



Jazz with a French twist

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Ashland Cherryland 5K Fun Run

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The Art of Dia de los Muertos at Sun Gallery

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October 15, 2019

Vol. 17 No. 42



Broadway Rocks!

High-energy pairing of classic rock and Broadway hits
The show brings together three of Broadway's brightest stars, including American Idol finalist LaKisha Jones

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BY JUI SADEKAR

PHOTOS SUBMITTED BY RITU MAHESHWARI

Want to visit India? Here's your chance to experience the colors, sounds, rhythms, and flavors of India right here in the Bay Area. With Diwali, also known as Festival of Lights, around the corner, it's time to jazz up and spread a positive vibe in the community.

Diwali

beyond lights and legends

While there are many back stories to why Diwali is celebrated, victory of good over evil is the underlying theme. It is one of the most pious and joyous festivals among Indian celebrations. The word Diwali (or Deepavali as it's sometimes called) means "row of lights" in Sanskrit, an ancient language of India. During this festive season, people decorate their homes with lights and oil lamps, called "diyas." The festival lasts for five days; the exact dates change each year and are determined by the position of the moon, but it usually falls between October and November.

Diwali also honors the Hindu goddess of wealth, Lakshmi. The lights and lamps

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Día de los Muertos

SUBMITTED BY SUCY COLLAZO
PHOTOS BY OSCAR RODRIGUEZ

"Dia de los Muertos" is a celebration of the souls of those who have gone on before us—young and the old alike. And maybe, on special days, those souls come back for a brief visit. On Sunday, October 20, Mexico Tortilla Factory will hold their 10th celebration of Dia de los Muertos at Magnolia Plaza from 12 noon to 5 p.m. Thanks to sponsors Avanzando and LUNA, there will be lively entertainment throughout the day. On stage, Mariachi Los Lagos, Ollin Anahuac Aztec Dance Group, Shilling School Folklorico, Musick Folklorico, Salvador Vazquez on the harp, and Taiko drumming will appear.

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Gender Matters:

Women and Heart Disease

Heart disease is the leading cause of death for both men and women in the U.S. and around the world. While risk factors for heart disease in men and women are similar, there are important differences when it comes to the warning signs women may experience and the critical amount of time it takes them to seek help. Educating women about the signs of heart disease and tips for a healthier lifestyle can go a long way to prolonging and saving lives.

Washington Township Medical Foundation board-certified cardiologist, Catherine Dao, MD, will discuss risk factors, strategies for prevention and treatment options at a free community seminar called, “Gender Matters: Heart Disease Risk in Women,” from 6 to 8 p.m., on Monday, Oct. 28. It will be held in the Conrad E. Anderson, MD, Auditorium, rooms A and B, in the Washington West Building at 2500 Mowry Ave., Fremont. This is the final installment in a six-part education series discussing women’s diseases and mental health challenges, and providing strategies for prevention and well-being.

The term heart disease is generally used to describe conditions related to the buildup of plaque on the walls of our arteries. As plaque develops, the arteries narrow, making it difficult for blood to flow through the body. This can lead to a heart attack or stroke. “Women with heart disease are more likely to die than men,” said Dr. Dao. “We believe this is because heart disease in women is often misdiagnosed and undertreated.”

Dr. Dao cares for adult patients with a wide range of cardiovascular conditions, including arrhythmia, cardiomyopathy, heart failure, coronary artery disease and valvular heart disease. “It’s not unusual for women with heart disease to present differently than men. They are more likely to have nonspecific symptoms such as fatigue, dizziness and shortness of breath, instead of classic signs like chest pressure and pain. For this reason, women often discount their symptoms and wait to get medical help. These more subtle signs of heart disease in women also make it difficult to diagnose, further prolonging critical treatment.”

Women over 60 and those with a family history of heart disease are more at risk. But by making changes to their lifestyle and seeing their physician regularly, women can greatly improve their heart health and overall well-being. Dr. Dao will address more of the behaviors that lead to heart disease and offer practical preventive measures at the seminar.

“Women tend to exhibit more of the risk factors for heart disease,” noted Dr. Dao. “These include diabetes, high blood pressure, mental stress, anxiety and depression. A poor diet, physical inactivity and smoking also greatly increase the chances of heart problems.”

Women are often the caregivers and managers of their household, ensuring access to quality health care for their family members. But sometimes that means they are too busy to pay attention to self-care and focus on themselves.



Board-certified cardiologist, Catherine Dao, MD, will present a seminar on heart disease in women, Monday, Oct. 28, 6 to 8 p.m.

“We want to make sure women in our community recognize the warning signs of heart disease and heart attack so they can seek treatment earlier,” said Dr. Dao.

All residents of the area are welcome to attend the “Gender Matters: Heart Disease Risk in Women” seminar. Registration is recommended but walk-ins are welcome. To register, or for additional information, call 800.963.7070 or visit www.whhs.com/events. Seminars may be televised on InHealth, a Washington Hospital channel (Comcast Channel 78), and online at www.whhs.com/inhealthtv.

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



Follow WHHS on Facebook & Twitter



InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	10/15/19	10/16/19	10/17/19	10/18/19	10/19/19	10/20/19	10/21/19
12:00 PM 12:00 AM	Aortic Valve Disease: Treatment Options Including TAVR	Hepatitis B and Liver Cancer: Prevention and Treatment	Colon Cancer	Diabetes Matters: Dining Out Around The World	Women's Health through the Years: Screening is Key to Aging Well	Diabetes Matters: Diabetes Conversations	Mental Health Education Series: Understanding Psychotic Disorders
12:30 PM 12:30 AM	Gastrointestinal Disorders		Early Detection and Prevention of Female Cancers	Voices InHealth: Antimicrobial Stewardship			
1:00 PM 1:00 AM		Diabetes Health Fair: Eat 4 Diabetes Care		How to Prevent Financial Elder Abuse/Fraud	Washington Township Health Care District Board Meeting October 9, 2019	Mental Health Education Series: Anxiety Disorders	
1:30 PM 1:30 AM	Washington Township Health Care District Board Meeting September 11, 2019		Weight Management: Stopping the Madness				Diabetes Matters: Filipino Food Made Healthy
2:00 PM 2:00 AM		Mental Health Education Series: Family Support		Washington Township Health Care District Board Meeting September 11, 2019	Diabetes Matters: Latin Foods		
2:30 PM 2:30 AM			Diabetes Health Fair 2018: Diabetes Care			Washington Township Health Care District Board Meeting September 11, 2019	Sports Medicine Program: Why Does My Shoulder Hurt?
3:00 PM 3:00 AM	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Vitamins & Supplements: How Useful Are They?		Caregiver Series: Securing Care Preferences Through AHCD	Preventive Screenings: When and Why are They Important?		
3:30 PM 3:30 AM			Strategies to Reduce the Risk of Cancer Recurrence			Updated Treatments for Knee Pain & Arthritis	Symptoms of Thyroid Problems
4:00 PM 4:00 AM	Digestive Health: What You Need to Know	Chronic Kidney Disease: FAQ		Caregiver Series: Codependency and the Caregiver	Wildfire Smoke and Your Lungs: Do You Need to Worry?		
4:30 PM 4:30 AM			Palliative Care Series: Interfaith Discussions on End of Life Topics			Stop Diabetes Before It Starts	Peripheral Vascular Disease: What You Need to Know
5:00 PM 5:00 AM	Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Washington Township Health Care District Board Meeting September 11, 2019		Palliative Care Series: How Can This Help Me?	Strategies to Help Lower Your Cholesterol and Blood Pressure		
5:30 PM 5:30 AM			Diabetes Matters: Basics of Insulin Pump Therapy			Mindful Healing	Family Caregiver Series: Panel Discussion
6:00 PM 6:00 AM	How To Stop Disease Before It Starts	Family Caregiver Series: Managing Family Dynamics in Caregiving		Diabetes Matters: Exercise IS Medicine	Family Caregiver Series: Understanding Healthcare Benefits		
6:30 PM 6:30 AM			Family Caregiver Series: Medication Safety			Surgical Treatment of Obstructive Sleep Apnea	Mental Health Education Series: Understanding Mood Disorders
7:00 PM 7:00 AM	How to Sleep Your Way to Better Health	Diabetes Matters: Straight Talk About Diabetes Medications		Metabolic Disorders	Crohn's & Colitis		
7:30 PM 7:30 AM			Diabetes Matters: Diabetes and Kidney Health			Family Caregiver Series: Hospice & Palliative Care	Balance & Falls Prevention
8:00 PM 8:00 AM							
8:30 PM 8:30 AM							
9:00 PM 9:00 AM							
9:30 PM 9:30 AM							
10:00 PM 10:00 AM							
10:30 PM 10:30 AM							
11:00 PM 11:00 AM							
11:30 PM 11:30 AM							

Save the Date: Nov. 9 is Washington Hospital's Annual Diabetes Health Fair

Community Members are Invited to a Free Health Fair to Learn About Diabetes Prevention and Management

Managing your diabetes can feel overwhelming, but you do not have to do it alone. On Saturday, Nov. 9, from 9 a.m. to 1 p.m., Washington Hospital is hosting its 12th Annual Diabetes Fair. The fair is an opportunity to learn about the services that Washington Hospital makes available for those living with diabetes, and to learn about diabetes prevention. The event includes free nonfasting glucose and cholesterol screenings, and foot exams, along with information about products, technology and treatments.

"We encourage our community members to attend, as we'll have many great resources for those who are at risk for diabetes, as well as for those who care for family members with diabetes," says Lucy Hernandez, Washington Hospital's community outreach project manager.

A 2016 study by UCLA's Center for Health and Policy Research found that 46 percent of California adults are prediabetic or have undiagnosed diabetes, precursors for life-threatening type 2 diabetes. Luanne Sadueste, staff nurse and inpatient diabetes educator at Washington Hospital, says, "By the year 2050, one out of three people in the U.S. will be

diagnosed with diabetes, so there is a real need to get information to the public."

"At the fair, attendees can meet with specialists, including an endocrinologist and a podiatrist, and learn about all the resources we have here at Washington Hospital," says Sadueste. These resources include Washington Hospital Outpatient Diabetes Center, "Diabetes Matters" education series, and the BASICS program that helps patients with individualized diet plans, glucose monitoring, and other healthy measures. "For people with diabetes in the community, we have free classes every other month, and a support group," she adds.

If someone has a family history of diabetes, or common symptoms of diabetes, they can come to the fair for a preliminary screening. Sadueste explains, "Signs and symptoms of diabetes include feeling tired, urinating frequently, feeling thirsty, having dry mouth, or experiencing blurry vision. Women who have been diagnosed with gestational diabetes while pregnant are at a higher risk."

One of the highest risk factors for diabetes is being overweight, which can increase a person's resistance to insulin.

Insulin is critical for turning glucose from food into energy for the body. Without insulin, the level of sugar rises in the blood, causing severe health risks. For this reason, a healthy diet and regular exercise are important for reducing the risk of diabetes.

Every three years, Washington Hospital conducts a Community Health Needs Assessment using research and focus groups to determine the most critical health needs. According to Hernandez, the most recent assessment revealed that diabetes and healthy eating are among the top health concerns in the community. It found that 6.8 percent of the Alameda County population has been diagnosed with diabetes—but according to the American Diabetes Association, more than a quarter of people who have diabetes remain undiagnosed.

Many locals who participated in Washington Hospital's assessment said that time and cost were their main obstacles to preparing healthy meals. "At the fair," Hernandez adds, "We will present food options that are healthy and show that that healthy eating is achievable and not too expensive if you break down the menu."

In addition to demonstrations and information booths, there will be three expert presentations. Endocrinologist Prasad Katta, MD, will speak about the standards of medical care in diabetes, and podiatrist Amir Dastgah, DPM, will address diabetes and foot care. Sadueste and neurointensivist Jack Rose, MD, will address the connection between diabetes and stroke. It is important for people with diabetes to know they have a higher risk of stroke, but also that a stroke is 80 percent preventable when a patient's blood pressure, blood sugar and cholesterol are under control.

All community members are welcome to the 12th Annual Diabetes Health Fair on Nov. 9, from 9 a.m. to 1 p.m., in Conrad E. Anderson, MD, Auditorium at 2500 Mowry Ave. in Fremont. To register, or for additional information, call 800.963.7070, or visit www.whhs.com/events. Walk-ins are welcome, but diabetes screening tests may be limited depending on availability.



Washington Hospital 12th Annual Diabetes Health Fair

WHEN:

Saturday, November 9, 2019
9 a.m. to 1 p.m.

WHERE:

Washington West, 2500 Mowry Ave.
Conrad E. Anderson, MD, Auditorium

SCHEDULE

HEALTH FAIR

9 to 10:30 a.m.

- Free **NONFASTING** glucose and cholesterol screenings
- Free diabetic foot examination
- Meet experts and specialists of diabetes
- Visit information booths

Light snacks will be provided.

PRESENTATIONS

10:30 a.m.

Standards of Medical Care in Diabetes
Prasad Katta, MD, Endocrinologist
Washington Township Medical Foundation
Medical Director, Diabetes Center

11 a.m.

Diabetes and Stroke: What is the Connection?
Luanne Sadueste, R.N.
Jack Rose, MD, Neurointensivist
Co-Medical Director, Stroke Program
Washington Township Medical Foundation

12 p.m.

Diabetes and Foot Care
Amir Dastgah, DPM
Podiatrist



www.whhs.com



Register online
at whhs.com
or call
(800) 963-7070

The Running Dead



SUBMITTED BY ROBERT MAGBANUA

Grab your costumes and get ready for "The Running Dead 5k Fun Run & Trunk-or-Treat!" We have an event packed with spooky surprises, from our zombie-themed Fun Run to our family Trunk-or-Treat. The day will feature awards, costume contests, games, and more. We will have award ceremonies for the 1st, 2nd, and 3rd place runners of each category along with some sweet raffle prizes. Tasty treats will also be available for purchase at the event. We welcome all trick or treaters and parents to come in costume for our costume contest. Dress to impress!

For an extra \$5, join the Zombie challenge and attempt to survive our zombie-laden 5K trail. You get two flags before the race, and if you finish with at least one flag on your hip, you will be entered to win our Zombie Challenge Prize! All proceeds of this challenge will benefit the American Diabetes Association.

The Running Dead
Saturday, Oct 19
4:30 p.m. - 8:00 p.m.
Mark Green Sports Center
34009 Alvarado-Niles Rd., Union City
(510) 675-5600

<https://www.active.com/union-city-ca/running/distance-running-races/the-running-dead-family-5k-fun-run-and-trunk-or-treat-2019>



Tea and Treasures

Holiday Boutique
 9am - 3:30pm
 Featuring handcrafted and Creative items
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Saturday, November 2

Tea Room - 11am - 2:30
 Including tea Sandwiches, Sweets, & Tea
 Fee for Tea Room only - Adults \$15
 Children under 6 \$6

Centerville Presbyterian Church
 4360 Central Ave., Fremont
 Presented by Women's Ministries
 (Across from the DMV)

Eden Health District
 presents

First Steps to Caring for Our Aging Parents

Tuesday, October 22, 2019
6:00 - 7:30 pm
Castro Valley Library
3600 Norbridge Ave.
Castro Valley

Did you know caregivers spend an average of 20 hours per week providing care for their loved one? Caregivers are often adult siblings, members of the extended family, or hired caregivers.

Are you or someone you know beginning to care for aging parents, but don't know where to start? How do we begin to have those important conversations with parents and most of all our siblings when it comes to making decisions about Mom and Dad?

Join us for an informative evening that will help open the doors to:

- Improving Communication Between Siblings, Caregivers & Parents**
 Anna Le Mon, Senior Alternatives Home Care & Care Management
- Taking the Mystery Out of Care Options**
 Michael Fitzgerald, Sutter Health Acute Rehabilitation
 Anna Le Mon, Senior Alternatives Home Care & Care Management
- Special Considerations for Caring for Parents with Cancer**
 Joanne Sexton, Cancer Services, Eden Medical Center

Seating is Limited - Call (510) 538-2035 to Register

The mission of the Eden Health District is to improve the health of the community we serve by providing access to direct and indirect care services and community health education.

Partners in Health
 Eden Medical Center Cancer Services • Senior Alternatives Home Care & Care Management • Sutter Health Acute Rehabilitation

To learn more about the Eden Health District go to www.ethd.org

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Broadway Vocalist, Anne Runolfsson

Broadway Vocalist, Dan Domenech

With Vocals by the James Logan High School Show Choir

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Saturday, October 19, 2019 at 7:30pm
 Sunday, October 20, 2019 at 3pm

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SUBMITTED BY ELLEN O'DONNELL
PHOTOS COURTESY OF FREMONT SYMPHONY

The Fremont Symphony will open its 2019-2020 season Saturday, October 19th with “Broadway Rocks!” a high-energy pairing of classic rock and Broadway hits. The show brings together three of Broadway’s brightest stars, including American Idol finalist LaKisha Jones, whose expressive, full-bodied vocals propelled her into the top four in

season six. Rounding out the trio are Broadway veteran Anne Runolfsson, who recently completed a two-year run as the diva “Carlotta Giudacelli” in Phantom of the Opera, and Dan Domenech, whose versatile vocals have been heard in 49 states and eight countries.

Led by Conductor Jung-Ho Pak, “Broadway Rocks!” will go beyond the concert format to include lighting and staging at the state-of-the art James Logan Center for the Performing Arts in Union

City. The show features selections from such popular musicals as The Lion King, RENT, Hairspray, The Wiz, Dreamgirls and Phantom of the Opera interspersed with beloved rock anthems. Also performing is The Logan High School Show Choir, directed by Erin McShane.

As one reviewer put it, “...this Broadway Pops show is the best ever – and should get you scurrying to get tickets...” (Rebecca Coudret – Courier Press, Evansville, IL).

LaKisha Jones, a former bank teller, electrified millions of American Idol viewers with her performance of the Dreamgirls showstopper Am I Tellin’ You, which she is reprising in Broadway Rocks! Jones segued from Idol to the Broadway stage in the Oprah Winfrey-produced, Tony Award-winning musical, The Color Purple. Anne Runolfsson’s Broadway and national tour credits include “Fantine” in Les Miserables, “Roxane” in Cyrano-The Musical, and “Lily” in The Secret Garden. Dan Domenech has made his mark as one of the industry’s leading men, including his recent performance in the role of “Che” in Evita. He has toured with the Tony award-winning musical, Rent, as well as Wonderland, Sister Act, Rock of Ages, and Kinky Boots.

Tickets range from \$37.50 to \$77.50 and are available by calling (510) 371-4859 or via www.fremontsymphony.org. Or, opt for season tickets and get four symphony concerts for the price of three!

Broadway Rocks!
Saturday, Oct. 19
7:30 p.m.
Sunday, Oct. 20
3 p.m.
James Logan
Center for the Performing Arts
1800 H St, Union City, CA
(510) 371-4859
www.fremontsymphony.org
Tickets: \$37.50 - \$77.50

Raza Day aimed at students, families

SUBMITTED BY GUISELLE NUNEZ

Continuing the tradition of providing community-friendly resources and serving as an informational day for middle and high school students, Chabot College’s Chicano Latino Education Association and El Centro are planning a community event, “Raza College Day, Embracing our Roots: Honoring our Ancestors.”

Among the goals of the Saturday, November 2 event are promoting higher education and honoring Chicana Latinx culture. More than 35 community organizations and companies will set up informational tables at the free event, which will also include cultural performances, raffle prizes and workshops offered in both English and Spanish.

Workshops will cover a wide range of topics including increasing community awareness about higher education, how to pay for college, applying to four-year colleges, and identifying resources for Dreamers. Parent and family workshops will include a session on helping students navigate college.

“It’s a program open to anyone, but with a special focus on the Latinx community,” said El Centro Director Abigail Garcia Patton. “Our program has branched out to a broader target population including parents and family members, who are essential, programming for young kids who are not school-aged yet with exposure to STEM [Science Technology, Engineering and Mathematics], and helping community college students navigate the transfer process.”

Raza Day has continued to grow each year with more than 400 attending last year and more than 500 people

from across the East Bay area expected to attend this year. Registration is capped at 500 and space is limited. Breakfast and lunch are provided and sponsorships are available. Registration and sponsorship information is posted at www.chabotcollege.edu/el-centro.

Raza College Day
Saturday, Nov 2
8:30 a.m. – 2:00 p.m.
Cultural performances, resource fair workshops
Chabot College, Building 2300 cafeteria
25555 Hesperian Blvd., Hayward
(510) 723-6724
RSVP at www.chabotcollege.edu/el-centro

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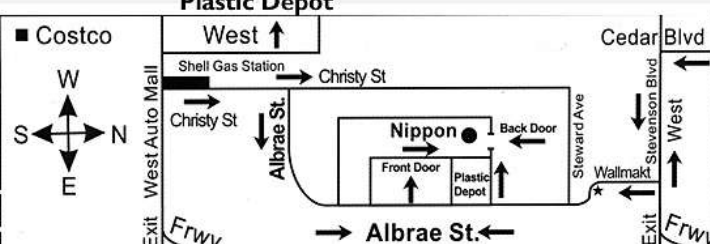
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Escaping Anxiety

SUBMITTED BY LANCE C. HOUGH

Crossroads Church in Fremont is starting a new teaching series October 19-20, called "Escape Room," that focuses on the problems of anxiety, loneliness, and depression. There are so many people in our community who feel trapped by anxiety and depression. Many of us have bought into the lie that no one and nothing can help us and we can't escape. But the truth is that we are not alone and there is a way out! We are inviting the community to be with us during this series as we dismantle four hidden lies that keep us trapped in a life without hope.

In conjunction with this series, we're offering several free events and resources to the community.

FREE ESCAPE ROOM

Crossroads Church is offering a free, family-friendly express escape room event. Enter the secret lair of the mysterious Fremont Phantom and recover the stolen key to the city before time runs out! This FREE express (15-minute) escape room experience is fun for the whole family (ages 5+). This event runs for four days across two weekends, with many time slots to choose from. Advance registration is required to guarantee that all guests can be accommodated.

DATES & TIMES:

Friday, October 18: 6:30-9:00 p.m.
Saturday, October 19: 6:45-9:00 p.m.
Friday, October 25: 6:30-9:00 p.m.
Sunday, October 27: 12:45-3:30 p.m.

ANXIETY WORKSHOP: The Challenge & Blessing of Anxiety
Saturday, November 2: 10 a.m. - 12 p.m.
Presenter: Jim Mathews, MTS

It's tough enough that we humans get anxious. But often we add to it anxiety about being anxious... double-jeopardy! This introductory workshop will help us gain an understanding of our anxieties and offer some ways to constructively cope with and even benefit from them. We invite you to be with us for this FREE workshop as we dive deeper into ourselves and attempt to reorient our gaze towards health and hope. Everyone (including the presenter) will bring their anxieties with them to this workshop; you won't be alone. Childcare is available for ages 3 months – pre-K upon request.

ANGST Movie Screening & Discussion Panel
Sunday, November 17 12:45 p.m. - 2:30 p.m.

Do you suffer from anxiety? Does your child? Partner? Anxiety affects us all. Be with us for a FREE screening of ANGST, a film about anxiety, truth & hope. Really. Let's talk. Directly following the film, there will be a live discussion panel featuring resident pastoral counselor, Jim Matthews, MTS; student & family pastor, Mike Mason; and mental health advocate, Melissa McDowell. Though everyone is welcome, this event is intended for students (middle school-college), their parents, family, and friends. Childcare is not available for this event. To learn more about the film, visit angstmovie.com.

Escape Room
Various times
Crossroads Church
41386 Fremont Blvd., Fremont
(510) 651-0301
visitcrossroads.church/escape

Boeing to invest \$20 million in Virgin Galactic

AP WIRE SERVICE

Boeing plans to invest \$20 million in Virgin Galactic as the space tourism company nears its goal of launching passengers on suborbital flights.

The companies announced the investment Tuesday, saying they will work together on broadening commercial access to space and transforming global travel technologies.

Virgin Galactic has conducted successful test flights of its winged rocket ship at Mojave, California, and is preparing to begin operations at

Spaceport America in New Mexico.

Test flights will be conducted there before passenger flights begin.

Virgin Galactic CEO George Whitesides says the company is projecting commercial flights by mid-2020.

Virgin Galactic announced in July it intends to go public through a merger with Social Capital Hedosophia Holdings Corp.

Boeing's investment is in return for shares, so it is contingent on that transaction closing.

6 Things to Leave Out of Your Resume

By ANNE CHAN, PhD, MFT

A hiring manager can receive hundreds of resumes, all vying for one job. Remember that you have less than 30 seconds to get the attention of a recruiter or employer—that's about how long people glance at a resume to see if they are interested in a candidate. In fact, some would even go so far as to say that you have fewer than 6 seconds to sell yourself. With this in mind, make sure that everything that goes into your resume will get you the job. Leave out anything that detracts from this purpose. Here are six common things that people include but should remove from their resumes:

1. Overused Buzzwords

Ninety-nine percent of the resumes I see have the phrase “dedicated team player” or some variant. Sometimes, this phrase is used multiple times in the same resume. You may be the world’s greatest team player but think about what it feels like if you’re on the other end reviewing hundreds of resumes and you see this phrase repeated ad nauseum. This phrase is so overused that I suspect most employers skip right over it or roll their eyes when they see it.

Anyone can claim to be a great team player, so having this phrase on your resume doesn’t mean much. I am not suggesting that you leave out any references to your team playing qualities but would strongly recommend that you show rather than tell. It would be far more powerful for you to cite specific examples or achievements of being a team player rather than just stating you are a great team player. This same advice holds true for other buzzwords like “great communication skills,” “hard worker,” “self-motivated,” and “think outside the box.”

2. “References Provided Upon Request”

Ideally, every single word on your resume should make a big positive impact on the reviewer. Since your resume is limited to a maximum of two pages, don’t include superfluous phrases like “References Provided Upon Request.” This is an unnecessary statement—it is standard practice for employers to ask for your references. If this line is on your resume, delete it and use the space to say something powerful about yourself.

3. A Vague Career Objective

I’ve seen career objectives that go something like this: “Seeking a job that helps me grow and learn in this industry.” There are several issues with this kind of generic career objective, the biggest being that this statement discourages an employer from

Counseling Corner

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

© Anne Chan, 2018

wanting to hire you. Few employers want to pay someone to “grow and learn.” I would recommend scrapping your career objective altogether. I do like having a “Job Objective” statement that simply states the job title you are applying for. Some people might advise that you leave out the job objective, but I believe it is smart to include it, if your resume gets reviewed for the wrong job or by the wrong hiring manager.

4. Terms Specific to Your Current Employer

Resumes can be unreadable when people include terms that are used in their workplaces but are not known to anyone outside the company. I know it’s tempting to put these in because they sound impressive. However, unfamiliar terms make your resume hard to read. So, skip the company-specific jargon and acronyms. Just explain concisely what you achieved.

5. An Unprofessional Email

Ditch the “beerlover” or “lazybum” email address. An unprofessional email may be hilarious to your friends and family, but you can’t risk giving the wrong impression to a potential employer. Save your humorous email address for those who love you but aren’t going to pay you.

6. Irrelevant Information

Too many people make the mistake of including information that is not relevant to the job at hand. I know that you’ve worked hard and achieved a lot, but the resume is not the place to showcase all your achievements (like winning Little Miss Pageant when you were a baby). Focus instead on writing strong powerful statements that tell the employer that you have the skills needed to do the job.

Crafting a resume is one of the most difficult pieces of writing you’ll ever do. I believe people make missteps on their resume when they lose track of the overall goal—to convince the employer that they can do the job. A great resume is totally doable when you keep this paradox in mind—even though the resume is about you, you should focus on the employer’s needs.

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

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Run 4 Education

SUBMITTED BY KATHY KIMBERLIN

The 15th Annual Run is once again coming to Quarry Lakes Park. As with every year, all funds raised from “Fremont Run 4 Education” go directly to the Fremont Education Foundation (FEF) Guy Emanuele Sports Fund, which helps students offset the costs of equipment and fees. The run start and Family Expo will be at Quarry Lakes Regional Park. Register online through October 26 or on the day of the race. We are proud to have Facebook as sponsor for our Kids’ Zone, which includes kids ¼- and ½- mile races, face painting, bouncy houses and overall fun.

This year’s sponsors include Fremont Bank, Washington Hospital, Republic Services, Fremont Unified Teachers Association, among many others. Those who don’t want to run but still want to support FEF can volunteer, donate online, or engage in a virtual run.

Fremont Run 4 Education
Sunday, Oct 27
9 a.m.
Quarry Lakes Regional Park
2100 Isherwood Way, Fremont
(925) 250-2478
www.fremontrun4education.com



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Youth Financial Literacy Workshop



SUBMITTED BY AMRITA MEHROK
PHOTO COURTESY OF BROOKE ZHENG

Every day there is a new headline raising alarm about the financial health of Americans:

- Nearly half of Americans don’t expect to have enough money to retire comfortably.
- Credit Card Debt has reached its highest point ever.
- Forty percent of Americans can’t afford a \$400 emergency expense.
- Outstanding student loan debt has reached \$1.5 trillion.

In a rapidly evolving economy where jobs that exist today will be gone in less than a decade, and with talk of a recession on the horizon, good money management skills are necessary for both financial stability and emotional well-being. Financial choices made early on in life can impact a person’s future for decades. While financial literacy is not a panacea for this complex problem we are facing, it is definitely an important part of the larger solution. Financial literacy research shows that youth, free of any harmful ingrained financial habits, can adopt healthy financial practices that will lead them to greater financial stability.

To equip students with the right skills to manage their financial futures, MSJ Investment Club from Mission San Jose High School (MSJHS), in partnership with the Fremont Family Resource Center and SparkPoint Fremont, offered a free financial literacy course to all MSJHS students. The course was based on the High School Financial Planning Program offered by The National Endowment for Financial Education (NEFE) and covered topics such as Money Management,

Borrowing, Earning Power, Investing and Financial Services over four sessions from September 11 to October 2. The instructors, MSJHS students Jatin Chadha, Yash Agarwal, Ethan Malhotra, and Dev Thakar, were trained by SparkPoint Fremont coach Arnie Becker. The entire Initiative was conceived and led by MSJ Investment Club President Jatin Chadha and his fellow club officers.

Ms. Judy Schwartz, Fremont FRC Administrator, had this to say about the Financial Literacy program: “We were thrilled when Jatin came to the Fremont FRC to volunteer and learn about financial education. Through Jatin’s initiative and the support of the SparkPoint Fremont team, especially financial coach Arnie Becker, Jatin and his fellow MSJ Investment Club officers were able to learn and then bring this valuable curriculum to the MSJHS Student Body.”

MSJHS Principal Mr. Jeff Evans was very supportive of the program and said, “I am happy to see this program on our campus as it provides some much-needed insight into the financial realities of the world these young adults will grow into as they move towards college and beyond. I wish I had known more about credit, savings, and money management when I was younger!”

Program organizers and attendees were honored to receive a visit from Fremont Mayor Lily Mei at their third session on Wednesday, September 25. Mayor Mei offered words of support and encouragement to the MSJ Investment club officers and attendees.

The MSJ Investment club plans to work with Fremont Unified School District and Sparkpoint Fremont to explore options to offer this course to all Fremont High School students in the future.

TAKES FROM SILICON VALLEY EAST

Why I Celebrate Manufacturing Day, and Why You Should Too – An Educator’s Perspective

BY THOMAS HANSON,
SUPERINTENDENT, MISSION VALLEY ROP

The first Friday in October is celebrated as Manufacturing Day. A movement that started in 2012 has grown steadily with participation rapidly increasing each year with manufacturing companies across the U.S. opening up their doors to show an eager audience what modern manufacturing looks like.

This eager audience, our students, are the next generation of manufacturers. Introducing this future workforce to the careers in an industry which employs highly-skilled individuals and offers some of the most exciting, innovative work environments around is what makes Manufacturing Day my favorite field trip of the year!

Located in Fremont CA, which is considered the regional hub of Advanced Manufacturing, Mission Valley ROP (MVROP) provides Career Technical Education (CTE) programs which prepare students for employment and college through industry standard tools, training, and experience. MVROP has been instrumental in preparing local high school students for successful business, medical, and technical careers. MVROP CTE programs enlighten students about the opportunities available to them. Student participation in Manufacturing Day affords them to visit companies and observe firsthand employment opportunities and professional work environments. This ties seamlessly to the CTE “hands-on learning” classroom approach and has been a perfect partnership for Mission Valley ROP for nearly five years.

With the primary goal of inspiring the next generation of manufacturers, Manufacturing Day also aims to educate the public at large on the importance of the role manufacturers play in our daily lives. There is a growing shortage of manufacturing skills, and a steep increase in available job opportunities in the industry. Modern manufacturing processes are being revolutionized by technology through innovations in 3D printing, robotics and IoT. This rapidly evolving landscape

can be an important source of economic competitiveness and high quality employment. As production complexity increases, the need for new skill sets emerges. We can’t let the outdated perceptions about manufacturing keep talent away.

That is why Manufacturing Day is so important. It is a celebration of the work we do, and gives science, technology, engineering, and math students insight into manufacturing today so they can help build the manufacturing world of tomorrow.

Can dedicating just one day a year to manufacturing really light the curiosity of students? The answer is a big YES. Take a look at the infographic by National Institute of Standard and Technology:

Not only has the City of Fremont celebrated Manufacturing Day since the program’s inception, it has consistently had the strongest participation in the entire state with more than 10% of all tours in California taking place in Fremont. The city understands the benefits and the talent needs of our driving industries and has taken on a leadership role in connecting manufacturers and the next generation of workers. Check out this story on the city’s economic development website to see why Manufacturing Day is much more than just a one day affair in Fremont.

It is really easy for folks like me to get involved by partnering with the city to provide students with a hands-on learning opportunity at local companies. I urge more educators to take part in the excitement next year and give your students a chance to get up close and personal with modern manufacturing. Your students will love learning about rewarding professions and state-of-the-art products that are being built by today’s high-tech manufacturing companies. When it comes to engagement, nothing works better than seeing and learning first-hand how an industry works. This unique experience can spark interest and lead to further studies, a new generation of skilled workers, and an eventual closing of the skills gap.

Writers Literary OPEN MIC

SUBMITTED BY NANCY GUARNERA

Do you write? Does your writing sit in a drawer, never read or heard by others? Do you dream about sharing your written word? Do you love to listen to others read their original work out loud? Do you enjoy kicking back with a cup of coffee or tea with a friend or two in a relaxed, family friendly environment on a lazy Sunday afternoon?

If you answered “yes” to any of these questions, it’s time to check out Fremont Area Writers (FAW) “Third Sunday” Literary OPEN MIC where writers can read their original work. The first “Third Sunday” OPEN MIC will be held on October 20.

FAW and Starbucks are partnering to give writers an opportunity to read their work in a public venue,

whether fledgling writers or seasoned authors. Everyone is welcome to sign-up to read on a first-come-first-read basis; if you prefer not to read, come and listen to your local literary talent. For more information, visit www.cwc-fremontareawriters.org.

“Third Sunday” Literary OPEN MIC
Sunday, Oct 20
Sign-up: 3 p.m.
Reading: 3:30 p.m. – 5:30 p.m.
Starbucks
39201 Cedar Blvd., Newark
www.cwc-fremontareawriters.org

Google strikes back with its own game subscription service

AP WIRE SERVICE

Google is offering a new subscription service for apps and games on Android devices days after Apple launched a similar service.

Google Play Pass will cost \$5 a month and give subscribers access to 350 games and apps. It will cost \$2 a month for the first year in an introductory offer. Android devices with Android 4.4 (known as KitKat) or later will support Play Pass.

Available apps range from puzzle games like “Monument Valley” and strategy games like “Risk,” to apps including AccuWeather and Facetune. New

apps and games will be added every month.

There are some key differences with Apple Arcade, however. Apple’s \$5-a-month service, which launched with iOS13 on Thursday, consists of games developed exclusively for the service – if they are in Apple Arcade they can’t be in the app store.

The apps in Google’s service, on the other hand, are already available for purchase in the Play store. So, users can determine if they’d rather shell out a few dollars to own a game or spend about the same amount to have monthly access to many games and apps.

But both are similar in that they will have no ads or in-app purchases. Mobile game makers are trying out subscription services as an alternative to the traditional way that mobile games make money, either by a purchase price, ads, or increasingly, in-game purchases.

Both services require users to download each game they want to try out. Subscribers have access to the games until they cancel their subscription.

Google has been making a push into video games. Its console-free video-streaming service Stadia is rolling out later this year.

Fremont Explorer Program

SUBMITTED BY FREMONT POLICE DEPARTMENT

Are you between the age of 14 to 18, and interested in learning more about how your local police department works? If your answer is “yes,” then join the Fremont Explorer Program; applications will be accepted through Friday, November 1.

The program is a fun and safe way for teenagers to learn more about the field of law enforcement. Explorers participate in various activities such as community events, ride-alongs, traffic control, building tours, and school visits. In addition, explorers are required to attend weekly meetings at the Fremont Police Department. This program gives teens an understanding of various law enforcement careers and helps them decide whether to pursue a career that field. All new explorers are required to attend a one-week Explorer Academy in Southern California, typically held during summer.

For more information, visit the department’s Explorer Volunteer webpage at <http://www.fremontpolice.org/Explorers>.

Fremont Explorer Program
Application Deadline: Friday, Nov 1
5 p.m.

Fremont Police Department
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<http://www.fremontpolice.org/Explorers>



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Ohlone College president announces retirement

SUBMITTED BY
TINA VOSSUGH

Ohlone Community College District's President/Superintendent Dr. Gari Browning has announced her plans to retire at the end of the 2019/20 academic year. The announcement came at the Ohlone College District Board of Trustees meeting on October 9 and later through an announcement to the campus community.

"After considerable soul searching and careful thought, I am announcing my retirement at the end of this academic year," said Browning. "Ohlone is



coming up on several important milestones this year, positioning the district for new leadership."

Browning, who served Ohlone for the past 12 years, will retire after completing several important milestones: leading the development of Ohlone's 2020-25 Strategic Plan, celebrating the opening of the College's new Academic Core buildings set for the spring of 2020, and completing an anticipated successful accreditation reaffirmation.

The search for Browning's replacement will begin in November with recruitment to begin shortly thereafter.

US awards \$3M to fill gaps in medical marijuana research

BY CARLA K. JOHNSON
AP MEDICAL WRITER

The U.S. government will spend \$3 million to find out if marijuana can relieve pain, but none of the money will be used to study the part of the plant that gets people high.

Nine research grants announced Thursday are for work on CBD, the trendy ingredient showing up in cosmetics and foods, and hundreds of less familiar chemicals. THC research was excluded.

The federal government still considers marijuana an illegal drug, but more than 30 states allow its use for a range of medical problems, some without good evidence.

The science is strongest for chronic pain, the most common reason people give when they enroll in state-approved medical marijuana programs. But little is known about which parts of marijuana are helpful and whether the intoxicating effects of THC can be avoided.

"The science is lagging behind the public use and interest. We're doing our best to catch up here," said Dr. David Shurtleff, deputy director of the National Center for Complementary and Integrative Health, which is funding the projects.

THC has been investigated extensively, Shurtleff said, and its potential for addiction and abuse make it unsuitable for treating pain.

Other federal agencies have supported marijuana research, but much of the focus has been on potential harms. Shurtleff said the grants answer the call in a 2017 National Academies of Sciences, Engineering and Medicine report, which concluded a lack of marijuana research poses a public health risk.

Another driver is the nation's opioid addiction crisis, with its roots in overuse of prescription painkillers. The crisis has sparked new scientific interest in marijuana's pain-easing properties.

Dr. Judith Hellman, a grant recipient from University of California San Francisco, said scientists need to better understand pain and to find more ways to treat it. "It's very exciting to have the opportunity to do that," she said.

Hellman's research involves the body's ability to produce signaling molecules similar to marijuana's ingredients. Her and Dr. Mark Schumacher's work involves human immune cells in the lab, then tests on mice.

Human test subjects will be involved in only one of the grant projects. University of Utah researcher Deborah Yurgelun-Todd will scan the brains of human volunteers with lower back pain to see how CBD extract – mixed with chocolate pudding – affects pain-signaling pathways. Half the volunteers will get pudding without CBD as a control group.

Two more human studies may be funded in a second round of grant awards, NCCIH said.

In July, the National Institute on Drug Abuse said it would grow 2,000 kilograms (4,409 pounds) of marijuana this year at the University of Mississippi, which holds the sole federal contract for producing research cannabis. Those plants won't be used in many of the new projects, which instead will use lab-made versions of the chemicals.

Researchers in Illinois hope to create a library of useful compounds found in cannabis plants.

"We make them from scratch and test them one by one," said David Sarlah of the University of Illinois. Marijuana contains such tiny amounts of the interesting ingredients that it's too costly and time consuming to isolate enough for research, Sarlah said.

Sarlah, an organic chemist, will make the chemicals. His colleague Aditi Das will run tests to see how they react with mouse immune cells.

"There are so many beneficial effects that patients report. We need to know the science behind it," Das said.

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.

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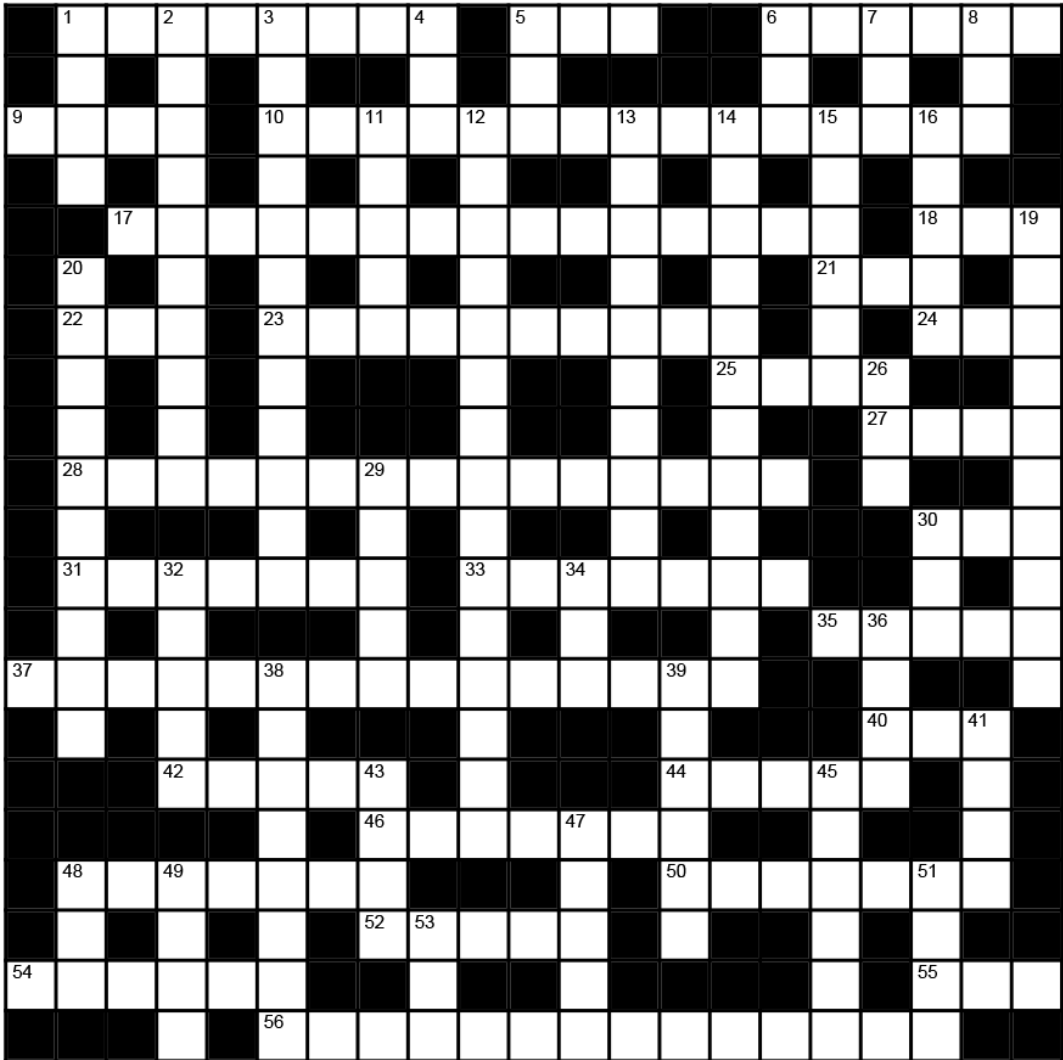
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Mind Twisters

Crossword Puzzle



- Across

1

Break, in a way (2,4,2)

5

Estuary (3)

6

Kidded around (6)

9

1970's Tony Musante series (0-4)

10

Possible title for this puzzle (7,2,6)

17

Hoary (3,2,10)

18

How-___ (3)

21

Foreign dignitary (3)

22

Highlands negative (3)

23

Quite a bit (10)

24

Cariou of "Sweeney Todd" (3)

25

Abound (4)

27

"Cold one" (4)

28

Disoriented (15)

30

Brits' thank-yous (3)

31

Razzed (7)

33

Totally gone (5,2)

35

Drafted (5)

37

Set (8,2,1,4)

40

Chest muscle (3)

42

Aired again (5)
- 44

Related maternally (5)
- 46

Be humiliated (3,4)
- 48

Perennial herbs (7)
- 50

Heath family members (7)
- 52

Charger (5)
- 54

Over there (6)
- 55

Cyclades island (3)
- 56

Nonstop (3,2,3,3,3)

Down

1

Continue (4)

2

"Yes!" (2,3,5)

3

Breakfast treat (8,4)

4

Book before Esth. (3)

5

"In the Good Old Summertime" lyricist Shields (3)

6

Ref's call (3)

7

1972 treaty subj. (3)

8

A, overseas (3)

11

Bait (5)

12

Goodwill, e.g. (10,5)

13

Sow (10)

14

Is in charge (5,3,4)

15

Native Arizonan (6)

16

Of base 8 (5)

19

Summer attire (10)

20

Extreme (10)

26

C.E.O.'s degree (3)

29

Delaware senator (5)

30

Besides (3)

32

Fire remnant (5)

34

Skye cap (3)

36

Catch, in a way (4)

38

Official (2,6)

39

Latitude (6)

41

Camp beds (4)

43

1987 Costner role (4)

45

Address (4,2)

47

"The Age of Bronze" sculptor (5)

48

Blood-typing system (3)

49

Art subject (4)

51

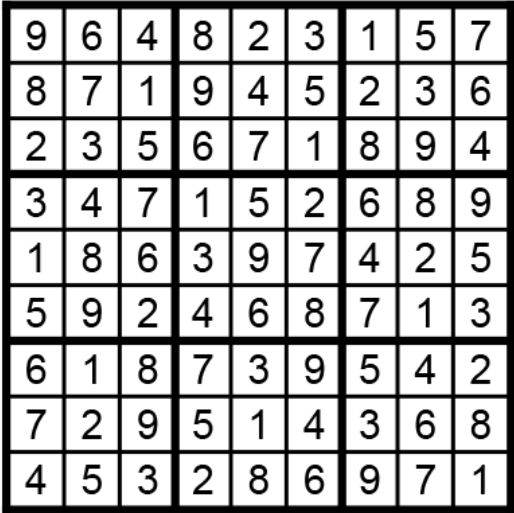
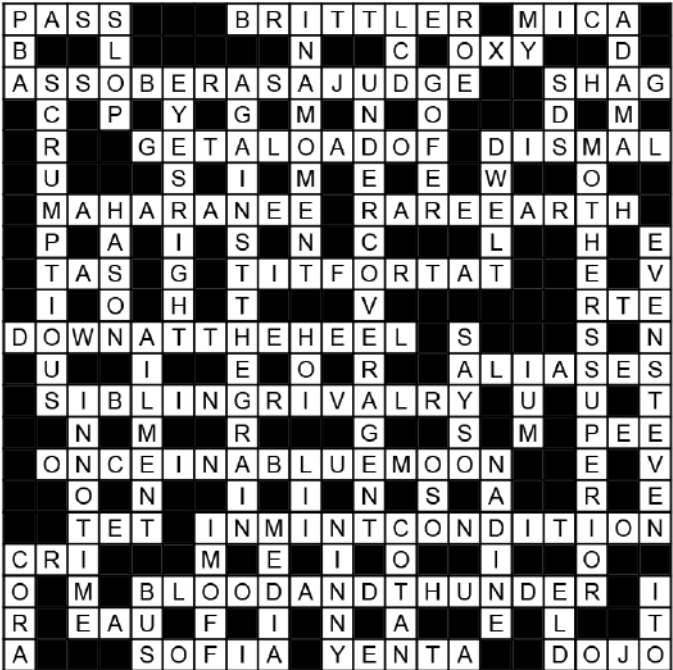
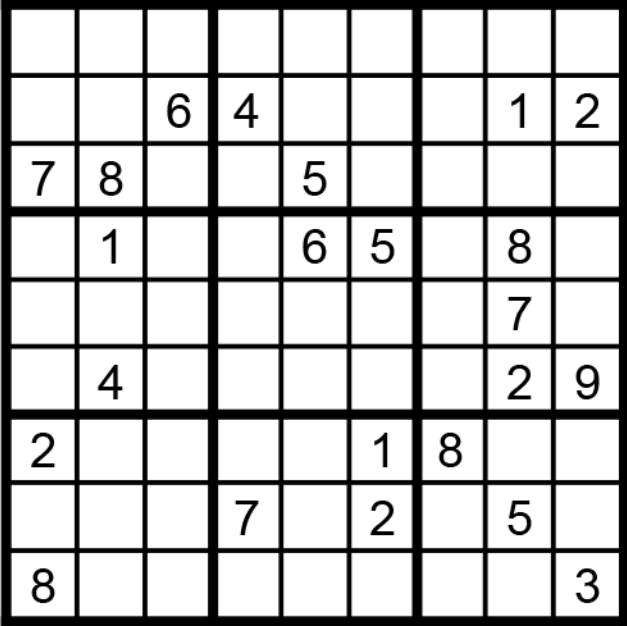
Not much (1,3)

53

Parisian pronoun (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: OCTOBER 16 – OCTOBER 22, 2019

For All Signs: On a clear night, go out, and look at the array of visible planets. There is Venus above the horizon immediately following the Sun, then Mercury, Jupiter and Saturn. Venus and Mercury are close together. Venus is the brighter. Jupiter and Saturn are visible in a position approximately 90 degrees to the left of the

sun. These are the planets observed by the ancients for many centuries. Priests and Learned Folk studied their traveling designs and came to recognize similar patterns playing out on earth. The one planet missing from the ancient group at this time is Mars, which went below the horizon before the Sun.

Aries the Ram (March 21-April 20): This is not your best week unless you plan to get a lot of hard work accomplished. If you become aware that you are easily angered, use caution concerning tools or machinery. Your reflexes may not be on target. Avoid speeding because there may be police on every corner.

Taurus the Bull (April 21-May 20): During this week you will enjoy home, hearth, and family. That also includes those whom you think of as an extended family, such as coworkers or maybe a special circle of friends. The arts and all things of beauty are of a special pleasure to you now.

Gemini the Twins (May 21-June 20): You have had a need to make changes in your daily life in order to enhance your personal health. This may include a change of work venue or reorganizing your schedule in order to give

more attention to your health. Others may not see this, but you know quite well what is happening to your body.

Cancer the Crab (June 21-July 21): You have favorable aspects concerning romance, social, and family life with husband and children. The Other in your life wants to run things and you don't mind turning over the responsibility, at least not this week. This is a good time to heal rifts in any relationship.

Leo the Lion (July 22-August 22): This is a time devoted to fulfilling obligations. They may be related to your career or work in the world. You are happy with this if those you are helping treat you with respect and appreciation. If they do not, it likely will irk you into hurrying to the finish.

Virgo the Virgin (August 23-September 22): This is a wonderful week to concentrate on research or some

other mental project. Your mind is clear, and your thoughts flow easily from one thing to another. Aspects are positive for study, writing, romance, or teaching children.

Libra the Scales (September 23-October 22): Aspects favor work and career routines. Currently, life in general flows more smoothly. Home and family provide stability and support. Spending is under control and you make good, practical choices.

Scorpio the Scorpion (October 23-November 21): Relax and take things as they flow. Everything works better if you allow your life to present you with new opportunities and ideas. Aspects favor travel, education, internet activities and all things legal.

Sagittarius the Archer (November 22-December 21): This is a period in which you will have extravagant ideas and

desires. If your checking account is loaded, that will not be a problem. However, think carefully about your purchases. You may desire an object that eventually seems too garish or out of alignment with your usual tastes.

Capricorn the Goat (December 22-January 19): You are favored by people in your expanded circle of friends and associates. Whatever help you need you know someone who has the right skills. The plus factor is that the "right" person will be available and willing to come to your aid.

Aquarius the Water Bearer (January 20-February 18): Your career or life direction is blending harmoniously with what you feel is the "right" thing to do. People with power are giving help and/or education as you need it. Forward motion moves smoothly.

Pisces the Fish (February 19-March 20): Events of this week trigger your sense of compassion and draw you into the need to assist in the healing of another. As you live into this experience, you will discover that having compassion also heals you. Your spirit is lifted. Don't ignore the call.

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





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On September 13th, the community celebrated the Fremont Family Resources Center's 20th Anniversary. The Sun Kings gave an amazing performance to honor this milestone event. Everyone had a fantastic time. Most importantly, together we brought in over \$85,000 for the FRC Core Team!

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Ashland Cherryland 5K Fun Run



SUBMITTED BY ASHLAND CHERRYLAND FAMFEST

In 2015, the Ashland Cherryland Healthy Communities Collaborative and Alameda County Supervisor Nate Miley's Office organized the first "Ashland Cherryland 5K Fun Run" to build local pride and provide an array of resources to community members. This year, the 5th annual 5K Fun Run—or Walk, or Roll—will take place on October 19. The 5K Race will start at 9:00 a.m. at the local REACH Ashland Youth Center and will take you through the beautiful community of Ashland.

After the race, there will be a fun family festival with food, an array of activities for all ages, performances from local groups, and great booths. The Bite Café will provide delicious food options to

purchase. For kids, there will be face painting, story time, and bounce house. To promote community health, attendees can receive health screenings from Tiburcio Vasquez Health Center and screenings and tours from Fuente Wellness Center. Paramedic Plus Ambulance will also be available for tours.

Entry includes a free T-Shirt, bib, goody bag, and prizes for top finishers. This race welcomes people of all ages, so join us for the 5th annual fun-filled Ashland Cherryland 5K race!

Ashland Cherryland 5K Fun Run
Saturday, Oct 19
9:00 a.m. Run, Walk, Roll
10:30 a.m. Awards Ceremony
REACH Ashland Youth Center
16335 E. 14th St., Ashland, CA
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Halloween features at Niles Essanay Silent Film Museum

SUBMITTED BY RENA KIEHN

Get into the Halloween spirit with a collection of vintage spooky films playing at Niles Essanay Film Museum! Tickets are \$5 for members, \$7 for not-yet members. They can be purchased at www.nilesfilmmuseum.org. Programs on the 19th and 26th both feature Frederick Hodges on piano.

Saturday, October 19
7:30 p.m.
Comedy Shorts Night

The Adventurer (1917, Charlie Chaplin)
The Haunted House (1921, Buster Keaton)
Haunted Spooks (1920, Harold Lloyd)
Habeas Corpus (1928) Laurel & Hardy

Saturday, October 26
7:30 p.m.
Halloween Double Feature

The Call of Cthulhu (2005)

A dying professor leaves his great-nephew documents to piece together the mystery surrounding the cult of the ancient entity known as "Cthulhu."

The Cabinet of Dr. Caligari (1920, Werner Krauss and Conrad Veidt)

A mysterious doctor sends a somnambulist to carry out grisly murders.

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GEMS OF NORTHERN ITALY Mar 27; Apr 3, 10, 17, 24 10 Days Milan to Venice S.S. Le Venezia	REMARKABLE RHINE & HISTORIC HOLLAND Mar 31; Apr 10, 30; May 10, 20, 30 11 Days Brussels to Amsterdam River Empress
ENCHANTING DANUBE Mar 15, 22, 29; Apr 5, 12, 26; May 3, 10, 17 8 Days Budapest to Passau S.S. Maria Theresa	PARIS & NORMANDY Mar 22, 29; Apr 12, 19, 26 8 Days Paris to Paris S.S. Joie de Vivre

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Home & Garden

Perks of using coffee grounds

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

There was a time when the number zero did not exist. Although some ancient cultures had a concept of zero, the ancient Greeks believed that nothing (zero) could not be something (a number). When zero was finally universally accepted as a number and placeholder, it provided numerous applications that would advance the disciplines of mathematics,

potassium, and other nutrients that help plants thrive. They can be easily scattered around plants in the garden or sprinkled on the soil of interior plants. Carrots particularly love coffee grounds.

To activate a compost pile:
Coffee grounds are high in nitrogen, which is the energy source for microbes and bacteria that convert any plant material into compost. There needs to be a ratio of 30 parts carbon, woody material or dried leaves, to one part nitrogen, freshly

shampoo as regularly but before rinsing, rub coffee grounds into the lather. Then rinse as normal. Coffee grounds will do a good job of repelling the fleas but not kill the eggs.

As a natural repellent:
Snails, slugs, and ants all avoid coffee grounds. Cats can also be discouraged from using parts of the garden as a litter box by placing coffee grounds with citrus peels in the places they frequent.

To make a scrubbing soap:
Sometimes a favorite farmer's market or boutique store soap smells good but does not have the scrubbing ability to clean the hands thoroughly after working in the garden. Melt a bar of glycerin hand soap and add 1/3 cup of coffee grounds, mold back into shape, and pamper the hands with an elegant scrub.



and contain natural acids and enzymes that tenderize meat. Re-brew used grounds to make coffee to marinate meat or sparingly add to a favorite rub to enhance the flavor. Coffee grounds contain substances that can increase blood pressure. Paper filters absorb them, so they are not present in a cup of brewed coffee. If blood pressure issues are a factor, using coffee grounds in recipes should be avoided. If there are no health concerns, they should be used in moderation.

To repair scratched furniture:
A tablespoon of coffee grounds combined with a plant or seed-based oil can be wiped with a paper towel over scratches and nicks to camouflage defects.

To neutralize odors:
Coffee grounds absorb and neutralize odors. An open jar of dry coffee grounds can be placed in the refrigerator to ensure freshness. Dried grounds can also be wrapped in a cloth produce bag and placed in a gym bag or laundry basket to help deodorize worn garments.

For scouring pots and pans:
Coffee grounds can be used as a nonchemical, gently abrasive cleaner that will not harm the finish on ceramic, cast iron, or stainless steel pots. They can also be effective in cleaning sinks, BBQ grills, and dark colored counter tops.

There are many other uses for coffee grounds including candle making, dye, and cleaning a garbage disposal. Much like zero now has a valued place in mathematics, coffee grounds, once also thought of as having no value, might just be the number one organic household multitasker.

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



astronomy, and accounting to name a few. There was also a time when coffee grounds, the dregs remaining after brewing coffee, were discarded in the trash because people did not know that other uses for them existed. That is changing as their other uses are being discovered.

There are over 75 species of coffee plants that produce coffee beans. Elevation, climate, soil type, and seed type all impact the flavor, acidity, and density of the bean. Different roasting methods affect the coffee's aroma. These factors, as well as blending different kinds of beans together and choosing when to harvest, allow for a wide range of different tasting cups of coffee. This broad spectrum of flavors and aromas are also present in coffee grounds. The grounds may not be strong enough to brew another cup of coffee, but they are still potent enough for some other uses.

Uses for coffee grounds:

Organic fertilizer:

Coffee grounds contain nitrogen, phosphorous,

cut lawn clippings or green leafy material to effectively compost at home. The initial addition of nitrogen that the coffee grounds provide will jump start the microorganisms into action.

To help kill fleas:
Coffee grounds offer a nonchemical way to rid a dog of fleas. Coffee grounds can be toxic to dogs if ingested so their use as a flea deterrent should be externally only. When it is time to give "Max" or "Bella" a bath,

As an exfoliating face scrub:
Hands are not the only part of the body that coffee grounds can indulge. Mix 1/4 cup of a favorite plant or seed oil, 1/2 cup of sugar, and a 1/2 cup of coffee grounds to make an exfoliating scrub that promotes healthier skin cells and moisturizes the skin with the fragrant rich smell of coffee.

In marinades and BBQ rubs:
Coffee grounds add bold flavors and aromatic scents,



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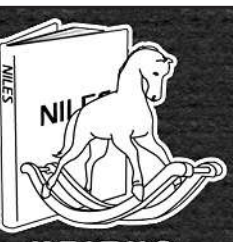
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Survivor stories highlight the faces of domestic violence

SUBMITTED BY SHAILAJA DIXIT

As part of national Domestic Violence Awareness Month during October, Safe Alternatives to Violent Environments (SAVE) hosted a "Faces of DV" Domestic Violence Awareness community event on Monday, Oct. 14 in Fremont.

The purpose of "Faces of DV" was to share survivor stories that highlight the various faces of domestic violence, educate community members on how they can help as bystanders, and bring greater awareness to the resources available for domestic violence survivors.

Guest speakers during the two-hour program included Kate Hart, Director of Programs, SAVE; Captain Sean Washington, Fremont Police Department; and Bindu Fernandes, Executive Director, Narika.

SAVE is a nonprofit community-based organization that has provided free domestic violence prevention and support services to residents of the Tri-Cities, the Bay Area and beyond since 1976. Its mission is to strengthen every individual and family it serves with the knowledge and support needed to end the cycle of domestic violence and build healthier lives. For more information, call (510) 574-2250.

Walnut Wisdom

BY PAT KITE

The lady says I should write about walnuts. It seems her elderly walnut tree is having yukky nuts. Plus, everything she plants underneath sighs and dies. Since my narrow yard doesn't welcome huge trees, I research.

Ancient Romans thought a walnut was like a human brain. According to Roman tales, tree walnuts have a green enclosing husk. This is the scalp. Inside the scalp, the hard, outer shell is the skull. Open the skull and look at the paper like sections dividing the walnut. That's the brain's membrane. Once inside, the curved nutty portions are divided into brain sections. Since the walnut innards looked like a brain, folk thought eating them was good for headaches.

Ancient Romans called the walnut "juglans" or Jupiter's acorn. The English or Persian walnut is "Juglans regia" or royal walnut. Adult tree height can be 40 to 100 feet. Jupiter was all-powerful, father of all the gods, and in charge of thunder and lightning.

Jupiter's wife was Juno, goddess of fertility. After a wedding, folk threw walnuts at the bride and groom. The word walnut probably comes from the Germanic "walnuss."

If you have problems growing anything under a walnut tree, look up "allelopathic." Walnut roots and nutshells produce a plant growth poison called juglone. In theory, some plants will tolerate this. Keep in mind the roots spread out a very long way. While you may think you don't have a messy English walnut, some of the other walnut species are grown on an English walnut rootstock.

Possible problems are aphids with sooty mold, fallen husks that stain anything, walnut husk fly which turns shells black, scale insects, and codling moths. Also, some folk are allergic to the pollen. While mature trees do not need additional water, to get the best nuts, water well.

Did you know that California produces two-thirds of the world's food walnut supply? The first English walnuts arrived in the United States in about 1769.

They were brought by Spanish Franciscan monks and called "mission walnuts." Mission San Gabriel area eventually became a city called Walnut. Walnut holds an annual Walnut Family Festival. There is a parade and a fair. The Walnut Family Festival usually

occurs in early or mid-October.

A home or school project? Grow a walnut tree seedling from seed. Purchase a bag of whole walnuts from the grocery store. If you can get them fresh from a tree, that is much better. Remove green husk covering. Soak

hard-shelled walnuts for two days. Throw out those that float. Place soaked walnuts in a plastic bag. Refrigerate for two months. Plant in pot with sun and good soil. In seven or more years, you may get a walnut tree with walnuts. Not very good ones, but fun to do.

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Niles Rose Garden - 36501 Niles Boulevard, Fremont

Bring gloves and tools.

[Across Driveway from Mission Adobe Nursery]

Contact Joyce Ruiz: 659-9396

Meetings are held quarterly. Call for details

Fremont Senior Center Garden Club

First Friday of each month, 1-2 p.m.

Tanya Mendoza, Program Coordinator 510-790-6602

Fremont Garden Club

The Fremont Garden Club meets the third Wednesday of each month, February - October, in members' homes & gardens, 6:30 p.m. - 8:30 p.m. Locations are posted on the Fremont Garden Clubs' web site at www.fremontgardenclub.org call Lynn at 510-604-8206

Gardens at the California Nursery Historical Park

Every Thursday 10 a.m. - 12 p.m.

36501 Niles Boulevard, Fremont

Bring gloves and tools

Park near entrance across from rose garden

contact bart.balk@comcast.net for details

Find us on Facebook:

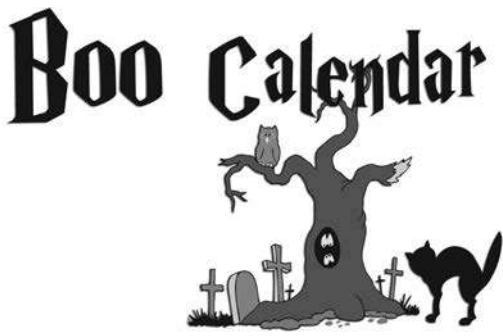
www.facebook.com/FriendsofCaliforniaNurseryHistoricalPark

Pat Kite's Garden



PAT KITE

L. Patricia [Pat] Kite's several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore* and *Silkworms*. They may be found at Amazon.com and Alibris.com.



Friday, Sept 20 – Thursday, Oct 31

Pick of the Patch

Pumpkin patch and paintball

Oct 6 – 19

Mon – Thurs: 1 p.m. to 9 p.m.
Fri: 1 p.m. – 10 p.m.
Sat: 10 a.m. – 10 p.m.
Sun: 10 a.m. – 9 p.m.

Oct 20 - 31

Sun – Thurs: 10 a.m. – 9 p.m.
Fri – Sat: 10 a.m. – 10 p.m.

Bayfair Center
Parking Lot Opposite Kohl's
15555 East 14th St.,
San Leandro
www.shopbayfair.com

Friday, Sept 27 – Saturday, Nov 2

Fear Overload \$

Open Fri – Sat, Sept 27 – 28
Open Fri – Sun, Oct 4 – 6
Open Thurs – Sun, Oct 10 – 13
Open Wed – Sun, Oct 16 – 20
Open all days Tues, Oct 22 – Nov 2
7 p.m. – 10 p.m.
Until 12 a.m. Oct 12, 18, 19, 25,
26, 31
Two terrifying haunted houses
Fear Overload Scream Park
15555 E 14th St., San Leandro
https://fearoverload.com

Tuesday, Oct 1 – Thursday, Oct 31

Perry Farms Pumpkin Patch
9 a.m. – 6 p.m.
Pumpkins, hay bale maze
34600 Ardenwood Blvd., Fremont
(510) 791-0340

Tuesday, Oct 1 – Thursday, Oct 31

Piedmont Avenue Pumpkin Patch
9 a.m. – 8 p.m.
4414 Piedmont Ave., Oakland
(510) 967-9363
http://www.pumpkinpatch.info/

Tuesday, Oct 1 – Thursday, Oct 31

Joan’s Farm & Pumpkin Patch \$
Mon-Fri: 1:00 p.m. – 5:30 p.m.
Sat-Sun: 9:30 a.m. – 5:30 p.m.
Corn maze, fun house, hayride
4351 Mines Rd., Livermore
(925) 447-794
http://joansfarm.com/
joansfarm9@aol.com

Friday, Oct 4 – Saturday, Nov 2

Pirates of Emerson \$
7:05 p.m. – 10:00 p.m.
Haunted attractions, live entertainment
Open Fri – Sun, Oct 4 – 13
Open Thurs – Sun, Oct 17 -27
Open Wed – Sun, Oct 30 – Nov 2
Until 11 p.m. Oct 11, 12, 18, 25, 31
Until 12 a.m. Oct 19, 26
Pirates of Emerson Haunted
Theme Park
2100 Valley Ave., Pleasanton
www.piratesofemerson.com

Saturday, Oct 12 – Thursday, Oct 30

Candlelighters Ghost House \$
Tues – Thurs: 6 p.m. – 9 p.m.
Fri: 6 p.m. – 10 p.m.
Sat: 3 p.m. – 10 p.m.
Sun: 3 p.m. – 9 p.m.
Closed Oct 14, 21
Haunted house, carnival games
Chadbourne Carriage House
39169 Fremont Blvd., Fremont
(510) 796-0595
candlelighters.com

Friday, Oct 18

Trick or Treat on Downtown Safety Street \$R
3:30 p.m. – 9:00 p.m.
Small kids wear costumes, trick or treat at tiny houses
Downtown Fremont near City Hall
(510) 494-4300
https://fremont.gov/1004/Trick-or-Treat-on-Downtown-Safety-Street

Friday, Oct 18 & Saturday, Oct 19

Friday, Oct 25 & Saturday, Oct 26
Haunted History at McConaghy House \$R
7 p.m. – 11 p.m.
Explore true tales of tragic ends in Victorian mansion tour (last tour starts 9 p.m.)
McConaghy House
18701 Hesperian Blvd., Hayward
https://www.haywardareahistory.org/calendar
(510) 581-0223

Saturday, Oct. 19

Halloween Dance
1 p.m. - 4 p.m.
DJ, dancing, light refreshments
Sorensdale Recreation Center
275 Goodwin St., Hayward
(510) 881-6778

Saturday and Sunday, Oct. 26 - Oct. 27

Discovery Days: Creepy Crawly Edition
11:00 a.m. - 3:30 p.m.
Halloween themed exploration
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Monday, Oct. 28

Coyote Cubs: Halloween at the Hills
10:30 a.m. - 11:30 a.m.
Wear your costume and play games, explore the park
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Saturday, Oct 19 – Sunday, Oct 20

Half Moon Bay Pumpkin Festival
9 a.m. – 5 p.m.
Pumpkin weigh-off, food, games, live music
Main St., between Miramontes & Spruce
Half Moon Bay
(650) 726-9652
https://pumpkinfest.miramarevents.com/

Saturday, Oct 19

The Running Dead \$R
5K run, trunk-or-treat
4:30 p.m. – 8 p.m.
34009 Alvarado Niles Rd.,
Union City
(510) 675-5600

Friday, Oct 18 – Sunday, Oct 20

Friday, Oct 25 – Sunday, Oct 27
Haunted Railroad \$R
Fri & Sat: 7:00 p.m. – 9:30 p.m.
Sun: 7 p.m. – 9 p.m.
Ride the rails with witches, pirates, cowboys
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
info@spcrr.org

Sunday, Oct 20

Paint Your Pumpkin
12 p.m. - 4 p.m.
Make those gourds look pretty
Shinn House
1251 Peralta Blvd, Fremont
(510) 793-9352

Friday, Oct 25

Halloween Party for Singles
8 p.m. - midnight
Dance and costume contest
Crowne Plaza Hotel Silicon Valley
777 Bellew Road, Milpitas
www.ThePartyHotline.com

Friday, Oct 25

Screen! Fight or Fright
6:30 p.m. – 9:00 p.m.
Short independent horror films and networking
Cinema Exchange
1759 South Main St., Milpitas
(408) 912-2614
www.cinema.exchange

Friday, Oct 25 – Saturday, Oct 26

Unhaunted House & Carnival – Land of Oz \$R
Fri: 6 p.m. – 9 p.m.
Sat: 4 p.m. – 8 p.m.
Learn about Halloween creatures
Sulphur Creek Nature Center
1801 D St., Hayward
(510) 881-6747
haywardrec.org/129/Nature---Sulphur-Creek-Nature-Center

Friday, Oct 25

Pumpkin Splash \$R
6:00 p.m. - 8:30 p.m.
Swim among floating pumpkins and pick one to keep. Ages 5-17
San Leandro Family Aquatic Center
14900 Zelma Street, San Leandro
(510) 577-3477

Saturday, Oct 26

Pumpkins in the Park
10 a.m. – 2 p.m.
Wear costumes, enjoy frightfully fun afternoon
Cardoza Park
Park Victoria & Kenny Dr., Milpitas
https://allevents.in/milpitas/pumpkins-in-the-park/200017830355745

Saturday, Oct 26

Neighborhood Halloween Party
2 p.m. – 4 p.m.
Live music, kids’ costume contest, pumpkin decorating
Albert Augustine Park
399 Coelho St., Milpitas
allevents.in/milpitas/neighborhood-halloween-party/200017830360236

Saturday, Oct 26

Halloween Twilight Hike
5:30 p.m. – 8:30 p.m.
Don a costume and hike the hills. Ages 5+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org/parks/coyote_hills/

Saturday, Oct 26

ZombieCon Hayward
5 p.m. – 11 p.m.
Dress up and venue-hop to benefit Hayward Animal Shelter
Downtown Hayward
Start at Eko Coffee Bar & Tea House
1075 B St., Hayward
https://www.facebook.com/Santa-ConHaywardCA

Saturday, Oct 26

Harvest Festival
11 a.m. – 2 p.m.
Family fun, children’s jump house, face painting, trick-or-treat
Lone Tree Cemetery
24591 Fairview Ave., Hayward
(510) 582-1274
info@lonetreecemetery.com

Saturday, Oct 26 – Sunday, Oct 27

Family Sundown SPOOKfari \$R
5 p.m. – 10 a.m. (next morning)
Trick or treat, meet creepy crawlies, sleep at zoo. Ages 4-10
9777 Golf Links Rd., Oakland
(510) 729-7324
www.oaklandzoo.org

Saturday, Oct 26 – Sunday, Oct 27

Boo at the Zoo
10 a.m. – 3 p.m.
Wear a costume, trick or treat, ride boo train
9777 Golf Links Rd., Oakland
(510) 729-7324
www.oaklandzoo.org

Sunday, Oct 27

Halloween Quarter Auction \$R
5 p.m.
Auction and dinner, proceeds benefit holiday programs
Swiss Park
5911 Mowry Ave., Newark
(510) 793-5683
www.lovg.org
Reserve by Oct 19

Sunday, Oct 27

All Hallows Hike
6 p.m. – 8 p.m.
Family-friendly hike
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Tuesday, Oct 29

Barks and Boos
5 p.m. – 9 p.m.
Games, trick-or-treating, human and pet costume contests
Adobe Park
20395 San Miguel Ave.,
Castro Valley
(510) 537 – 5300
www.edenareachamber.com

Wednesday, Oct 30

Truck or Treat with Niles Street Eats
5 p.m. – 9 p.m.
Food trucks, costume contest, truck or treat, decorate pumpkins
Niles Town Plaza
37592 Niles Blvd., Fremont
www.thefoodtruckmafia.com

Thursday, Oct. 31

Halloween Event
4 p.m. – 6 p.m.
Wear your Halloween costume and collect candy from participating stores. Ages 3 - 13
Bayfair Center
1555 East 14th St, San Leandro
www.shopbayfair.com
Thursday, Oct 31
Halloween Costume Contest
12:45 p.m. – 1:30 p.m.
Prizes for best costume
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont
(510) 790-6600

Friday, Nov 1

Día de Los Muertos Celebration R
1:30 p.m. - 3:00 p.m.
Entertainment, activities, refreshments. Ages 50+
Senior Community Center
13909 E 14th St, San Leandro
(510) 577-3462

The Great California Shake Out

SUBMITTED BY GREAT SHAKEOUT

“International ShakeOut Day” is every third Thursday in October—a date when cities, schools, and workplaces around the world hold ShakeOut earthquake drills and other preparedness activities. The traditional “ShakeOut” drill is only one minute long—but it’s a minute that could save your life. Especially in the East Bay, where the Hayward and Calaveras fault lines are an ever-present reminder that the ground beneath your feet is not as constant as it may appear.

ShakeOut promotes the “Drop, Cover, and Hold On” method of sheltering during an earthquake.

Drop where you are onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby

Cover your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees; bend over to protect vital organs.

Hold On until shaking stops. If you are under shelter, hold on with one hand. Be ready to move with your shelter if it shifts. If you cannot find shelter, hold onto your head and neck with both arms and hands.

Those with mobility aids such as canes and walkers are advised to keep those devices nearby for use after the shaking stops. Wheelchair users should lock their wheels if possible and cover their heads.

Rescue teams and emergency preparedness experts recommend the “Drop, Cover, and Hold On” method over conventional advice such as standing in a doorway. For more information, visit
https://www.shakeout.org/california/index.html.

In California there are 9.5 million participants so far, close to reaching 2018’s 10.3 million. Learn more about this event and earthquake preparedness in general at
https://www.shakeout.org/california/.



ADVOCATE TO END GENDER BASED VIOLENCE

Take SAVE’s 40 hour Domestic Violence Counselor Training and become a volunteer advocate!

FRIDAYS | OCT 11- NOV 22
9:30 AM- 4:30 PM (7 SESSIONS)

Learn to:
Understand dynamics of intimate partner violence
Provide trauma informed care
Use peer counseling skills

Volunteers assist with:
Taking crisis line phone calls
Supporting case management
Providing peer counseling
Court accompaniment

To register, visit save-dv.org and under Take Action click ‘Become a DV Counselor’
Contact Jacia Mim for more information at jaciamesave-dv.org or 510-574-2256.



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Ratna N. Sie, DMD

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43625 Mission Blvd., Suite 208, Fremont CA 9539

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Ghost House Supports the Community



Help the ghost find its way into the Ghost House!

In 1969, a group of five women in Fremont, Calif. wanted to find a way to raise money to help build a YMCA to provide a place for after-school sports, crafts and other activities. They came up with the idea of creating a haunted house and Halloween carnival. They named their group the Candle Lighters.

The Candle Lighters thought the Ghost House would be a one-time event. But it was so popular that they realized it would be a great way to raise money for other things the

community needed. So each year, hundreds of volunteers help create the Ghost House.

Fill in the missing vowels to discover causes that Ghost House funds have been used for:

W _ T _ R _ P _ R K
M _ S _ _ M S
S C H _ _ L S
Y _ T H T H _ T _ R
M _ _ L S _ _ N W H _ _ L S
S P _ C _ _ L _ O L _ M P _ C S

How many bats can you find on this page?

This little ghoul knocked some of the words out of this article. Can you fix it?



Ghouls and Good Fairies

Local _____ volunteer to become "ghouls" in the Ghost House. Wearing _____ costumes and makeup, they hide in dark corners to jump out and startle visitors.

The Candle Lighters understood that haunted houses can be scary for some kids (and adults, too!). To make the Ghost House _____ for everyone, they have volunteers _____ up as "Good Fairies." The Good Fairies lead people through the Ghost House and keep the _____ from scaring people.

Hold this page up to a mirror to find out how much money the Candle Lighters have raised to help their community over the past 50 years!



The Candle Lighters have raised over 100 million dollars for the local community!



How many differences can you spot between these two pictures?



Extra! Extra! Halloween Scavenger Hunt

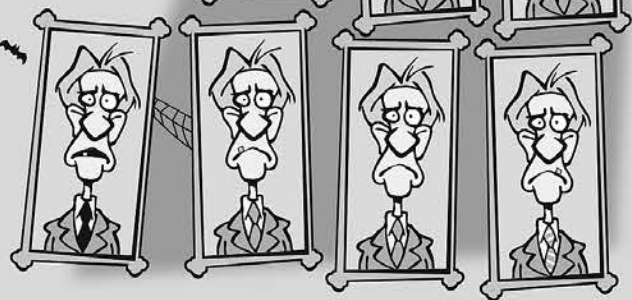
Look through the newspaper for:

- A word that means the opposite of scary
- A funny Halloween costume idea
- A photo with signs of fall
- An advertisement with a Halloween theme

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop Puzzler

Can you find the two identical Ghost House portraits in under one minute? Have a friend try. Did they beat your time?



Double Word Search

HALLOWEEN
CARNIVAL
SCHOOLS
HAUNTED
FAIRIES
APPLES
GROUPS
GHOST
HOUSE
MONEY
CANDY
GOOD
IDEA
SAFE
FUN

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

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

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

Matching Masks

Look closely! Color the two masks that are exactly the same. Circle the mask that is one-of-a-kind.



Standards Links: Visual Discrimination: Find differences and similarities in common objects.

Kid Scoop VOCABULARY BUILDERS

This week's word: **COMMUNITY**

The noun **community** means the people living in the same place, such as a village or city

Hundreds of people in our **community** watch the annual Halloween parade.

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

FROM THE Kid Scoop LESSON LIBRARY

Good in the Neighborhood

Find a newspaper article about a local event that is raising funds for a good cause in your community. Write down **WHO** is running the event, **WHAT** the event is, **WHY** it's happening and **WHERE** this event will happen.

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

WHAT DID THE GHOST TEACHER SAY TO HER STUDENTS?

ANSWER: "Watch the board and I'll go through it again."

Write On!

Woman I Admire

Write about a woman that you admire. Include at least three facts about this woman's life and explain what you admire about her.

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Help Us Name Fremont's New Center for Older Adults!

The City of Fremont is excited to build a new center to support the growing number of older adults in our community. The new complex will be completed in 2021 and will be located in South Fremont.

Visit www.Fremont.gov/OpenCityHallCenter
and pick your favorite name from the list below:

- ☐ **Age Friendly Center** ☐ **Senior Center**
☐ **Age Well Center** ☐ **55+ Activity Center**

For those community members who prefer to turn in their selection by paper, please drop off your selected name to either of these locations:

- Fremont Senior Center, 40086 Paseo Padre Pkwy.
- Fremont City Hall, 3300 Capitol Ave., Building A

(Selection must be made before October 14th 2019)



Living Well

MASONIC HOMES OF CALIFORNIA

OCTOBER 2019

MAKING MEMORIES, ONE STEP AT A TIME

The East Bay Walk to End Alzheimer's is the largest local event to raise money and funds to end the insidious disease

For some, walking is about taking the long view—raising much-needed money that will fund the research that might someday yield a cure to one of the leading killers in the United States. For others, it's about something far more immediate, more charged. It's about exorcising the pain of seeing a loved one who can no longer recognize your face.

Together, we're all leading a charge.

On Saturday, Oct. 26, join the Masonic Homes of California at the East Bay Walk to End Alzheimer's in San Ramon to raise awareness and funds for the care, support, and research into the memory disease affecting some 5.8 million Americans. Walks are held in 600 communities across the country.

The Masonic Homes of California, a leading care provider for those dealing with Alzheimer's, dementia, and other memory conditions in the Bay Area, is proud to participate as the largest corporate sponsor of the event.

The stats related to Alzheimer's disease can feel overwhelming. It's already the sixth-leading cause



of death in the United States—more deadly than breast cancer and prostate cancer combined. By 2050, researchers estimate it'll affect 14 million Americans. One in three seniors dies with Alzheimer's or another memory disease, yet only a tiny fraction of people receive regular cognitive assessments to screen for them.

But the news isn't all bad: Early diagnoses can help dramatically slow the procession of memory impairment, and treatments are

showing promise in halting and even reversing cognitive decline.

That's why raising money and increasing the exposure of the disease through events like the Walk to End Alzheimer's are so important. At the Masonic Homes, memory care has become a primary focus, with ground already broken in Union City on a new state-of-the-art memory care and assisted living center. The campus offers several programs that help residents address the progression of memory loss; a

Brain Gym, where residents sharpen their cognition through neurologist-designed computer stimulation; and a Compass Club memory day care program. "Memory loss is frightening—for seniors and their families," says MHC President and CEO Gary Charland. "The thought of having a life's worth of memories erased by these diseases is one of the greatest concerns facing seniors today. That's why we're committed to providing the best possible memory care and support for our residents and their loved ones."

For more information on the East Bay Walk to End Alzheimer's, or to join or donate to the Masonic Homes team, visit alz.org. For more on the Masonic Homes of California, visit masonichome.org.

EAST BAY WALK TO END ALZHEIMER'S

SATURDAY, OCTOBER 26

Bishop Ranch
2700 Camino Ramon, San Ramon

3-mile and 1-mile routes available

Registration opens at 8:30 a.m.
Walk begins at 10:30 a.m.

BOOST YOUR KID'S SELF-ESTEEM—IN 7 EASY STEPS

By Lisa Goodwin, LCSW

Positive self-esteem is one of the most important traits to instill in a child—helping them feel empowered, resilient, and deserving of happiness. Here are tips to boost your child's confidence.

- **Let your child know your love is unconditional:** Maybe they got a bad grade or misbehaved in class. Let them know it doesn't change how much you love them. Help them fix the problem and move forward.
- **Be verbally and physical affectionate:** Whether it's a hug when they walk in the door or an "I'm proud of you" when they finish homework, every positive interaction adds to your child's self-worth.
- **Careful what you say:** Children are famous mimickers. Focus on the good in yourself and others and respond in a positive way to challenges.
- **Encourage your child to explore:** It could be summer camp, a backpacking trip, or an after-school club: Embracing the unknown

proves to children that they are brave and capable, and that you trust them to make decisions for themselves.

- **Talk for at least 15 minutes a day:** Focus on their feelings, including fears. It reassures your child that what they say and feel matters to you. Try asking about their favorite and least-favorite parts of their day.
- **Allow your child to take risks:** Maybe they want to try a new sport or audition for the school play. Cheer on their decision to put themselves out there.
- **Assign age-appropriate chores:** From gardening to helping with the grocery list, your child will feel proud of the responsibility you've given them and the life skills they're learning.

Lisa Goodwin, LCSW, is clinical director of the Masonic Center for Youth and Families, a nonprofit organization that offers therapeutic services for children, adolescents, young adults, and their families. Learn more at mcyaf.org.

 **Masonic Homes of California**

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View our video at:
masonichome.org/Transitions

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acaciacreek.org

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RCFE #01440129 SNF #020000063 COA #151 | COVINA: RCFE #191592287 COA #154

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



Senior Helpline

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Newark and Union City, CA*

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counseling, health promotion and
caregiver support.



BINGO

Fraternal Order Of Eagles 1139

Thursday is - BINGO

**Doors open 4pm
Games Start 6:30pm**

More Info: 510 676-3314

21406 Foothill Blvd., Hayward

I need a Forever Home

Scout is a very confident and playful 4 month old with stunning brown tabby markings. He loves to play with his kennel mate, Romeo. He also enjoys exploring his living space. Meet Scout at the Hayward Animal Shelter.



Romeo, a handsome 6 month old gray tabby, may seem a bit reserved compared to his buddy Scout. However, true to his name, he's a littlelover boy. He enjoys playing and wrestling with Scout. Meet Romeo 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

Mondays, May 14 - Dec 30

English Conversation Group

1 p.m. - 2 p.m.

Practice spoken English in a friendly environment

Union City Branch Library
 34007 Alvarado Niles Rd.,
 Union City
 (510) 745-1464

Fridays, May 17 - Oct 25

Fremont Street Eats

5 p.m. - 10 p.m.

Food trucks, beer, wine, music

Town Fair Plaza
 39100 State St., Fremont
 fremontstreeteats.com

Wednesdays, Aug 21 - Oct 30

Citizen Police Academy R

5:30 p.m. - 9:00 p.m.

Volunteers train to assist Newark Police

Newark Police Department
 37101 Newark Blvd., Newark
 (510) 578-4000
 (510) 578-4352
 beverly.ryans@newark.org

Saturdays - Sundays, Sep 1 - Oct 27

Nature Crafts

10 a.m. - 12 noon

Discover the natural world through your artistic side

Sunol Regional Wilderness
 1895 Geary Rd., Sunol
 (510) 544-3249
 www.ebparks.org

Saturdays - Sundays, Sep 1 - Oct 27

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

Sundays, Sep 1 - Oct 27

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

1st & 3rd Sundays, Sep 1 - Oct 20

Sunday Cinema at the Newark Library

2 p.m. - 4 p.m.

Enjoy a classic, superhero flick, or 80's film. Sing-a-longs

Newark Branch Library
 6300 Civic Terrace Ave., Newark
 (510) 284-0684
 www.aclibrary.com

Sundays, Sep 1 - Oct 19

Dove Gallery "Parables: Art with a Message" Exhibit

12 noon - 3 p.m.

Art inspired by meaningful experiences and deep convictions

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

Fridays, Sep 3 - Nov 5

Fremont Bridge Club

10 a.m.

Open stratified and newcomer games
 Bronco Billy's Pizza - Irvington
 41200 Blacow Rd., Fremont
 (510) 438-0121
 www.unit500.org

Sundays, Sep 8 - Dec 1

Family Friendly Matinee

3 p.m.

Dates: 9/8, 10/6, 11/3, 12/1
 Made Up Theatre
 4000 Bay St. Suite B, Fremont
 (510) 573-3633
 www.madeuptheatre.com

Arts & Entertainment

BRONCO BILLY'S PIZZA PALACE

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 Offers Cannot be Combines.



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Sauces and Pies!**

SUNDAY

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

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Mon.-Fri 2pm-6pm

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Appetizers
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Hot Link & Chicken Combo
Pulled Pork & Brisket Combo
Chicken and Bratwurst Combo
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Pulled Pork & Bratwurst Combo**

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(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.
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.org

Irvington Farmers’ Market Sundays

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

Niles Farmer's Market Saturdays

10 a.m. - 2 p.m.
Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
bestfarmersmarkets.org

HAYWARD:

Hayward Farmers’ Market Saturdays

9 a.m. - 1 p.m.
Year-round
Hayward City Plaza
777 B. St., Hayward
415-472-6100
www.agriculturalinstitute.org

SAN LEANDRO:

Bayfair Center Saturdays

9 a.m. - 1 p.m.
Year-round
15555 East 14th Street
San Leandro
(925) 465-4690
www.cafarmersmkts.com

Kaiser Permanente San Leandro

Wednesday
10 a.m. - 2 p.m.
Year-round
Merced St and Fairway Drive
www.pcfma.org

Downtown San Leandro Wednesdays

4 - 8 p.m.
March 27 - October 9
Parrott Street and East 14th Street
San Leandro
www.pcfma.org

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.org

NEWARK:

Newark Farmers’ Market Sundays

9 a.m. - 1 p.m.
Year-round
NewPark Mall
2086 NewPark Mall, Newark
415-472-6100
www.agriculturalinstitute.org

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

Tuesdays
10 a.m. – 2 p.m.
April 9 - November 12
Kaiser Permanente Medical Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.org

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.org

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/book-mobile

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

Mondays, Sep 9 - Dec 17

Advanced Math and Science Tutoring

6:00 p.m. - 7:30 p.m.
High school and college level help in math, physics and chemistry
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

Mondays & Wednesdays, Sep 16 - Nov 4

Music for Minors II Training
9:15 a.m. - 11:45 a.m.
Learn to become a music volunteer
United Church of Christ
38255 Blacow Rd., Fremont
(510) 793-3970
(510) 733-1189

Mondays & Wednesdays, Sep 16 - Nov 4

Music for Minors II Training
6:45 p.m. - 8:45 p.m.
Learn to become a music volunteer
Proctor Elementary
17520 Redwood Rd., Castro Valley
www.musicforminors2.org

Mondays & Wednesdays, Sep 30 - Oct 23

Citizen's Police Academy R
6:00 p.m. - 9:30 p.m.
Learn what it takes to be a police officer
Milpitas Police Station
1275 N. Milpitas Blvd, Milpitas
(408) 586-2400
(408) 586-2526

Monday - Friday, Sep 30 - Nov 27

Resonance Exhibit
Upstairs: Mon-Fri, 9-5
Downstairs: Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Mixed media by 11 artists on their experiences with H.A.R.D.
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Thursday-Sunday, Oct 4 - Nov 2

On The Verge
12 noon - 5 p.m.
Photographs by Nancy Brown
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Fridays, Oct 4 - Oct 25
Toddler Ramble \$
10:30 a.m. - 11:15 a.m.
Where Do Those Animals Live? Ages 1-3
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org/hayshore.html

Monday - Friday, Oct 4 - Dec 6

Members Show
9 a.m. - 5 p.m.
Art by members of the Hayward Arts Council
John O'Lague Galleria
777 B St., Hayward
(510) 538-2787
www.haywardartscouncil.org

Tuesdays, Wednesdays, Thursdays, Oct 8 - Dec 3

Day of the Dead: A Celebration of Life
10 a.m. - 4 p.m.
Works by community artists
Sunset Gallery
22100 Princeton St., H2, Hayward
(510) 538-2787
www.haywardartscouncil.org

Wednesdays, Oct 9 - Nov 20
Caring for the Caregiver
10 a.m. - 12 noon
Home safety, sleeping well, stress reduction, end-of-life planning
No class 10/23 or 11/13
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Friday - Sunday, Oct 18 - Oct 27

Escape Room R
10/18, 10/25: 6:30 p.m. - 9:00 p.m.
10/19: 6:45 p.m. - 9:00 p.m. 10/27:
12:45 p.m. - 3:30 p.m.
Enter the secret lair of the Fremont Phantom! Free!
Crossroads Church

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\$1.00 Tacos

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Chicken

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Saturday 9 - 9
Sunday 9 - 8

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corner of Grand and Winton

386 Winton Ave. Hayward

41386 Fremont Blvd., Fremont
(510) 651-0103
visitcrossroads.church/escape

Friday - Sunday, Oct 18 - Nov 17

Cabaret \$
Fri - Sat: 8 p.m., Sun: 2 p.m.
German citizens and performers face the rise of the Third Reich
Opening night gala 10/18 @ 8 p.m.
Bargain night 10/19 @ 8 p.m.
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Friday - Sunday, Oct 18 - Nov 16

Day of the Dead Exhibit
11 a.m. - 5 p.m.
Works celebrating Dia de los Muertos
Artists reception 10/19
1 p.m. - 4 p.m.
Sun Gallery
1015 E St., Hayward
(510) 581-4050
sungallery.org

Sundays, Oct 20 - Oct 27

A Heart to Heart Seminar: For Girls R
3 p.m. - 5 p.m.
Discussion of puberty and the opposite sex. For girls ages 10-12 and their moms
Marina Community Center
15301 Wicks Blvd., San Leandro
(510) 577-6080
www.hearttoheart.stanfordchil-drens.org

Mondays & Wednesdays, Oct 21 - Nov 20

Food Business Entrepreneurial Training R
6:30 p.m. - 8:30 p.m.
Free workshop on how to start and succeed in the specialty food business
Eden Church
21455 Birch St., Hayward
(510) 537-2710
nc.eccenterdirect.com/events/45700

Mondays & Wednesdays, Oct 21 - Nov 20

Food Business Entrepreneurial Training R
5:30 p.m. - 7:30 p.m.
Learn how to start and grow your own food business
Hayward Main Library
888 C St., Hayward
(510) 881-7980
(916) 234-6551

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/

THIS WEEK

Tuesday, Oct 15 - Oct 27

Dove Gallery Art Competition
Deadline to enter is 10/27. Ages 6+
Entry forms at DoveGallery.com
Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

Wednesday, Oct 16

Toddler Time
10:30 a.m. - 11:45 a.m.
Hear a story, do some chores, meet some farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebpc.org

Wednesday, Oct 16

Civics for Citizenship Orientation
12 noon - 1 p.m.
Learn U.S. history and government to pass the citizenship exam
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0684
(510) 745-1480

Wednesday, Oct 16

Compassion Cultivation Training R
2 p.m. - 4 p.m.
Common humanity
City of Fremont, Bldg. B
3300 Capitol Ave., Fremont
(510) 574-2035

Wednesday, Oct 16

Fremont Landlord Workshop
6 p.m. - 7 p.m.
Learn about code enforcement in Fremont
Fremont Main Library, Fukaya
Room A
2400 Stevenson Blvd., Fremont
(510) 574-2063

Thursday, Oct 17

Hayward Nonprofit Alliance
10 a.m.
Deepa Chordiya, outreach manager at LIFE ElderCare
St. Rose Hospital
27200 Calaroga Ave., Hayward
(510) 264-4044
www.hayward.org

Thursday, Oct 17

Achieve Your Financial Goals R
6 p.m. - 7 p.m.
Information session by SparkPoint Fremont
Family Resource Center, Millineum
Room
39155 Liberty St., Fremont
(510) 574-2000
(510) 574-2020



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

Expires 12/30/19

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ANY MEDIUM PIZZA \$1 OFF

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www.DriversForSurvivors.org

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The Alameda County Library
Education and Literacy Services
510-745-1480
www.aclibrary.org



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Thursday, Oct 17
Radhe Jaggi \$

7:30 p.m. - 9:00 p.m.
A Bharatnatyam performance
India Community Center
525 Los Coches St., Milpitas
(408) 934-1130
www.indiacc.org

Thursday, Oct 17
Startup Grind Meeting R

6 p.m.
Choose cloud platform for your startup, increase odds of getting acquired
Peerbuds Innovation Labs
4580 Auto Mall Pkwy. #121, Fremont
https://www.startupgrind.com/fremont/

Friday, Oct 18 - Saturday, Oct 19

Haunted History at McConaghy House \$R
7 p.m., 8 p.m., 9 p.m.
Victorina death traditions
McConaghy House
18701 Hesperian Blvd., Hayward
(510) 581-0223
haywardareahistory.org

Friday, Oct 18
Senior Resource Fair

10 a.m. - 1 p.m.
Information booths, free health checks
San Leandro Community Center
13909 East 14th St., San Leandro
(510) 577-6080
www.sanleandro.org

Friday, Oct 18
Taize

8 p.m. - 9 p.m.
Prayer around the cross
Dominican Sisters of Mission
San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
(510) 657-2468

Saturday, Oct 19
Artist Reception: Day of the Dead Exhibit

1 p.m. - 4 p.m.
Works celebrating Dia de los Muertos
1015 E St., Hayward
(510) 581-4050
sungallery.org

Saturday, Oct 19
Cowboy Hootenanny

11 a.m. - 4 p.m.
Hands on ranching activities, music. Bring a picnic
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Oct 19
FOG Diwali - Festival of Lights \$

11:00 a.m. - 9:00 p.m.
Holi celebration with colors, food, entertainment
NewPark Mall
2086 Newpark Mall, Newark
(510) 793-5683
www.fogsv.com

Saturday, Oct 19
Dirt Made My Lunch

12 noon - 1 p.m.
Learn how healthy soils provide nourishing food
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Oct 19
Meet Author M.M. Chouinard

12 noon - 2 p.m.
Writer of the thrilling Jo Fournier mysteries
Books on B
1014 B St., Hayward
(510) 538-3943
www.booksonb.com

Saturday, Oct 19
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
www.ebparks.org

Saturday, Oct 19
Corn Mosaics

1:30 p.m. - 2:30 p.m.
Make a craft using harvested Indian corn
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont

(510) 544-2797
www.ebparks.org

Saturday, Oct 19
Storytime with Savitha Moorthy and April Oquenda

11 a.m.
Celebrating Diwali. Followed by traditional snack and craft
Books on B
1014 B St., Hayward
(510) 538-3943
www.booksonb.com

Saturday, Oct 19
SIA Piano Trio Benefit Concert \$

6:30 p.m.
Classical piano, violin and cello trio
Mission United Methodist Church
2856 Washington Blvd, Fremont
(510) 490-0696
(510) 319-3266

Saturday, Oct 19
Expressions of Sorrow: Mourning Customs \$

11 a.m. - 3 p.m.
Explore public and private aspects of loss in the Victorian Era
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
(510) 791-4196

Saturday, Oct 19 - Sunday, Oct 20

Fremont Symphony "Broadway Rocks" \$R
Sat. 7:30 p.m., Sun. 3 p.m.
Classic rock and Broadway hits
James Logan High School Center for the Performing Arts
1800 H St., Union City
www.fremontsymphony.org

Saturday, Oct 19
Cemetery Clean-Up and Open Day

9 a.m. - 12 noon
Bring gloves, rakes and water. Visit grounds and ask questions
San Lorenzo Pioneer Cemetery
Corner of Usher St. & College St., San Lorenzo
(510) 581-2516
www.haywardareahistory.org

Saturday, Oct 19
Rainwater Harvesting Workshop R

9:30 a.m. - 12:00 noon
Learn how to capture rainwater for use in your garden and landscape
Alameda County Water District
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
(650) 349-3000

Saturday, Oct 19
Harvest Festival

10 a.m. - 4 p.m.
Food, games, kid's crafts, face painting, talent show
Our Lady of Guadalupe School
40374 Fremont Blvd, Fremont
(510) 656-4921

Saturday, Oct 19
Ssnakes, Sstories and Sspirals

9:30 a.m. - 11:30 a.m., 1:30 p.m. - 3:30 p.m.
Learn about snakes' unique adaptations
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturday, Oct 19
Comedy Shorts Night \$

7:30 p.m.
"The Adventurer", "The Haunted House", "Haunted Spooks", "Habeas Corpus"
Niles Essanay Theater
37417 Niles Blvd., Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Oct 19
Family Fishing Fun \$

1 p.m. - 4 p.m.
Fishing gear provided. Ages 6+
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org/hayshore.html

Saturday, Oct 19
Duo Gadjo \$

7 p.m. - 9 p.m.
"French Cafe" style jazz duo
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.brashhouseconcerts.com

Saturday, Oct 19
Ashland Cherryland 5K Fun Run

9 a.m.
5K run, walk, roll, health screenings, food, kids zone
Ashland Youth Complex
16335 E. 14th St., San Leandro
www.acrun.org

Saturday, Oct 19
Magnum Force Praise For a Purpose and a Cause \$

1 p.m. - 5 p.m.
Fundraising event with praise performances, vendors, food, raffles
Martin Luther King Middle School
26890 Holly Hill Ave, Hayward
(510) 881-0890
www.HaywardEd.org
kingdomhands1@gmail.com

Saturday, Oct 19
Diamonds in Education Gala \$R

6 p.m. - 11 p.m.
Buffet dinner, cocktails, silent auction, award ceremony
Mirage Ballroom
4100 Peralta Blvd, Fremont
www.NHSFoundation.org

Saturday, Oct 19
Eden Area Village Monthly Coffee

9 a.m.
Helping seniors remain in their homes and engaged in community
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(510) 581-0223
www.edenareavillage.org

Saturday, Oct 19
Flash Fiction Contest

10 a.m. - 5 p.m.
Browse submissions and pick your favorite
Half Price Books
39152 Fremont Blvd., Fremont
(510) 744-0333
www.fremontculturalarts.org

Saturday, Oct 19
Saturday Stroll

10 a.m. - 12 noon
Walk to the dam and back. 3.5 miles. Meet at marina
Anthony Chabot Campground and Park
9999 Redwood Rd., Castro Valley
(510) 690-6677
www.ebparks.org

Saturday, Oct 19
Pop-Up Shop

1 p.m. - 3 p.m.
Greeting Cards by Linda! Meet her and browse the catalog
Books on B
1014 B St., Hayward
(510) 538-3943
www.booksonb.com

Saturday, Oct 19
Compost Giveaway

8 a.m. - 11 a.m.
Collect up to 4 one-cubic-foot bags of compost for free. For Hayward residents
Tennyson High School
27035 Whitman Street, Hayward
(510) 723-3190
www.hayward-ca.gov/compost

Saturday, Oct 19
Networking

10:15 a.m.
Learn the ABC's of networking
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464
www.aclibrary.org

Saturday, Oct 19
Women's Self-Defense Workshop

10:30 a.m. - 12:00 noon
Learn self-defense techniques and work being done in Sacramento to prevent sexual assault
California State University East Bay, University Union
25800 Carlos Bee Blvd., Hayward
(510) 536-4477

Saturday, Oct 19 - Sunday, Oct 20

Yamato Bonsai Kai Exhibition
Sat. noon - 6 p.m., Sun. 10 a.m. - 4 p.m.
Bonsai display, vendors, plant sales, demonstration and raffle prizes
Southern Alameda County Buddhist Church
32975 Alvarado Niles Rd., Union City
(510) 471-2581
www.yamatobonsai.org

Sunday, Oct 20

Apple Cider Pressing
11:30 a.m. - 12:30 p.m.
Squeeze juice for tasty drinks
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 20

Birds of the Farm
8:00 a.m. - 9:30 a.m.
Explore gardens, forest and fields for anything with feathers
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 20

Farm Chores for Kids
10:30 a.m. - 11:00 a.m.
Crack corn, feed animals, help with morning chores
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 20

Breast Cancer Awareness
2 p.m. - 4 p.m.
Learn how to reduce the risk of breast cancer in men and women
Fremont Main Library
Fukaya Room B
2400 Stevenson Blvd., Fremont
(510) 745-1467

Sunday, Oct 20

Ohlone People & Culture
1:30 p.m.- 3:00 p.m.
Learn about their intimate relationship with nature, family and their ancestors.
Ages 8+
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Oct 20

Cordage Making
11 a.m. - 12 noon
Learn how to twist plant material into

cordage and take a bracelet home.
Ages 12+
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Sunday, Oct 20

Ravenous Reptiles \$
10:30 a.m. - 11:30 a.m.
Learn about, feed and hold reptiles
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org/hayshore.html

Sunday, Oct 20

Groovy Judy
10:30 a.m. - 11:30 a.m.
Free concert, Judy sings her heart out
RSI Fremont
3900 Newpark Mall Rd. Ste 203, Newark
www.groovyjudy.com

Sunday, Oct 20

The Saddle Cats \$
1 p.m.
Cowboy and western music
Thornton Jr. High, Multi-Use Auditorium
4357 Thornton Ave., Fremont
(510) 659-2542
www.lovg.org

Sunday, Oct 20

Corn Husk Dolls
1:30 p.m. - 2:30 p.m.
Craft your own folk-art doll of colorful husks
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Oct 20

Baby Boomers Dance \$
2 p.m. - 5 p.m.
Dance to Chico and the Band. Prizes for best outfit and dance contest winners
Holy Ghost Hall
16490 Kent Ave, San Lorenzo
(510) 329-1705

Sunday, Oct 20

Diwali Dhamaka \$
5:00 p.m. - 10:30 p.m.
Listen to beautiful music
India Community Center
525 Los Coches St., Milpitas
(408) 934-1130
www.indiacc.org

Sunday, Oct 20

Dia de Los Muertos
12 noon - 5 p.m.
Dance and music performances, Mexican food
Mexico Tortilla Factory
7015 Thornton Ave., Fremont
(510) 792-9909

Sunday, Oct 20

Fremont Area Writers Open Mic
3:30 p.m. - 5:30 p.m.
Read your original work in public venue
Starbucks Newark
39201 Cedar Blvd., Newark
www.cwc-fremontareawriters.org

Monday, Oct 21

Milpitas Rotary Club Meeting
12 noon - 1:15 p.m.
Speaker Dr. Gerry Lopez tells an interesting WWII story
Dave and Busters
940 Great Mall Dr., Milpitas
(408) 957-9215
http://www.clubrunner.ca/milpitas

Art of Flash Fiction



This year's Flash Fiction Writing Contest has a theme, 'An Alternative History of Fremont.' How would this area look if something different happened?

SUBMITTED BY ARATHI SATISH

The "2019 Flash Fiction contest" co-sponsored by the Fremont Cultural Arts Council (FCAC) and Half-Price Books will be held Saturday, October 19 at Half Price Books in the Fremont Hub.

Al Minard, organizer of this event, said, "Writing a fiction story of 300 words does not seem to be a hard task until you try to do it and make it sound appealing. This year's Flash Fiction Writing Contest has a theme, 'An Alternative History of Fremont.' How would this area look if something different happened? This is somewhat intimidating in that the words you put down on paper may last for hundreds of years."

In spite of their short length, flash fiction stories still have well-developed plots and characters of their own. The concept dates back to fables and parables, especially Aesop's Fables in the West and the Panchatantra and Jataka Tales of India. Flash fiction made an appearance in the United States in the 19th century. In the 1920's it was called "Short Short Story" and was associated with Cosmopolitan magazine.

Flash Fiction is also referred to as microfiction, microstories, short-shorts, short short stories, very short stories, sudden fiction, postcard fiction and nanofiction. Many forms are also defined by word count: six-word story, 50-word story called minisaga or dribble, 100-word story known as microfiction or drabble,

280-character story called twitterature, 750 words known as sudden fiction, and 1,000 words known as flash fiction.

Richard Lau, who is co-organizing this year's event with Al Minard, has won the contest a few times before. Lau recalled his experience as a winning entrant: "There's a famous misquote of actress Sally Field gushing over her Oscar win where she supposedly said, 'You like me, you really like me.' But this wasn't the Oscars in Hollywood. This was the Flash Fiction Contest at Half Price Books in Fremont. And my thought at the time was, 'You liked my story! You really liked my story!'" This might come as a surprise to some, but writing is largely a solitary endeavor. And unless you're an established writer like Stephen King or J.K. Rowling, public acknowledgement of your work is a rare and treasured thing."

Speaking about the inspiration and encouragement the contest has given him, Lau said, "I had dabbled in fiction writing for many years. But after winning first place in the contest, I thought, 'Maybe I do have some potential here.' I became more serious about my writing, got more stories published, wrote plays that got produced, and entered the contest again each successive year."

The FCAC Flash Fiction contest has had many local writers submitting their stories through the years. Al Minard says, "The stories people of all ages have written will be posted inside the store from 10 a.m. until 5 p.m. at which time all of the ballots will be counted, and the win-

ners will be announced at about 6 p.m."

Awards will be chosen by customers present at Half Price Books on the day. The stories will be posted without the author's name so that people can browse and vote for their favorites. Light refreshments will be provided, courtesy of Half Price Books and Nothing Bundt Cakes. Richard Lau points out, "This is an event the residents of Fremont and the surrounding areas can be proud of, especially since this year's theme is 'An Alternative History of Fremont.' I hope people will come out and vote for their favorite stories. You may give a future favorite author the boost in confidence that will send them on their way!"

Awards will include 1st place: \$75 cash, 2nd place: \$65 cash, 3rd place: \$30 cash plus \$25 Half Price Books Gift Card, 4th place: \$20 plus \$25 Half Price Books Gift Card, 5th place: \$ 10 plus \$25 Half Price Books Gift Card and 6th place: \$25 Half Price Books Gift Card.

For more information about this unique Flash Fiction Contest visit the FCAC website at www.fremontculturalartscouncil.org or contact Al Minard at (510) 552-4839.

Flash Fiction Contest
Saturday, October 19
10 a.m. to 5 p.m.
6 p.m.: awards announced
Half-Price Books
39152 Fremont Hub, Fremont
(510) 552-4839
www.fremontculturalartscouncil.org

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OCTOBER EVENTS

Flight Night Oct. 26th 5pm-9pm

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.

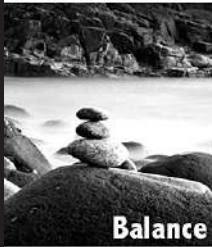
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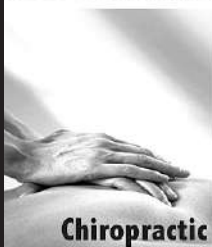
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Football

Colts Junior Varsity too much for Vikings Junior Varsity squad

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

The James Logan Colts JV team (Union City) was overpowering as they met the Irvington Vikings (Fremont) on October 12th. Finding soft spots in the Vikings defense early in the game, the Colts were able to capitalize with scoring drives and a lead that was never in doubt. Even so, the Vikings did not give up without a fight and finally scored a touchdown and a two-point conversion late in the game to put points on the scoreboard.



High School standout continues his winning streak

SUBMITTED BY TIMOTHY HESS

James Medeiros, an American High School (Fremont) graduate captured the silver medal in Freestyle Wrestling at world competition in Tbilisi, Georgia on October 13, 2019. Before moving on to Fresno State, Medeiros traveled to the State Finals twice and was selected for All-American honors multiple



times. Currently Head Coach at Birmingham High School in Van Nuys, California, his drive for excellence is alive and well.

<http://thecaliforniawrestler.com/james-medeiros-earns-second-veterans-world-level-medal-in-tbilisi-silver/>

Football

Vikings succumb to Colts power

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The James Logan Colts Varsity (Union City) beat the Irvington Vikings (Fremont) on October 12th with an impressive offense that was nonstop throughout the game. In tandem, the Colts defense was just as formidable, shutting down any attempt by the Vikings to answer.



Looking to help cancer patients? Donate blood!

SUBMITTED BY CHRISTINE WELCH

During October, which is Breast Cancer Awareness Month, the American Red Cross is urging eligible donors to give blood or platelets to provide hope and healing to patients fighting cancer. Breast cancer is the second most common cancer in women, and more than 268,000 women are expected to be diagnosed with breast cancer this year.

Donors of all blood types, especially platelet donors and those with type O blood, are needed to ensure a stable supply for cancer patients and others this fall. Appointments can be made by downloading the free Red Cross Blood Donor App, visiting www.redcrossblood.org or calling 1-(800)-733-2767.

As a thank-you, those who come to give blood or platelets during the month of October will automatically be entered for a chance to win one of five \$500 gift cards redeemable at hundreds of merchants, courtesy of Tango Card. For details, visit their website at www.rcblood.org/game.

Here are in-person blood donation opportunities available in the greater Tri-City area through October 31:

• **Newark**
Fremont-Newark Blood Donation Center,
39227 Cedar Blvd.
Oct 16-17: 11:45 a.m. - 6:15 p.m.
Oct 18-19, 25-26: 8:15 a.m. - 3:00 p.m.
Oct 20, 27: 8:15 a.m. - 2:45 p.m.
Oct 21-24, 28-31: 11:45 a.m. - 6:15 p.m.

• **Milpitas**
Milpitas Public Library, 160 N. Main St.,
Milpitas
Oct 19: 10 a.m. - 4 p.m.

• **Fremont**
Corsair Components, 47100 Bayside Pkwy,
Fremont
Oct 26: 10:30 a.m. - 4:30 p.m.

• **Hayward**
California State University, East Bay,
Old Union, 25800 Carlos Bee Blvd., Hayward
Oct 30: 10 a.m. - 4 p.m.



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Pleasanton @ Stanford Health Care ValleyCare (Resource Center)

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FIND a list of Newark Chamber Members and much more, online at
www.Newark-Chamber.com
510.578.4500


Cougars Report

SUBMITTED BY TIMOTHY HESS

Champions of Character

The following Newark Memorial High School athletes were recognized as Champions of Character by their teammates this week:

Football:

Varsity: Kash Hawkins
Junior Varsity: Ryan Armijo

Volleyball

Junior Varsity: Marilyn Moreno
“A great leader who always knows exactly what to say to encourage people.”

Cross Country

The Cougars team beat the Washington Huskies (Fremont) in all five divisions on October 10th with Becky Juarez and Diego Ochoa as the lead runners on Varsity:
Var Boys Newark won 22-35
Var Girls Newark won 19-38
JV Boys Newark won 15-50
JV girls Newark won 19-44
Frosh/Soph Boys Newark won 20-41

Football:

October 22
Varsity: Washington (Fremont) 28, NMHS 24
Junior Varsity: NMHS 28, Washington (Fremont) 8



THE ROBOT REPORT

Aptiv, Hyundai create joint venture for autonomous vehicles

BY STEVE CROWE

Aptiv and Hyundai Motor Group are forming an autonomous driving joint venture to develop and commercialize of SAE Level 4 and 5 self-driving technologies. The joint venture, which will be based in Boston, plans to “begin testing fully driverless systems in 2020 and have a production-ready autonomous driving platform available for robotaxi providers, fleet operators, and automotive manufacturers in 2022.”

Hyundai Motor Group and Aptiv each have a 50% ownership stake in the joint venture, which has already been valued at \$4 billion. Aptiv will contribute its autonomous driving technology,

intellectual property (IP), and approximately 700 employees focused on the development of scalable autonomous driving solutions.

Hyundai Motor Group affiliates -- Hyundai Motor, Kia Motors and Hyundai Mobis -- will collectively contribute \$1.6 billion in cash at closing and \$400,000 in vehicle engineering services, R&D resources, and access to IP.

Aptiv already operates more than 100 autonomous vehicles on multiple continents. To date, it has provided more than 70,000 paid autonomous vehicle rides, servicing more than 2,700 destinations.

“This partnership further strengthens Aptiv’s industry-leading capabilities in the development of advanced driver assistance sys-

tems, vehicle connectivity solutions, and Smart Vehicle Architecture,” said Kevin Clark, President and Chief Executive Officer, Aptiv. “Hyundai Motor Group’s cutting-edge engineering and R&D capabilities make them our partner of choice to advance the development of a production-ready autonomous platform.”

Aptiv spun out of Delphi Automotive in 2017. The same year, Delphi also acquired Cambridge, Massachusetts-based self-driving car startup nuTonomy for \$450 million. nuTonomy at the time was led by Co-Founder and CEO Karl Iagnemma. The new joint venture will be led by Iagnemma, who since Nov. 2017 has served as President of Aptiv Autonomous Mobility. The venture will have technology centers across the United States and Asia, including Korea.

“The new joint venture marks the start of a journey with Aptiv



An Aptiv autonomous vehicle driving in Las Vegas. Credit: Aptiv

toward our common goal of commercializing autonomous driving,” said Euisun Chung, Executive Vice Chairman, Hyundai Motor Group. “The combined capabilities of Aptiv, a leading global technology company, and our Group, a global OEM, will create invaluable synergy to lead the autonomous driving landscape.”

The joint venture’s Korea operations will serve as a key technol-

ogy center as well as a base for vehicle modification and a testbed for autonomous driving. Hyundai Motor Group’s presence in the local automotive market and Korea’s leading 5G infrastructure could spur the partnership’s development efforts.

-- Steve Crowe is Editor of The Robot Report and co-chair of the Robotics Summit & Expo.

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.slzusd.org

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

Government Briefs

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

San Leandro City Council

October 7, 2019

Recognitions:

- Proclamation to declare the month of October Crime Prevention month.
- Proclamation to declare October 2019 National Domestic Violence Awareness Month.

Public Comments:

- A resident expressed concern over the national government.

Presentations:

- Presentation by the San Leandro Chief Technology Officer on cyber security.
- Presentation by Alameda County on 2020 Census and outreach and engagement efforts.

Consent Calendar:

- Authorize purchase of a housing unit at 713 Bloom Street for resale to an income eligible homebuyer.
- Amend San Leandro Management Organization (SLMO) to adjust salary range of deputy city manager.
- Increase amount in the consulting services agreement with Francis Ngunjiri for audit



Recognition of October 2019 as National Domestic Violence Awareness month. L-R Liz Varela, Mayor Cutter, Erin Scott

- assistance up to \$100,000.
 - Approve parcel map 10574 for 2101 and 2109 West Avenue 136th.
 - Amend San Leandro municipal code relating to street tree fines.
 - Approve youth reinvestment grant program and provide a total of \$985,000 from January 2019 to February 2023 in grant funds to San Leandro Unified School District for Youth Services.
 - Recognize the importance of 2020 Census; encourage all residents to be counted.
- Items Removed From Consent Calendar:**
- Approve a consulting services agreement for design services for the E. 14th Street (North Area) pedestrian lighting

- project.
 - Award a construction contract to Pacific Underground Services for the Heron Bay levee maintenance project.
- Action Items:**
- Authorize a consulting services agreement with Terraphase Engineering for new treatment wetland at water pollution control plant.
- City Council Reports:**
- Councilmember Cox attended a Stop Waste Meeting to educate students on food waste prevention.
 - Councilmember Hernandez attended the Urban Land Institute Fall Conference in Washington, D.C. where the future of climate change for cities was discussed.

- Councilmember Lee attended a League of Cities meeting where Cal Fire discussed fire issues affecting Alameda county.
- Vice Mayor Lopez attended the East Bay community energy meeting where a potential new wind project in Alameda county was discussed.
- Mayor Cutter attended the ACTC (Alameda County Transportation Commission) meeting where the selection of a new director for ACTC is in progress.
- Councilmembers Balles and Aguilar attended the St. Felicitas parade.
- Councilmember Balles attended the Davis West neighborhood meeting.

City Council Calendar and Announcements:

- State of the School District will be taking place at San Leandro High School Friday October 11th.
- | | |
|----------------------------|-----|
| Mayor Pauline Russo Cutter | Aye |
| Vice Mayor Corina N. Lopez | Aye |
| Victor Aguilar, Jr. | Aye |
| Ed Hernandez | Aye |
| Benny Lee | Aye |
| Deborah Cox | Aye |
| Pete Balles | Aye |

Newark City Council

October 10, 2019

Presentations and Proclamations:

- Introduce Steven Turner, recently appointed as Community Development Director.
- Consent Calendar:**
- Authorizing off-salary-schedule pay of part-time, seasonal, and temporary (PST) employees to regular full-time employees in the same classification
 - Authorizing contract change orders with Webcor Builders for the Design-Build contract for the New Civic Center.



Introduce Steven Turner, recently appointed as Community Development Director.

Non-consent:

- Authorize the assignment of up to \$2,713,174 of Measure A1 Base City Allocation and \$2,765,000 of the City's Affordable Housing Funds to

- Eden Housing for development of a 79-unit Senior Affordable Housing at 37660 Timber Street.
- City Council Matters:**
- Recognize National Hispanic Heritage Month.

- Comment on breast and prostate cancer awareness
 - Celebration of Day of the Dead at Mexico Tortilla Factory plaza, October 20: 12noon – 5 p.m.
 - Distribution of ebooks to libraries is insufficient.
- Oral Communications:**
- Resident spoke about lack of recycling facilities and questioned where recycling deposits on bottles and cans is going and why the public should pay for something that is unavailable many places.

- | | |
|-------------------------|-----|
| Mayor Alan Nagy | Aye |
| Vice Mayor Lucy Collazo | Aye |
| Luis Freitas | Aye |
| Michael Hannon | Aye |
| Mike Buccini | Aye |

Special Board Workshop to discuss N3 Cattle Ranch Property

SUBMITTED BY SHARENE GONZALES

The Alameda County Water District's Board of Directors will host a special Board workshop on Thursday, October 17 at 4 p.m. and will focus on the potential merits of the District acquiring an ownership share in the N3 Cattle Ranch Property.

The 50,500-acre N3 Cattle Company Ranch, located south of Livermore, is being offered for sale by the property owners for an asking price of \$72 million. Much of the property is located in watersheds that supply water to ACWD customers into critical water supply facilities including Lake Del Valle, Calaveras Reservoir, and Alameda Creek.

"Possible acquisition of a property like N3 Cattle Ranch is a rare and unique opportunity. It is something the Board must further consider," said ACWD Board President James Gunther. "I encourage our customers to join us as we discuss how this may fit into our overall goals and what it could mean for the community's water supply for generations," he added.

Lake Del Valle is both an important water supply for ACWD and a storage reservoir for the State Water Project. Calaveras Reservoir is

owned and operated by the San Francisco Public Utilities Commission and is also an important water supply for ACWD. ACWD diverts water from Alameda Creek to recharge the Niles Cone Groundwater Basin in the Tri-City Area, a critical water resource for ACWD's customers.

Topics to be covered could include the District's interests in water supply, water quality, watershed protection, the potential establishment of a mitigation land bank, existing and potential future water resources-related facilities, partnering with other parties, cost and financial implications, and other related issues.

All members of the public are invited to attend this meeting.

**Board Workshop
Thursday, Oct 17
4 p.m.**

**Alameda County Water District
Multi-Purpose Room
43885 S. Grimmer Blvd, Fremont
(510) 668-6500
www.acwd.org**

Fremont City Council

October 8, 2019

Consent Calendar:

- Create Deferred Compensation Governance Committee.
 - Adopt Salary Schedule.
- Public Communications:**
- Complaint about lack of response when resident reported building code violation.
 - Complaint about process to

- allow restriping and parking on Rancho Arroyo Parkway.
 - Spokesperson for janitors spoke of bad faith negotiations with non-union SWA contractors
 - Comments regarding problems with Vision Zero program.
- Public Financing Authority**
- Refunding of Certificates of Participation 2016 Energy Efficiency Lease Financing Revenue Bonds.
- Items Removed from Consent Calendar:**
- Second reading of ordinance

- to establish a Tobacco Retailers License program, ban the sale of flavored tobacco products and set a minimum price and pack sizes for tobacco products.
 - Authorize agreements with Allied Housing to support application for A1 funds for Irvington Affordable Senior Apartments.
- Other Business:**
- Approve refunding Certificates of Participation, 2016 Energy Efficiency Lease Financing and Lease Revenue Bonds.
 - Amend CalPERS contract for Fire Safety Employees.

- Negotiate a Memo of Understanding with StopWaste for technical assistance in consideration of compostable food serviceware options and plastic single use food serviceware.
- | | |
|---------------------------|-----|
| Mayor Lily Mei | Aye |
| Vice Mayor Raj Salwan | Aye |
| Vinnie Bacon | Aye |
| Rick Jones | Aye |
| Teresa Keng (District 1) | Aye |
| Jenny Kassan (District 3) | Aye |
| Yang Shao (District 4) | Aye |

OPINION



WILLIAM MARSHAK

The word “power” radiates a sense of purpose and strength both in our daily lives and beyond. For some, it represents a personal presence that demands attention and prestige while for others it is a source of energy and comfort. We recently experienced the absence of power from our daily lives as the electric grid that has become a vital source of basic sustenance was either threatened or “de-energized” to avoid catastrophic fires such as the recent Paradise, California disaster.

It depends on the context, but power is a consistent thread in our communities. It can be a driving force to overcome obstacles, a sense of commitment or a destructive personal element that strives to dominate and suppress. In fables, fact or fiction, pursuit of power is often a prime motivational factor. Musical representations use words and tonal progressions to soothe or heighten a sense of power. Consider classic power songs such as We Will Rock You (Queen), Eye of the Tiger (Survivor) and What Doesn't Kill You (Kelly Clarkson) as examples of strong and emotional representations.

Sociologists study the hierarchy of “power, prestige and privilege” in terms of

social status - how much influence, respect and social advantages accrue to an individual. A critical factor of power whether internal or external, is how it is used or leveraged. In the case of our power grid, when squandered or misused, it can result in catastrophic failure, but if conserved and carefully managed, keep the lights on and our homes comfortable. When power is applied to individuals, effects can be described in relationships... how someone is perceived in relationship to others.

Politics can heighten this dynamic since, in many cases, those who wield power are separated from the governed. As politicians move through levels of government and become further removed from individual contact with constituents into a more representational role, the inverse of power takes hold. Less interaction equals more power. Theory can often replace practical considerations and common sense loses ground.

The strength of the political system is at the local level, since it is there that we, the people, actually have influence and personal relationships with our representatives. In the coming election cycle, opportunities will exist to affect that process. Elections are the apogee of political pressure and, as our local politicians ask for your vote, the time to participate and demand answers to issues of importance. Although demanding total and complete agreement on all matters is impractical, those elected are asked to thoughtfully and rationally weigh the arguments and make decisions based on a solid foundation of facts.

With the power of our votes, comes a responsibility to ask tough questions and expect reasonable answers. When

transferring power to our representatives, it is fair to expect that a response to issues is clear, direct and without evasion or unnecessary elaboration. Too often, even at the local level, the persuasion of power is evident in lengthy and tedious monologues when a sentence or two will suffice. Watch a council or board meeting and, in the midst of a 10-minute speech by a member of that body, ask yourself whether a more concise conclusion would be not only adequate, but more efficient and interesting. The link between power and corruption has been recognized for centuries, often expressed in a quote associated with English historian Lord Acton in 1887. “Power tends to corrupt, and absolute power corrupts absolutely.” It is incumbent on our representatives and those who elect them to guard against this tendency. Power represents a delicate balance between potential and result.

So many times it happens too fast

You trade your passion for glory

Don't lose your grip on the dreams of the past

You must fight just to keep them alive

Eye of the Tiger

William Marshak
PUBLISHER

Police welcome new K-9 officer

SUBMITTED BY HAYWARD PD

Officials from the Hayward Police Department (HPD) are happily welcoming a new four-legged recruit into their fold: K9 Officer Arwin. In an October 10 posting on their Facebook page, the department shared tongue-in-cheek details about the path Officer Arwin took to join HPD:

“After an extensive application process, multiple panel interviews, a background check, and a polygraph and psychological examination, HPD hired its newest police officer: K-9 Arwin. K-9 Arwin is a 2-year old Belgian Malinois who recently graduated his K-9 police academy, raised his right paw, and was officially sworn in.

“He is eager to hit the streets with his handler, Officer Travis Higgins, and we are excited to have them both as part of the HPD family. When asked what he looked forward to the most about joining the HPD family, K-9 Arwin replied, ‘Woof!’ We couldn’t have said it better.

“Join us in wishing them luck as they work hard to make our community safe.”



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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.

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

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LIFE CORNERSTONES

Marriage

Obituaries

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www.fremontmemorialchapel.com

Wesley Schilling
Resident of Fremont
November 23, 1934 – October 10, 2019
Fremont Chapel of the Roses

Clayton Aguel Magsanay
Resident of Fremont
January 12, 1994 – October 9, 2019
Fremont Memorial Chapel

Frederick Anthony Gotthardt, Jr.
Resident of Fremont
October 30, 1927 – October 9, 2019
Fremont Chapel of the Roses

Wanda Faye Smith
Resident of Richmond
March 3, 1926 – October 5, 2019

Cody O'Connell
Resident of Fremont
October 6, 1994 – October 4, 2019
Fremont Chapel of the Roses

Edward W. Floyd
Resident of Fremont
October 15, 1924 – October 3, 2019
Fremont Chapel of the Roses

Nola Marie Hall
Resident of Fremont
September 22, 1940 – October 2, 2019
Fremont Chapel of the Roses

Frederick H. Parson
Resident of Union City
October 7, 1944 – September 29, 2019
Fremont Chapel of the Roses

Robert Edward Brown, Jr.
Resident of Fremont
October 27, 1956 – September 25, 2019
Fremont Chapel of the Roses

Teresa H. Baisa
Resident of Newark
October 3, 1940 – September 21, 2019
Fremont Chapel of the Roses

Eldon "Colonel" Cordoza, Jr.
Resident of Fremont
March 17, 1937 – September 21, 2019
Fremont Chapel of the Roses

Maria Palmira Medina
Resident of Fremont
September 5, 1924 – September 9, 2019
Fremont Memorial Chapel



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George Bastida
Resident of Stockton
January 1, 1935 – October 13, 2019

Daniel Mullen
Resident of Fremont
December 30, 1952 – October 11, 2019

Charles Carlino
Resident of Union City
October 13, 1933 – October 10, 2019

Usha Iyer
Resident of Fremont
September 18, 1949 – October 9, 2019

Rajesh Singh
Resident of San Jose
April 17, 1975 – October 8, 2019

Eliseu Nunes
Resident of Newark
October 18, 1947 – October 5, 2019

Chandrashekhar Barde
Resident of Sunnyvale
June 1, 1933 – October 3, 2019

Dharampal Kathuria
Resident of Fremont
September 2, 1943 – October 1, 2019

Soraj Rani
Resident of San Jose
April 8, 1928 – September 30, 2019

Thirumala Magadala
Resident of Fremont
May 1, 1947 – September 28, 2019

James Furnary M.D.
Resident of Fremont
April 2, 1032 – September 27, 2019

Sunita Chainani
Resident of San Mateo
February 16, 1928 – September 23, 2019

Cheryl Janke-Hillman
Resident of Union City
March 19, 1951 – September 23, 2019

Timothy Wong
Resident of Union City
April 26, 1955 – September 19, 2019

Obituary

Robert “Bob” Brown

Resident of Fremont

October 27, 1956 - September 25, 2019



Bob Brown was born on October 27, 1956 to Robert and Kimiko Brown at Miho AFB, Japan and entered into rest on September 25, 2019 in Fremont, California at the age of 62, dying suddenly of a heart attack at his home.

He graduated from Highlands High School in North Highlands, CA and Regents College of NY. He discovered computers in the 70s and has been working with them ever since. He loved the Lord and enjoyed music, travel,

photography, good food and time with family.

Bob was predeceased by one grandchild, his mother, and father and mother-in-law. He is survived by Mary, his wife of 32 years, his father, brother Dan Brown, son Wen Laws, stepdaughter Linda Todd, stepson William Bradshaw and 11 grandchildren, as well as 6 brothers- and sisters-in-law and spouses, 9 nieces and nephews and various uncles, aunts and cousins.

A Memorial Service and Celebration of Bob's life will be held at 11:00 AM, Saturday, October 26, 2019 at CrossRoads Community Church, 2490 Middlefield Road, Palo Alto.

Fremont Chapel of the Roses
510-797-1900

Obituary

Wanda Faye Smith

Resident of Richmond

March 3, 1926 – October 5, 2019



Wanda was born to Clyde L. Fleming and Clara Juanita (Renick) on March 3, 1926 in Abner, OK. She passed away peacefully on October 5, 2019 in Richmond, at the age of 93.

She is survived by her daughter Ruby Jean Anderson of Richmond. Grandmother to Danielle Anderson, Vernon Todd Anderson (Connie), Christopher Anderson, Jeffrey Anderson (Sam), and Joseph Corey Anderson. Great-grandmother to Kaitlyn Rose Anderson, Alexander James Waterhouse, Zachary and Brandon Anderson. Her aunt Wilbert Gates, nephew Rick Cloonan, and dear cousin Carroll Ann Bowen (Lee). Also survived by many many more loving cousins, nieces, nephews, and a legion of friends. She is genuinely missed by her cherished dog, Willie. She was preceded in death by her son Vernon Gail Anderson, and her daughter Lawana Jordana, her sister Marda Cloonan, and her nephew Nick Cloonan.

Wanda was beloved by her family and she was also a member of the Chickasaw Indian Tribe.

A Chapel Service will be held at 11:00 AM, Saturday, October 19, 2019 at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont.

Fremont Memorial Chapel
510-793-8900

Obituary

Edward Washington Floyd

Resident of Fremont

October 15, 1924 – October 3, 2019

Edward Floyd went home to be with his Lord and Savior, Jesus Christ, on October 3rd,

after an extended battle with cancer. He was just short of his 95th birthday. He was preceded in death by his wife of fifty-one years, Vera Pearl Floyd, who passed in July of 2004. He is survived by his three sons and their families, Ron and Nancy Floyd of West Bloomfield, M.

Larry and Jeanne Floyd of Fremont, CA, and Jim and Janet Floyd of Roseville, CA; seven grandchildren and four great-grandchildren. His last days were spent in the watchful and loving care of the staff at Silver Star Care Home in Rocklin, CA, for which his family is very grateful.

The youngest of seven children, he was born in Alpine, AR and raised in Arkadelphia, AR. He was a U.S. Army veteran of World War II, 1943 - 1946, serving in the Pacific Theater; he also served another tour, 1948 - 1951, in Trieste, Italy. He met his



future wife, Vera, in Little Rock, AR, and they were married in 1953. They moved to CA shortly afterward and settled in Fremont in 1956. He retired from the U.S. Postal Service after thirty-four years of government service and enjoyed a long and eventful retirement.

Edward was an avid bowler, finding a home-away-from-home at Hillman's Cloverleaf Bowl in Fremont. He continued bowling until his health prevented him

from doing so. During the 1970's and 1980's he belonged to a horseshoe-pitching league, which traveled throughout the state participating in various tournaments. He enjoyed going to garage sales and haggling over prices of just about anything. He enjoyed, probably more than most, any Western television show or Cowboy movie ever made ... and had probably seen every one of them.

Edward was unusual in his religious affiliation, in that, he was 92 years young when he became a Follower of Jesus Christ. His family and friends are rejoicing that he made that decision.

Visitation will be held from 12:00 – 1PM, Friday, October 18, 2019 with a Chapel Service at 1:00 PM at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont.

Fremont Chapel of the Roses
510-797-1900

LETTERS POLICY

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

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Obituary

Clayton Aguel Magsanay

January 12, 1994 - October 9, 2019

Resident of Fremont



Clayton Magsanay passed away suddenly, but peacefully, in his sleep while at home. Clayton was born and raised in Fremont, California by Barry and Theresa Magsanay, along with his two brothers, Logan and Severin. Clayton was a dearly loved student throughout his grade school and junior high years at Our Lady of Guadalupe School in Fremont, Ca, then attended and graduated from Moreau Catholic High School in Hayward, Ca. Clayton attended Chabot College, Ohlone College, and Santa Clara University. At the time of his passing Clayton was pursuing professional

certifications in the field of Information Security. Clayton was highly creative and had a passion for writing music and playing guitar. His second passion was the role-playing and strategy genres of online and tabletop gaming. Clayton's genuine kindness, engaging demeanor, and timely wit was appreciated by all who knew and loved him. It's those traits that Clayton's family and friends say will be fondly remembered whenever they reminisce about the time they shared with Clayton during his much too short time on Earth. Clayton is survived by his parents, Barry and Theresa, and his brothers Logan and Severin. Formal Vigil will be on October 17th, 2019, 6:30pm at Fremont Memorial Chapel, 3723 Peralta Blvd. Fremont. Pre-Vigil Viewing & Sharing begins at 5pm. Funeral Mass will be on October 18th, 2019, 10:30am at Our Lady of Guadalupe Parish, 41933 Blacow Road, Fremont.

Fremont Memorial Chapel
510-797-8900

Go pink and support the fight against breast cancer

By Rob Klindt

In recognition of Breast Cancer Awareness Month, numerous police departments in the greater East Bay are participating in the Pink Patch Project during the month of October. The project is a collaborative effort among hundreds of law enforcement agencies across the nation to boost awareness about the life-saving benefits of early detection and treatment in the fight against breast cancer. Many officers and other department employees are wearing commemorative pink police patches reflecting their agency with departments making them available to the public for purchase. Here are several local participating agencies:

- Fremont Police Department
2000 Stevenson Blvd., Fremont
9 a.m. - 5 p.m. weekdays
Patches cost \$10, cash only; proceeds will also benefit the HERS Breast Cancer Foundation.
Details: email fremontpolice@fremont.gov
- Union City Police Department
34009 Alvarado-Niles Rd., Union City
9 a.m. - 5 p.m. weekdays
Patches cost \$10; cash or checks made payable to the Union City Police Department
Details: Call Officer Russell Orlando at (510) 458-3727 or email russello@unioncity.org
- Newark Police Department
37101 Newark Blvd., Newark
9 a.m. - 5 p.m. weekdays
Patches cost \$10, cash only
(510) 578-4237
- San Leandro Police Department
901 E. 14th St., San Leandro
8 a.m. - 5 p.m. weekdays
Patches cost \$10, cash or check made payable to Susan G. Komen Foundation
Proceeds will also benefit Susan G. Komen Foundation
Details: (510) 577-3252
- Hayward Police Department
300 W. Winton Ave., Hayward
8 a.m. to 6 p.m. weekdays
Or: HPD North Resource Center, 22701 Main St., Hayward
10 a.m. - 4 p.m. weekdays
Patches cost \$10; commemorative Challenge Coins cost \$15
Cash or check made payable to the Hayward Police Officer Association
Proceeds will also benefit HERS Breast Cancer Foundation.
(510) 293-7000

More information about the Pink Patch Project, including participating law enforcement agencies, is available at www.pinkpatchproject.com.

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R. L. JOHNSON ATTORNEY AT LAW

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Evening & Weekends
By Appointment

Park It

By Ned MacKay

All things Western will be celebrated in style at the free Cowboy Hootenanny from 11 a.m. to 4 p.m. Saturday, October 19, at Sunol Regional Wilderness in southern Alameda County. Activities will include live folk and bluegrass music, hands-on ranching activities, and general celebration of the park's homesteading history. Food will be available for purchase. There's a parking fee of \$5 per vehicle. Besides the Cowboy Hootenanny, Sunol Wilderness offers Wild Wonders from 2 p.m. to 3 p.m. every Saturday and Sunday through October 27. Each session is a way to discover the natural world through games, activities, and explorations. 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. For information, call (510) 544-3249. Way out in East Contra Costa, Morgan Territory Regional Preserve is a parkland with an interesting history, abundant wildlife, and beautiful views of Mt. Diablo and the Central Valley. Explore the park on a strenuous, naturalist-led hike, for ages 10 and older, from 8 a.m. to 1 p.m. Saturday, October 19. Meet at the staging area on Morgan Territory Road, about 9 miles south of the junction with Marsh Creek Road east of Clayton. For information, call (888) 327-2757, ext. 2750. The fall colors around here do not rival Vermont's, but there is local seasonal beauty, nonetheless. Park district naturalists have scheduled two hikes on Sunday, October 20, on the theme of autumnal hues. One is at Big Break Regional Shoreline in Oakley, where the Delta's turning leaves will be on display during a program from 2 p.m. to 3 p.m. Big Break is at 69 Big Break Road, off Oakley's Main Street. For information, call (888) 327-2757, ext. 3050. The other is a more strenuous hike from 10 a.m. to 2 p.m. at Diablo Foothills Regional Park near Walnut Creek. This is a challenging, 7-miler in search of autumn colors among the rock outcrops and expansive hills. Meet at the Orchard Staging Area, which is on Castle Rock Road out past Northgate High School. For information, call (888) 327-2757, ext. 2750. The event of rain, the program will be canceled. Nature's smallest creatures will be the focus of two programs at Tilden Nature Area near Berkeley. "Itsy Bitsy Spiders" will be at the quarry during a program from 3:00 p.m. to 3:30 p.m. Saturday, October 19, with

naturalist Jenna Collins. It's a hike around the park to see where the little ones hide. Bring a magnifying glass. Then from 10 a.m. to 11 a.m. Sundays October 20 and October 27, naturalist Trent Pearce will lead a microscopic scavenger hunt. The group will collect various tiny items, then view them under a microscope. Little kids will love it. Both programs meet at Tilden's Environmental Education Center, north end of Central Park Drive. For details, call (510) 544-2233. "Creepy Crawly Critters" are the stars of a program from 10:30 a.m. to 12 noon Sunday, October 20, at Crab Cove Visitor Center in Alameda with naturalist Morgan Guenther. Guenther will help visitors conquer their fears of some slimy, slithery and generally misunderstood sea creatures. The center is at 1252 McKay Avenue, off Alameda's Central Avenue. Call (510) 544-3187. This is just a sample of activities available in the regional parks. For a full listing, visit www.ebparks.org. And remember, the regional parks are free on Fridays through the end of the year, in celebration of the district's 85th anniversary.

California OKs pharmacists to dispense HIV prevention meds

AP WIRE SERVICE

Pharmacists in California will be able to dispense HIV prevention pills to patients without a doctor's prescription after Gov. Gavin Newsom signed legislation Monday that supporters say will greatly reduce the spread of infection. Advocates of Senate Bill 159 say California is the first state to authorize pre-exposure prophylaxis, also called PrEP, and post-exposure prophylaxis, known as PEP, without prescriptions. California is already considered a leader in HIV/AIDS prevention, they say. PrEP is a once-daily pill for HIV-negative people while PEP is a medication that people take to prevent the virus from taking hold. Supporters say PEP significantly reduces the risk of infection, but only if started within 72 hours of exposure to the virus. Not everyone can get to a doctor in that time frame, says Rick Zbur, executive director of Equality California.

"The ability to go into a pharmacy to avail themselves of the medication is a huge improvement to removing a barrier," he said. He says the law will greatly improve access and help reduce the stigma around the drugs, especially in rural areas and among minorities. The California Medical Association was initially opposed to the legislation but became neutral on it after it was amended to limit the number of PrEP pills patients can get without a physician's note to 60 days, said Anthony York, spokesman for the association. The association was concerned about "long-term use without physician oversight," he said. The law also prohibits insurance companies from requiring patients to get prior authorization before using insurance to get the drugs, eliminating another obstacle. The bill was co-authored by state Sen. Scott Wiener, D-San Francisco, who has publicly disclosed that he takes

PrEP as an HIV prevention strategy. "To end new HIV infections, we must dramatically expand access to PrEP and PEP, yet far too many Californians who need these drugs struggle to access them," he said. Pharmacists in California are already authorized to dispense emergency contraceptives and birth control without a prescription. Newsom also signed legislation Monday aimed at lowering the cost of prescription drugs. The new law targets so-called "pay for delay" agreements, when makers of brand-name drugs pay for makers of similar generic drugs to delay putting the products on the market. The new law presumes such arrangements are anti-competitive and steps up enforcement to stop them. Drug companies argue the bill will cause more delays for generic drugs by ensuring lengthy legal battles over patents.

continued from page 1

Día de los Muertos

In addition, there will be a special appearance of the living art exhibit "Pan de Vida." Octavio Espinosa "The Golden Voice" will lend his talents as the volunteer MC at this event.

Sucy Collazo describes the celebration as a cultural event: "On November 1, the souls of children are celebrated. This is Dia de Los Inocentes. November 2, All Souls' Day, is the day we celebrate our adult ancestors. We believe they cross over to visit. Our families build beautiful and colorful altars. Marigold flowers are used to decorate because their scent helps guide souls to our side. Other items used are candles to light the way, copal incense, salt, water, fresh fruit and, of course, their favorite

foods and drinks. We want to make the journey as pleasurable as possible, so we put out their favorite items... toys, musical instruments, pictures."

Fittingly, the celebration at Mexico Tortilla Factory will include snacks such as corn on the cob, tacos, and nachos. The restaurant will also be open and serving their usual Mexican entrees such as burritos, enchiladas, tostadas, and tamales. If the savory food and good vibes don't attract the dead, they will certainly attract the living.

Día de Los Muertos
Sunday, Oct 20
12 noon – 5 p.m.
Mexico Tortilla Factory
7015 Thornton Ave., Newark
(510) 792-9909



Yamato Bonsai Kai

SUBMITTED BY
YAMATO BONSAI
PHOTOS BY JOYCE DAVIS

The 48th annual exhibition and demonstration "Yamato Bonsai Kai," featuring Johnny Uchida, will be held at Southern Alameda County Buddhist Church in Union City on October 19 and 20. Johnny Uchida, who helped found Yamato Bonsai, runs his own bonsai nursery and has been teaching the art for over 30 years.

Exhibition hours are Saturday from 12 noon – 6 p.m. and Sun-

day from 10 a.m. – 4 p.m. with a demonstration each day at 1:30 p.m. A daily benefit raffle will include several beautiful bonsai and bonsai-related items. Each day's grand prize will be the bonsai tree used in the demonstration. The event will also include a vendor and plant sales area.

Admission and parking are free. For more information, visit yamatobonsai.org.

Yamato Bonsai Kai
Saturday, Oct 19 – Sunday, Oct 20
Sat: 12 noon – 6 p.m.
Sun: 10 a.m. – 4 p.m.
Southern Alameda County Buddhist Church
32975 Alvarado-Niles Rd., Union City
(510) 471-2581
yamatobonsai.org

Jazz with a French twist

SUBMITTED BY WAYNE BRASK

Jazz with a French twist will be on the music menu at Mission Coffee on Saturday, October 19 when Duo Gadjo brings their distinctive French Cabaret sound to Fremont.

Duo Gadjo's music is inspired by the sounds of the 20's and 30's when jazz was the thing and Paris was the place to be. Their style is generally called "French



Café" or "Gypsy Jazz" as pioneered by the gypsy guitarist Django Reinhardt. Their repertoire spans from Bal-Musette to Edith Piaf and Serge Gainsbourg, but also includes selections from the Great American Songbook. Their version of "La Vie En Rose" from their album "Meet Me in Paris" is one of the most popular streams on Pandora and Spotify in the French Café Music category.

When we heard about them, we traveled to Armando's to preview their show and booked them that night. After they performed for us last year, we had many requests to bring them back...so we did. Don't miss the opportunity to be transported to Paris in the 1920-30's and swept into the world of Gypsy Jazz!

Brask Concerts: Duo Gadjo
Saturday, Oct 19
7 p.m. – 9 p.m.
Mission Coffee Roasting Company
151 Washington Blvd., Fremont
(510) 623-6920
<https://www.braskhouseconcerts.com/>
Tickets: \$15 at the door

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Police • Fire

Crime
Protective Services



Newark
Police Log

SUBMITTED BY NEWARK PD

Thursday, October 3

• At 11:32 p.m. officers responded to a report of a

Milpitas
Police Log

SUBMITTED BY
LT. JOHN TORREZ AND
LT. STEVEN FOX, MILPITAS PD

Thursday, October 3

• A 41-year-old man, identified by police as Joseph Magdi Gaballah, was arrested by police in San Jose on suspicion of commercial burglaries on July 30 and August 19 at a business on the 300 block of South Abbott Avenue in Milpitas. The suspect cashed two of the business's stolen checks on July 31 in San Jose. When he tried to cash a third check, the bank employee determined the check was stolen. After an investigation, detectives from the Criminal Investigations

shooting at a residence on Braidburn Avenue. On arrival, officers found a 15-year-old male suffering from an apparent gunshot wound and, with members of the Alameda County Fire Department, rendered aid. The youth was taken to a hospital, but later died. During their investigation, police arrested

another 15-year-old male and located the suspected weapon at the scene. The circumstances leading to the shooting are under investigation and police are asking that anyone with information about the incident to call them at (510) 578-4237.

Bureau and Special Investigations Unit found Gaballah in San Jose and took him into custody. He was booked into Santa Clara County Main Jail and faces burglary, forgery and grand theft charges.

Friday, October 4

• At 1:54 a.m. a Milpitas Police lieutenant spotted an unoccupied 1993 Toyota Celica in the parking lot of the Best Value Inn, 485 S. Main St. It had been reported stolen earlier in the day from Vallejo. An investigation showed a man, identified by police as Dustin Joe Reid, of Vallejo drove the vehicle to the motel. Officers found Reid walking nearby and arrested him. A records check showed he had a felony probation violation warrant from the Pittsburg Police Department and a misdemeanor warrant for hit and run from the

Solano County Sheriff's Office. He was booked into Santa Clara County Main Jail and faces various charges, including driving a stolen vehicle, along with his warrants.

Tuesday, October 8

• At 3:30 p.m. officers responded to a report about a stabbing on the 100 block of North Temple Drive. Arriving officers found a 54-year-old Milpitas man suffering from apparent stab wounds and rendered aid until he was taken to a hospital where he died. At 4:06 p.m. officers located a suspect they identified as Jonathan Castellanos Herrera, 22, of San Jose and arrested him in the area of Del Vaile Court and North Hillview Drive. He was booked into Santa Clara County Main Jail and faces homicide and battery charges.

San Leandro
Police Log

SUBMITTED BY
LT. ISAAC BENABOU,
SAN LEANDRO PD

Thursday, October 3

• A man identified by police as Jeremy Morton, 30, of Stockton was arrested in Stockton by San Leandro Police Detectives on suspicion of two bank robberies that occurred in San Leandro in late September. The case started on September 26 when a man handed a note demanding \$1,500 to a teller at Bank of the West on Washington Avenue. A second robbery occurred on September 30 when a man handed a note demanding

\$1,800 to a teller at Fremont Bank on East 14th St. Using surveillance video from both banks and other investigative leads, detectives identified Morton as the suspect and arrested him without incident at a residence in Stockton. On October 7 the Alameda County District Attorney's Office charged Morton with two counts of robbery. He is being held in jail on a \$1.45 million bail.

Thursday, October 10

• At 11:28 p.m. officers responded to a report of a pedestrian being struck by a vehicle on the 15300 block of Hesperian Boulevard. At the scene, officers found a 43-year-old San Leandro man in the roadway with life-threatening injuries. Emergency medical workers arrived and took him to

Eden Medical Center in Castro Valley, where he died. A preliminary investigation indicated the driver of a 2001 Toyota was traveling northbound on Hesperian, suddenly saw a man lying on the road, and unsuccessfully tried to swerve the vehicle around him. The driver remained on the scene and did not show any signs of intoxication. Police said it wasn't clear why the man was lying in the roadway and that they wouldn't know if alcohol or drugs were factors until the Alameda County Coroner's Office completed its investigation. The collision is still under investigation. Anyone who may have witnessed it is being asked to contact the SLPD Traffic Division at (510) 577-3208.

BART
Police Log

SUBMITTED BY LES MENSINGER
AND BART PD

Friday, October 4

• At 8:54 a.m. a man identified by police as Therren Carmical, 40, of Oakland was arrested at Union City station on suspicion of possessing drug paraphernalia and probation violation. He was booked into Santa Rita Jail.
• At 10:18 p.m. a man identified by police as William Pine, 35, of Dublin was arrested

at Bay Fair station in San Leandro on a \$25,000 warrant for domestic battery.

Sunday, October 6

• At 9:59 a.m. a man identified by police as Kareem Sims, 39, of San Francisco was arrested at Fremont station on suspicion of providing false identification to a police officer and probation violation. He also had two warrants totaling \$10,000 issued from outside agencies. He was booked into Santa Rita Jail.

• At 1:47 p.m. a man identified by police as Alexander Stewart, 28, of Oakland was arrested at Union City station on suspicion of providing false

identification to a police officer and resisting arrest. He also had two warrants totaling \$11,000 issued from San Mateo and San Bruno police departments. He was booked into Santa Rita Jail.

Wednesday, October 9

• At 8:03 p.m. a man identified by police as Daniel Monroe, 45, was arrested at Hayward station on suspicion of parole violation, providing false identification to a police officer and possession of a controlled substance. He also had a \$10,000 warrant for false imprisonment. He was booked into Santa Rita Jail.

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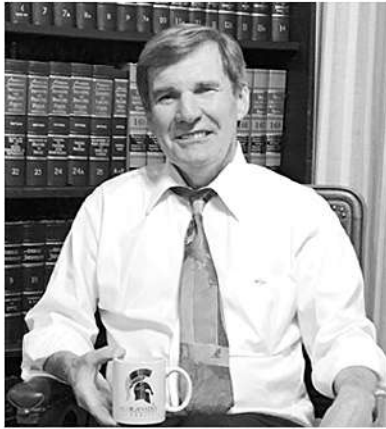
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Juris Doctor, University of Illinois (7th in class)

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Faculty Law Clinic Santa Clara University College of Law 1987
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Bloomberg, California team
on climate satellites

BY KATHLEEN RONAYNE
ASSOCIATED PRESS

Former New York City Mayor Michael Bloomberg is teaming with California on its plans to launch a satellite to track climate pollutants.

Bloomberg Philanthropies announced Wednesday it's launching "Satellites for Climate Action."

It builds on California plans announced last year by former Gov. Jerry Brown.

California and Bloomberg are working with Planet, a San Francisco-based Earth imaging company.

The program will use satellites to track emissions of methane, one of the most potent greenhouse gases, and to monitor coal-fired plant operations and measure forest health.

Bloomberg isn't saying how much money he plans to commit to the project.

The California Air Resources Board says the state plans to launch its satellite in the next two to three years.

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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		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	Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting only. Any change will be considered a new posting and incur a new fee. The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV
League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	Al-Anon & Alateen Family Groups are here to help you Are you troubled by someone else's drinking? Al-Anon has but one purpose, to help families and friends of alcoholics. We share our experience, strength and hope Website: alanond17.weebly.com For a meeting list or Email: Easyduz@gmail.com or call: 510-276-2270		
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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	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	A-1 Comm. Housing SVCS Credit & Money Management Workshop Resolve your credit issues & be better money managers Every 2nd Saturdays 10am-2:30pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674-9227
		BRIDGE Fremont Bridge Club 10 AM Fridays (game starts) Bronco Billy's Pizza 41200 Blacow Road sanctioned with hand records - \$7 - free for newcomers - Email or show up early for partner Email if interested in lessons fremontbridgeclub@gmail.com	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365
	MAKE MONEY MAKING HISTORY! Your 300-word or less story on an alternative history of the Fremont Area may win you a prize at Half Price Books on Saturday, October 19, 2019. For more information, go to: www.fremontculturalartscouncil.org. Even if you're not a writer, come make current history and vote for your favorite story!		Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.
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	Free Weekly Adult ESL Class Listen, Speak, Read, Write Begins 9/24 - Tuesdays 10-11:30am South Bay Community Church 47385 Warm Springs Blvd Info: 510-912-1698 eslsbcc@gmail.com	Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!	Union City Toastmasters All are Welcome! Every1st & 3rd Monday from 7-9pm 904 H Street, Union City Practice your Speaking Skills & Lead with Confidence! For more information 5269.toastmastersclubs.org/ 510-386-7722
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	Serious Mental Illness Free 10 week course for caregivers of someone with a serious mental illness starting Jan 6, 2020 from 9:00-11:30 in Fremont. Registration required. Contact: Joe Rose at 510-378-1578 or Email F2F@NAMIlacs.org http://www.NAMIlacs.org http://www.NAMI.org	Free Health Coaching Session Weight loss, Blood Sugar Balance, Cognitive Health and Better Sleep. Work with a Coach for Better & Longer Lasting Results. www.missionvalleyhealthcoach.com jackie@missionvalleyhealthcoach.com 510-320-3956	Zumba with Jazzy Jenny! Monday nights 7:30pm-8:30pm at Hope Community Church 2190 Peralta Blvd., Fremont Cost is FREE but donations are appreciated. Men and Women 12 + Zumba is a fun filled dance workout with many rhythms from around the world
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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	Zumba Kids with Jazzy Jenny Kids ages 4-12 Saturdays 2:30pm-3:30pm At Hope Community Church One hour of games,fun, and dancing. The last Saturday of every month is Zumba Family! For more info email: zumba.jazzyjenny@yahoo.com		Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley Everyone is welcome: Members \$15/Guests \$20 5-Course dinner Reservations by prior Friday at 510-483-6929 www.buontempoclub.org
			Do you like learning about history? Are you interested in antiques & collectibles? Meet 2nd Tuesday each month to share lunch and learn something new. Contact Fran at 510-792-0388 or June Swift (510) 797-5315 or email dieseln@comcast.net

COMMUNITY BULLETIN BOARD

LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP! Meets 4th Saturdays (except July & Dec) 2:00 to 4:00 P.M. 42 Silicon Valley, 6600 Dumbarton Cir, FRMT. Great speakers! “Second Saturday” Monthly Readings w/ a published author from 2:00 to 4:00 P.M. Half Price Books in the Fremont Hub. Open Mic 4th Mondays 7:00 to 9:00 P.M. at Suju’s on Thornton Ave next to Dale’s Hardware in FRMT. Critique Groups to help you from first draft to publication Everyone is welcome! www.cwc-fremontareawriters.org		Soroptimist International of the East Bay Annual \$1,000 Live Your Dream Award If you are a woman with financial responsibility for yourself and a dependent and enrolled in an undergraduate or technical training program please apply at bit.ly/LYDA-apply or contact Donna Whitehouse at 510 924-7622 or rambosmom@comcast.net for more information. Deadline for applications is November 15, 2019		MEHS Band & Orchestra FLEA MARKET 4TH Saturday of the month (weather permitting) March through October \$20 Cash fee for Vendors Due the day of flea market Set up 6am - 7am - 3:30pm 2300 Panama St. Hayward officialmehsband@gmail.com					
Business Writing Fremont Adult and Continuing Education Writing well is one of the most important skills you need for success in almost any position in the business world. Communicating well allows you to deliver your ideas clearly. September 3 – October 15 Tuesday 3:00 PM – 5:30 PM https://fremontk12.asapconnected.com/#CourseID=204173		The BUON TEMPO CLUB CRAB FEED Sat., Oct.12 - Transfiguration Church, 4000 East Castro Valley Blvd \$50/Person/All You Can East Alaskan Dungeness Crab, Pasta, & Salad ALL Proceeds - GEORGE MARK CHILDREN’S HOUSE No Host Happy Hour 5-6 P.M.Dinner 6 P.M. A Raffle of Gift Baskets & Silent Auction of Fancy Desserts THIS IS A PRE-PAID EVENT To make Reservations—Send your check, pay to: BUON TEMPO CLUB: Rick Martins, Ticket Chairman P.O. Box 2625, Fremont, CA 94536 For More information go to www.buontempoclub.org (events)				Surviving the Holidays’ Breakfast Sat., Nov. 9- 9am-Noon Breakfast & Materials provided Prince of Peace Church Alpha Room 38451 Fremont Blvd., Fremont Registrar Contact: Faye Hall 510-220-0413 Halls3@sbcglobal.net GriefShare sessions starting Nov 16			
You are invited! Hayward Arts Council Benefit “Celebrate the Arts” Fri. Nov. 8 - 5:30-8:30pm Hayward City Hall Rotunda 777 B Street Buy tickets- \$50 before Oct 30 www.haywardartscouncil.org 510-538-2787 Support HAC Galleries, Visual and performing arts programs		Square Dance in Newark The Farmers & Farmerettes Square Dance Club - for 58 year Meets Wed., 7:30-9:30pm Newark Pavilion 6430 Thornton Ave., Newark Plus level dancing. Visitors welcome - Meet new friends Feed you step counter Dancing for fun & fitness www.farmersandfarmerettes.org		Monday Night BINGO 2nd Monday of each month Nostalgic style BINGO At Niles Mobile Home Park 711 Old Canyon Rd. Near Vallejo Mills Elem. School Doors open 6:00 pm Games start at 7:00 pm More info . . . 510-513-3237		Wanted: Tenors & Basses Sing with the Mission Peak Chamber Singers! Rehersals every Tues. 7:30-9:30pm Irvington Presbyterian Church Concerts:Dec 7/8 2019 March 14/15 & May 30 2020 Some singing experience & ability to read music helpful bu not required (Altos & Sopranos welcome too! info@chambersingers.org 510-356-6727		Thanksgiving Dinner Fundraiser for Veterans Saturday Nov. 16 5-9pm HaywardVeterans Bldg. 22737 Main Street, Hayward Live Music \$10 donation All are welcome to attend For Details: Alfredo 510-537-6105	
FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT, CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org		Get an early start to shopping attend the Holiday Boutique Sat., Nov. 2nd 10-4pm Georgian Manor 1419 Buckingham(offRuus) in Hayward - Great gifts for holidaygiving jewelry, christmasgoodies & more Special raffle Call 510-887-4366		¡ÚNETE A NOSOTRAS! Hermanas Dominicanas de Misión San José Boutique anual Sábado y domingo 23 y 24 de noviembre de 10 am-4pm Regalos hechos a mano, pasteles de frutas, arte, entretenimiento. 43326 Mission Circle, Fremont (off Mission Tierra) www.msjdominicans.org		JOIN US! Dominican Sisters of Mission San Jose Annual Holiday Boutique Sat & Sun Nov. 23 & 24, 10am-4pm Handmade gifts, fruitcakes, art, entertainment 43326 Mission Circle, Fremont (off Mission Tierra) www.msjdominicans.org			
FREMONT AREA WRITERS SPONSORS NEW LITERARY OPEN MIC Third Sunday of every month Sign-up at 3:00 Reading 3:30-5:30 Begins October 20th at Starbucks 39201 Cedar Blvd in Newark A family friendly venue for family appropriate material Free event! Everyone is welcome!		**SEEKING VENDORS** Seeking quality arts & crafts vendorsfor our 15th annual “Believe” Holiday Boutique in Fremont on Saturday, December 7 9am-3pm Sponsored by American High School PTSA Contact 510-552-4750 or holidayvendors@americanhigh-ptsa.org		Hayward Area Recreation & Park District Holiday Art & Craft Fair Saturday, November 2 9:00am-3:00pm Kenneth Aitken Senior & Community Center 17800 Redwood Rd, Castro Valley Variety of vendors selling hand-made gifts Great Prices. (510) 881-6738 for directions or visit www.HaywardRec.org.		“Believe” Holiday Boutique Sat. December 7, 9am-3pm Fremont’s largest! Over 60 artisan vendors Bake sale & live entertainment FREE admission and parking American High School 36300 Fremont Blvd, Fremont Proceeds benefit the Class of 2019 Safe & Sober Grad Nite celebration			

Honor Roll

Hamilton College, New York
Fall 2019 enrollee
• Apama Patnaik, Fremont

Ohio Wesleyan University
Schubert Honors Program
• Bella Hintzman, Fremont

LETTER TO THE EDITOR

The political circus at Mission Peak

Milpitas native serves half a world away with U.S. Navy “Seabees”

SUBMITTED BY MASS COMMUNICATION SPECIALIST
1ST CLASS AMANDA RAE MORENO AND
MASS COMMUNICATION SPECIALIST 2ND
(SW/AW) THEODORE QUINTANA

A Milpitas native builds and fights around the world as a member of a naval construction battalion center located on the island of Guam. Petty Officer 1st Class Kevin Brion is a logistics specialist with the 30th Naval Construction Regiment. A Navy logistics specialist is responsible for ordering and inventorying supplies and equipment for the unit. Brion credits success in the Navy to many of the lessons learned in Milpitas. “Things are not always easy, but if you put in hard work and dedication you will succeed,” said Brion.

The jobs of some of the Seabees today have remained unchanged since World War II when the Seabees paved the 10,000-mile road to victory for the allies in the Pacific and in Europe. Since 1942, Seabees have served in all American conflicts. They have also supported humanitarian efforts using their construction skills to help communities around the world. They give aid following earthquakes, hurricanes and other natural disasters.

According to officials at the U.S. Navy’s Pacific Fleet headquarters in Pearl Harbor, Hawaii, the ships, submarines, aircraft and Navy personnel forward-deployed to Guam are part of the world’s largest fleet command and



serve in a region critical to U.S. national security. “Serving in the Navy means a lot to me,” Brion said. “We all sign on the dotted line that we will protect our country and fight for our freedoms. It means a lot to see our civilians have their freedoms. It brings me joy and pride.”

The top-rated and most popular attraction in Fremont is Mission Peak Regional Preserve, which opened in 1978. Since then, the East Bay Regional Park District (EBRPD) has made substantial investments to maintain the trails, provide drinking water and toilets, and protect public safety.

In 2014, the City of Fremont and the park district coordinated a PR campaign against the park to limit visitors. The campaign included newspapers, magazines, social media, and TV. The district and city met behind closed doors with a local gated community to air their complaints about people flocking to the park, parking congestion, and noise. The locals wanted to restrict access at Stanford Ave, while claiming to be park visitors and nature lovers.

The district delayed the park opening on a temporary/interim basis, from 5:00 a.m. to 6:30 a.m. In 2016, the city restricted parking on local streets, and gave free permits to residents. To lend muscle to the crackdown, thousands of tickets for parking and curfew violations were handed out by district and city police. Parking on nearby streets such as Weibel Dr and Stanford Ave was effectively privatized, which slashed park visitors by one third.

In 2016, to address the unstinting complaints from the neighborhood, the park district board authorized 300 new parking spaces inside the park and allocated \$1.6 million for design and permitting. The district also approved an Environmental Impact Report, and the city council wrote a letter of support. But then, an anti-park faction of locals filed suit against EBRPD, to block the expansion on environmental grounds. In 2017, a park district spokesperson told the East Bay Times, “We’re still trying to do the right thing despite the lawsuit ... to actually build a parking lot that would accommodate the majority of the use on the mountain.” The suit was settled in 2018, clearing the path to expand parking.

But since then, the park district has done nothing.

The site of the new parking lot is leased from the city, and the lease will expire in July 2020. At the same time, the temporary parking permits are slated to expire. In the past, leases were renegotiated routinely, behind closed doors. This time, the city could put the renegotiation up for debate at public meetings.

The city could stage another political circus, like the recent debacle surrounding the Homeless Navigation Center.

The stated mission of the park district is to provide access to nature for all. The park district manages many parks in Fremont, including Quarry Lakes, Vargas Plateau, Ardenwood, Coyote Hills, and the Alameda Creek Trail. Unlike the city, the district embraces diverse, under-served communities across the Bay Area and welcomes visitors from around the world. If the city strong-arms the park district with excessive demands, the city might have to manage the park. But the city is not staffed or equipped to run a hugely popular regional park. The city has no policy to provide equal access to parks, nor does it recognize the principle of environmental justice for under-served communities. In fact, the city has prioritized access for a few privileged residents, who clamor for quietude through the exclusion of outsiders. Our city council has put the wants of a few ahead of the needs of the city.

The expiration of the ordinance to restrict parking, and the renewal of the lease, will benefit the residents of Fremont. These actions will also benefit visitors and businesses that cater to visitors in Mission San Jose and Warm Springs. To stabilize Mission Peak, the district should construct the new staging area as directed by its board, and normalize park hours.

wm. yragui
Mission Peak Conservancy
Fremont

BMW 745e: plug-in hybrid super cruiser

By STEVE SCHAEFER

Plug-in hybrids (PHEVs) deliver some of the benefits of all-electric motoring while removing any concerns about charging or range. The 745e is a version of BMW’s large sedan that fits that description with an electric socket in one fender, a gas filler in the other, and an official all-electric range of 16 miles.

You can get a 7 Series sedan with a turbocharged gas engine with 6, 8, or 12 cylinders. The 745e combines the inline, 280-horsepower, 3.0-liter 6-cylinder with the 111-horsepower eDrive electric motor and a 10.3 kWh lithium-ion battery pack to deliver a potent 388 total horsepower. That’s good for a 4.9-second zero-to-sixty sprint. It all runs through an 8-speed Steptronic automatic transmission, so you can select gears manually, minus a clutch. And, with “xDrive iPerformance” as part of its name, the 745e comes with all-wheel drive for better traction and safety, although it’s unlikely you would ever take it off-road.

With the PHEV drivetrain, you can hope to get the EPA’s estimated 56 MPGe if you use



both engine and motor, and 22 mpg if you use only gas. The Smog rating is just 3 while the Greenhouse Gas rating is a decent 6. This is no Prius.

The 7 Series BMW is a remarkable and legendary vehicle, and it should be wonderful, considering its base price of \$95,550. My handsome tester, in a new shade—Donington Grey Metallic—came to a whopping \$119,875, with five option packages, special wood interior trim, M Sport brakes, a killer Bowers & Wilkins sound system, a fully featured rear entertainment system with dual screens on the front seatbacks, and the destination charge.

Many things make this vehicle special. It performs like a super athlete, as you’d expect from a BMW. It has all the right moves, thanks to the standard adaptive

suspension, including electronically controlled dampers and two-axle air suspension with automatic self-levelling. All 745s come with standard Dakota leather upholstery, but my tester, with its slew of options, had the elaborately quilted Ivory and Black Nappa leather.

High tech is everywhere. The Active Driving Assistant package, bristling with camera and radar technology includes collision and pedestrian warning, city braking, lane departure warning, blind spot detection, rear collision preparation, cross traffic alert, and more. My tester had the extended “Professional” version (\$1,700) with extended Traffic Jam Assistant, which steers, accelerates, and brakes for you up to 37 mph on limited-access divided highways. The 745e boasts active cruise control with stop-and-go, active lane keeping assistant with side collision avoidance, and on and on. There is simply too much in this car to list in an article.

Drivers will enjoy service from the intelligent personal assistant. It learns routines and habits and applies them appropriately, including your favorite settings and frequently used nav destinations. You can even give it a personalized name.

Customize the experience by selecting Sport, Hybrid, or Electric on the console. Sport

gives you the rocket ship performance you expect; Hybrid uses the car’s brains to balance the engine and motor appropriately; Electric uses the motor and battery only—as long as there’s juice. This is especially valuable in Europe where some city centers are starting to limit access of petrol cars.

There are layers of tech features if you explore a little. I found the Caring Car program selector. You can choose from “Vitalize” or “Relax.” Each has preset settings that change the climate control, light, and music to put you in the preselected mood. When I picked “Vitalize,” I got random gusts of cool air and three minutes of music that I wouldn’t have chosen myself. It’s the future.

Rear seat occupants get a spectacular experience as well. For one thing, there’s not only an incredible amount of legroom but also complete control over the entertainment and climate systems. The rear seats are heated and ventilated and include massage as part of the Luxury Rear Seating Package (\$3,900). The Panoramic Sky Lounge LED Roof, part of the Executive Package (\$2,500), adds to the feeling of spaciousness (like flying first class).

So, who’s the customer? Likely someone who can afford a car of this caliber, and someone who

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

wants to at least make a gesture toward doing something environmentally beneficial. Granted, it’s a lot less impact than driving an all-electric Tesla (some of which pass the \$100K mark too), but it’s a start. And, if the car is used for local driving and is charged diligently, its consumption of fossil fuels will be significantly less than the gasoline versions.

BMW plans to introduce more partial and all-electric vehicles in the next few years. To compete with offerings from Tesla, Porsche, Audi, Mercedes, and others, an all-electric 7 Series may arrive then.



THEATRE

Cabaret

SUBMITTED BY STEVE WILNER

Chanticleers Theatre is proud to present “Cabaret,” based on the play by John Van Druten and stories by Christopher Isherwood, book by Joe Masteroff, music by John Kander, and lyrics by Fred Ebb.

to be Jewish. Musical numbers include “Willkommen,” “Cabaret,” “Don’t Tell Mama” and “Two Ladies.”

Long-time Bay Area director, producer, and actor, Chanticleers Artistic Director John Baiocchi, will direct this classic Broadway musical at the intimate, 99-seat Chanticleers Theater. Baiocchi explains,



In a Berlin nightclub, as the 1920’s draw to a close, a garish Master of Ceremonies welcomes the audience and assures them they will forget all their troubles at the Cabaret. With the Emcee’s bawdy songs as wry commentary, Cabaret explores the dark, heady, and tumultuous life of Berlin’s natives and expatriates as Germany slowly yields to the emerging Third Reich.

Cliff, a young American writer newly arrived in Berlin, is immediately taken by English singer Sally Bowles. Meanwhile, Fräulein Schneider, proprietor of Cliff and Sally’s boarding house, tentatively begins a romance with Herr Schultz, a mild-mannered fruit seller who happens

“Cabaret is a complex commentary on the early days of Nazi Germany and its juxtaposition with the free and easy culture in Berlin in the 30’s. While the Kit Kat girls and boys celebrate the raunchy fun of their culture in the club, dangerous forces outside are closing in on them. Kander and Ebb weave satirical melodies and lyrics to point out the folly of hiding your head in the sand. But there is fun and celebration in the Cabaret, and hopefully that sense of joy will return after the horrors of World War II pass. Help us celebrate this unique moment in time. We believe that the human spirit will ultimately survive. But let us all be vigilant so that evil does not return.”



Baiocchi will be supported in bringing this vision to the stage with choreography by Joe Ayers, vocal and music direction by Luis Zuniga, scenic and lighting design by Jon Gourdine, and costume design by Piper Ferguson. Starring in the leading roles are Johnny Orenberg as “Emcee,” Melissa Momboisse as “Sally,” Darrien Cabreana as “Cliff,” Marsha Howard as “Fraulein Schneider,” and C. Conrad Cady as “Shultz.” Rounding out the leading characters are Kenny Silberberg as “Ernst Ludwig” and Heather Warren as “Frau Kost.” A very talented group of local and regional actors complete the cast and ensemble.

Tickets:
General Admission/Adults \$25
Seniors/Students/Military \$20
Cabaret
Friday, Oct 18 – Sunday, Nov 17
Fri & Sat: 8 p.m.
Sun (except 10/20): 2 p.m.

Opening Night Gala: Friday,
Oct 18 @ 8 p.m.
Bargain Night (\$18): Saturday,
Oct 19 @ 8p.m.

Chanticleers Theatre
Castro Valley Community Theatre
3683 Quail Ave, Castro Valley
(510) 733-5483
<http://chanticleers.com>



continued from page 1



are said to help Lakshmi find her way into peoples’ homes, bringing prosperity in the year to come. “Rangoli,” beautiful patterns made using colorful powders and flowers, are a popular Diwali tradition. People draw rangoli on the floor by the entrance of their homes to welcome the gods and bring good luck.

However, Diwali is not just about lights and legends — it’s a festival of new beginnings. It’s a time to have fun with friends and relatives. It’s a time to clean and decorate your home, too. It’s a time to exchange gifts and sweets, to enjoy delicious feasts, to watch firework displays, and to wear new clothes. Finally, Diwali is a time to treat yourselves to some quality family time by showing gratitude for your loved ones and taking part in fun activities together.

The festive spirit can be enjoyed not only in India but also across the world, and the Bay Area is no exception to the extravaganza. Among other cities, Newark, Milpitas, and Hayward feel like home away from home for the Indian community, with events taking place to celebrate the festival.

Newark

Festival of the Globe (FOG), in association with Fremont Hindu Temple and Federation of Indo Americans of Northern California (FIA), will host its Diwali celebration on Saturday, October 19. The event will begin with devotional worship of Lakshmi, the Hindu goddess of wealth and prosperity. Activities will include cultural programs, “Mithai Contest,” Ramleela, parade, and kids’ “masti” (fun) corner and fancy dress contest for children ages 3 to 15. Booths selling jewelry, clothes, and food are also part of the event. In addition, the public can enjoy a concert by Bollywood playback singer and Sa-Re-Ga-Ma-Pa star Shilpi Paul.

Online tickets are available at www.Sulekha.com/FOG and <https://eventmozo.com/event/fog-diwali-mela-6xnx3o2465>; tickets also available at the door. Call Ritu Maheshwari at (510) 304-5619 for more information.

**FOG Diwali 2019
Saturday, Oct 19
11 a.m. – 9 p.m.**

Schedule:
10:30 a.m. – 11:00 a.m.: Ram Leela
11:00 a.m. – 5:00 p.m.: Dance Competitions
5:00 p.m. – 5:30 p.m.: Lakshmi Poojan
5:30 p.m. – 6:30 p.m.: Music Concert
6:30 p.m. – 7:00 p.m.: Lamp lighting and Dignitaries Greetings
7:00 p.m. – 8:30 p.m.: Music Concert Continues

**Newpark Mall Parking Lot
2086 Newpark Mall, Newark
(510) 304-5619**

www.Sulekha.com/FOG

<https://eventmozo.com/event/fog-diwali-mela-6xnx3o2465>

Tickets: Regular \$6; dance competition – kids or parents \$5; online special \$5

Milpitas

The India Community Center Milpitas will host its annual Diwali Dhamaka on Sunday, October 20. Attendees can enjoy ghazals and dinner. To register, visit <http://www.indiacc.org/annual-diwali-dhamaka>.

The Sindhi Community of Northern California (SCNC) invites the public to its Diwali Gala on Saturday, October 26. Entertainment will include live music band (Sindhi, Sufi, and Bollywood) with Jatin Udasi. The event will also feature aarti (prayer), snacks and dinner, and raffle. For more information, call (510) 972-4660 or visit <http://sindhicomunity.org/diwali/>.

**Annual Diwali Dhamaka
Sunday, Oct 20
5:00 p.m. – 10:30 p.m.
ICC Main Center Milpitas
525 Los Coches St., Milpitas
(408) 934-1130**

<http://www.indiacc.org/annual-diwali-dhamaka>

Tickets: \$30 for members, \$35 for non-members (includes dinner)

**SCNC Diwali Gala
Saturday, Oct 26
6 p.m. – 12 midnight**

Schedule
6:00 p.m.: Welcome

6:30 p.m.: Aarti
6:45 p.m.: Snacks
7:30 p.m.: Live Music
8:30 p.m.: Raffle
9:30 p.m.: Dinner

**ICC Main Center Milpitas
525 Los Coches St., Milpitas
(510) 972-4660
<http://sindhicomunity.org/diwali/>
Tickets: \$50, \$60, VIP for members; \$60, \$70 for nonmembers**

Hayward

The Bharati Tamil Sangam with B&B Entertainments invite the community to a multilingual musical event on Sunday, October 27. Celebrate Diwali with artists Vijay Prakash, Srinivas, Sharanya and Hari Priya. Book tickets at http://events.sulekha.com/isai-duo-multilingual-musical-concert_event-in_hayward-ca_344851. For details, call (510) 371-5154 or (510) 936-0635.

This Diwali let’s destroy our dark thoughts and have a deeper, inner illumination and self-reflection. Let’s put on our best clothes and smile and groove to the tunes of Diwali.

**Multilingual Musical Concert
Sunday, Oct 27
5 p.m.
Chabot College of Performing Arts
25555 Hesperian Blvd., Hayward
(510) 723-6976
<https://www.ticketmozo.com>
Tickets: \$29 – \$149**

Castro Valley and Alameda educators named County Teachers of the Year

SUBMITTED BY ALAMEDA COUNTY OFFICE OF EDUCATION

Joshua Theo Wheeler of Castro Valley Unified School District and Dr. Pauline Stahl of Alameda Unified School District have been named Alameda County 2019 Teachers of the Year. They were among 18 teachers recognized Thursday, October 3 at the 30th Annual Alameda County Teacher of the Year Awards Ceremony at the Center for the Arts in Castro Valley.

Wheeler teaches English at Redwood High School in Castro Valley. He began teaching 12 years ago after a career as a truck driver and overcame a diagnosis of Hodgkin’s Lymphoma early in his teaching career. He has a degree in International Relations from San Francisco State and was a Slam Poetry national finalist. While accepting the award, he drew a line from his grandparents’ path to becoming citizens and working for their family to his role as a teacher.

Wheeler said of educators, “We have the power to give knowledge, the capacity to create change, redirect trajectories, refract the paths of the wayward, enlighten, inspire, ruminate, model, live, love, and teach.”

“Mr. Josh Wheeler is a relentless advocate for students,” said Parvin Ahmadi, superintendent of Castro Valley Unified School District. “He has an uncanny ability to engage, motivate, and encourage young people to take charge of learning. His strong content knowledge, high expectations, masterful pedagogy as well as his ability to validate individual students’ strengths are what makes him an exemplary teacher and a change maker.”



Joshua Theo Wheeler

Stahl has been in the teaching profession for 28 years. She currently teaches physiology and genomics at Encinal Junior & Senior High School in Alameda and is an adjunct instructor of anthropology at Merritt College. She became a teacher after a short career in banking, and her fulfillment in teaching made it clear she was meant to be in a classroom.

“It’s an extraordinary honor to be recognized because there are so many great teachers,” Stahl said after the event. “It’s about knowing why you’re doing it and making sure you’re doing it for all students.”

“Dr. Stahl’s efforts as well as her impact on and relationships with students are the reason that public education at large should place an unwavering focus on ensuring that as many classrooms as possible are led and facilitated by creative professionals of her caliber,” said Pasquale Scuderi, superintendent of Alameda Unified School District. “Alameda Unified and its families are fortunate to be the beneficiaries of her commitment.”



Dr. Pauline Stahl

Wheeler and Stahl were selected from a field of 18 outstanding Alameda County district honorees by a panel of educators who reviewed detailed applications and a series of essays submitted by honorees.

The annual ceremony was attended this year by 250 people. Honorees’ friends and families, school and district leaders, elected officials, and community members came out in support of the honorees and the teachers from across Alameda County.

“This is our third decade of celebrating our districts’ honorees with this annual event,” said Alameda County Superintendent of Schools L. Karen Monroe. “We look forward to it every year not only as an opportunity to recognize these outstanding educators, but also because it shines a light on the incredible work of the more than 10,000 Alameda County teachers who guide our children on the path to success in a dynamic, fast-changing world. Each of the 18 teachers honored this year is a credit to their profession, and we are so proud to be represented at the state level by our two county honorees.”

The 2019 district honorees in Alameda County are:

- Alameda County Office of Education -- Paola Walker
- Alameda Unified School District -- Pauline Stahl
- Castro Valley Unified School District -- Joshua Theo Wheeler
- Dublin Unified School District -- Jason Ewing
- Eden Area Regional Occupational Program -- David Espinoza
- Emery Unified School District -- Leslie Nuru Epstein
- Fremont Unified School District -- Saroda Chattopadhyay
- Hayward Unified School District -- Mia Buljan
- Livermore Valley Joint Unified School District -- Megan Clappin
- Mission Valley Regional Occupational Program -- Jay E. Crawford
- Newark Unified School District -- Joanne Hong
- Oakland Unified School District -- David Ramirez
- Oakland Unified School District -- Precious James
- Oakland Unified School District -- Tontra Love
- Pleasanton Unified School District -- Tessie Gonsalves
- San Leandro Unified School District -- Kathleen Maier
- San Lorenzo Unified School District -- Jess Vaughn
- Tri-Valley Regional Occupational Program -- Chris Meyer

Park district acquires old Coca-Cola bottling plant property

SUBMITTED BY NICOLE ROA

Rick Hatcher, Board President of the Hayward Area Recreation and Park District recently announced that the district has closed escrow on the purchase of a 2.6-acre industrial parcel that once housed a Coca-Cola bottling operation.

The acquisition of the property at the northeast corner of Mission Boulevard and Mattox Road in unincorporated Alameda County was unanimously approved by the Board of Directors on July 15. Escrow closed in early October and the land will be used to build an urban park.

“I am delighted to announce we are committing to enhancing greenspace and recreation amenities in Ashland, Cherryland and the greater Hayward area that will provide residents, families and visitors with access to

healthy recreational opportunities.” Hatcher said. “This key acquisition by the district of the former Coca-Cola bottling site represents a transformative moment for the community that will have positive impacts for decades to come. The opportunities for this urban oasis are boundless. We look forward to working with our residents and community partners to ensure this long-vacant property is reborn into a unique urban park.”

The parcel is centrally located and is easily accessible to residents of Ashland, Castro Valley, Cherryland and north Hayward. The district purchased the site for \$3,995,000 with funds from the Measure F1 \$250 million General Obligation Bond that was overwhelmingly approved by voters in November 2016.

“The district recently updated its Parks and Recreation Master Plan, which is based on the principles of equity,

collaboration, diverse resident participation, and the development of local assets and resources that support the community’s vision of health, wellness and resiliency.” said District General Manager, Paul McCreary. “The Ashland area has a significant deficit of parkland and it is difficult to expand a park system in a built-out environment, which makes this acquisition even more noteworthy.”

During 2020 the district will conduct a community outreach process to create a master plan for development of the property with park and recreation amenities. The site contains industrial structures that will require study to determine suitability for reuse as part of the development or demolition

The Art of Dia de los Muertos



SUBMITTED BY DORSI DIAZ

The Sun Gallery’s annual “Day of the Dead Exhibition and Celebration” opens on Friday October 18 and will continue until Saturday, November 16. This year the Gallery will once again be presenting important societal and humanitarian issues along with traditional Dia de los Muertos altars and art displays in “Creative Life and Love.” In particular, local artist Peter Langenbach’s piece – “When Cultures Clash” – is a profound and thoughtful piece about immigration and separation from loved ones. Other participating artists and craftspeople include Patra Nesselth-Steffes, Dave Steffes, Nina Starr, Christine Bender, Karla Lopez, Debra Collins, Richard Geiger, Tara Esperanza,

Maureen Langenbach, Debby Dernberger, Rochelle Elias, Linda Nygard, and James O’Donnell. A special altar installation by teacher Mary Ann Davis’s San Lorenzo High School students features mixed media pieces and is named “Dedicated to the Ones We Love.” A special artists reception and celebration will be held on Saturday October 19 from 1 p.m. – 4 p.m. and will include a fundraiser for Sun Gallery’s Children’s Art programs with \$7 lunch plates (authentic Mexican food), which include free beverages. The Sun Gallery’s resident dance group Grupo Folklorico Tlapalli will also be performing, and a pop-up gift shop will be selling Day of the Dead art and gifts. Regular gallery hours are 11 a.m. - 5 p.m., Friday – Sunday. Sun Gallery’s art shows are open to



the public with free admission. Field trips can be conducted at the gallery Mondays through Fridays—please call to set up a time. For more information, call (510) 581-4050 or email the gallery at sungallery@comcast.net. You can also visit their website at sungallery.org.

Day of the Dead Exhibit
Friday, Oct 18 – Saturday, Nov 16
Gallery hours:
Fri – Sun 11 a.m. - 5 p.m.

Artists reception
Saturday, Oct 19
1 p.m. – 4 p.m.

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



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