crosswalk when he was hit. The pedestrian was taken to a hospital where he died from his injuries. The driver, identified at a 56-year-old man from Moreno Valley, was driving a 2015 Ford F150 pickup truck. He remained at the scene and cooperated with investigators. Alcohol or drugs did not appear to be a factor in the collision. An investigation is continuing and police are asking anyone who witnessed the collision to contact them at (408) 584-2400k. Information can also be giving anonymously by calling the Crime Tip Hotline at (408) 586-2500 or online at www.ci.milpitas.ca.gov/crimetip.

K9 officers report for duty

SUBMITTED BY MILPITAS PD

Officials from the Milpitas Police Department are welcoming two new police K9 officers to their team. The first new four-legged recruit is an 18-month-old male German Shepherd named Ty. He was born in the Czech Republic on June 14, 2017 and eventually found his way to the Netherlands before coming to the United States to train as a police dog. After arriving in California, Ty met his new friend, Milpitas

Police Officer Medeiros and began his training for police work. During Ty's downtime, he likes to play ball and enjoys belly rubs.

Officer Medeiros has been with the Milpitas Police Department since July 2013 and is currently assigned to the Patrol Services Division. In addition to being a K-9 Officer, she is also a Field Evidence Technician. When not at work, she enjoys coaching soccer and spending time with friends and family.

Meanwhile, a second furry recruit, Kona, is often seen wagging her tail in anticipation of hitting the streets of Milpitas each day. Kona was born March 1, 2017 in Slovakia and, like Ty, first traveled to the Netherlands before arriving in the United States. Along the way, she met Ty and the two became fast friends. Kona is the

second female police dog in the department's history. When she is not working Kona likes to run, play with her ball and stick her tongue out.

Kona works with Officer Mansky, who has been with the department since December 2013 and is currently assigned to the Patrol Services Division and is also part of the Crisis Negotiations and Recruitment teams. In her off time, Mansky enjoys playing soccer, camping, and spending time with her family.

Welcoming new K9 recruits to the Milpitas Police Department won't stop with Ty and Kona. Next up, will be another dog named Nitro who is currently attending police dog school with his handler, Officer Brasil.

Auto burglaries on pace for an all-time high

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Despite several recent arrests and additional police resources, the City of Fremont has experienced a significant rise in auto burglaries since the first of the year.

According to the Fremont Police Department, 319 auto burglaries were reported to police from January 1 to February 12. From 2014 to 2017 the city experienced an 87 percent increase in auto burglaries, most of which have occurred at retail shopping centers.

In response, police have implemented many crime reduction strategies. Marked and unmarked police resources patrol shopping centers, detectives work with property owners to bring awareness to the crime and post signage, community engagement staff develop educational campaigns and department personnel facilitated the installation of private video at commercial center entrances and exits.

Additionally, last year the department's Investigations Unit uncovered a large multi-million dollar international fencing operation resulting in the disruption of a major crime ring in the East Bay. The case was highly publicized and helped to uncover the intricacies of the black market for small electronics and laptops. A total of 2,000 devices were recovered during the investigation. These efforts led to a 16 percent decrease in auto burglaries during 2018.

Unfortunately, demand has significantly increased this year, and the primary loss continues to be laptop computers. Approximately 50 percent of recent auto burglary crime victims are local residents. Most of the crimes are occurring in retail parking lots, where there is a higher likelihood of valuables being left in cars while people patronize shops, restaurants, movie theaters and gyms.

This is not a sophisticated crime and only takes a couple of seconds to commit. Suspects drive into a parking lot and a passenger begins to look through windows of cars. When they see a bag believed to contain a laptop, they smash the window and grab the item. Based on video and license plate reader data, police know many suspects are driving vehicles with stolen plates. Often times, these license plates are stolen from vehicles in other cities and discarded before the victim even knows their license plate was taken or switched out.

Fremont is not alone. Over the last several weeks, agencies throughout the Bay Area have been

inundated while investigating these crimes. Due to the increase Fremont has experienced, units continue to allocate more and more resources to investigate these crimes. In doing so, patrol officers and detectives arrested 11 suspects for auto burglaries committed in Fremont over the course of eight days. Many of the suspects have prior contact with police.

Fremont police have partnered with the Alameda County District Attorney's Office to develop the Special Prosecution Unit, committed to prosecuting prolific offenders, with an emphasis on those committing auto burglaries. Since making the arrests earlier this month, there has been a slight decrease in the number of auto burglaries reported to police.

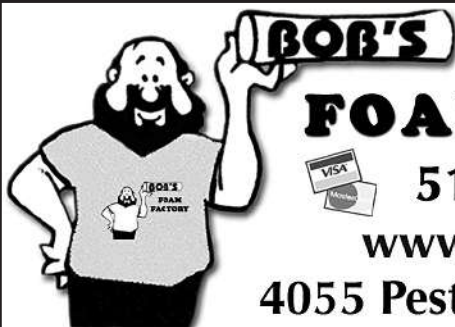
Despite ongoing efforts by police, the numbers continue to rise. In a 48-hour period in mid-February, 22 reports were taken. Going forward, patrol and investigative resources will continue with increased patrol checks, surveillance operations, deterrence campaigns and staffing in the areas that have experienced the highest number of auto burglaries. There will also be additional education and awareness materials produced and distributed to patrons in these areas, while police continue to encourage private property owners to install video surveillance.

Police in Fremont are asking the community to partner with them to help drive down this crime epidemic. The best way this can be accomplished is to never leave laptop computers and other valuables in a vehicle, not even for a short period of time. When these criminals realize there is nothing of value to steal, they will stop coming to Fremont.

Here are tips to follow that can help stem auto burglary crimes:

- Remove all valuables from parked cars, especially laptop computers and high end electronics
- Share this information with friends, neighbors and co-workers and on social media
- Be vigilant and report suspicious vehicles and activity
- Install video surveillance
- For those who routinely travel or use their vehicle for work, consider purchasing a trunk storage case that can be locked and secured

To report suspicious activity, please contact the Fremont Police Department at (510) 790-6800 extension 3. To report a crime in progress, dial 911.



Since 1979 The Original B.F.F.

FOAM FACTORY

510-657-2420

www.bobsfoam.com

4055 Pestana Place, Fremont

OPEN TO THE PUBLIC
LARGEST SELECTION IN BAY AREA
880 to Auto Mall Pkwy - Exit towards the Hills
Rt on Fremont Blvd. - 1/2 mile turn right on Pestana Place

Special Packaging

DIE CUTTING - PACKAGE DESIGN PROTOTYPES

Tell us how you use your foam!

Thank you for your support

Stop by and say hi! We can help you find what you need.



FOAM FOR:
Mattress Toppers
Special Back & Neck Pillows, Wedges
Special Packaging/Cases and more
MATTRESSES

IN MOST CASES SAME DAY SERVICE
Service is our number one product!
CUSHION REPLACEMENTS FOR:
Sofa, Chairs, Window Seats, Boats

Thank you for choosing Bob's Foam Factory products. We are certain you will be pleased with your choice. Since opening our doors in 1979, we have been committed to providing outstanding service, quality and durability.

PUBLIC NOTICES

BULK SALES

NOTICE TO CREDITORS OF
BULK SALE

(SECS 6104, 6105 U.L.C.)

Escrow No. FSBC-0271900246

Notice is hereby given to the Creditors of: SYSK, LLC, Seller(s), whose business address(es) is: 6068 STEVENSON BLVD., FREMONT, CA 94538; that a bulk transfer is about to be made to: SHEUNG WAN DESSERT LLC, Buyer(s), whose business(es) address is: 6068 STEVENSON BLVD., FREMONT, CA 94538.

The property to be transferred is located at: 6068 STEVENSON BLVD., FREMONT, CA 94538. Said property is described in general as: ALL STOCK IN TRADE, FIXTURES, EQUIPMENT, GOODWILL AND OTHER PROPERTY of that business known as: SWEET HOME CAFE and located at: 6068 STEVENSON BLVD., FREMONT, CA 94538.

The bulk transfer is intended to be consummated at the office of: FIDELITY NATIONAL TITLE COMPANY, 2099 GATEWAY PL, STE 500, SAN JOSE, CA 95110. The bulk transfer will be consummated on or after MARCH 14, 2019.

This bulk transfer is subject to Section 6106.2 of the California Commercial Code. If Section 6106.2 applies, claims may be filed at: FIDELITY NATIONAL TITLE COMPANY, ESCROW DIVISION Escrow No. FSBC-0271900246-JV, 2099 GATEWAY PL, STE 500, SAN JOSE, CA 95110. PHONE: (408)437-4313, FAX: (408)392-9272. This bulk transfer does NOT include a liquor license transfer. All claims must be received at this address by the MARCH 13, 2019.

So far as known to the Buyer(s), all business names and addresses used by the Seller(s) for the three (3) years last past, if different from the above are: NONE.

IN WITNESS WHEREOF, the undersigned have executed this document on the date(s) set forth below.

SHEUNG WAN DESSERT LLC

Date: FEBRUARY 11, 2019

LA2208325 TRI CITY VOICE

2/26/19

CNS-3225354#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19005161

Superior Court of California, County of Alameda
Petition of: Christina Pao-Chi Mao for Change of Name

TO ALL INTERESTED PERSONS:

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

Christina Pao-Chi Mao to Aiyemint Ma

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: What's Happening Tri-City Voice

Date: February 01, 2019

WYNNE S. CARVILL

Judge of the Superior Court

2/19, 2/26, 3/5, 3/12/19

CNS-3223686#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19004943

Superior Court of California, County of Alameda
Petition of: Wuzhou Qi and Bo Yang for Change of Name

TO ALL INTERESTED PERSONS:
Petitioner Wuzhou Qi and Bo Yang filed a petition with this court for a decree changing names as follows:

Zixuan 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: What's Happening 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 NAME

Case No. HG19004644

Superior Court of California, County of Alameda
Petition of: Alexander Lei for Change of Name

TO ALL INTERESTED PERSONS:

Petitioner 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 Happening 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 NAME

Case No. HG19003506

Superior Court of California, County of Alameda
Petition of: Mohammad Nadir Azarkhan for Change of Name

TO ALL INTERESTED PERSONS:

Petitioner 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: What's Happening 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#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 555361

Fictitious Business Name(s):
JSB Trucking, 3818 Darwin Dr. Apt #47, Fremont, CA 94555, County of Alameda

Registrant(s):

Jaswinder S. Brar, 3818 Darwin Dr. Apt #47, Fremont, CA 94555

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/ Jaswinder S. Brar

This statement was filed with the County Clerk of Alameda County on February 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

Registrant(s):

T M Desai Inc. 40024 Caffin Ct. Fremont, CA 94538; Corporation - 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/ Tarakh Desai President

This statement was filed with the County Clerk of Alameda County on February 7, 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).

2/26, 3/5, 3/12, 3/19/19

CNS-3224350#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 555046-47

Fictitious Business Name(s):
(1) Fremont Auto Hub, (2) Wheel Dealz, 41595 Albrae Street, Fremont, CA 94538, County of Alameda

PUBLIC NOTICES

CODE SECTION 17.03.020 "ZONING MAP" BY REZONING ALL THAT REAL PROPERTY SHOWN ON THE VESTING TENTATIVE MAP 8453 FROM BUSINESS AND TECHNOLOGY PARK (BTP) TO RESIDENTIAL MEDIUM DENSITY WITH FORM BASED CODE (RM-FBC) AND PLANNED DEVELOPMENT OVERLAY DISTRICT (PD) AND BY REZONING AN APPROXIMATELY 5-ACRE SITE FROM BUSINESS AND TECHNOLOGY PARK (BTP) TO PARK (PK)

The City Council of the City of Newark does ordain as follows: Section 1: Pursuant to Section 17.39.080 of the City of Newark Zoning Code, the City Council of the City of Newark does hereby find that the zoning change embodied in this ordinance is necessary and desirable to achieve the purposes of Title 17 (Zoning) of the Newark Zoning Code; is consistent with the policies, goals, and objectives of the General Plan; and promotes the public health, safety, morals, comfort, convenience, and general welfare of the residents of the City of Newark.

Section 2: Title 17 (Zoning) and Section 17.03.020 "Zoning Map" thereof, being the City of Newark Zoning Code, as Tentative Map 8453 in the City of Newark, County of Alameda, State of California:

From Business and Technology Park BTP to Residential Medium Density-Form Based Code (RM-FBC) and Planned Development Overlay District (PD) for all that portion of real property shown on Vesting Tentative Map 8453 in the City of Newark, County of Alameda, State of California as shown on Exhibit B, and

From Business and Technology Park (BTP) to Park (PK) for the real property, situated in the incorporated territory of the city of Newark, county of Alameda, State of California, described as follows: being a portion of resultant parcel b, said resultant parcel b is described in the grant deed, recorded July 19, 2018, as document no. 2018142099, in the office of the county recorder of alameda county, more particularly described as follows: Beginning at the northwest corner of said resultant parcel B; thence, from said point of beginning, along the northerly line of said resultant parcel b, the following three (3) courses: 1) north 68°14'57" east 113.51 feet, 2) south 66°57'13" east 178.20 feet, 3) north 80°23'14" east 54.32 feet, thence, leaving said northerly line, south 21°45'40" east 118.31 feet; thence, north 68°14'20" east 125.83 feet; thence, south 21°45'40" east 371.40 feet, to the southerly line of said resultant parcel B; thence, along the southerly and westerly lines of resultant parcel b the following three (3) courses: 1) south 64°29'17" west 24.31 feet; 2) south 67°00'30" west 394.70 feet; 3) north 21°45'40" west 636.81 feet to said point of beginning, containing 217,600 square feet or 5.00 acres of land, more particularly described as shown on Exhibit C, Section 3: Effective Date. This ordinance shall take effect thirty (30) days from the date of its passage. Before expiration of fifteen (15) days after its passage, this ordinance shall be published in The Tri City Voice, a newspaper of general circulation published and printed in the City of Newark, County of Alameda, and circulated in the City of Newark.

The foregoing ordinance was introduced and read before the City Council of the City of Newark by Council Member Buccì at the regular meeting of the City Council of the City of Newark held on January 24, 2019. This ordinance was read at the regular meeting of the City Council of the City of Newark held on February 14, 2019. Council Member Buccì moved that it be adopted and passed, which motion was duly seconded, and said ordinance was passed and adopted. AYES: Council Members Buccì, Freitas, Hannon, and Mayor Nagy NOES: None ABSENT: Vice Mayor Collazo SECONDED: Council Member Hannon APPROVED: s/ALAN L. NAGY Mayor, ATTEST: s/SHEILA HARRINGTON City Clerk, APPROVED AS TO FORM: s/KRISTOPHER J. KOKOTAYLO Interim City Attorney 2/26/19

CNS-3224963#

ORDINANCE NO. 512
ORDINANCE OF THE CITY COUNCIL OF THE CITY OF NEWARK ESTABLISHING A PLANNED DEVELOPMENT OVERLAY DISTRICT AT 36304-36310 NEWARK AVENUE, ASSESSOR'S PARCEL NUMBERS 92A-779-5 and 92A-779-7
The City Council of the City of Newark does ordain as follows: Section 1: The City Council of the City of Newark does hereby find and declare that the zoning map amendment embodied in this ordinance is categorically exempt from the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15061(b)(3), which provides that where it can be seen with certainty that there is no possibility that the activity in question may have a significant impact on the environment, the activity is not subject to CEQA. Section 2: Pursuant to Section 17.39.070 and Section 17.39.080 of Title 17 (Zoning) of the City of Newark Municipal Code, the City Council of the City of Newark does hereby find that the zoning map amendment embodied in this ordinance is consistent with the General Plan, necessary to achieve the balance of land uses desired by the City, consistent with the general plan, and to increase the inventory of land within a given zoning district, and promotes the growth of the City in an orderly manner and promotes and protects the public health, safety, peace, comfort, and general welfare of the residents of the City of Newark.

Section 3: Effective Date. This ordinance shall take effect thirty (30) days from the date of its passage. Before expiration of fifteen (15) days after its passage, this ordinance shall be published in The Tri-City Voice, a newspaper of general circulation published and printed in the County of Alameda and circulated in the City of Newark.

The foregoing ordinance was introduced and read before the City Council of the City of Newark by Council Member Freitas at the regular meeting of the City Council of the City of Newark held on January 24, 2019. This ordinance was read at the regular meeting of the City Council held February 14, 2019. Council Member Buccì moved that it be adopted and passed, which motion was duly seconded, and said ordinance was passed and adopted. AYES: Council Members Buccì, Freitas, Hannon, and Mayor Nagy NOES: None ABSENT: Vice Mayor Collazo SECONDED: Council Member Hannon APPROVED: s/ALAN L. NAGY Mayor, ATTEST: s/SHEILA HARRINGTON City Clerk, APPROVED AS TO FORM: s/KRISTOPHER J. KOKOTAYLO Interim City Attorney 2/26/19

CNS-3224948#

ORDINANCE NO. 511
ORDINANCE OF THE CITY COUNCIL OF THE CITY OF NEWARK AMENDING NEWARK MUNICIPAL CODE TITLE 6 (ANIMALS), CHAPTER 6.28 REGULATIONS – GENERALLY, SECTIONS 6.28.110 – SHELTER AND 6.28.120 – FOOD AND WATER
The City Council of the City of Newark does ordain as follows: **Section 1:** Sections 6.28.110 – Shelter and 6.28.120 – Food and Water of the Newark Municipal Code are hereby amended as follows. Text in ~~strikeout~~ denotes deletions while text in underline font denotes insertions.

6.28.110 - Shelter. ~~Every owner or animal keeper shall provide proper and adequate shelter and protection from the elements for each animal. Any animal maintained outdoors must have adequate shelter and protection from the elements for each animal such that the animal can protect itself from direct rays of the sun and the animal can remain dry in the rain. The shelter must:~~
1. be accessible to the animal at all times.
2. situated to prevent exposing the animal to unreasonable loud noise, or teasing, abuse or injury from another animal or person.
3. include a roof and floor and protection from the elements.
4. be of adequate size to allow the animal to stand up, sit, turn around freely or lie down in a normal position.
5. be equipped with clean and dry bedding materials as necessary.
6. provide protection from weather elements and allow the maintenance of a temperature that is not harmful to the health of the animal.
7. be cleaned and maintained in a manner designed to insure sanitary conditions. Food waste and excreta must be removed as often as necessary to protect the health of the animal and minimize unreasonable noxious odors, allergens, and pests.
6.28.120 - Food and water. ~~Every owner or animal keeper shall supply each animal with food and water daily. The food shall be free from contamination, wholesome, palatable, and of sufficient quantity and nutritive value to meet the~~

~~normal daily requirements for the condition and size of the animal, as specified by a veterinarian. Every owner or animal keeper shall supply each animal with clean water at all times and with adequate food. Food shall be wholesome and contain sufficient quantity and nutritive value to maintain healthy body weight and meet the normal daily requirements based on the species, condition and size of the animal. Food and water must be kept in containers designed to prevent tipping or secured to the ground or structure. Automatic feeders/water dispensers can be used but must be kept clean and provide wholesome food/water.~~
Section 2: Severability and Validity. If any section, subsection, sentence, clause, or phrase or word of this ordinance is for any reason held to be unconstitutional, unlawful, or otherwise invalid by a court of competent jurisdiction, then such decision shall not affect the validity of the remaining portions of this ordinance. The City Council of the City of Newark hereby declares that it would have passed and adopted this ordinance and each and all provisions thereof irrespective of the fact that any one or more of said provisions be declared unconstitutional, unlawful or otherwise invalid. The City of Newark, California, does hereby declare that it be adopted and passed, which motion was duly seconded, and said ordinance was passed and adopted. AYES: Council Members Buccì, Freitas, Hannon, and Mayor Nagy NOES: None ABSENT: Vice Mayor Collazo SECONDED: Council Member Hannon APPROVED: s/ALAN L. NAGY ATTEST: Mayor s/SHEILA HARRINGTON City Clerk, APPROVED AS TO FORM: s/KRISTOPHER J. KOKOTAYLO Interim City Attorney 2/26/19

CNS-3224916#**NOTICE TO CONTRACTORS**

Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on March 12, 2019 at which time they will be opened and read out loud in said building for:

2019 PAVEMENT CRACK SEAL PROJECT CITY PROJECT 8195Q(PWC)

Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/location/santa-clara. Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.

LINDA WRIGHT
PURCHASING DIVISION
CITY OF FREMONT
2/19, 2/26/19

CNS-3223400#**NOTICE TO CONTRACTORS**

Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg B, Fremont, California, up to the hour of 2:00 PM on March 13, 2019 at which time they will be opened and read out loud in said building for:

CALIFORNIA NURSERY HISTORICAL PARK RETAIL BUILDING DEMOLITION PROJECT

A NON-MANDATORY PRE-BID CONFERENCE:
A non-mandatory pre-bid conference is scheduled for **Wednesday, February 27, 2019 at 2:00 p.m.** at California Nursery Historical Park, Retail Building site, 36550 Niles Blvd., Fremont, CA. Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.earc.com/location/santa-clara. Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.

JANICE BECERRA
PURCHASING DIVISION CITY OF FREMONT
2/19, 2/26/19

CNS-3220137#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF DAVID MICHAEL SCHWARTZ CASE NO. RP1900691

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: David Michael Schwartz
A Petition for Probate has been filed by Gordon Shimizu in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Gordon Shimizu be appointed as personal representative to administer the estate of the decedent.

The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on 03/27/2019 at 9:31 a.m. in Dept. 201 located at 2120 M. L. K. Jr. Way, Berkeley, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Kelly Wessells, 3871 Piedmont Ave #5, Oakland, CA 94611, Telephone: 415-944-9406 2/26, 3/5, 3/12/19

CNS-3224343#**NOTICE OF PETITION TO ADMINISTER ESTATE OF HOWARD JUNG CASE NO. RP19006022**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Howard Jung

A Petition for Probate has been filed by Janelle D. Romero in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Janelle D. Romero 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 3/20/2019 at 9:31 AM in Dept. Probate Room 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 for Petitioner: Lillian E. NG, 4444 Geary Blvd., Suite 205, San Francisco, CA 94118, Telephone: (415) 371-1988 2/19, 2/26, 3/5/19

CNS-3223274#**NOTICE OF PETITION TO ADMINISTER ESTATE OF ARNAYE OSBORNE CASE NO. RP19004584**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ARNAYE OSBORNE.

A PETITION FOR PROBATE has been filed by ARTINO JOMARR STANFIELD SOWUNMI in the Superior Court of California, County of ALAMEDA. THE PETITION requests that ARTINO JOMARR STANFIELD SOWUNMI 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.)

A HEARING on the petition will be held in this court as follows: 03/13/19 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 in Pro Per
ARTINO JOMARR STANFIELD SOWUNMI
25135 ANGELINA LANE
HAYWARD CA 94544
2/12, 2/19, 2/26/19

CNS-3220457#**NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT JOSEPH ARIAS CASE NO. RP19005313**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Robert Joseph Arias

A petition for Probate has been filed by Cristie Arias in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Cristie Arias 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.)

A hearing on the petition will be held in this court on 03/20/2019 at 9:31 am in Dept. 201 located at 2120 Martin Luther King Jr Way, Berkeley, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Leon K. Ainer, III, Esq. Ainer & Fraker LLP, 7677 Oakport Street, Suite 1060, Oakland, CA 94621, Telephone: 408-777-0776 2/12, 2/19, 2/26/19

CNS-3219803#

TRUSTEE SALES

TS. No.: 2015-05383-CA A.P.N.-543-0458-046-00 Property Address: 34329 Xanadu Terrace, Fremont, CA 94555 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 HEREBY IS BEING PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03/02/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: DALIA G VIRAY, AN UNMARRIED WOMAN Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded 03/14/2006 as Instrument No. 2008094326 in book ---, page --- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 03/28/2019 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 amount of unpaid balance, reasonably estimated costs and other charges: \$ 834,935.86 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, CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the undersigned Trustee for the benefit of the Trust 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: 34329 Xanadu Terrace, Fremont, CA 94555 A.P.N.: 543-0458-046-00 The undersigned Trustee disclaims any liability for the unpaid balance of the debt, advances, 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 trusts 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 \$ 834,935.86. 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 to return the money 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 lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE 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.alitsource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2015-05383-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: February 12, 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.alitsource.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. 2/19, 2/26, 3/5/19

CNS-3223064#

NOTICE OF TRUSTEE'S SALE TS No. CA-18-842971-BF Order No.: D5730119003506 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/20/2008. 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): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. Akins, a single person Recorded: 2/28/2008 as Instrument No. 2008076340 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 3/28/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance of the debt, 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. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Patricia J. A

COMMUNITY BULLETIN BOARD

FREE INCOME TAX PREPARATION IRS-Certified Tax Preparers \$55,000 or less annual household income. Other restrictions may apply. FAMILY RESOURCE CENTER 39155 Liberty St, Rm #H830 Fremont Open thru April 12 Wed & Thurs: 4pm - 8pm Fri: 10am - 1pm 510.574.2020	FREE INCOME TAX PREPARATION IRS-Certified Tax Preparers \$55,000 or less annual household income. Other restrictions may apply. NEW HAVEN ADULT SCHOOL 600 G St, Union City Saturdays - thru April 14 10am – 1:30pm (Closed Mar 9) Walk-in & self-prep services available 510.574.2020	FREE INCOME TAX PREPARATION IRS-Certified Tax Preparers \$55,000 or less annual household income. Other restrictions may apply. OHLONE COLLEGE CAREER CENTER 39399 Cherry St, Rm #1211, Newark. Tuesdays thru April 9 by appt only. For appt, call 510.574.2020	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
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 To register, call 574-2020 Fremont.gov/SparkPointFRC	Fremont FAMILY RESOURCE CENTER 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, workshops & more. Mon-Fri 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC	DISCOVERY COVE Drop-in Childcare Center Fremont Family Resource Center Open to the public M-F 8:30-5. Staffed by City of Fremont Rec Dept. Open to well children aged 2-10. \$8/hour per child. 39155 Liberty St, #H850, Fremont. Fremont.gov/FRC Reservations: 510.574.2010		
League of Women Voters Fremont-Newark-Union City www.lwvfnc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible		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	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	Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous WWW.foodaddicts.org FREE Meetings - Mon. 7-8:30pm Centerville Presbyterian Church 4360 Central Ave. Rm E204 Fremont Sat 8-9:30am Holy Trinity Lutheran Church 38801Blacow Rd. Fremont 510-719-8288	FREE PRESCHOOL Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us	
ABWA-Pathfinder Chap. American Business Women’s Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org	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	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	Adult Day Program Direct care staff wanted to work with people with developmental disabilities in community-based settings or environment. Must be dependable and own a vehicle. Background check. Training available Call (510) 690 -9570	
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	Are you or a loved one struggling with metal 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		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	
	Free weekly ESL Classes for Adults Beginning to Intermediate Levels Conversation, Vocabulary, Listening, Reading South Bay Community Church 47385 Warm Springs Blvd Info: eslsbcc@gmail.com or 510-912-1698	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 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	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	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	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	Wanted: Tenors & Basses Sing with the Mission Peak Chamber Singers! Rehersals every Tuesday 7:30-9:30PM Irvington Presbyterian Church Concerts: March 9 &10 & May 19 Some singing experience & ability to read music helpful but not required. Contact: info@chambersingers.org 510-356-MPCS (6727)	Newark Cub Scout Pack 441 Looking for adventurous kindergarteners to fifth graders to join our Pack! Meetings are every third Wednesday at 6:30pm at Holy Redeemer Church, 35660 Cedar Blvd, Newark. For more information: pack441cubmaster@yahoo.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		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	D.R.A.M.A. Ministry New Hope C.F. Church 22110 Montgomery St. Hayward, CA 94541 This is a Christian-based support group for women, 25 & up. www.drama-daughters-in-recovery.org Thursdays, 7 pm to 9 pm	We, your neighbors at the First Church of Christ, Scientist, 1351 Driscoll Road, Fremont, are hosting a FREE lecture on "Practicing Christian Healing Today," on Saturday, March 2nd, at 2 PM at our church. All are welcome. Free parking and childcare provided.

Molly's Revenge

*Dynamic, acoustic,
Celtic*

SUBMITTED BY BRASK CONCERTS

March Madness returns as Molly's Revenge announces their 18th annual Saint Patrick's Day tour. Molly's Revenge is a dynamic, acoustic Celtic band known for its unique and infectious enthusiasm. The classic combinations of bagpipes, whistle, and fiddle with a backdrop of guitar, mandola, and bodhran guarantees an enjoyable experience for all fans of Scottish and Irish music.

The band has performed at many of the top Celtic, folk festivals, and performing arts events in the United States and prestigious events in Scotland, Australia, and even China. Their arrangements of traditional Celtic jigs and reels brings these dance tunes up to date with a driving, hard-edged accent that always leaves audiences shouting for more.

Comprised of David Brewer (Highland bagpipes, border pipes, whistles, bodhran), John Weed (fiddle), and Stuart Mason (guitar, mandola), Molly's Revenge is said to "...bring to the music a vital and joyous creativity that excites even the hardest of hearts," by John Doyle, founding member of Solas. Wake the Dead said, "Molly's Revenge delivers all the intensity of the Battlefield Band with a uniquely California sense of fun," while Chaos Realm claims, "I can honestly say it would be nigh on to impossible for musicians to put more 'oomph' into playing than evidenced here."

Come out to Mission Coffee on Saturday, March 2 and enjoy Scottish pipe sets, driving Irish reels, jigs, polkas, slides, hornpipes, French Canadian fiddle tunes, and even Americana old-time tunes featuring Highland pipes.

Molly's Revenge
Saturday, Mar 2
7 p.m.
Mission Coffee Roasting Co
151 Washington Blvd, Fremont



(510) 623-6948
www.braskhouseconcerts.com/
<http://fremontcoffee.com/>

<https://mollysrevenge.com/>
Tickets: \$15 at the door

Bay East REALTORS® honor outstanding members

SUBMITTED BY DAVID STARK

Several local real estate professionals have been selected to receive the Bay East Association of REALTORS® (Bay East) highest honors for their achievements during 2018. This year's recipients were recognized at the 2019 Bay East Inaugural Gala on February 16. The winners demonstrated high ethical standards and professionalism, active community involvement and a high level of service to the real estate profession.

REALTOR® of the Year

Leslie Faught received the REALTOR® of the Year award for demonstrating the highest level of integrity and commitment to Bay East and the real estate profession. Following a 20-year career in other areas of the real estate industry, Faught became a REALTOR® in 2008. She has earned several professional designations from the National Association of REALTORS® and serves on the Bay East Board of Directors and Local Government Relations Committee.

Rookie of the Year

Elisa Chao with Legacy Real Estate in Fremont received the Rookie of the Year Award. Chao was the 2018 Chair of the Bay East Young Professionals Network Committee and constantly looks for ways to expand her real estate education to serve her clients better. She actively rescues and fosters dogs from shelters along the West Coast.

Affiliate of the Year

Annette Khaliq with First American Home Warranty & JCP-LGS Disclosures received the Bay East 2018 Affiliate of the Year Award. Bay East Affiliate members contribute time, money and resources to support the real estate profession. Khaliq serves on the Bay East Affiliate Committee, is involved with the Women's Council of REALTORS® and supports each of the weekly marketing groups in the Bay East jurisdiction.

Good Neighbor Award

Gina Piper of Better Homes and Gardens Tri-Valley Realty in Pleasanton received the 2018 Good Neighbor Award. Piper is chairwoman of the Board of the Valley Humane Society in and has helped hundreds of animals in need. During her annual fundraiser in 2018 she raised nearly \$42,000, all of which went directly to the Valley Humane Society.

John Deadrich Distinguished Service Award

Bill Espinola received the John A. Deadrich Distinguished Service Award. Named in honor of the association's first president and founding father, this award is given to a Bay East member who exemplifies self-sacrifice, vision and accomplishments of the greatest leaders who have shaped the real estate profession. Espinola has been a Bay East member since 2001. In 2018, he was elected to the Bay East Board of Directors and served as chairman of both Local Government Relations and the Local Candidate Recommendation committees.

Outstanding Leader Award

Mike Fracisco received the Outstanding Leader Award. This award is given to a past president of the association who continues to pursue the vision of excellence in the name of Bay East. Fracisco joined Bay East in 2003 and was recognized as the 2004 Rookie of the Year for his contributions to the Livermore and Valley marketing groups and the Housing for All Committee helping raise funds for the Livermore Habitat for Humanity project. He was elected to the Bay East Board of Directors in 2007 and served as President of the Board in 2015. He is a member of the California Association of REALTORS® (C.A.R.) Board of Directors serving as the 2018 Region 6 regional chairman and was an active member of several C.A.R. committees.

Alameda County 2019 Women's Hall of Fame

SUBMITTED BY GUY ASHLEY

Fourteen local women representing the region's rich diversity and a remarkable range of achievement will be inducted into the Alameda County Women's Hall of Fame at its annual Luncheon and Awards Ceremony on March 30. For the first time, there are two honorees in the Youth category, making this year's group of 14 inductees the largest in the Women's Hall of Fame's 26-year history.

The program, co-sponsored by the Alameda County Board of Supervisors and the County's Commission on the Status of Women, will once again raise funds to support local partners serving women and families in Alameda County. In addition, it will support local girls' academic pursuits through the Mary V. King "Leading the Way" Youth Scholarship Fund, named after the former Alameda County Supervisor and Women's Hall of Fame co-founder who passed away in 2015. To donate, details about the luncheon ceremony or to buy tickets, call County Administrator's Office at (510) 268-5379 or visit <http://whof.acgov.org> under Events.

2019 Inductees:

Moina Shaiq, Community Service – After mass shooting tragedies, Fremont-resident Shaiq launched the "Meet a Muslim" program to dispel common misunderstandings about the Islamic faith. The program began in a Fremont coffee shop but has grown to reach at least 4,000 people in nine states.

Carol A. Zilli, Culture and Art – Inspired by her lifelong love of music, Zilli is the founder and executive director of Music for Minors II, a volunteer program that provides music enrichment to more than 5,000 elementary school students each year in and around her hometown of Fremont.

Kimberly Larson, Emerging Leader – Larson is an Alameda County firefighter, who volunteers all over the West Coast mentoring young women interested in careers in the fire service. She is described as a "textbook firefighter" who is devoted to her career, her family and mentoring others to follow her path.

Teri Johnson, Sports and Athletics – Johnson is a teacher and coach at Union City's James Logan High School and a legendary figure in high school and youth softball coaching. In 32 years of coaching, she has led her teams of girls to nearly 700 victories and a winning percentage of .805.

Laura Savio, Youth – Savio, 17, is a senior at Fremont's Mission San Jose High School, who in the face of significant challenges at home, has become a community leader by educating others about teen dating violence and healthy relationships, as well as other issues affecting teens such as depression, anxiety, academic pressure and stress.

Other inductees include Kristin Groos Richmond, Business and Professions; Margaret Dixon, Education; Erica Mackie, Environment; Maria G. Hernandez, Ph.D., Health; Spojmie Nasiri, Justice; Thi Bui, Non-Traditional Careers; Peggy Saika, Philanthropy; Susan Hubbard, Ph.D., Science; and Akemi Williams, Youth.

Women's Hall of Fame Luncheon and Awards Ceremony
Saturday, Mar 30
12:30 p.m.; doors open at 11:45 a.m.
Greek Orthodox Cathedral
4700 Lincoln Ave, Oakland
(510) 268-5379
<http://whof.acgov.org>
Tickets: \$100 for individual; \$1000, table for 10

Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

Fremont City Council Retreat Report Now Available

The City of Fremont held a City Council retreat for the newly seated councilmembers on January 10 and 11. At the end of the two-day retreat, the council came to a consensus on the following priorities for city staff: Decrease the impacts of residential development; reduce traffic congestion; and provide support to neighborhood commercial districts. A report of the retreat summarizing the results is now available.

Over the next several months, staff will be presenting the council with information and updates. The tentative agenda of when the items will come before the council is – March 19, Capital Improvement Program Work Session; April 2, Housing/Growth Management Work Session; and April 9, Irvington BART Station Area

Plan. To view the full report, visit www.Fremont.gov/CouncilRetreatReport.

Carbon Neutral Goal and Post-Carbon Community Framework

On February 19, Fremont City Council voted to adopt a resolution to achieve carbon neutrality by the year 2045. This new carbon neutrality target positions Fremont to achieve a 25 percent community-wide greenhouse gas (GHG) emissions reduction by the year 2020 from a 2005 baseline. The carbon neutral target supports the goals of the Paris Climate Agreement to keep global temperature increase within 1.5 degrees Celsius above pre-industrial levels in order avoid the most harmful impacts of climate change.

Additionally, the resolution establishes a Post-Carbon Community Framework that includes seven key strategies to guide the development of an updated Climate Action Plan. Residents are encouraged to join the conversation and provide input by attending public meetings, participating in online forums, or sending their ideas directly to sustainability@fremont.gov.

Interested individuals can receive updates by signing up for the City’s Sustainability email list at www.Fremont.gov/SustainabilityList. To view a copy of the complete resolution, visit www.Fremont.gov/CarbonNeutralityResolution.

Community Input Sought

Fremont is seeking name and design ideas for its new Mobile Hygiene Unit bought through a \$125,000 Alameda County Homeless Immediate Impact grant. The City of Fremont, City of Newark, and several community partners are hoping to launch a new Mobile Hygiene unit to provided much-needed shower and laundry services to our homeless neighbors in March. The Mobile Hygiene unit is comprised of a 50-foot truck and trailer, fitted with two full bathrooms with showers, including one that is ADA accessible, and three washer/dryer units.

Community members are invited to share name and design ideas for the Mobile Hygiene unit, via a survey conducted on the city’s online civic engagement forum, Fremont Open City Hall at www.Fremont.gov/OpenCityHallMHU. The Fremont

Human Services Department is collaborating with Rohin Puvvada, an Eagle Scout from Troop 103 at Warm Springs in Fremont, who has set up a GoFundMe page to fundraise for hygiene kits for clients and purchase a vehicle wrap for 31-foot long mobile unit. The survey will run from February 20 to March 6.

Community Disaster Preparedness Training Programs

The City of Fremont’s Fire Department has released the 2019 schedule for its Disaster Preparedness Training Program, including free Personal Emergency Preparedness (PEP) and Community Emergency Response Team (CERT) classes. PEP classes are specifically designed to help residents prepare for a disaster and to take care of themselves and their families before, during, and after a disaster. This one-time, three-hour class will educate residents on skills such as earthquake and disaster awareness, fire extinguisher types, smoke detector placement, and sheltering in place.

PEP classes at the Fremont Fire Administration Office,

3300 Capitol Ave. (behind the building), are held from 7 p.m. to 10 p.m. on Tuesday, March 19; Wednesday, May 22; Tuesday, July 16; Tuesday, October 15; and Monday, November 18. In addition, classes at the Fremont Fire Training Tower, 7200 Stevenson Blvd. (West end), are held from 9 a.m. to 12 noon on Saturday, April 13; and Saturday, August 17. To register for a PEP class, call (510) 494-4244 or email FirePubEd@fremont.gov. For a personal group PEP class at your location, contact Chuck Guaraglia at (510) 792-3473 or guaragliac@comcast.net.

The Community Emergency Response Team (CERT) program consists of three classes that provide residents with the skills they need to assist themselves, their families, neighbors, and Fire Department in the event of earthquakes, fires, floods, or other natural disasters. Anyone interested in taking a CERT class must first attend a Personal Emergency Preparedness (PEP) class. To register for the CERT program, call (510) 494-4244 or email FirePubEd@fremont.gov.

THE ROBOT REPORT

BY EUGENE DEMAITRE

Many of the most visible demonstrations of exoskeletons have been for assisting people with disabilities. However, limitations of weight, power, and cost have resulted in slow rates of adoption. In the meantime, the technology continues to advance, with industrial exoskeletons providing application experience.

While the majority of today’s \$130 million wearable robotics market is for medical exoskeletons, industrial exoskeletons are growing in number, as is the number of providers, reported Wintergreen Research Inc.

For example, Hyundai Motor Group has been testing in a North American Kia factory its Hyundai Vest Exoskeleton (H-VEX), which is designed to reduce pressure on workers’ necks and backs. Its Hyundai Chairless Exoskeleton (H-CEX) assists sitting workers and is meant to relieve knee stress.

Sarcos offers full-body industrial exoskeleton

In November, Sarcos Robotics unveiled its Guardian XO Max, a “full-body, powered industrial exoskeleton robotic system.” It’s obviously bigger and bulkier than wearable technologies designed for hospital or home use, but such commercial use cases will provide valuable data.

“There are many misperceptions regarding the commercial readiness and viability of full-body industrial exoskeletons that are capable of substantially increasing human strength and endurance, including the amount of power required to operate these machines,” said Ben Wolff, chairman and CEO of Salt Lake City-based Sarcos.

Sarcos’ latest industrial exoskeleton is able to run for up to eight hours on a single charge, has “hot-swappable” batteries, and uses a “Get-Out-of-the-Way” control system that’s designed to follow its operator’s lead rather than need lots of sensors. With a strength amplification of 20 to 1, the Guardian XO Max can help users lift 200 pounds and is intended for construction sites.

Back injuries cost U.S. employers more than \$100 billion per year, so avoiding injury is just as impor-



Hyundai is using the H-CEX industrial exoskeletons to relieve worker stress.

tant as enhancing strength, noted Sarcos. The company raised a \$30 million Series B round of funding last September.

“Sarcos’ Guardian XO Max will be a game-changer for the industrial workforce, improving strength and capabilities, reducing the risk of injury on the job, and increasing the quality of life and longevity of workers,” predicted IDC analyst John Santagate. The industrial exoskeleton will be available later this year under a robots-as-a-service (RaaS) model and will ship to the first customers in early 2020.

The U.S. Special Operations Command is working with Sarcos on the Tactical Assault Light Operator Suit (TALOS), an exoskeleton designed to protect forces from small arms fire while providing support for strenuous activities. The U.S. military is also working with Lockheed Martin and other contractors to develop wearable robotics.

International interest in industrial exoskeletons

In addition to increasing lifting capacity and minimizing physical stress, another driver for the growth in industrial exoskeletons is an aging labor pool and a shortage of qualified replacements.

Global demand for industrial exoskeletons is already

strong. ABI Research stated that the total addressable market for industrial exoskeletons exceeds 2.6 million units and that shipments will grow from 7,000 units in 2018 to 301,000 by 2028, with revenue of \$5.8 billion by 2028.

Ekso Bionics Inc. last month signed a \$100 million joint-venture agreement with venture capital firms in China to build manufacturing facilities there and expand its marketing efforts. The company previously sold 75 EksoVest industrial exoskeletons to Ford for use in two plants in Dearborn, Mich. It was the largest adoption of industrial exoskeletons to date.

German prosthetics maker Ottobock also plans to sell industrial exoskeletons. Eighty percent of people who tried the Paexo exoskeleton for overhead work at a Volkswagen plant in Bratislava said they would recommend it to colleagues.

Similarly, automakers including BMW, Ford, and Hyundai are already using San Diego-based Levitate Technologies Inc. AIRFRAME exoskeleton. Each of these industrial exoskeletons advances the state of the art for weight, battery duration, and responsiveness.

Industrial, medical markets both advance

The medical exoskeleton market will likely benefit from the spread of industrial exoskeletons. ReWalk Robotics’ announcement last week that Cigna Corp. will reimburse exoskeleton expenses for people with spinal cord injuries demonstrates the progress being made. Israel-based ReWalk has also applied for FDA approval of its ReStore exoskeleton for stroke rehabilitation.

Fourier Intelligence Co. is developing its Fourier X2 open platform to be more affordable than the competition.

“The new Fourier X2 is lighter, with better materials to make it more wearable,” said Zen Koh, deputy CEO of the Shanghai-based company. “The application can be used in research, education, different augmentation application purposes, and industrial use.

— Courtesy of The Robot Report. For more information, visit www.therobotreport.com.

Understanding Social Security Survivors Benefits

Social Security Column

BY MARIAELENA LEMUS
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Unfortunately, tragedy can strike without warning. The loss of a family wage earner can be devastating both emotionally and financially. Social Security helps by providing income for the families of workers who die. Some of the Social Security taxes you pay go toward survivors’ benefits for workers and their families. The value of the survivors benefits you have under Social Security may even be more than the value of your individual life insurance.

When you die, certain members of your family may be eligible for survivors’ benefits. These include widows and widowers (and divorced widows and widowers), children, and dependent parents. Here are people who can get survivors benefits based on your work:

Your widow or widower may be able to get full benefits at full retirement age. The full retirement age for survivors is 66 for people born in 1945-1956, with the full retirement age gradually increasing to 67 for people born in 1962 or later. Your widow or widower can get reduced benefits as early as age 60. If your surviving spouse is disabled, benefits can begin as early as age 50.

Your widow or widower can get benefits at any age if they take care of your child younger than age 16 or disabled, who is receiving Social Security benefits.

Your unmarried children, younger than age 18 (or up to age 19 if they’re attending elementary or secondary school full time), can also get benefits. Your children can get benefits at any age if they were disabled before age 22. Under certain circumstances, we can also pay benefits to your stepchildren, grandchildren, step grandchildren, or adopted children.

Your dependent parents can get benefits if they’re age 62 or older. (For your parents to qualify as dependents, you must have provided at least half of their support.)

You can read more about Survivors Benefits at www.socialsecurity.gov/pubs/EN-05-10084.pdf.

How much your family can get from Social Security depends on your average lifetime earnings. The more you earned, the more their benefits will be. For information on widows, widowers, and other survivors, visit www.socialsecurity.gov/planners/survivors. Social Security is with you through life’s journey. Be sure to tell friends and family about our Survivors Benefits and how we can help in times of need.

continued from page 1

Science Olympiad puts local students to the test



Northern California finally meet at the National Tournament, held this year at Cornell University in Ithaca, New York, in June.

“Being able to serve as the Regional Director in Bay Area Science Olympiad means so much to me. Having competed

in Science Olympiad in high school, I know that Science Olympiad is the singular event in high school that sparked my interest in science, led me into science, engineering, and research,” said Peter Hung. Hung has been volunteering with



Science Olympiad ever since, and over time has become the Bay Area Regional Director, Southern California State Director, and serves on the Advisory Board for the National Science Olympiad.

“Over the course of the past 35 years, Science Olympiad has touched the lives of so many students and the large number of Science Olympiad alumni giving back to Science Olympiad as a coach, parent volunteer, event supervisor, and tournament official is a testament to that,” said Hung.

Currently 31 middle school and 36 high school teams are expected at the Hayward

tournament, with many representatives from the Tri-City area, including Mission San Jose Elementary, Centerville Junior High, Mission Valley Elementary, John Gomes Elementary, Thornton Junior High, Warm Springs Elementary, Hopkins Junior High, BASIS Independent Fremont, Castro Valley High School, Irvington High School, Mission San Jose High School, and American High School.

The community is welcome to watch students compete in seven events: Battery Buggy, Boomilever, Elastic Launched Glider, Mission Possible, Mousetrap Vehicle, Roller

Coaster, and Wright Stuff.

For more information on Science Olympiad, visit www.soinc.org. To learn more about the Bay Area region, visit www.bayareascioly.com or email bayarearso@gmail.com.

Bay Area Regional Science Olympiad
Saturday, Mar 2
8:30 a.m. – 3:30 p.m.:
Competition
4:30 p.m. – 6:30 p.m.:
Awards Ceremony
California State University, East Bay
25800 Carlos Bee Blvd, Hayward
bayarearso@gmail.com
www.bayareascioly.com/

continued from page 1

A world of wonder for gem enthusiasts

the best gemology shows in Northern California, if not the entire West. As to what makes MGSCV so successful, Miller says, “I suppose it mainly would be the extensive variety of equipment available in our workshop, which is considered one of the best in the state, and that our shop and show are centrally located in the Bay Area. Our members are eager to share their knowledge about rocks and techniques for working with them and making jewelry.” MGSCV Secretary Betty Milam indicates that another success factor is networking with other gem and mineral clubs and the rotation of dealers between shows.

MGSCV was established in 1948 as a non-profit educational organization staffed by volunteers and equipped with a workshop. Their goals are to promote the increased knowledge and understanding of geology focusing on minerals, gems, fossils, rocks, and other related topics; introducing the art of cutting, grinding, polishing and processing various gems and minerals into beautiful jewelry and art; and providing an opportunity for members to exhibit their artwork for educational purposes. They also



organize field trips for members to study rocks, minerals, fossils, the lapidary arts, mineralogy and geology in fun and exciting natural settings at locations such as Davis Creek, Happy Camp, Lake County, Berkeley Hills, and Coalinga. The society currently



volunteers on subjects such as beading, stone carving, opal cutting, metalsmithing and lost wax casting for jewelry making and faceting. In the society's early days, Miller says its workshop was in San Lorenzo. Castro Valley became the shop's home in 1965 and remained there until 1980 when it moved to Hayward.

In 2001, the workshop moved to its current location on Corsair Boulevard in Hayward, just west of the Hayward airport. In addition to the workshop, MGSCV also boasts an extensive library of informative and instructional books and magazines in an effort to increase further awareness and understanding of the complex chemistry and formation of gems and minerals.

If you can't make it to the show and sale, MGSCV hosts general meetings that are open to the public on the third Tuesday of every month at 7:30 p.m. at the Church of Christ, 22307 Montgomery Street, in Hayward where attendees

can enjoy educational and entertaining presentations by guest speakers and meet and network with other society members and experts in the lapidary arts.

For more information and show discount coupon, visit www.mgscv.org.

Mineral, Gem & Jewelry Show & Sale
Friday, Mar 1 – Sunday, Mar 3
Friday & Saturday:
10 a.m. – 6 p.m.
Sunday: 10 a.m. – 5 p.m.
Newark Pavilion
6430 Thornton Avenue, Newark
info@mgscv.org
www.mgscv.org
Tickets:
1-day pass \$6
3-day pass \$10
Children under 13 accompanied by adult free



MY CHOICE IS WTMF,

because not only does my doctor really listen to me,
he understands the things that are important to me too.



For Newark neighbor Kathryn Elkins, choosing Washington Township Medical Foundation (WTMF) was how she met Dr. Prasad Katta, and the beginning of finding excellent, individualized care for her diabetes. Kathryn wanted a patient-oriented doctor who had great credentials, was close to her home with convenient office hours. At WTMF, Katie Vigano, a Certified Physician's Assistant, talked to Kathryn about seeing an endocrinologist and referred her to Dr. Katta. Kathryn said she felt an instant connection with Dr. Katta. "He was very thorough; he listened to everything I had to say, answered my questions in detail and never rushed me. He's encouraging, optimistic, up on all the new medications—and his treatments are working!" As for Dr. Katta, he says he gets "great pleasure treating patients like Kathryn who are motivated to get better," and wants his patients to think of him as their guide to reaching their health goals.



Part of Washington Hospital

Because WTMF is an integral part of the Washington Hospital Healthcare System, we have immediate access to the system's wide array of advanced healthcare services, whenever you need them. This includes their highly awarded inpatient and outpatient facilities and specialty centers.

Washington MyChart

is an online resource which allows our patients to see their personal health information in a safe, secure and private manner. Accessible from your mobile or desktop device, you can view your test results, prescriptions, allergies, immunizations, and other portions of your health record. You can also send a message to your doctor's office, schedule an appointment, or request a referral.



Our WTMF specialist network

has a staff of board certified physicians who work as a team, consulting regularly and collaborating to provide patients with thorough, in-depth care in specialties ranging from Cardiology and Neurosurgery to Endocrinology and Geriatrics.



I Choose WTMF  Washington Township Medical Foundation

Part of Washington Hospital Healthcare System

To find out more, visit our website at mywtmf.com or call 866-710-6864