

Nation: Ex-CBS CEO won't get \$120 million. A3



World: It's a race for space today as four rockets take flight. C7



Local: San Jose Airport on target to serve record number of passengers. B1



Sports: Mullens to start 49ers' final 2 games. C1



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wishbook2018

'It's better here than at the nursing home'

Silicon Valley Independent Living Center helps ease the financial burden for those with disabilities who want to stay in their homes



PHOTOS BY DAI SUGANO — STAFF PHOTOGRAPHER

In their San Jose home recently, Maria Isabel Oblea, 19, hugs her grandfather, Ferdinand Mangaoang, 62, who suffered a severe stroke in 2016. With help from a nonprofit, he was able to move from a skilled nursing facility back into his home.

WISH BOOK: THE SERIES

The Wish Book is an annual series of The Mercury News that invites readers to help their neighbors.

WISH Donations will help Silicon Valley Independent Living Center provide home accessibility and safety modifications so that people with disabilities can remain in their homes. Goal: \$25,000

HOW TO GIVE Donate at wishbook.mercurynews.com or mail in the coupon on Page A5.

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By John Woolfolk

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Ferdinand Mangaoang was enjoying retirement after a long career as a draftsman, indulging his passion for cooking and spending time with his wife, children and grandkids. He had a scare three years ago with a mild stroke that slowed his gait, but he seemed to otherwise recover.

But on June 10, 2016, disaster struck. His wife, Cecilia, found him snoring and drooling in the morning, unable to get up. Their son and daughter-in-law gave him CPR, but medics gave him grave odds as they whisked him to the hospital.

Ferdinand, 62, survived the second stroke. But this time the damage was profound, and his prospects for returning home were daunting. Af-



"We really appreciate that they put Ferdinand back in his home so we can take care of him."

— Cecilia Mangaoang, Ferdinand's wife

ter two weeks in a coma, he was sent to nursing homes, where he remained bedridden, reliant on breathing and feeding tubes.

But the Mangaoang fam-

ily got a break when the Silicon Valley Independent Living Center worked with them to modify their San Jose home to accommodate Ferdinand's

HOME » PAGE 5

HOUSING GOALS

Getting 'people off the streets'

County Board of Supervisors to vote today on funding construction of 1,000 affordable rental homes

By Marisa Kendall

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More than 1,000 new and rehabbed affordable homes could be coming to Santa Clara County, the latest projects to spring from a massive 2016 housing bond and a milestone that advocates say will help the region's poorest residents.

The Santa Clara County Board of Supervisors is expected today to approve funding for construction of six new affordable rental projects and the rehabilitation of three existing buildings, using money from the \$950 million housing bond that county voters narrowly passed two years ago. If the latest units are approved, the Measure A bond will have funded 19 projects over the past year and a half, putting the county ahead of schedule in allocating the money and meeting its housing goals.

"That's going to get people off the streets," said Ky Le, director of Santa Clara County's Office of Supportive Housing, "and provide them the stability they need in order to address their health issues, in order to address their employment and vocational needs."

After the state dissolved redevelopment agencies in 2012, drying up what had previously been a major source of funding for low-income housing, many local cities and counties asked voters to replenish their coffers by approving new bonds and taxes.

In Alameda County, voters in 2016 approved Measure A1, authorizing \$580 million in bonds for affordable housing. So far, \$81 million of that money has gone toward building 1,100 affordable homes, said Wilma Chan, president of the Alameda County Board of Supervisors. San Mateo County voters in 2016 approved extending a

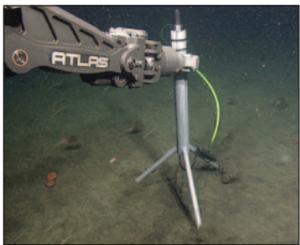
MEASURE A

In 2012, the state did away with redevelopment agencies, which had been a major source of funding for low-income housing. Cities and counties looked to voters to approve new sources. Measure A was a \$950 million bond that passed only by a narrow margin.

MEASURE A » PAGE 5

Music of Monterey Bay: Aquarium project monitors whales' songs, aids conservationists

Learning by listening in to sounds of the deep



MONTEREY BAY AQUARIUM

The hydrophone sits at a depth of 3,000 feet and is connected to the lab with a 32-mile-long cable.

By Helen Santoro

Monterey Herald

MOSS LANDING » From the deck of the Monterey Bay Aquarium Research Institute, miles of glistening water extend in every direction through patches of fog. Other than the gentle sound of the waves lapping up against the rocky shoreline, the deep, dark ocean seems silent.

But beneath the ocean's calm surface is a cacophony of sounds

waiting to be heard.

Capturing the sounds of the ocean in real time was once impossible. But with MBARI's deployment of an underwater microphone called a hydrophone that is connected to a deep-sea cable, marine scientists are continuously recording the sounds of the ocean for the first time.

SOUNDS » PAGE 8

GENETIC BRAIN CONDITION

Muslim travel ban preventing mom from seeing dying baby

Waiver would allow her to leave Egypt for Oakland

By Angela Ruggiero

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OAKLAND » All Shaima Swileh wants to do is see her baby one last time before he dies, but the Trump administration's Muslim ban is keeping her from traveling to the United States to kiss him goodbye.

Swileh, a Yemeni national, is hoping to receive a waiver that would allow her to leave Cairo for UCSF Benioff Children's Hospital in Oakland, where her dying 2-year-old son, Abdullah, is barely hanging on through life support. The little boy has a genetic brain condition that is getting worse every day.

BAN » PAGE 5



COURTESY OF COUNCIL ON AMERICAN-ISLAMIC RELATIONS IN SACRAMENTO

Ali Hassan of Stockton holds his 2-year-old son Abdullah's hand at UCSF Benioff Children's Hospital in Oakland.

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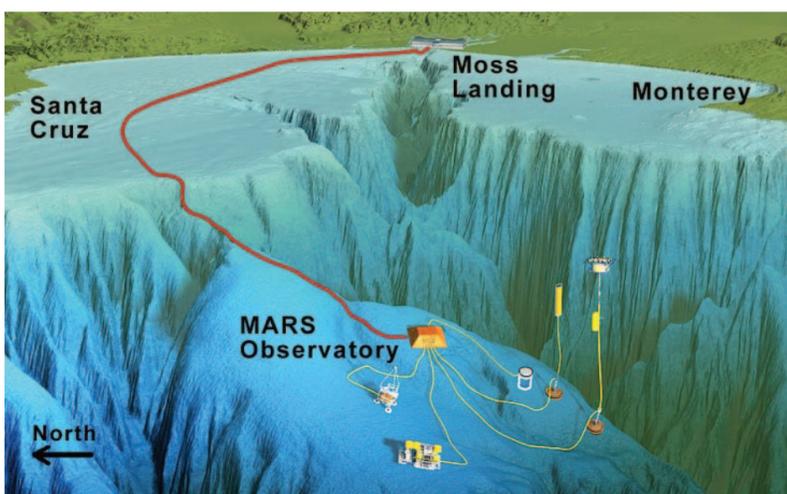
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MONTEREY BAY AQUARIUM RESEARCH INSTITUTE

The hydrophone sits deep within Monterey Bay's underwater canyon beneath a floating research platform, with a 32-mile long cable connecting it to an onshore lab.

Sounds

FROM PAGE 1

For the past three years, MBARI scientists have been collecting the music of Monterey Bay through the device, located 18 miles offshore and 3,000 feet deep. The project is designed to better understand marine life within a 500-mile radius.

"If you listen long enough, you can hear rain, humpbacks singing, earthquakes, landslides," said Danelle Cline, a senior software engineer at MBARI.

The researchers are now working to translate the mosaic of sounds into data to help marine biologists and conservationists further understand the languages of whales. The data will also help scientists comprehend the earth's movements and the impact of sound pollution from humans.

Next month, in collaboration with the Naval Postgraduate School in Monterey, MBARI will install a new hydrophone that will also be able to pick up the direction of marine sounds, allowing researchers to further grasp the intersection of marine life and humans.

"When we want to manage and protect natural resources, it begins with understanding," said John Ryan, the project's lead scientist. He said it will also help scientists better manage the Monterey Bay National Marine Sanctuary.

Situated within the Monterey Bay's deep natural amphitheater, the hydrophone is ideally located for sound collection. Even better, the microphone sits right in the middle of the foraging and migratory paths of whales, dolphins and other marine mammals.

Once collected, the sounds are channeled from the hydrophone back to a

computer in a MBARI lab through a 32-mile-long fiber optic cable. When plugged in, the cable acts like a power cord, providing the hydrophone with a continuous supply of fuel and memory storage.

Ryan calls it a "deep-sea, high-speed internet."

At the lab, the sounds are translated into an image called a spectrogram — which looks like a smear of watercolors. The blues, greens, yellows and reds represent different sound frequencies over a period of time.

"This enables the scientist to see the data," Ryan said. "And that's a big resource."

The frequencies span from far above to below the range of human hearing, allowing the computer program to detect long-inaudible sounds of geological events such as earthquakes and underwater landslides. They also capture human activity such as fishing and shipping.

Perhaps most fascinating is the hydrophone's detection of whale songs, which can reveal far more about the fascinating field of whale behavior.

Underwater, whales can't see or smell — and their touch isn't very useful, said Ari Friedlaender, a behavioral ecologist at UC Santa Cruz's Center for Ocean Health. "Sound is the sensory modality that is the most effective."

In water, unlike in air, sound travels extremely fast and far, allowing whales to communicate through song from hundreds of miles away. And each species of whale has its own playlist.

Blue whales, for example, have three distinct calls, which scientists believe may be linked to different whale behaviors. The prevalence of these calls also changes, depending on the season and time of day.

Friedlaender is still try-

ing to decipher exactly what the songs mean.

"One of the things that's most impressive is the diversity of calls and sounds that these animals can make," he said. "There are all these squeaks and groans and clicks and moans."

Research has revealed that sound pollution from human activities is changing whale conversations — often with harmful consequences. Studies have found that the noise in the ocean has forced whales to expend more energy and, essentially, talk louder.

Moreover, sounds such as Navy sonar greatly impact the feeding patterns of whales. Blue whales have been shown to stop their feeding and move to other areas — which may not be as rich with food — when they hear these sound pulses.

"For us, if you miss a meal you just go to the store and you get more food," Friedlaender said. "But if an animal can't find enough food because they are stressed out because of the ambient noise or some other noises in their environment, then that's going to have a consequence."

That's why Monterey Bay has been established as a sonar-free zone.

With January's deployment of the new, directional hydrophone, scientists will be able to locate where the marine sounds are coming from. This will allow researchers to better understand the movements of migratory whale populations, an essential step in protecting endangered species such as blue and fin whales.

Researchers at MBARI are also hoping that hearing these sounds will engage Monterey Bay area residents and encourage them to learn more about the wonders of the ocean.

"I think sound is a very intimate thing," Cline said. "It's very engaging."

PAID ADVERTISEMENT

New Patented Pill For Bladder Control Makes Store Debut

Studies show a new pill may be effective enough to replace adult diapers at stores leading one major retailer to now carry it; users report reductions in urgency, frequency, leaking, and nighttime urination.

Raymond Wilson
Associated Health Press

BOSTON - If you're one of the lucky few to live close enough to the 12 pilot stores in the northeast, the news couldn't be better.

And for everyone else, the company says they will still offer their patented bladder control while supplies last.

The new pill, called *UriVarx™*, contains a patented ingredient that keeps the bladder from releasing involuntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx™* user in clinical trials experienced a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

An Amazing Discovery in Bladder Control

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with the non-prescription *UriVarx™* pill.

"As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate" explains Dr. Henry Esber, creator of the new pill.

"*UriVarx™* targets the bladder muscles and help restores vital kidney health, reducing urgency and frequency. It also helps you "hold it" for hours so you never have to worry about embarrassing accidents ever again!"

Freedom From Sudden Urges and Leaks

Since hitting the market, sales for the patented *UriVarx™* pill have soared and there are some very good reasons why.

To begin with, the double blind clinical studies have been impressive. So much in fact, they are published on the clinicaltrials.gov database.

Participants taking *UriVarx™* saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a **dramatic decrease** in incontinence episodes, such as leaking and bed wetting.

The active ingredients in *UriVarx™* comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use.

Day and Night Protection

Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become loose. This is what causes the bladder to be over active and the resulting urine accidents and why *UriVarx™* seems to be so effective in the published clinical trials.

Exciting Results From *UriVarx™* Users

Many *UriVarx™* users say their bladders have never



NEW PILL TO REPLACE DIAPERS MAKES US DEBUT: *UriVarx™* can now be purchased in 12 stores in the northeast.

been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

"After my third child, I couldn't control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day" explained one sufferer.

"I was embarrassed so before going to my doctor I decided to try *UriVarx* and I'm so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also "hold it" when I need to so I'm no longer living in constant fear of finding a bathroom."

Impressive Clinical Results

The exciting clinical results published on the government clinical website clinicaltrials.gov show that *UriVarx™* can strengthen your bladder fast, significantly reducing the urine urgency and leaks.

In a new double-blind, placebo-controlled clinical study, 142 men and women with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx™*.

Overall, the *UriVarx™* group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips

The results were incredible. The participants who received *UriVarx™* saw major improvements in leaking, pressure, and the urgency to go — all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Additionally, at the end of clinical trial and after seeing the results, 84% of the participants taking *UriVarx™* said it significantly improved their quality of life.

"The clinical findings are incredible, but people still wonder if it will really work" explains Dr. Esber.

"It's normal to be skeptical, but we've seen

thousands of *UriVarx™* users get results exactly like the participants in the study. It's an amazing product."

Targets and Strengthens Bladder Muscle

UriVarx™ is a pill that's to be taken twice daily. It does not require a prescription.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

UriVarx's™ active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx™* support kidney function and overall urinary health.

Bladder Problems Gone

With daily use, *UriVarx™* can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

Where to Find *UriVarx™*

This is the official debut of *UriVarx™* in select retail stores. To find the nearest location, please call 1-888-895-2131.

For those outside these areas, the company is still offering special discounted supplies to any reader suffering from bladder issues while supplies last.

A special hotline number and discounted pricing has been created for all local readers. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-888-895-2131 and will only be open for the next 48 hours or until inventory runs out. Only a limited discounted supply of *UriVarx™* is currently available in your region.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. RESULTS MAY VARY. CONSULT YOUR PHYSICIAN BEFORE TAKING THIS SUPPLEMENT. URIVARX IS NOT A DRUG.

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** The minimum opening deposit is \$10,000 and must be funds that have not been on deposit with Provident Credit Union for the last 60 days. Maximum per certificate and per member is \$500,000. Deposits cannot be added to this certificate once it has been opened. Institutional deposits are eligible. At maturity, this certificate will automatically renew to the 24 month certificate fixed rate in effect at that time.
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