

Villager

The Newsletter of the Lakewood Village Neighborhood Association

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Sunnyvale, California

Editor: Phyllis Fowler



Monthly Meeting Wednesday, **March 13th**

At **7:00 pm** in the [Lakewood Park Building](#)

This month LVNA Board Elections

This month our guest is Sunnyvale Neighborhood Preservation

President's Column

-**Judy Fernandez**

Hello Neighbors

This month is a very important meeting. We will be having our yearly elections of officers. I have decided to run for my last term as your President, according to the by-laws. Like I have mentioned in previous newsletters, this association could not operate without the many volunteers we have. I hope that people will understand that without a LVNA board, all of our events could come to an end. I know that there are people within our neighborhood who could carry on our events. Please think of coming forward to be a part of this wonderful association.

For an update on the women injured at Lakehaven and Velvetlake. She was very lucky, her wheelchair helped to save her from serious injury. She received a dislocated shoulder; we wish her the best of luck in her recovery.

Our guest at our March meeting will be a very important anyone considering home remodeling and upgrades to your properties. The City of Sunnyvale Neighborhood Preservation Dept. will go over the codes and ordinances that the City requires of homeowners. If you have any questions or concerns about what is or is not allowed with your property, please plan to attend this meeting.



10 Ways to Avoid Fraud

Reprinted from the [Federal Trade Commission website—ftc.gov](#)

Scam artists in the U.S. and around the world defraud millions of people each year. They use the phone, email, postal mail, and the internet to trick you into sending money or giving out personal information. Here are 10 things you can do — or not — to stop a scam.

Know Who You're Dealing With

Try to find a seller's physical address (not a P.O. Box) and phone number. With internet phone services and other web-based technologies, it's tough to tell where someone is calling from. Do an online search for the company name and website, and look for reviews. If people report negative experiences, you'll have to decide if the offer is worth the risk. After all, a deal is good only if you get a product that actually works as promised. (Continued on page 4)



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Newsletter Walker Needed!

Silverlake Drive needs a walker!

Keep that New Years resolution to get more exercise by walking the LVNA newsletter once a month! This route is only 19 homes!.

If you are interested

Call:
Wendy at
(408) 745-1331



ZUMBA CLASS!

When: Every Wednesday
Time: 7 – 8 p.m.
Where: Columbia Middle School Gym
739 Morse Ave
Cost: \$1.00 per class



Come and dance your pounds off at this fast-paced, energetic class. The class will continue every Wednesday night through June. The Health Trust of Silicon Valley will present Zumba for \$1 per participant per class. Additional donations are always accepted.

Children 10 years old and up can attend with a parent. Due to the nature of the class, no younger children will be allowed to participate or watch.

All participants are required to sign a registration form and waiver prior to their first class, so come a few minutes early to sign up! ♦

YOGA CLASS!

When: Every Tuesday
Time: 6 – 8 p.m.
Where: Columbia Middle School Gym
739 Morse Ave
Cost: FREE !



This class is taught by a team of volunteer yoga instructors. Bring an exercise mat or towel and wear loose fitting clothes.

For adults and children (aged 9 and up, accompanied by a parent or adult).

Come 10 minutes before your first class to fill out a registration form and to sign in ♦

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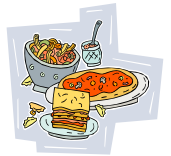
What's on Your Plate Film Screening

When: Thursday, March 21st
Time: 6 – 8 p.m.
Where: Columbia Middle School
Staff Room, 739 Morse Ave



Spanish subtitles
Free and open to all
Children welcome
Prize raffle for attendees

Finally, there is a film that can help to get children to eat their vegetables. “**What's on Your Plate**” is a film that was filmed from the perspective of two eleven year old girls; it is a film that every adult should see. This family friendly film screening will follow the girls as they explore what is in our food and where it comes from. As the girls discover, our food system greatly impacts our health, environment and general wellbeing.



Full Circle Farm of Sunnyvale will be joining us for this healthy screening. There will be a post film discussion with a **Palo Alto Medical Foundation Youth Nutrition Program Specialist** and a real Sunnyvale farmer.

For more information on the film, visit: <http://www.whatsonyourplateproject.org/>

Youth Drop-In Gym in the Columbia Gym

Indoor Soccer: Mondays, 7 – 9 pm;
Saturdays, 7 – 10 pm
Basketball: Fridays, 7 – 10 pm
Where: Columbia Middle School Gym
739 Morse Ave

Cost: 50¢ per visit for Sunnyvale Youth,
\$1 for non-Sunnyvale youth

For Middle and High School students
– school ID required for entry.



Federal Tattoo Shop
Sunnyvale's First!!
299 E. Washington Ave.
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Come In Or Call Today!



Free Legal Clinic

When: Second Saturday of each Month
Time: 10am to Noon
Where: Columbia Neighborhood Center
785 Morse Ave

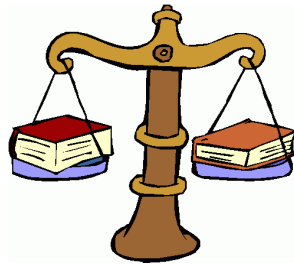
People will be seen on a first come, first serve basis!

The Columbia Neighborhood Center (CNC) and the South Asian Bar Association of Northern California (SABA-NC) have partnered to offer free 2-hour legal clinics the second Saturday of each month from 10:00 a.m. to noon.

During the legal clinics, volunteer attorneys provide free 20-30 minute legal consultations on various legal matters.

No appointments are necessary! Sign in at the CNC lobby during clinic hours for a first come, first served appointment.

The legal clinics are held at the CNC, 785 Morse Avenue, Sunnyvale. For more information, call the CNC at (408) 730-7800. To make an appointment for the legal clinic email: probono@southasianbar.org ◆



Free Tax Preparation Assistance



When: March 23, & 30
Time: 10am to 2pm
Where: Columbia Neighborhood Center
Morse Room
785 Morse Ave

People will be seen on a first come, first serve basis!

This is a walk-in service only, with no appointments necessary.

Once again, CNC is partnering with Tax Aid to provide free income tax assistance for people whose 2012 income was less than \$51,000. Participants do not have to be US citizens, and Spanish translators will be available.

Tax-Aid, a non-profit organization, will provide trained volunteers to assist taxpayers.

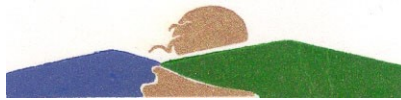
What to bring:

- Social Security card or ITIN for each family member
- W-2 forms for all jobs held in 2012 and all 1099 or 1098 forms
- Child care provider information
- Landlord's name, address and phone number
- A voided check for direct deposit
- 2011 tax return (if you have it)



For further information, visit www.tax-aid.org or (408) 730.7800.

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10 Ways to Avoid Fraud

(Continued from page 1)

Wiring Money is Like Sending Cash

Con artists often insist that people wire money, especially overseas, because it's nearly impossible to reverse the transaction or trace the money. Don't wire money to strangers, to sellers who **insist** on wire transfers for payment, or to anyone who claims to be a relative or friend in an emergency and wants to keep the request a secret.



Read Your Monthly Statements

Scammers steal account information and then run up charges or commit crimes in your name. Dishonest merchants bill you for monthly "membership fees" and other goods or services without your authorization. If you see charges you don't recognize or didn't okay, contact your bank, card issuer, or other creditor immediately.

After a Disaster, Give Only to Established Charities

In the aftermath of a disaster, give to an established charity, rather than one that has sprung up overnight. Pop-up charities probably don't have the infrastructure to get help to the affected areas or people, and they could be collecting the money to finance illegal activity. For more donating tips, check out ftc.gov/charityfraud.

Talk to Your Doctor Before You Buy Health Products or Treatments

Ask about research that supports a product's claims — and possible risks or side effects. In addition, buy prescription drugs only from licensed U.S. pharmacies. Otherwise, you could end up with products that are fake, expired, or mislabeled — in short, products that could be dangerous to your health.

Remember There's No Sure Thing in Investing

If someone contacts you with low-risk, high-return investment opportunities, stay away! When you hear pitches that insist you act now, that guarantee big profits, that promise little or no financial risk, or that demand that you send cash immediately, report them at ftc.gov. **Don't send money to someone you don't know.** Not to an online seller you've never heard of — or an online love interest who asks for money. It's best to do business with sites you know and trust. If you buy items through an online auction, consider using a payment option that

If you think you've found a good deal, but you aren't familiar with the company, **check it out.** Type the company or product name into your favorite search engine with terms like "review," "complaint," or "scam" and see what comes! **Never pay fees first for the promise of a big pay-off later — whether it's for a loan, a job, a grant or a so-called prize.**

Don't Agree to Deposit a Check and Wire Money Back

By law, banks have to make funds from deposited checks available within days, but uncovering a fake check can take weeks. You're responsible for the checks you deposit: If a check turns out to be a fake, you're responsible for paying back the bank. No matter how convincing the story, someone who overpays with a check is almost certainly a scam artist.

Don't Reply to Messages Asking for Personal or Financial Information

It doesn't matter whether the message comes as an email, a phone call, a text message, or an ad. Don't click on links or call phone numbers included in the message, either. It's called [phishing](#). The crooks behind these messages are trying to trick you into revealing sensitive information. If you got a message like this and you are concerned about your account status, call the number on your credit or debit card — or your statement — and check on it.

Don't Play a Foreign Lottery

It's illegal to play a foreign lottery. And yet messages that tout your chances of winning a foreign lottery, or messages that claim you've already won, can be tempting. Inevitably, you have to pay "taxes," "fees," or "customs duties" to collect your prize. If you must send money to collect, you haven't won anything. And if you send any money, you will lose it. You won't get any money back, either, regardless of promises or guarantees.

Report Scams!

If you think you may have been scammed: File a complaint with the Federal Trade Commission. Report scams to the California Attorney General.

If you get unsolicited email offers or spam, send the messages to spam@uce.gov. If you get what looks like lottery material from a foreign country through the postal mail, take it to your local postmaster. ♦



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"To the praise of the glory of His grace . . ."

Providence Bible Church of Sunnyvale
709 Lakewood Drive, Sunnyvale, CA 94089
408-734-2297 <http://www.lvbc-ca.org>

Sunday Services
9:30 a.m. Sunday School for all ages
11:00 a.m. Worship Service

Wednesday
7:00 p.m. Corporate Prayer Meeting



Cesar Chavez Youth Action Day

When: March 30th
Time: 9 a.m. to 1 p.m.
Where: Full Circle Farm
1055 Dunford Way
Sunnyvale



Calling high school students!

Spend a morning working with **Sunnyvale Community Services** clients at Full Circle Farm, learning about the legacy of Cesar Chavez and his leadership in civil rights and community involvement. Take part in fun service projects on the farm that support community nutrition and health.

High School Community Service Requirement credit available!

TO REGISTER: Download the K-12 Student Volunteer Application Form from the Sunnyvale Community Services website, www.svcommunityservices.org/volunteer.html and email to Carolyn Lutticken, Program Coordinator, at clutticken@sunnyvale.ca.gov.

For further information, call (408) 730-7806. ♦



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Baseball Sign-Ups 2013

Registration Is Now Open For Season 2013 !

When: Registration every Saturday
Time: 10-Noon
Where: Community Building
@ Lakewood Park

For more information call Linda Garcia @ 408-730-5544 or email: lakewoodponybaseball@yahoo.com



Fees:
Shetland (4-6) \$140
Pinto (7-8) \$165
Mustang (9-10) \$190
Bronco (11-12) \$190

Opening Ceremonies: Saturday, March 22nd
Closing Ceremonies: June 8th

Open to ALL Boys & Girls who live in Sunnyvale, Santa Clara & Alviso ♦

Child Care Fair

When: April 13th—Showcasing Child Care Centers
Time: 9:00 am to 1:00 pm
When: April 20th
Showcasing Family Home-based Child Care
Time: 9:00 am to 1:00 pm and 2:00 pm to 4:00 pm
Where: Sunnyvale Library Program Room
665 West Olive Ave

There is help finding the right licensed child care for your family. Two fairs will be presented for families looking for child care in Sunnyvale. The April 13th fair will showcase child care centers. The April 20th fair will provide information on family home-based child care. For further information, contact the Youth & Family Resources Office, (408) 730-7807 or childcareresources@sunnyvale.ca.gov

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Neighborhood Crime Corner

Avoid Credit Card Interest Rate Reduction Scams

by Cristina Miranda, Consumer Education Specialist, FTC

February 15, 2013

Reprinted from the Federal Trade Commission website:

ftc.gov

The FTC is mailing hundreds of refund checks to consumers duped by a debt relief services company that ran an extensive credit card interest rate reduction scam.

The company, one of many shut down by the FTC, used illegal **robocalls** to pitch reduced credit card interest rates, and promised thousands of dollars in savings and a faster route out of debt, to boot. The consumer had to pay a fee in advance.

The irony of this type of debt relief scam? Consumers could have called the customer service number on the back of their credit card, and with a little patience and persistence had their interest rates lowered for free.

Protect yourself:

Hang up on unsolicited pre-recorded sales calls.

The best way to deal with a robocall is to hang up. If your phone number is registered on the National Do Not Call Registry, you shouldn't be getting these calls unless you have given a specific company permission to call you. Otherwise, the caller is a company that isn't obeying the law.

Don't share your credit card, bank account or Social Security numbers, or any other personal information with telemarketers who call you out of the blue.

Once a scammer has your data, they can charge your credit card for their own purchases, sell the information to other scammers and use it to commit other fraud against you. If you've been a victim of a credit card interest rate reduction scam, file a complaint with the FTC.

Scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls. To add your number to the Registry you can call 888-382-1222 or go www.donotcall.gov.

Your registration will not expire. Telephone numbers placed on the National Do Not Call Registry will remain on it permanently! ♦

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Important Phone Numbers

Public Safety - Emergency	911
Public Safety - Non-emergency	730-7100
Parks and Maintenance	730-7506
Speeding Cars, parking complaints, traffic signal	Dispatch 730-7180
Noise complaints—Desk Officer	730-7110
Neighborhood Preservation Complaints on decrepit fences, , weeds, illegal home businesses or rentals	730-7610
Animal Control	730-7178
Public Works- sidewalks, trees, streetlights, etc.	730-7505
Nuisance Vehicle Hotline	730-7706
Drug Hotline	245-3784
Graffiti Hotline & Shopping Cart Pickup	730-7680

Street Sweeping:

Fairwood Side - 3/12 & 3/26 & 4/9

Lakewood Side - 3/19 & 4/2 & 4/16

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**To submit articles or letters for publication, please contact the editor [before the 30th of each month](mailto:sunnyphyl@gmail.com)
Send your document or inquiry to Phyllis Fowler: sunnyphyl@gmail.com**