Staying healthy, one step at a time

Scientist says all it takes is 10,000 steps a day  page 18

Underpass underway  page 5
Major road work to ease traffic problems

Changing faces, places  page 7
College leaders retire, campus construction booms

Nor Cal champs  page 25
Foothill women’s volleyball defeats San Benito

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Pleasanton’s famous Kobelt sisters keep dancing alive

To write about Pleasanton’s famous Kobelt sisters—Karla, 66, and Klaudia, 64—I have to also mention “Annie Get Your Gun,” Chicago’s Palmer House, Jack Benny, Tokyo, Moscow, the San Ramon Valley Dance Academy, Cal State East Bay and Aunt Elsie. If you’re having trouble connecting the dots, read on.

The Kobelt sisters, who never married, have lived in Pleasanton for more than 30 years. Life is quieter now than in the mid-1950s when as an acrobatic dance team, they warmed up audiences for such legendary entertainers as Mary Martin, Ella Fitzgerald, Steve Allen, Dionne Warwick, Phyllis Diller, Benny and many others. Their talents so thrilled audiences that they were frequently called back for more as the stars waited in the wings. Main features at the Palmer House’s Empire Room and on other main stages throughout the Midwest and East Coast, they also played Las Vegas in that city’s early days and, as teenagers, were part of civic light operas on stages in Chicago and with Mary Martin on early television in Los Angeles, with “Annie Get Your Gun.”

Although they liked Chicago because of its central location, they relocated to New York as bookings increased at night clubs and on Broadway. No sooner had they settled into a Manhattan apartment than a Japanese agent, who had seen them perform, called them to come to Tokyo where they were to play in “Annie Get Your Gun.”

Ella Fitzgerald and Jackie Mason, who had been dancing since they were 3 and 5 years old, decided to teach dancing to others, joining with a friend they knew from “My Fair Lady” to form a partnership with the San Ramon Valley Dance Academy. They built the facility in 1978 and still teach there, although they sold their interests last year. Karla is still involved with one of the dance companies and Klaudia works as a dance consultant. As their professional work ebbs, both now want to do more in Pleasanton, possibly with programs at the Senior Center or with theater programs run by the city.

In 1984, Klaudia decided to pursue the college degree she never had time to do as a dancer, and enrolled at Las Positas College, and then later Cal State East Bay (then Cal State Hayward), achieving her goal of graduating before she turned 60 by just one month. At Cal State, she also volunteered to help “retreads”—as she called herself—return to school and learn to handle computers and the new technologies as she had done. She was especially impressed with the school’s nursing program, so to honor their Aunt Ethel Sanderson, their late mother’s twin sister, who had always wanted to be a nurse but couldn’t afford the training, the sisters established a scholarship in her name. They’re involved in reviewing the applicants and awarding the scholarships to provide deserving students with the funding needed to complete the program. Aunt Ethel died in 1996 and the sisters’ mother Ethel Kobelt died in 1998, both in their 90s and proud to be a close part of Klaudia and Karla’s lives, their success and their continued good work in Pleasanton.

About the Cover

A leading science professor who’s best known as “The Father of 10K-A-Day” says he holds the secret to staying healthy—walking 10,000 steps a day. And nowhere is a better place to do that than in Pleasanton, which has a wealth of walking options. That number of steps adds up to 5 miles on the average treadmill. Cover by Ben Ho.

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Q: What do you think about the Golden Gate Bridge exploring corporate sponsorship opportunities?

Asked Around Town

Tom Yates
IT Project Manager
I don’t have an issue with that idea. I don’t want to pay higher rates to cross the bridge. Possibly corporate sponsorship would help keep tolls down. As long as there are not company logos pasted all over the bridge, I don’t see a problem.

Jennifer Ryan
Hair Stylist
I think it would be terrible. The bridge is an international symbol of San Francisco and one of the manmade wonders of the world. To attach some corporate name to it would be a sell out. I’d rather pay more to drive across.

Micheal Wood
Real Estate Investor
We are here in the U.S. on holiday. One of the sights we are most interested in visiting is the Golden Gate Bridge. It would be a shame to see a corporate name advertised, in any way, on such an internationally recognized structure.

Jeffery Verduzco
Glazier
I would hate to see company advertisements all over the Golden Gate Bridge. If it were just the workers wearing vests with the company logo that would be alright, you barely ever see those guys anyway.

Jim Greiwing
Contractor
I am conflicted about the idea. It seems that every sports coliseum or arena has some large corporations name attached to it which makes it seems commercialized and manipulative. But, if the company were to supplement the rising costs of bridge tolls, that would be a good thing.

Have a Streetwise question? E-mail: editor@PleasantonWeekly.com

Compiled by Cybele Ryan
News Digest

Comcast rates to increase beginning Jan. 1

Starting Jan. 1, the Comcast cable rate will increase an average of 6 percent around the Bay Area. Comcast said the change reflects the current value of products and services after a $200 million dollar investment in products and services. The most popular package, standard cable, will go from $47.25 to $51.50, while the Bay Area average new year rate would be $41.34. Limited basic cable will stay at $15.77, expanded basic will increase to $35.73 from $31.48, and the enhanced value package rate will move from $49.99 to $53.50, according to Pamela Ott, Pleasanton’s economic development director. Currently Comcast’s Internet and digital voice service prices will remain the same.

Blood bank open despite strikes

Red Cross nurses on strike caused Oakland and Newark blood banks to close, but the Pleasanton bank will remain open. Red Cross spokeswoman Sara O’Brien said that while picketers may be outside the building, it’s business as usual in Pleasanton, including the blood supply to hospitals. O’Brien also said rescheduled appointments from the closed banks would not drastically affect the service. The blood bank is located at 5556-B Springdale Ave. between JC Penney Home Center and Cost Plus. The hours are Tues. from 12 to 7:30 p.m., Wed. and Thurs. from 11 a.m. to 6:30 p.m. Fri. and Sat. from 7:30 a.m. to 3 p.m.

Local bank changes name

The Bank of Walnut Creek, which has a location on Main Street in downtown Pleasanton, has changed names. The bank will now be called First Republic Bank after a merger and conversion of Bank of the West. The bank will now be called “The Bank of Walnut Creek.” The website for Walnut Creek will remain active through Jan. 31. First Republic also plans to add a new office in Pleasanton.

‘Real Rain Main’ comes to LPC

Kim Peek, the megasavant who inspired the Academy Award-winning film “Rain Man,” will speak from 7:30 to 9:30 p.m. Dec. 5 in Room 401 at Los Positas College, 3015 Collier Canyon Road in Livermore. The event is presented by the department of psychology and the Psi Beta National Honor Society in Psychology and is open to the public. A $5 donation is requested. Call Ernie Jones at 424-1217 for more information.

Newly-elected mayor, council members take office Tuesday

Brozosky, who lost to Hosterman, to step down after 4 years as councilman

by Jeb Bing

Mayor Jennifer Hosterman, who won re-election by just 162 votes out of more than 23,000 cast in the Nov. 7 election, will be sworn in for a second two-year term of office Tuesday night.

At the same time, Councilman Jerry Thome, who was elected to a four-year term on the council, and high school teacher Cheryl O’Brien-Kallio, elected to her first four-year term also will be sworn in. Thorne received 12,247 votes, or 33.5 percent of all votes cast in the council race, with Cook-Kallio receiving 9,135 votes, or 25 percent.

The seating of the new City Council will come after the current council certifies the result of the election and after Councilman Steve Brozosky makes his farewell remarks. Brozosky, who is completing his fourth year on the council, chose not to seek re-election so that he could challenge Hosterman for the mayor’s post. By losing that race, he no longer has a spot in the city’s history.

Hosterman expects the new council to be more cooperative both in its discussions of issues under consideration and in its relations among members. For the past four years, and especially since 2004 when she was elected mayor, Hosterman has frequently sparred with Brozosky, and they often disagreed on key issues.

“I expect the meetings to move more smoothly and more quickly,” she said. “I think this will be good for the council and the people we serve.”

It’s possible that the results of the Nov. 7 election won’t be certified before Tuesday, the deadline for the county’s acting Registrar David McDonald to complete that work. As of Wednesday, the Registrar’s office showed the final vote count at 11,667, or 49.6 percent for Hosterman, and 11,478, or 49.3 percent for Brozosky, with 117 write-in ballots. The Registrar’s Web site showed that counting in the Pleasanton race ended at 2:45 Monday, Nov. 20, although less than 100 votes still had to be counted.

Pleasanton isn’t alone in its tight council race, which is the closest in the city’s history.

(continued on page 13)

Valley Avenue underpass to open in spring

Longest thoroughfare will add cross-town traffic options

by Jeb Bing

Three major construction projects are under way or on the horizon as part of multi-million-dollar improvements to the city’s street and traffic network.

First to be completed in early spring is a $5 million roadway extension and railroad underpass that will connect Valley Avenue to Sunol Boulevard from where Valley now ends just south of Bernal Avenue at the Fairgrounds. When completed, Valley will become one of the longest thoroughfares in Pleasanton.

Pleasanton teen dies in crash

17-year-old dreamed of opening his own mechanics garage

by Emily Atwood

Cameron Mitchell-Goulette called his dad at 7:30 p.m. Nov. 26 as he was heading home from Pleasanton to Discovery Bay. He asked his dad if they could go shopping so they could go shopping for new work boots.

Unbeknownst to father and son, it would be the last time they would speak, as Mitchell-Goulette was killed in a single-vehicle accident on southbound Vasco Road shortly before 9 p.m. that night. There were no witnesses to the accident, which occurred two miles north of the Alameda County line, but the 17-year-old apparently lost control of his 1972 Chevrolet pickup truck as it went up an embankment, overturned on its roof and came back down 150 feet away into the fast lane, California Highway Patrol Officer Scott Yox said.

He was wearing a seatbelt and the cause of the accident will be determined by a toxicology report and vehicle inspection, Yox said, adding that the roads were slick from rain that night.

“He will be terribly, terribly missed and was loved very much by his parents”

—Joseph Goulette

A Contra Costa County coroner’s deputy said the teen’s death was due to a blunt force head injury.

Born July 22, 1989 in Framingham, Mass., Mitchell-Goulette had previously lived in Ottawa, Canada and Hudson, Mass., before his family settled in Pleasanton 11 years ago. He enjoyed radio-controlled cars, music, snowboarding, movies, reading, animals, camping and fishing.

He and his father, Joseph Goulette, a general contractor, were planning a camping trip at Tuolumne River near Yosemite this weekend. They often took camping trips together, his father said. They had also worked together on a construction job in Fremont during the summer.

After some rough times, the 17-year-old had recently moved back home with hopes to enroll in classes at Las Positas College. His life was taking a positive turn, and he was enjoying time spent with his family, Goulette said. He was very mechanically minded and strong willed, his father said, and dreamed of opening his own mechanics garage. He was bright and received excellent grades in school, even passing a high school equivalency exam a year early at Village High School in 2006.

The community has been very generous, with friends and co-workers providing the family with meals and condolences, Goulette said. Friends at Barone’s Restaurant, 475 St. John St., have offered to hold a memorial service there for friends...
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Las Positas College leaders announce retirement

by Emily Atwood

Adding to the transformation of Las Positas College (LPC), two prominent leaders recently announced their retirement, effective August 2007. Much of the momentum propelling the community college’s progression has come from Chabot-Las Positas Chancellor Susan Cota and LPC President Karen Halliday.

Appointed in 2001, Cota became the first Hispanic female chancellor in California and in the district’s 40-year history. After launching a district-wide strategic cost management study to establish ongoing fiscal stability, she worked closely with the Board of Trustees to secure the district office building here in Pleasanton. Under Cota, the schools’ accreditation was affirmed through 2009.

Perhaps Cota’s biggest accomplishment was leading the successful 59 percent passage of Measure B, a $498 million facilities bond and the third largest bond in California community college history.

“Chancellor Cota has led this district with strength and integrity, always putting our students first in every conversation and decision,” said Isobel Dworsky, president of the district Board of Trustees. “Her leadership has been recognized at the national, state and local levels, and our district and communities are much better for having her as our leader.”

Cota will spend more time with family and friends as she enters retirement, but said the exciting change “is also tinged with a touch of sadness.”

Halliday has served as LPC’s president since 2002, following Cota’s promotion to chancellor, and was previously the vice president of student services for eight years. During this time she led the passage of Measure B and led the development of facilities and educational master planning. She’s also worked with the community to establish the Las Positas College Foundation, boasting growing assets of $1,703 in 2003 to $353,300 three years later.

“Chancellor Cota has led this district with strength and integrity, always putting our students first in every conversation and decision,” said Isobel Dworsky, president of the district Board of Trustees. “Her leadership has been recognized at the national, state and local levels, and our district and communities are much better for having her as our leader.”

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Don Milanese, former vice president of student services at LPC and now a consultant for the school, worked with and helped hire Cota and Halliday. “Besides their varied experience, they had forward thinking and were charismatic with wonderful human relations skills,” he said. “They work easily with people and bring in new ideas—a fine record that’s been proven in both cases.”

Replacements for Cota and Halliday have not been named, and the district will put out a nationwide search. But the search for a (continued on page 9)

The student population at Las Positas College is growing, and so the facilities follow. Under outgoing President Karen Halliday, a construction master plan was developed and put into action. Until the anticipated completion in 2010, construction sites will be a common sight on the Livermore campus.

(continued on page 9)
Town gears up for holiday parade

Parade, tree lighting to entertain crowds downtown tomorrow

by Janet Pelletier

While Santa is sure to be busy making the rounds here in the Tri-Valley as Christmas approaches, he’s making room for Pleasanton in his schedule for an appearance at the annual Hometown Holiday Celebration Parade and Tree Lighting tomorrow.

“It’s an annual tradition that’s been going on for many years,” said Carey Para, a Hometown Holiday assistant. “We have a lot of scouting groups and local businesses and local nonprofits who are involved in this event and a lot of local sponsors and volunteers who have put in a lot of time to make this event happen. It’s just a good way to kick off the holiday season.”

Marching bands, dance and horse groups and holiday-themed floats will take center stage along the parade route on Main Street downtown. The parade begins at 5:30 p.m. and will end with Old St. Nick riding down Main Street in a fire engine. A tree lighting which will be officiated by Mayor Jennifer Hosterman will follow at 6:30 p.m. The following are details on the holiday events scheduled locally:

**Pleasanton Hometown Holiday Celebration Parade and Tree Lighting**

Festivities kick off with photos with Santa Claus from 3 to 5 p.m. in the gazebo at the Round Table Pizza parking lot, face painting from 4 to 8 p.m. and the parade from 5:30 to 6:30 p.m. tomorrow featuring marching bands and floats. The parade will take place along Main Street, beginning at its intersection with St. John Street and ending at Old Bernal Avenue. A tree lighting ceremony will follow the parade at the Pleasanton Adventist Church with a special appearance by Santa and Mayor Jennifer Hosterman lighting the tree. Entertainment, including a community sing-along will also be held. Visit www.hometownholiday.com or call 931-5352 for information.

**Dublin Holiday Workshop**

Participants can celebrate holiday pastime favorites such as making crafts from pine cones, oranges and spices; listen to holiday music and enjoy gingerbread and hot apple cider at the annual holiday workshop from 1 to 4 p.m. tomorrow at the Dublin Heritage Center, 6600 Donlon Way. Cost is $3 for children; $5 for adults. Call 833-6645 for more information.

**Livermore 12th Annual Holiday Sights & Sounds Parade and Tree Lighting**

Parade featuring marching bands, music, light displays and an appearance by Santa Claus will begin at 6 p.m. tomorrow. Parade route will stretch along First Street from M Street to Livermore Avenue. Tree lighting will follow. Call 373-1795 for more information.

**Dublin Breakfast with Santa**

Two breakfasts with Santa will be held at 8:30 a.m. and 10 a.m. Dec. 9 at the Dublin Senior Center, 7601 Amador Valley Blvd. Breakfast includes pancakes, sausage, fruit, milk and coffee. Proceeds benefit Dublin High School’s marching band. Cost is $5 for residents; $7 for non-residents. Call 833-6645 for more information.

Local groups offer scholarships

$500 scholarships available to prospective Bay Area college students

By Emily Atwood

The CSU East Bay-Diablo chapter of Phi Delta Kappa (PDK) International is offering three $500 scholarships to high school seniors who plan to pursue a teaching career.

These recipients also may be eligible as candidates for over 30 to 40 scholarship grants of $500 up to renewable awards totaling $5,000 over four years from PDK International.

Seniors attending high schools or residing in Livermore, Dublin, Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo, Sunol and Union City are eligible to apply.

Applications, which consist of a 3-page application form, two letters of reference (at least one from an educator), an essay (up to 500 words), and an official transcript, must be received by Feb. 1. Winners will be notified Feb. 28. To obtain an application, go to www.pdkintl.org/awards/pros_eds.htm, write to Phi Delta Kappa, CSU East Bay-Diablo Chapter, 1822 Harris Dr., Pleasanton CA 94566, or call 484-0160.

For those interested in learning more about the University of Phoenix, attending an informational meeting could mean winning a $500 scholarship. Attendees of a 6 p.m. Dec. 15 meeting held at each Bay Area campus will be placed in a drawing that celebrates the university’s 30th anniversary. The Pleasanton campus is located at 7901 Stoneridge Drive, and there are campuses in Concord, Oakland, San Jose, Fremont and San Francisco.

For more information about the scholarship, call Travis Allen at 416-4100 or e-mail him at travis.allen@phoenix.edu. Campus and course information can be found at www.phoenix.edu.
Tri-Valley CAREs files suit against U.S. Department of Energy

Lawrence Livermore Lab watchdog agency Tri-Valley CAREs, short for Communities Against a Radioactive Environment That’s More Than Usable, has filed a lawsuit in federal district court in San Francisco against the U.S. Department of Energy for failing to comply with the Freedom of Information Act (FOIA). The Department of Energy has not provided documents required by law for as long as three years on five separate information requests, according to the lawsuit. “These FOIA requests involve potentially catastrophic releases of plutonium and biological agents from Livermore Lab operations,” said Marylia Kelley, Tri-Valley CAREs executive director.

The information requests are the subject of the litigation involving unclassified information on the feasibility of developing nuclear weapons, the environmental implications of a terrorist attack or catastrophe accident on the Livermore Lab’s existing plutonium stockpiles, the lab’s 10-year site plan and the Department of Homeland Security’s non-proliferation and non-proliferation or nuclear weapons agent research plans at the lab.

The lawsuit also asks the judge to issue a court order appointing a special counsel to investigate the Department of Energy. Tri-Valley CAREs has filed lawsuits against the department in 1998 and 2000.

—Janet Pelliteri

Water agency adopts management plan

Zone 7 collaborates to secure funding for flood control, habitat restoration and recycled water projects

by Janet Pelliteri

The Livermore-Amador Valley Zone 7 Water Agency, which provides wholesale water to Pleasanton, has announced that the agency will join other Bay Area agencies in adopting a regional water management plan that will help secure state grant funding for water, flood control, habitat restoration and recycled water projects, including from the recently voter-approved Proposition 84. Zone 7 and more than 20 other Bay Area water-management agencies have been working with the California Coastal Conservancy and other groups on a plan that will provide funding and a framework of water-management strategies in the region and reduce duplications in planning.

The agencies must adopt the plan by Jan. 1 to qualify for remaining implementation grant funds authorized by Proposition 50 and by the recently passed prop. 84, which sets aside $138 million for Bay Area water-resource management projects. In other news, Dale Myres, general manager of the Zone 7 Water Agency, announced he will retire at the end of February after 26 years with the agency.

Water agency board President Jim Concannon said Myres is a visionary whose leadership has been critical to measures Zone 7 is in the process of taking to improve the supply, reliability and quality of drinking water. Myres initiated a more cost-effective and environmentally friendly change in the agency’s approach to flood protection with the Stream Management Master Plan to protect communities from floods through planned actions at 2034. Concannon said.

Myres was named general manager in 1997 after being an assistant manager specializing in finance and emergency response.

Concannon has appointed a transition subcommittee of the board, comprised of himself, vice President Bill Stevens and former President John Greci, to help fill Myres’ position.

City seeks to dismiss affordable housing lawsuit

Case will be heard in Superior Court Jan. 8

The city of Pleasanton has asked a Superior Court judge to dismiss a lawsuit by Urban Habitat concerning the city’s lack of affordable housing. “What we are seeing is that this motion is to have the case dismissed on a number of different grounds—one of which we’re saying that all the causes of action are barred by the statute of limitations. In other words, they waited too long to bring this lawsuit,” explained City Attorney Michael Roush.

The lawsuit, filed Oct. 17 by regional environmental justice organization Urban Habitat, seeks to rule Pleasanton’s affordable housing policies unlawful. In the lawsuit, the plaintiffs target city policies regarding housing for people with very low, low and moderate incomes. They’re seeking to lift the housing caps approved by voters in 1996, which restrict the total number of homes in the city to 29,000. They’re also challenging the city Growth Management Program’s restriction on building permits allowed per year.

The statute of limitations to sue is one year, and with the housing cap approved by voters in 1996, the Growth Management Program last modified in 1997 and the city’s Housing Element adopted in 2003—all three entities have passed that statute timeframe, the dismissal motion states.

Roush added that the city doesn’t “feel that the petitioners in the case have standing to bring this lawsuit.” “Petitioner Urban Habitat, a corporation located in Oakland, makes no allegation that it or any of its members has ever been denied an opportunity to develop or obtain affordable housing in Pleasanton,” the document states.

“One argument that we’re making is that there isn’t any mandatorily duty to do the things that the petitioner is asking us to do,” Roush said.

The city has, in good faith, agreed to follow its Housing Element by putting it off until the second quarter of 2007 and remains committed to implementing affordable housing programs, the document states.

The case will be heard Jan. 8 in Dept. 31 at the Alameda County Courthouse in Oakland.

“For a lot of people at the college and in the district, [their leaving] will be sad. They’ve been positive forces in many ways. Neither is easy to replace.” —Don Milanese

While most of the upcoming projects are either entering or exiting the design process, Powell stressed the importance of keeping the plans environmentally friendly. Each project will need to be LEED (leadership in energy and environmental design) certified, with efforts to save money and natural resources and to minimize the need for maintenance. Workers will be trained to remove endangered salamanders, frogs and foxes that were found after an environmental impact study.

Some final touches round out the highly-anticipated campus completion. A promenade will weave through these projects, connecting

LPC (continued from page 7)

replacement may prove difficult from the outset. “For a lot of people at the college and in the district, [their leaving] will be sad. They’ve been positive forces in many ways. Neither is easy to replace,” Milanese added.

That’s quite a compliment coming from someone who has been with LPC from its humble beginnings in high school classrooms in 1970. Milanese notes that while many districts are filled with financial problems and political issues, the Chabot-Las Positas district has prospered in finances, growth and innovative programs.

Milanese was especially impressed with Halliday’s link to the community, which was an integral part of the passing of Measure B. With a master plan in place, the funds garnered through the bond are currently being put to work in construction projects on the LPC campus.

Some projects included in the master plan are additional sports facilities, an aquatic center, a child development center, a center for the arts complete with an amphitheater and a science building extension, according to Karen Powell, the campus program manager from Parsons. The new gym is up and in use, and new classrooms are slated for completion in December.

and family at 11 a.m. tomorrow.

Mitchell-Goulette is survived by her loving parents Joseph Goulette and Morgan Mitchell of Pleasanton; brother Ross Mitchell-Goulette, 14, of Pleasanton; grandparents Ann and Joel Sugdenis of Cape Cod, Mass., Floyd and Judy Mitchell of Homrment, Fla., and Margaret Goulette of Guilford, Maine; many aunts, uncles and cousins in New England.

The family requests no flowers and has set up a memorial fund through First Republic Bank (formerly Bank of Walnut Creek) on Main Street.

“He was very charming and witty,” Goulette said. “He will be terribly, terribly missed and was loved very much by his parents.”
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Pleasanton hires new deputy city manager

Yuan-Miu to lead studies on cemetery, bypass road

by Jeb Bing

Julie Yuan-Miu looks forward to cutting her commute from her home in Danville by two-thirds next month when she leaves her post as assistant city manager in Tracy to a new position of deputy city manager and director of administrative services in Pleasanton.

Yuan-Miu has commuted work days over the Altamont Pass for the past seven years. Before that, she served in different capacities for the municipal governments in Concord, Milpitas and for an earlier stint in Tracy, joining Pleasanton with more than 25 years of city government experience. She will replace Lorie Tinfow, who quit her job here after a year to become assistant city manager in Walnut Creek.

In assuming Tinfow’s responsibilities, Yuan-Miu will be in charge of human resources, the City Clerk’s office, central municipal services, training and development and special projects. She will also take charge of the city’s efforts to handle Pleasanton Memorial Gardens, the public cemetery on Sunol Boulevard that the city has acquired from the international Order of Odd Fellows. Another responsibility will be the Happy Valley Blue Ribbon Committee, which has been asked to recommend a route for a bypass road for traffic from Sunol Boulevard to reach the Calippe Preserve Golf Course without using Alisal Street.

Yuan-Miu holds a bachelor’s degree from Cornell University, a master’s degree in public health from the University of Hawaii and a master’s in public administration from Cal State East Bay.

“She brings a wealth of knowledge and stability to her new positions in Pleasanton,” said City Manager Nelson Fialho, who hired her. “I am sure the community and organization will enjoy working with her in the months and years ahead.”

She and her husband, Kenneth, a commercial and industrial real estate appraiser, have two children: Adrian, 21, a senior at UC Irvine, and Samara, 14, a freshman at Monte Vista High School. Her last day on the job in Tracy will be Jan. 4, with her first day in Pleasanton Jan. 8.
Take us along

Sweet trip
The Krieger Family, (l-r) Jessica, Jacque, Jim, Jacob, Jenna and Julia, read the Weekly at Leland Snow Park in Strawberry, Calif.

Extreme vacation
Deb Gotelli and her son David read the Weekly at an elevation of 9,000 feet on Mauna Kea Mountain on the Big Island of Hawaii. The duo, along with dad Bob Gotelli (not pictured), had fun riding dirt bikes on their trip.

Weekly on base
Mallory Brown (left) and her mother Chris (right) read the Weekly at McChord Air Force Base.

Weekly wins in Coliseum
Kelly McKeehan, Taylor Antrim, Jessica McKeehan and Katie Antrim stop to read the Weekly while visiting Coliseum in Rome, Italy.

To Hell and back
When it came time to celebrate their 25th wedding anniversary, Lyle and Kathy Perry knew just the place to go: Hell. That’s right, the couple, along with friends Steve and Lucy Oase, stopped in Hell on the Cayman Islands during a Caribbean cruise. They affirm that having the Weekly to read made Hell a lot more bearable.

More festive than a funny hat
Malcolm Michael (l-r), Sue Bannister, Hunter Collinson, Clint Mankins, Teri Mankins, Neal Mankins, Mike Collinson, Donovan Collinson, Brandon Martinez and Nick Mendoca celebrated New Year’s Day by reading the Weekly in Bear Valley.

Tuolumne reading
Mayor Jennifer Hosterman (center) along with Vicki Grant, Joan Tenbrink, Megan Hosterman, Karen Pico, Sarah Hosterman, Jenny Moy, Chris Bourg, Laura Danielson and (not pictured) Morgan Mitchell and Liz Sufit take a break from their five-day backpacking hike through Tuolumne, Yosemite to read the Weekly.
Council (continued from page 5)

The outcome is still in dispute in a handful of close contests for the U.S. House of Representatives in several states, with outcomes in Louisiana and Texas likely to go to runoffs this month.

Former Mayor Ken Mercer, now vice president of the Arroyo Valley Care Health System Foundation, recalled a council race in Union City in the 1970s when two candidates tied in their votes for City Council. A recount was ordered and the two came in tied once again. The dispute was settled with each drawing a card, and Mercer remembered that “Sharty” Garcia drew a King with his challenger, whose name is long forgotten, pulling out a 7 of Spades.

With the Pleasanton race settled, Mayor Fialho and City Manager Nelson Fialho plan to move quickly to handle Tuesday night’s agenda.

First up, Fialho said, will be a year-end financial report for fiscal 2005-06, which ended last June 30. The wrap-up report will show that the city ended the fiscal year with $5 million more in revenue than had been anticipated. Several recommendations are expected as to how to spend the money.

Other items on the agenda include:

- A public hearing for a major modification and building height increase for a home at 2511 Yolanda Ct.}

Underpass (continued from page 5)

Two other major projects are two land bridges to be built on Bernal, the first across the Arroyo de la Laguna near Foothill Road, and the second across the Arroyo del Valle just south of Stanley Boulevard near the Livermore-Pleasanton Fire Department headquarters on Nevada Street.

The Valley Avenue extension and the underpass to allow traffic to pass under the Union Pacific railroad tracks could be the last major roadway extension in Pleasanton. The new road will cut through the Bernal public lands, giving cross-city traffic a new artery from Sunol Boulevard to the busy Bernal-Valley intersection at the Fairgrounds.

“Frankly, we really don’t know what this bridge will cost until we go out for bids and see what comes back,” said Rob Wilson, Public Works Director.

The road will include a new traffic signal at Case Avenue, which has been installed but won’t be activated until Valley Avenue is opened. The underpass also will allow motorists to drive students from homes along the west side of I-680 and the homes and apartments on the Bernal tract to Heartst Elementary and Pleasanton Middle schools, or to walk there. Three new baseball fields planned for a sports park just west of the railroad tracks will have parking areas connected to the new Valley Avenue.

At Sunol Boulevard, Junipero Serra Street on the east will keep its name. On the west side, the roadway will be renamed Valley Avenue. Three roundabouts already have been installed on Valley between the railroad tracks and the Fairgrounds.

The project is being financed by a consortium of developers, including Greenbriar homes, KB Home and South Bay Construction, which owns acreage along the west side of the new Valley Avenue and I-680.

The new bridge over the Arroyo de la Laguna will add sidewalks, bike lanes and two new eastbound traffic lanes, with one marked for left turns only into Meadowlark Lane in the Windsor development. A traffic light at that intersection has already been installed and is functioning for traffic leaving Meadowlark Lane and for motorists using West Laguna Road.

This bridge, in the planning stage for the last 16 years, will be built next to the 1941 Bernal Avenue steel bridge over the creek. When first planned, city officials and neighborhood groups wanted the second bridge to replicate the steel trusses of the one now standing. But as costs escalated against fixed pledges by Greenbriar Homes and the De Silva Group, which developed the neighborhoods to the north, the city settled on a concrete design which will cost less. Even that bridge, which will resemble the 1930s design of the Division Street bridge, has soared in cost along with escalating prices for steel and concrete, with the most recent estimate pegging the cost at more than $1 million.

“Frankly, we really don’t know what this bridge will cost until we go out for bids and see what comes back,” said Rob Wilson, the city’s public works director. “The idea now is to finish our plans and get bids from contractors early next year.”

The second Bernal Avenue bridge east of Stanley is on hold pending settlement of environmental issues with the U.S. Department of Fish and Game which claims it has found a frog habitat there.

“When they determine what we must do before the bridge can be built, we’ll look at the cost and also gout for bid for a final price,” Wilson said.

“This has been a project that we’ve been trying to do for quite some time,” he added. “In fact when I came to the city four years ago, we had already purchased the right-of-way to get the bridge done. It’s a vital part of our traffic circulation plan.”

The new bridge will add two northbound lanes for Bernal traffic heading from Vineyard Avenue and Vintage Hills to Stanley, with the two existing lanes on the two-way bridge roadways converted to southbound lanes.

A public hearing on a bid by Heartwood Communities to modify previously approved designs for a 7,128-square-foot homes and 1,660-square-foot garage in the TTK property, being developed near the Callippe Preserve Golf Course.

Consideration of an ordinance to amend the Municipal Code related to converting apartments into ownership condominiums.

■ Selection of a vice mayor for a one-year term and appointments of council members to various boards, commissions and agencies where they will represent the city of Pleasanton.

The City Council will meet once again this month, at 7 p.m. Dec. 19.
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Opinion

Focus on voter concerns, not money, won election

For a city that prides itself as a Community of Character, our Nov. 7 mayoral election probably won’t win any awards. Compared to the nastier campaigns involving state and national races, including the Pombo-McNerney duels for Congress, the Hosterman vs. Brozosky battles were tame, but still not nice. Brozosky’s team of tough-talking managers led a ferocious fight to win the race, dominating electioneering in Pleasanton in a steady beat of anti-Hosterman dialogue that the four candidates for City Council seats were largely overshadowed. Following a game plan developed by Spinnovation Strategies, which cost Brozosky $49,650—or 205 percent of the total campaign expenses of Hosterman, Brozosky and his team worked day and night to develop campaign messages for public forums, oversized mailers to send to constituents, door-hangers and nearly 1,000 yard signs—the most ever—to win votes. In the end, he lost, but only by 189 votes. The next time we are likely to see more expenditures, more campaigning and longer campaigns like Brozosky’s, who came close to a winning strategy.

Brozosky raised $64,031.82 in his bid to be mayor of Pleasanton, or 251 percent more than Hosterman, who raised $25,475. He spent $5,58 for each of the 11,478 votes he received, compared to Hosterman’s $2.18 for her 11,667 votes. An analysis of the election campaign by local businessmen George Reid and David Pascualy showed that out-of-towners contributed $20,799 to Brozosky’s campaign against $6,091 for Hosterman, or a whopping 341 percent more. The mayoral candidates weren’t alone. Altogether the six candidates raised record-high amounts, with the Pleasanton Chamber of Commerce raising another $26,228 from PG&E, Safeway and other organizations that seldom take a close look at municipal politics. Councilman Jerry Thorne, who received the most votes for council, also raised the most, with $19,607 in contributions. Another winner was Cheryl Cook-Kallio in her first bid for public office, who raised $14,962; then Dan Faustina, who trailed in votes and money, raising $10,555; and former Planning Commission Chairman Brian Arkin, who finished last in the four-candidate field despite raising $14,240.

Even though money didn’t necessarily translate into votes, the cost of electioneering is likely to increase. Although pricey Spinnovation Strategies failed to pull off victories for Pombo or Brozosky, organizations like this are proliferating and proving effective for far less fees. As voters turn to the internet, flashy newspaper ads, and even local television to size up candidates, they’ll need money and good advice, especially to stay on focus on issues voters want to hear, whether global concerns or traffic congestion. Hosterman, Thorne and Cook-Kallio did, and they won.

Code of ethics
The Pleasanton Weekly seeks to adhere to the highest level of ethical standards in journalism, including the Code of Ethics adopted Sept. 21, 1996, by the Society of Professional Journalists. To review the text of the Code, please visit our web site at www.PleasantonWeekly.com
Time to assess traffic

Dear Editor,

Congratulations to Mr. Mike Tassano, newly appointed Deputy Director of Public Works/Transportation with the city of Pleasanton. Mr. Tassano brings to the city years of experience in the Traffic Division and will no have the opportunity to address a serious problem in our city—the synchronization of signal lights. In this era of conservation of natural resources, and patience I might add, nothing is more frustrating than to come upon a signal light and have it automatically turn red with no oncoming, side-traffic actuating the light. Even more frustrating is to have to wait until the light runs through its complete cycle before returning to green.

Complementing synchronized signal lights would be the extension of Stoneridge Drive to further alleviate traffic through the city’s downtown section and reduce the aggravation caused by time-lapse signal lights. Now is the time to seriously assess our local traffic situation and take action to place this issue on the ballot, get it resolved once and for all, and live up to the promise and dedication to our city! I hope all will remain active in local politics and community service.

Bill Bennett
Pleasanton

City’s charm knows no boundaries

Dear Editor,

It was a pleasure to read the article about the Class of 1946 by Jerri Pantages Long and your article on John B. McWilliams. Like others, I too, am grateful to remember Pleasanton from times past and so many wonderful people. Pleasanton also gave me a foundation for every place I traveled and now living in Austin for the past 10 years. It is a charmed place and it cheers me to know that others remember and appreciate it as I do. Most important for me was the education we were able to receive. It was very sophisticated in the sense of teaching us to think in broader and creative terms of what some might think unavailable in a small community in the 1960s. My husband traveled to Pleasanton last week noting many of the changes over the years, some less than desirable, but remarked that it will always simply be Pleasanton; hard to describe to anyone who doesn’t know it, and love it. How wonderful that folks like the McWilliams family choose to stay and be of service, adding so much to the community.

Janette Miller Lewis
Class of ’70, Austin, TX

Quick action needed for affordable housing

Dear Editor,

I am writing about the recent suit against the City of Pleasanton regarding the planning of more affordable housing in the city. Pleasanton has always had good planning, and that has included affordable housing. Many of us know Kootinger Ranch, Pleasanton Gardens, Ridgeway Commons and the Promenade (the last two across from Pleasanton Middle School). These are among the attractive mixed income affordable housing units developed under prior city councils, and they have been part of the quality of life we enjoy in Pleasanton. We just need more of them. We all know how few of our parents, children, teachers, small business clerks, restaurant workers, and even many employees of our business parks and mall can now afford to live in our city.

I don’t see what is holding up forward movement on planning for this housing. We have the land, either by the BART station or elsewhere in town. We have the money: $7 million in city affordable housing funds are available. All we need is strong leadership on the city council to plan for our present needs in this area. The alternative is having some court do the planning. I think our residents would like to keep the planning in Pleasanton, which has previously done such a good job of it under previous city councils. Now that the election is over and we have a new council, let’s get going, council, in resolving this matter for the benefit of our city.

Patricia M. Belding
Pleasanton

Changes sacrifice Old Town uniqueness

Dear Editor,

I was born and raised one block west of Main Street in “Old Town” Pleasanton (pop. 2,400) and still live here today (pop. 67,000). I lived here while Old Town evolved from “Mayberry” in the ’40s to “American Graffiti” in the ’50s and ’60s, and onto where it is today: a yet unsliced slice of yesterday surrounded by a force that rolls over the land, urban sprawl’n, mall’n and asphalt’n everything in sight. Fuelled by money and more of everything else, the force stripped mined this little valley in a geological nano second, leaving the car as king.

Now the force has invaded Old Town itself. Don’t get me wrong, I like change and welcome anyone as a neighbor. But must you bring three SUVs and an insatiable appetite for bigger houses with you? Some buy a typical Old Town house sitting on an Old Town lot, hire an “in crowd” attorney, and with a fistful of variances given to them by our leaders, tear down the house and build a new one that darn near blankets the site and blocks out the sun for their neighbors. Others seem to measure neighborhood value by the number of units they can cram on a property.

However, Old Town is not vacant land where learned planners can carve things up from scratch. Old Town already exists. Any addition or deletion changes its character and uniqueness, and its livability in some way. One need only understand Palo Alto to understand what extremes can do to a downtown.

Who was it that said, “Lose contact with the people and become arrogant”? Kathleen Clark-Morrison
Pleasanton

Keep service going

Dear Editor,

I had a difficult time deciding who to vote for in the mayoral and city council elections. Each of the candidates has demonstrated tremendous enthusiasm for our city and qualifications for their respective positions. The close results in both races are a real testament to the quality of all candidates. Hats off to all of them for their service
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PSSSST! Want to know the secret to staying well? Here’s the formula:

Put one foot in front of the other. Step forward. Repeat 10,000 times ... daily.

Sound too good to be true? The “10,000 Steps a Day” plan has an impressive amount of scientific data to back it up. The man known as “The Father of 10K-a-Day” recently visited Pleasanton and shared some of his research. Yoshio Hatano, Ph.D., professor of health sciences at Kyushu University of Health and Welfare in Japan, was the guest of ACCUSPLIT, a locally-based worldwide manufacturer and distributor of pedometers—the little devices that count those daily step activities—and the founding sponsor of ACCUSTEP10000.org, the international governing body of 10K/Day. At age 71, Hatano is fairly bursting with energy and enthusiasm. He wrote a travel schedule that would exhaust most people half his age. He became involved 41 years ago with walking clubs in Japan that espoused the 10,000 steps per day philosophy, but it was not until Hatano did his doctoral studies at the University of Oregon some 15 years later that the scientific basis for the intuitive goal was established.

“The 10K Step Clubs were formed when the Kato family [of Japan] developed an economical, accurate pedometer in 1965,” explained Hatano.

During his graduate studies, he conducted expiration analysis to determine how much walking it took to burn approximately 20 percent of one’s average daily calorie intake. His conclusion?

“If you walk 10,000 steps [per day], then you are free from degenerative disease,” said Hatano. “Degenerative disease has less to do with aging than with lack of exercise in daily life.” This is the doctrine that Hatano has shared as a consultant to medical doctors and patients around the world.

“Medical people started asking me for advice,” he said. “As the years go by, I have encountered all sorts of patients with all sorts of diseases, and I became convinced that exercise was most important—more important than medicine.”

Heart diseases, diabetes and high blood pressure are among the conditions that can be avoided—or improved—through a regular regimen of walking, said Hatano.

One of the interesting facets of Hatano’s research had to do with workers on the red double-decker buses in London.

“I had heard that the mortality rate for bus drivers was far higher than for conductors who rode the same busses,” he said. “So I went to see for myself. I observed that the conductors were climbing 15-18 steps to the top of the red bus at the rate of once every two minutes, for about five hours per day!”

Hatano simulated the bus situation for experiments in his laboratory, comparing calories burned by a seated “bus driver” to those used by a “conductor” repeatedly climbing up and down stairs. “If those London bus drivers had walked 10,000 steps besides sitting down for their jobs, they would not have been caught in so many heart attacks,” said Hatano.

Although modern pedometers can measure just about everything but the number of cups of coffee the wearer has consumed, Hatano emphasizes, “in reality, the most important indicator is the number of steps.” His research has shown that the 10K/Day guideline holds true for all adults, “whether short or tall, light or heavy, man or woman.”

What about the children?

“Children reportedly average 17,000 steps per day when they are in kindergarten through fifth grade,” noted Hatano. “As the grades go higher, they are gradually taking fewer steps. An 18-year-old tends to be as sedentary as current adults.”

That is one of the reasons that Hatano is determined to get out his message to parents.

“People before age 39 never listen,” he said with a shake of his head and a laugh. “They think they are healthy without any activities. However, after age 40, they are shocked by all the things that can go wrong with their health, and then it is easier to persuade them. So parents of young children are not convinced about the need for 10K/day, and that’s the problem.”

Despite being in Pleasanton for less than two days, Hatano made time in his packed schedule to meet with Jim Wolfe, director of the city’s Department of Recreation and Community Services—also an avid walker—and Jamie Hintzke, chairwoman of the Pleasanton PTA’s wellness committee, which has a goal of making this a “Community of Wellness.”

“I saw the need for this kind of encouragement for two reasons: Wellness is directly linked to student accomplishment, and also because of all the obesity issues happening now. We need to work together to change a social norm.”

Hintzke asked Hatano why obesity is a modern-day problem.

“We have lost physical labor;” he replied simply. “We are not calorie-burning anymore.”

The city of Pleasanton offers several programs to encourage healthier lifestyles. One of these is the annual “Walk to School Week,” a national event in October that has had increasing success among parents and students at the city’s nine elementary schools.

“We began in 2001 with just two schools involved, adding more each year until all nine schools were participating by the fourth year,” said Lisa Adams, economic development specialist for the city who organizes the annual event as one part of the city’s award-winning School Traffic Calming Program. “It’s something the principals, parents and students look forward to. They enjoy the event.”

The city sponsors a before-school refreshment party to celebrate each school’s designated walk day.

“Everyone is concerned about health issues and getting exercise,” noted Adams, herself the parent of two young children. “Participation has grown, and we try to make the event better and better each year.”

In the works is a proposed K-5 “Walk ‘n’ Roll to School Day” on a weekly basis. “Parents will say [after Walk to School Week], ‘Gosh, wouldn’t it be nice to do this all the time?’” Adams said.

As with Walk to School Week, the city will probably phase in (continued on page 20)
I became convinced that exercise was most important—more important than medicine.”

—Yoshiro Hatano

Step by step toward wellness
Not one for exercise? There are little ways that you can get started toward the goal of 10,000 steps per day:

- **Avoid the Crowd**—Instead of fuming—both literally and figuratively—as you wait to park as close to the entry of your destination as possible, deliberately choose the farthest space in the parking lot—or even one a block or two away—so that you get in some steps while reducing your stress level.
- **Step Right Up**—Take the stairway instead of an elevator or escalator.
- **Pick a Park**—Pleasanton boasts 40 city parks ranging in size from half an acre to 425 acres, and many of these offer paved, curving paths through scenic landscaping.
- **Try a Trail**—In addition to neighborhood and sports parks, Pleasanton owns the 237-acre Augustin Bernal hilltop park, with many scenic trails (accessible from $200 Golden Eagle Way off of Foothill Road). If you are not yet up to heading for the hills, the Parks and Community Services Department offers a map of urban trails and invites input for the development of more of them. They even offered an afternoon class this fall, “Pleasanton Pathways,” to give children ages 6-12 the opportunity to “find unique and beautiful places hidden around our town.” You can download the trail info at www.ci.pleasanton.ca.us/services/recreation/parks-and-trails. Shadow Cliffs Regional Park also is within the city limits, with lakeside strolling available.
- **Meet at the Mall**—Not the outdoorsy type? Avoid insects and inclement weather by taking advantage of Stoneridge Shopping Center’s open-door policy from 7 to 10 a.m., when you can walk briskly indoors before the stores open and shoppers clog the corridors.
- **Be a Buddy**—Research has shown that there are more apt to stick to an exercise routine if others are counting on us. Skip a coffee-and-sandwich break at work in favor of a healthier, more refreshing “Walk and Talk” break with a co-worker. If you have no nearby friends or neighbors to walk with, you can form a “virtual” group online at www.ACCUSTEP1000.org, to compare pedometer readings and see if you can claim the title of the healthiest walker in Portland.
- **Chart Your Progress**—Write on your calendar the tally of the steps you take daily. Kaiser Permanente offers members a monthly tally graph that can be downloaded as part of their free “Weight Management Tools and Resources” online newsletter. The Web site noted above automatically graphs a walker’s progress. Those who wear pedometers soon learn to “predict” the steps they have taken, before looking at the pedometer’s reading.
- **Go with a Group**—Fleet Feet Sports at 310 Main St. is the starting point at 9 a.m. each Saturday for a free, no-registration-necessary exercise group formerly known as the Huffers and Puffers. Although not officially affiliated with the store, the group includes some walkers as well as runners, according to John Hashizume, store manager, who also provides free maps of a variety of routes ranging from 3- to 8-mile loops. The group, ranging in age from teens to 60-somethings, goes out rain or shine. Fleet Feet Sports also is the local distributor for ACCUSPLIT pedometers, with prices ranging from $12-$40—a good gift choice for the upcoming holidays (or birthdays). So, what are you waiting for? Right foot, left foot, repeat ...

Not all pedometers are created equal
Sometimes what you get for free is, well, worth every penny. That is especially true for the many gadgets that go under the name “pedometer.” The freebies could be considered “starter pedometers,” designed to encourage walking and entice users to get serious about counting steps. However, those giveaways may offer less than expected, because they do not last long and may give inaccurate results. Sutton is the only American to hold a patent for an accurate pedometer. His first patent in 1987 was for the most accurate distance pedometer. Y. Kato of Japan is credited with the invention in 1991 of the current popular pedometer used in research for the past decade. Kato and Sutton collaborated in 2005 to create the “KS10” (Kato-Sutton 10), their shared development for an even more accurate step sensor, now used in the ACCUSPLIT Healthaming pedometer series. Sutton is developing “behavior modification programs,” which, he says, “are to be used with pedometers to successfully accomplish a healthier, active lifestyle.” Visit www.MrPedometer.com for further details. Even ACCUSPLIT has given away free pedometers, during last season’s First Wednesday parties on Main Street. However, besides offering free advice on correct pedometer use, Mr. Pedometer gave each person who visited their booth a coupon for a $5 discount when they “traded up” for a more accurate model at Fleet Feet.

How much is 10,000 steps?
That number translates to about 5 miles, according to a personal trainer from Club Sport.
Walking
(continued from page 18)

“Walk ‘n Roll” for young walkers and bicyclists with their parents by tackling one or two schools at a time. Adamos’ department has offered a computer match service for families wishing to share responsibility for “schoolpooling,” which can be walking, biking or carpooling to school. This is the first year that the service has been available online and Adamos said the city had 200 families in their database in the first month, with one to two more requests each week. “It’s a lot faster this way,” she said. Names entered are verified within 48 hours as being registered within the school district, then the families are sent contact information about other families in their neighborhood eager to share the responsibility for getting their children safely to and from school. To register, visit www.pleasantonschoolpool.org.

One local elementary school already has begun a different kind of weekly walking program. Hearst Elementary School Principal Michael Kuhfal invites students to “Walk and Talk” between 9 to 9:15 a.m. on Wednesdays, when school begins later in order to allow teacher collaboration time. A blue line is painted around the perimeter of the playground in back of the school and four circuits equal a mile of walking. Kuhfal happily leads more than 100 students “walking the line” each week.

“We heard about how this can help from a similar program in Chicago,” Kuhfal explained. “Some kids have a harder time waking up, and this wakes them up. Other kids with lots of energy come out and walk, and this helps them burn it off, so both groups are ready to go.”

“One of the most important things to me is that kids are communicating with each other,” Kuhfal added at the end of a “Walk and Talk” session, where happy chatter filled the air.

A fourth-grade teacher at Hearst, Linda Schaeffer, won a grant from Pleasanton Partnerships in Education (PPIE) Foundation to encourage wellness through walking by equipping her class with individual pedometers to monitor their progress.

“We were pleased to work with Linda on this grant proposal,” said W. Ron Sutton, president of ACCUSPLIT, which supplied the pedometers. “Our company motto is, ‘Eat right! Walk more! Live well!’ We know that that’s what it takes to make us healthier, as individuals and as a nation.”

Sutton—a.k.a. “Mr. Pedometer”—“walks the talk”: Not only does he take walks, but along the way, he also cleans up after other people—and their pets. Many know him as the head “Green Dog Ranger” at Pleasanton Downtown Association’s Friday Concerts in the Park, where Sutton recruits young volunteers to help clean up litter and to always live up to the concept of “leave your surroundings better than you found them.” Sutton was chosen for the Community Service Award by the Pleasanton Chamber of Commerce several years ago and honored again in 2005 as one of the first recipients of the Chamber Expo’s “Business of Character” awards.

Formerly a part of Hewlett-Packard, Sutton chose to stay in the Bay Area, instead of transferring to Oregon with the Advanced Production Division (making calculators) in 1977, then developed new stopwatch products, including the first memory stopwatch in 1978. ACCUSPLIT won the contract for the official timing devices used in Atlanta during the 1996 Olympics. Although stopwatches continue to be a part of his business, Sutton has focused increasingly on pedometers since 1987, when he designed a new method to improve the accuracy of the small instruments, which are worn clipped to a belt or waistband.

“I’ve always admired what Dr. Hatano has been able to accomplish in Japan,” Sutton said. “People attribute the growth of the 10,000 steps a day fitness movement to accomplish in Japan,” Sutton said. “People attribute the growth of the 10,000 steps a day fitness movement directly to his work. “I’d like to see Pleasanton become a national model as a walkable community,” said Sutton. Bringing Dr. Hatano here was one step toward that goal. •

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Robert Neves, M.D. and the staff of Valley EyeCare Center Medical Associates warmly welcome to our practice

Michael Gagnon, M.D.
Ophthalmologist
Cornea and Refractive Specialist

Dr. Gagnon did his undergraduate studies at St. Mary’s College in Moraga and his Doctorate of Medicine degree from Creighton University School of Medicine. He completed his ophthalmology residency at Wake Forest University, and then spent an additional year of subspecialty training in Cornea and Refractive Surgery at the University of Utah, Moran Eye Center.

Dr. Gagnon will be available to see patients at:
5575 W. Las Positas Blvd., Suite 240
Pleasanton, CA 94588
(925) 460-5000

28 Fenton Street
Livermore, CA 94550
(925) 449-4000

GRAND OPENING DECEMBER 1ST

All-Natural, Fresh Baked Dog Treats & Boutique
335 St. Mary Street
Downtown Pleasanton
(925) 426-3364
The Firehouse Arts Center, which will bring a new level of culture and arts to the city of Pleasanton, is expected to go out to bid next month.

“We’ve completed 75 percent of the construction drawings and right now, we’re completing that last 25 percent,” said Andy Jorgensen, manager of the Pleasanton Civic Arts. Jorgensen said the project, which will renovate the historic Pleasanton firehouse on Railroad Avenue, is anticipated to break ground in the spring and will take 12 to 18 months to complete.

But with an anticipated $12 million price tag that could grow as construction costs continue to rise, there’s no time like the present for organizers to re-emphasize the need for donations to build the center.

“Every month that goes by, a percent gets added to the cost,” said Greg Reznick, president of the Pleasanton Cultural Arts Foundation Board of Directors, which was formed to collect funding for the center. “But it’s looking like a $12 million project.”

Approximately $10 million has already been collected: $8.8 million committed by the City Council and $1.2 million by the Pleasanton Cultural Arts Foundation. It’s expected to cost another $300,000 per year to operate the facility, Reznick said.

(continued on page 24)
HOLIDAY FUND DONORS

As of November 29, 2006, 93 donors have contributed $16,565 to the fund. With the 100% match, a total of $33,130 has been raised for the six 2006 beneficiaries.

Individuals

Anonymous . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . ..
Medicare 2007 Are You Ready?

Medicare becomes more and more complicated in 2007. Insurance companies will offer numerous new health plans for Medicare recipients in Contra Costa and Alameda Counties. San Ramon Regional Medical Center, and Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County invite you to learn about the 2007 plan updates, new enrollment periods, and drug exceptions and appeals. HICAP also will discuss some of the Medicare Advantage Plans and four Special Needs Plans, including: Medical Savings Accounts Plan (MSA), Private Fee-for-Service Plans (PFFS), Preferred Provider Plans (PPO), Health Maintenance Organizations (HMO), Medigap, and 55 stand-alone drug plans. HICAP does not sell or endorse any insurance or provider of health benefits. You will receive comparison charts for these plans to assist in making your decisions.

Speaker:
Mickey Mergy
HICAP Medicare Counselor

A Free Educational Seminar
Tuesday, December 5, 2006
10 a.m. – 11:30 a.m.

San Ramon Regional Medical Center
South Building
South Conference Room
7777 Norris Canyon Road
San Ramon

Space limited. Reserve your place
by calling 800.284.2878
or online at www.sanramonmedctr.com

Firehouse

That’s why the Pleasanton Weekly has chosen to include the Firehouse Arts Center project as one of six organizations that will be recipients of its annual Holiday Fund.

“We’ve moved forward with our efforts to raise money,” Reznick said. “We’re actually giving tours of the [historic] firehouse. There’s been a lot of really positive response.”

The center is planned to include:
• 240-seat theater to be used for youth theater productions, chamber music, small dramatic productions, musical concerts, lectures, literary events, community meetings and film and video presentations
• 2,000 square feet of gallery space that will display all forms of fine art, support local arts organizations
• classrooms that will support such visual arts as painting, sculpture, digital photography and graphics as well as performing arts classrooms
• box office to support events at the center and possibly to serve as a central downtown box office for community organizations and events

The most important aspect of the Firehouse Arts Center is that it will provide a need in the community for cultural and arts opportunities, all within the downtown area, Reznick said.

“One of the things that Pleasanton’s all about is community,” he said. “This really helps to build that community even further by finding a cultural center and set of activities going on right downtown.”

Reznick said the center will be the crown jewel of the city, a focal point to stimulate economic growth and cultural vitality in the downtown core.

For more information, visit the Cultural Arts Foundation’s newly re-designed Web site at www.pleasantonarts.foundation.org.

Cancer center

thing if they know more about it.”

Not only are these resources invaluable to those currently dealing with cancer, she said, but they are important for those who may use them in the future.

“You many not think about it all year until something happens to you and your family,” Prishtina said. “People really appreciate putting hands on a book and having someone with experience to help navigate through massive amounts of information. For many, it’s such a comfort to know that we’re here.”

The Ryan Comer Cancer Resource Center is located on the second floor of ValleyCare’s medical building, 5725 W. Las Positas Blvd.

For more information, call 734-3315.
Foothill wins Norcal championship

by Michael Miller

The Foothill Falcons continued an amazing undefeated streak, downing San Benito of Hollister in five games (21-25, 25-20, 17-25, 25-23, 15-12) to win the Northern California Division I girls’ volleyball championship Tuesday night.

Some people believe that the mark of a great champion is how the champ reacts to adversity, how a team reacts when they get knocked down. Throughout the post season, Foothill had overwhelmed opponents. No match lasted beyond three games and the Falcons had outscored post-season opponents by a combined 134 points entering the match with San Benito. As the scores of each game indicate, this match was not like any other Foothill had played all season.

Foothill not only had their noses bloodied during the first round of the battle, a 25-21 first game loss, the team had to rise off the canvas when they lost game three (25-17) to fall behind two games to one in the match, a loss that created the first must win game of their season.

The turning point in game four came when Haybayers outside hitter Bri Romero went down with a knee injury with San Benito leading 9-7. Romero, who had been digging balls and setting up her teammates all through the match, had combined with Emily Korsten to match Foothill’s dominating front line. Romero’s injury, which was followed by a lengthy injury timeout, appeared to leave a hole in the San Benito game. Foothill went on to take game four 25-17.

EVAL MVP Felicia Willoughby and Betsy Sedlak, who have overpowered opponents throughout the year, continued their dominant play in game five. The two led the team back from a 9-7 deficit to a 15-12 victory and the match. Setter Christy Payne, Tracy Pham, Kara Strickland, and Alaynah Fieldler have again provided Foothill with an outstanding defensive effort.

Foothill will face defending state champion Los Alamitos, the Southern California Division I champions 5 p.m. tomorrow at the San Jose State Events Center.

Foothill advances to NCS 4A Championship

After trailing visiting Pittsburg by 18 points midway through the second quarter, it was as if the Foothill Falcon defense decided “No more!” The defense, which allowed 21 points and over 200 yards of offense in the first half, shut the Pirates out while allowing less than 90 yards in the second half. While the defense held the Pirates in check, the offense scored 28-straight points to earn the Falcons their place in the NCS 4A Championship Game.

The comeback started late in the first half, fittingly with a defensive stop. With a 21-3 lead, the Pittsburg coaching staff chose to forego a field goal, or even a coffin corner punt, by going for a first down on fourth and four at the Falcon 30-yard line. Smelling a chance to get back in the game, the defense turned the momentum in the Falcons’ favor with a quarterback sack by weak side defensive end Sean Hurley. From there the offense took over and marched down the field for a touchdown on a 21-yard halfback option touchdown pass from Austin Day to Jordan Johnson.

The Falcons dominated the line of scrimmage on both offense and defense. In the third quarter, after recovering a Pittsburg fumble, the offense capped a 12-plays drive with a 1-yard touchdown run by Rob Andrews. Day later added a 29-yard TD run before Andrews capped the scoring with a 9-yard score to make the score 31-21.

The semifinal win brought a measure of revenge for the Falcon coaching staff. In 2003 the Falcons and the Pirates met in an NCS playoff game that ended in a lopsided 55-7 victory for Pittsburg. The Falcons will take on national powerhouse De La Salle of Concord at 7:15 p.m. on Dec. 9 at McAfee Coliseum. De La Salle outscored San Ramon Valley 41-25 to earn their way to the final game. De La Salle has returned to national prominence and is currently 11th in the MaxPreps.com national high school football rankings.

AVHS soccer off and running

After a lackluster game last Monday night against the Antioch Panthers (1-0 loss), the Amador Dons made sure they would not be caught napping against the Hayward Farmers in a 5-0 non-league win. The Dons used two first half goals from Nenzar Negrete and a second half hat trick from Evan Sherwood to ensure the victory.

The Dons first goal came at 7:11 of the first half, after some pinpoint passing between Evan Sherwood and Michael Janjigian. Janjigian took two touches and sent a ball into the Hayward box. The ball found Negrete who one-timed the ball into the Hayward net for a 1-0 lead. The Dons scored their second goal at 16:01 as Matt Carluccio found Negrete jetting down the left side free from any defenders. The Hayward Keeper came out to challenge Negrete calmly slid the ball past him and into the back of the net for a 2-0 lead.

In the second half, the Dons, led by Sherwood’s three goals, put on an offensive show. During the 59th minute, Michael Florin took the ball to the end line and sent a beautiful cross into the Hayward box. The Farmer keeper came out to tip the ball away, however Sherwood was in the right place at the right time and headed the ball into the open net for a 3-0 lead. In the 75th minute, Sherwood cleaned up a rebound off a shot off the post by Eddie Markie that allowed Sherwood to calmly plant the ball into the goal. Sherwood’s third goal was his most impressive. Taking a free kick from 22 yards out, he placed a rocket into the upper right corner of the net.

The Dons received outstanding performances from Michael Florin, Jeff Squires, and Justin Mullaney.

AVHS sweeps to first place

The 2006-07 Amador Valley High School competition cheerleading squads started the season with quite a showing Nov. 12, taking first in each division: JV show cheer, group stunt and varsity show. Judged according to choreography, crowd appeal, showmanship and execution of students, tumbling, formations, and motions, the girls triumphed in the three divisions at Washington High School in Fremont.

Gift certificates available

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Memory books listing those honored will be on display at each Tree location. Donate online: www.hopenhospice.com

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☐ Symbolic Light(s) . . . $20 EA
☐ Symbolic Star(s) . . . $50 EA
☐ Memorial Wreath . . . $100 EA
☐ Symbolic Angel(s) . . . $250* EA

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San Ramon Regional Medical Center
Daly Valley Bank

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6500 Dublin Blvd., #100 Dublin, CA 94568 925.829.8770

San Ramon Regional Medical Center
Daly Valley Bank
City Council
Tuesday, December 5, 2006 @ 7:00 p.m.
Council Chambers, 200 Old Bernal

• Consideration of a Resolution accepting the 2005/06 Fiscal Year End Financial Report and amending the 2005/06 Operating Budget.

• Public Hearing: PUD-01-9M, Mike Renquist, application for a major modification to an approved PUD for a single-family lot located at 2511 Yolanda Court to increase the maximum building height from 23 feet to 26 feet; to allow a barrel tile roof; and to allow design review approval by the Planning Director.

• Public Hearing: PUD-99-7-3M/PDR-578 Heartwood Communities, application for a major modification to an approved PUD development plan for Tract 7162 (formerly TTK Properties) located on the south side of Happy Valley Road at Happy Valley Road and Alisal Street, to incorporate design guidelines for the development and to modify the design review approval process; and design review approval for the construction of approximately 7,128 sq. ft., 2-story home with an approximately 1,668 sq. ft. garage and a 1,088 sq. ft. basement located on lot 8.

• Consideration of an Ordinance amending Chapters 17.04 and 17.44 of the Municipal Code related to Residential Condominium Conversions.

• Selection of Vice Mayor and appointment of City Council Members to various boards and commissions.

The December 4 Civic Arts Commission meeting has been cancelled.

The December 6 Human Services Commission meeting has been cancelled.

The December 25 Trails Ad Hoc Committee meetings have been cancelled. A special meeting has been scheduled for December 11.

The December 14 Parks and Recreation Commission meeting has been cancelled. The next regular meeting will be held on January 11, 2007.

Police Bulletin

iPods, catalytic converters stolen

Three iPods were stolen from vehicles Nov. 20 through 24, Pleasanton police reported. The first was from an unlocked vehicle on Romano Court. Someone smashed a passenger-side window to reach the second iPod in a car parked on Hillview Court. A car stereo was also stolen from a third unlocked car in a lot in the 3900 block of Vineyard Avenue.

Catalytic converters continue to be stolen off older and newer model Toyota vehicles in the Tri-Valley area, according Officer Penelope Tamm. Just before the Thanksgiving holiday, one was taken from a 4Runner on Blakemore Avenue and another from a Toyota on Inglewood Drive. Other thefts occurring in the last six weeks were on Springfield Drive, Rockingham Drive, Pimlico Drive, Owens Drive and the 5100 block of Hopyard Road.

Police Report

The Pleasanton Police Department made the following information available. Under the law, those charged with offenses are considered innocent until convicted.

November 18
• Found property: 1
• Annoying phone calls: 1
• Thefts: 2

-2:55 a.m. in the 1700 block of Santa Rita Road; shoplifting, worth $50-200

-8:51 a.m. in the 4500 block of Pleasanton Avenue; vehicle worth over $400

-4:15 p.m. in the 1400 block of Stoneridge Mall Road; shoplifting, worth $400

-5:12 p.m. in the 5200 block of Burgandy Drive; vehicle, worth over $400

-8:18 a.m. in the 300 block of St. Mary Street; vehicle, worth $1,000 or less

-Burglary: 1

-10:31 a.m. in the 2800 block of Whitney Drive; worth $200-400

-1:36 a.m. at the intersection of Sunol Boulevard and Mission Drive

-Assault: 1

-2:12 a.m in the 4200 block of Valley Avenue

November 19
• DUI: 1
• Found property: 3
• Thefts: 12

-12:42 a.m. in the 5100 block of Hopyard Road; worth $50-199

-11:51 p.m. in the 6000 block of Johnson Place; embezzlement

-12:11 p.m. in the 5800 block of Owens Drive; from vehicle, less than $50

-1:30 p.m. in the 3800 block of Vineyard Avenue; from vehicle, worth less than $50

-2:06 p.m. in the 3400 block of Blakemore Court; vehicle parts

-10:48 p.m. in the 1300 block of Stoneridge Mall Road; shoplifting

-1:24 p.m. in the 300 block of Sanborn Road; embezzlement

-1:30 p.m. in the 6000 block of Hillview Court; shoplifting, worth less than $50

-3:00 p.m. in the 3200 block of Vineyard Avenue; worth less than $50

-3:20 p.m. in the 900 block of Rose Avenue; from vehicle

-5:19 p.m. in the 4500 block of Rosewood Drive; stolen vehicle

-8:05 p.m. in the 7300 block of Johnstone Drive; worth $1,000 or less

-9:10 p.m. in the 200 block of Rosewood Drive; vehicle, worth $1,000 or less

-7:29 p.m. in the 5100 block of Independence Drive; identity theft

-12:41 p.m. in the 1500 block of Stoneridge Mall Road; shoplifting

-12:29 p.m. in the 1400 block of Stoneridge Mall Road; shoplifting, worth $50-200

-10:55 a.m. in the 3900 block of Rosewood Drive; vehicle, worth over $400

-12:29 p.m. in the 5100 block of Independence Drive; identity theft

-12:41 p.m. in the 1500 block of Stoneridge Mall Road; shoplifting

-10:22 p.m. in the 7500 block of Stoneridge Mall Road; shoplifting

-11:51 p.m. in the 6000 block of Hopyard Road; embezzlement

-12:11 p.m. in the 5800 block of Owens Drive; from vehicle, less than $50

-1:36 a.m. at the intersection of Sunol Boulevard and Mission Drive

-Assault: 1

-2:12 a.m in the 4200 block of Valley Avenue
Auditions
Sunol Repertory Theatre
The Sunol Repertory Theatre is holding auditions for its 26th season. The theatre will either perform the melodramas “Taming the Wild, Wild West In a Dress” or “Let’s Give the Villain the Slip.” Auditions are 7 p.m., Dec. 7 at the Sunol Glen School Auditorium. Adults and children are welcome. Call 895-3767 for more information.

Book Clubs
Great Books of Pleasanton
The Great Books of Pleasanton Book Club meets at 7:30 p.m., the fourth Monday monthly at Towne Center Books, 555 Main St. Call Sadie, 846-1658.

Political Book Club
The Political Book Club meets at 7 p.m. the fourth Tuesday monthly at the Livermore Library, 1000 S. Livermore Ave. Call 462-7495. The Nov. 28 meeting will discuss the book, “Whose Freedom? The Battle Over America’s Most Important Idea” by George Lakoff. Call 462-7495 or visit www.trivalleydemocrats.com for more information.

Civic Meetings
City Council
The council meets at 7 p.m. on the first and third Tuesday monthly at City Council Chamber, 200 Old Bernal Ave. The next meeting is Dec. 5.

Housing Commission
The commission meets at 7:30 p.m. on the third Thursday monthly at City Council Chamber, 200 Old Bernal Ave. The next meeting is Dec. 14.

Library Commission
The commission meets at 7 p.m. on the second Thursday monthly at Pleasanton Library, 420 Old Bernal Ave. The next meeting is Dec. 14.

Parks & Recreation Commission
The commission meets at 7 p.m. on the second Thursday monthly at City Council Chamber, 200 Old Bernal Ave. The Dec. 14 meeting has been cancelled.

Planning Commission
The commission meets at 7 p.m. on the second and fourth Wednesday monthly at City Council Chamber, 200 Old Bernal Ave. The next meeting is Dec. 13.

School Board
The board meets at 7 p.m. on the second and fourth Tuesday monthly in the district office board room 4665 Bernal Ave. Because of the Thanksgiving Holiday, the next meeting is Dec. 12.

Youth Commission
The commission meets at 7 p.m. on the second Wednesday monthly at Pleasanton Senior Center, 5353 Sunol Blvd. The next meeting is Dec. 13.

Classes
International Folk Dancers
The Del Valle International Folk Dancers welcome beginning and experienced dancers for Balkan, Israeli and other World Dances. Weekly classes meet from 7:45 to 9:30 p.m. on Tuesdays in the upstairs studio at Triple Threat Performing Arts, 315 Wright Brothers Avenue. Cost is $4. Call George Pavel, 447-8020.

Parent Education Class
The first Parent Education class of the fall semester runs 9:30 to 11:30 a.m. Wednesdays through Dec. 20 at the Pleasanton Presbyterian Church. The class is designed for parents of young children 2-12 and is ongoing. Parents may join anytime during the semester.

Clubs
Crossroads Business Network
Crossroads Business Network meets from 7 to 8:30 p.m. every Friday at Vic’s All Star Kitchen, 201-A Main St. Call Bill, 469-1111.

Diablo Valley Soaring Society
This radio control glider club meets to fly their planes on Saturdays from 9:30 a.m. to 1 p.m. at the Alameda County Fairgrounds. Call Wayne, 846-8617.

Everything Poetry
This poetry work-group meets from 9 to 11 a.m. the first Saturday monthly to critique poetry and the third Saturday monthly for a workshop pertaining to an aspect of poetry business at Towne Center Books, 555 Main St. Bring 10 copies of a poem. Call Michelle, 931-5350 or e-mail mrusso@ci.pleasanton.ca.us.

Express to Success Network
Women’s Express to Success Network meets from 6 to 8:30 p.m. on the third Tuesday monthly at the Four Points Sheraton Hotel, 5115 Hopyard Rd. Visit www.expressitosuccess.org or e-mail info@expressitosuccess.org.

Hometown Holiday Celebration this weekend
The annual Hometown Holiday Celebration Parade and Tree Lighting will be from 4 to 9 p.m., this Saturday, Dec. 2. The parade begins at 5:30 p.m. down Main Street and includes floats, high school marching bands and a special appearance by Santa Claus. The tree lighting and carol sing-a-long will take place in front of the Museum On Main immediately following the parade. Visit www.hometownholiday.com or call 931-5352 for more information.
Pleasanton's Premiere Medical Spa & Skin Boutique
700 Main Street, Downtown Pleasanton

925.426.1008
www.essencemedespa.com

Thanks to our wonderful customers for making Essence Medespa the fastest growing spa in the East Bay! We have outgrown our current location and plan on moving into our beautifully remodeled, new location at 700 Main Street in January. To show our appreciation we are offering incredible moving sale specials while still in our current location.

Laser Hair Removal*
Purchase any Series of 4 Treatments and Received the 5th Treatment Free!

Botox*
Receive the Special Price of $10 a unit with any Laser Service Purchase.

The East Bay's Fastest Growing Spa is Moving

Get the Luscious Lips you've always dreamed of for only $300!

Plump and Define your Lips with 1cc of lip Refining Injectables.
That's a savings of over $200!
Limited Time Offer.

Laser Hair Removal*
Purchase any Series of 4 Treatments and Receive the 5th Treatment Free!

Botox*
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Botox*
Receive the Special Price of $10 a unit with any Laser Service Purchase.
Amador-Chabot Symphony Concert The Amador Valley High School Wind Ensemble and the Chabot Wind Symphony will perform a joint concert at the Chabot College Performing Arts Center, 25555 Hesperian Blvd., Hayward. Tickets are available at the door. Visit www.chabotcollege.edu/PAC.

Livermore-Amador Symphony Concert The first Livermore-Amador Symphony concert of the 2006-2007 season is scheduled for 8 p.m. Dec. 2 at the First Presbyterian Church, 4th and L streets, Livermore. The concert will include works by Mozart, Bach, Sowerby and more. Tickets are $15 for adults, $13 for seniors. Students high school age and younger are free. Call 838-6824 for tickets or visit www.livamordsymphony.org for more information.

The Poets A Cappella quartet, The Edos, will perform 6 p.m., Fri., Dec. 1 at the Amador Theater, 1155 Santa Rita Rd. Tickets are available at www.civtcartickets.org or call 931-3444.

Events
International Handicrafts Fair United Church Church, 1868 College Ave. in Livermore, is hosting the annual International Handicrafts Fair from 8 a.m. to 1 p.m. Dec. 2. Crochets, jewelry, toys, gift items and more from around the world will be sold. Call 449-6820 for more information.

Poems for the Iraqi People The Pleasure of Poetics’ poetry reading will feature submissions from “Gift of Word: Poems for the Iraqi People” from 1 to 3 p.m. Dec. 3 at the Century House, 2401 Santa Rita Rd. The program will include readings of poems written by poets across the country and serving abroad. Admission is free. Call Michelle Parrett at 832-5650 or e-mail mparrett@pleasanton.ca.us for more information.

Chinese Experience in the Valley The “Chinese Experience in the Valley” will be on display until Dec. 3 at Museum On Main, 603 Main St. Admission is $2. Call 462-2766 or visit www.museumonman.org.

Local Artists Display Work The Public Art League Public Art Gallery has made its first exhibition of the season. New pieces by local artists can be viewed at 213 Main St. in Pleasanton. Collaborators include American, Keller Williams Realty and Towne Center Books, all on Main Street. The exhibition runs through Dec. 29. Call 832-1240 for more information.

Pre-Party Art Exhibition The Poetry & Art Exibition will be open weekends at Big White House Winery and El Sol Winery, 6800 Greenville Rd., Livermore. Call Linda, 243-0424 for a schedule of events.

Chorale of the Century The Chorale of the Century will perform “Joy to the World,” 2 p.m. Dec. 10 at the Amador Theater, 1155 Santa Rita Rd., Livermore. Tickets are $11, including skate rental. Mon.-Thu. and Fri., until 5:30 p.m.; weekends are $10, plus $5 skate rental. Call 932-SNOW or visit www.iceskateatwaltzed.com for more information.

Santa and Pet Photos The Valley Humane Society’s annual Santa and Pet Photos is for all pets, big and small. Photos will be taken with Santa from 10 a.m. to 2 p.m., Dec. 2-3 at Albon Lane Nursery & Garden Center, 981 Albon Lane, Livermore. No appointment necessary, the fee is $20 for two 4x6 inch photos and two holiday-themed cards to hold them is $30. All pets must be leashed or in carriers. Contact the Valley Humane Society at 832-6906.

Santa at Towne Center Books Have Breakfast with Santa at Towne Center Books, 255 Main St., two different dates: 9 a.m., Thurs., Dec. 7 and Wed., Dec. 13. Breakfast, party favor, photo and time with Santa are included in the price per person. Event is for children ages 3 and older. Call 848-8826.

Sing-It-Yourself Messiah The Valley Concert Chorale is hosting a Sing-It-Yourself Messiah 7:30 p.m. Dec. 12 at the First Presbyterian Church, 4th and L streets, Livermore. Admission is $30. Call 985-3444 or visit www.valleyconcertchoir.org for more information.

Civic Arts, Human Services and Youth Commissions Welcome Applications Application Packets will be available to the public beginning on January 16, 2007.

• Pick-up packets - Department of Parks and Community Services Main Office 200 Old Bernal Avenue, Pleasanton

• Request packets to be mailed by calling (925) 931-5346

• Packets available through the City website: www.ci.pleasanton.ca.us

Pre-Application Meetings You only need to attend one (1) of the following:

Wednesday, December 6, 2006
1:00-3:30 p.m. City of Livermore Council Chambers 3575 Pacific Avenue, Livermore

Or

Tuesday, December 12, 2006
10:00-11:30 p.m. City of Pleasanton Council Chambers 200 Old Bernal Avenue, Pleasanton

Questions? Contact 931-5346 Eileen Hofstadt, Community Services Manager

NOTICE OF PLEASANTON CITY GRANT Nonprofit, community-based organizations providing services

service, youth programs and services, or promoting culture/arts.

please visit the Dean Lesher Regional Center for the Arts, 2000 Del Valle Road, Del Valle, or download it online from www.valleymuseum.com.

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Director, Pleasanton Art League Public Art

Regional’s South Building, 7777 Norris Canyon Rd., San Ramon. Admission is free, but reservations are required. Call (800) 284-2878 or visit www-sanramonrecd.org to make reservations.

its annual fundraiser “Christmas Tree Lane” Dec. 1 and 2. For a complete list of activities and events, visit www.valleychorale.org.

Diablo Ballet Company Nutcracker The Diablo Ballet company is performing “The Nutcracker" Dec. 1; 1 p.m., and 7:30 p.m. Dec. 2 and 2 p.m., Dec. 3 at the Del Val Theatre, 1983 Tice Valley Blvd., Walnut Creek. Tickets are $25 for adults and seniors, and $14 for children 12 or younger. Visit 934-SHOW or visit the Delan Lester Regional Center box office to purchase tickets.

Holiday Party Planning Pure Cider 860 Main St. is hosting a Holiday Window Modeling Party from 5:30 to 8:30 p.m. Dec. 2. The event starts with watching the Hometown Kitty Parade from box seats in front of the store with dinner and dessert. Girls can then model in the display window in any of the store’s themed costumes. The event is for girls ages 6 or older. Admission is $35 and $5 for anyone who brings a friend. Call 485-4380 to make a reservation.

Diabetes_Clinic_Dr. Lynne_Mikelbac_on_Pleasanton's_Developmental_Spectrums_Autism_2006-12-15

Health
Autism Clinic Dr. Lynne Mikelbac on Pleasanton’s Developmental Spectrums’ Autism Clinic opened at 3 p.m. Dec. 1 on the use of hyperbaric oxygen therapy in the treatment of autism and other disorders affecting the brain. The talk will be at The Fountain Church, 4438 Stonedridge Dr. Call 846-6830 or visit www.specrumhyperbarics.com for more information.

Lymphatic Breast Health The World School of Massage and Healthcare International presented its' free public seminar titled “Lymphatic Breast Health: Clothes-On Self-Massage Techniques for Men and Women” from 3:30 to 5 p.m., Dec. 6 at the school, 145 Peters Ave., Ste. A. Learn self-massage techniques to stimulate the lymphatic system and foster overall health. Call 461-2533 for more information.

Medicare Seminar San Ramon Regional Medical Center and Health Insurance Counseling and Advocacy Program (HICAP) present “Medicare 2007: Get Ready for Major Changes and $5 Drug Plans” from 10 to 11:30 a.m. Dec. 5 at the South Conference Room in San Ramon Regional's South Building, 7777 Norris Canyon Rd., San Ramon. Admission is free, but reservations are required. Call (800) 284-2878 or visit www-sanramonrecd.org for more information.

Mondays from 10:00-11:30 a.m.

Garden Center, 981 Alden Lane, Livermore. Tickets for adults and seniors are $10, $14 and $18 for adults and seniors, and $24 for a family of four or more. Donation includes souvenir song books, candy canes, apple cider, coffee and tea. Call 628-5733 or visit www.trunkenrity.com.

Christian Party The Pleasanton Employees’ Assistance, Chapter OTS, is holding a Christmas celebration in place of its regular business meeting from 11 a.m. to 1 p.m. Dec. 7 at Eide Witt’s Holiday Shop, Paris Avenues, Pleasanton. Admission is $5 per person. RSVP by calling Palo Alto, 845-6653 or Jan, 447-9645.

Christmas Story The California Independent Film Festival Association is hosting a special screening of “A Christmas Story” 11 a.m., Thurs., Dec. 14 at the Vine Coffee Company in downtown Livermore. The event includes a Q&A with actors Ian MacMillan and Scott Schwartz from the movie. Unwrapped toys will also be collected for Livermore Children’s Charity from 10 a.m. to 12:30 p.m. Tickets are $10. Call 552-REEF or visit www.reef.com.

Christmas Tree Lane ValleyCare Health System is holding a formal high tea. Tickets are $35 per person. Call 933-6645 for more information.

Holiday in the Vineyards Game Wines will host a hunt and crafts booths with wine- and holiday-themed favors, photo and time with Santa are included in the price per person. Call 846-6830 or visit www-valleymuseum.com.org for more information.

Santas & Elves Meet and Mingle From 8 a.m. to 1 p.m. Dec. 17 at the Dublin Heritage Center, 6600 Donlon Way, Dublin. Learn how to make homemade crafts, listen to music, and drink as they count down to the ball drop in New York City. Cost is $35 and for children who bring a friend get off $5. Call 485-4380 to reserve a space.

Outdoor Ice Rink Downtown Livermore opened its annual outdoor ice skating rink, scheduled to run through Jan. 15, 2007. The rink is open daily from 10 a.m. to 10 p.m., Mon.-Thu. to 11 a.m. Fri.-Sat. and 11 a.m. to 6 p.m. Sun. Cost is $1, including skate rental.

Holiday Parade 2007 The Valley Concert Chorale is hosting a Sing-It-Yourself Messiah 7:30 p.m. Dec. 12 at the First Presbyterian Church, 4th and L streets, Livermore. Admission is $30. Call 985-3444 or visit www.valleyconcertchoir.org to purchase tickets. Group discounts are available.

Joys of the World The Pleasanton Community Concert Band and the 91st Division Army Band are offering Holiday concert. “Joys of the World,” 2 p.m. Dec. 10 at the Amador Theater, 1155 Santa Rita Rd. Admission is free. Call 846-8971 or visit www.pleasantonband.org for more information.

Letters from Santa To have your child receive a personalized letter from Santa Claus, requests must be made no later than Dec. 5. Cost is $5 for Dublin residents, $4 for nonresidents. Pick up an applica-
Teddy Bear Tea Service
The Pleasanton Hotel is hosting a Teddy Bear Tea Service during the month of December. Bring your child to enjoy a festive tea in the holiday decorated Victorian dining rooms. Each child will receive a teddy bear to take home. The teas are Mon. through Sat. from 2 to 3:30 p.m. Cost is $18.95 for adults, $15.95 for children. Reservations required. Call 846-8106.

Toys for Tots
Coldwell Banker Residential Brokerage offices will serve as official collection centers for Toys for Tots from now until Dec. 15. The location in Pleasanton is 5981 Stoneridge Dr., Ste.122. Call 847-2500 for more information.

Valley Chorale Holiday Concert
The Valley Concert Chorale performs its annual Holiday Concert 8 p.m. Dec. 9 at Trinity Lutheran Church, 1225 Hopiday Rd. and 2 p.m. Dec. 10 at First Presbyterian Church, 4th and L streets, Livermore. Tickets are $17 for adults and $14 for seniors 62 and older if purchased in advance; $20 for adults and $17 for seniors at the door. Students 18 and younger are free when accompanied by an adult. Call 866-4003 or e-mail info@valleymusiccenter.org. Visit www.valleymusiccenter.org for more information.

Valley Dance Theatre Nutcracker
Valley Dance Theatre will perform “The Nutcracker” 2 p.m. and 7 p.m. Dec. 16 and 17, and 7 p.m. Dec. 19 at the Livermore High School Theater, 600 Maple St., Livermore. Tickets are $18 for adults, $15 for students and seniors for floor ground reserved seats; $15 for adults and $13 for students and seniors for open balcony seating. Call 243-0927 for information and tickets. Group rates available.

Variety Show and Silent Auction
A musical variety show and silent auction benefiting the Young Actors’ Theatre Camp featuring Pleasanton native and TV’s “American Idol Talent” semi-finalist, Shawn Ryan is 7 p.m., Sat., Dec. 2 at the Dean Lesher Center for the Arts, 1601 Civic Dr., Walnut Creek. For tickets and information, call 943-7469.

Winter Concerts
Amador Valley High School will present two winter concerts at the Amador Valley Concert Hall. 7 p.m. Dec. 4 and 6. Proceeds benefit the music department. Tickets are $15 for adults and $10 for students. For information, go to www.amadorvalleyconcerts.com.

Kids & Teens
Little Red Riding Hood
The Puppet Art Theater Company is performing “Little Red Riding Hood” 2 p.m. Dec. 2 at the Pleasanton Public Library. Tickets are free for children ages 5 and older. Due to the program’s popularity, parents will not be admitted unless space permits. Tickets are available at the children’s desk 30 minutes prior to the show. Call 931-3400, ext. 8 for more information.

Jump Start Your 2007 Fitness Resolution
Join ClubSport in December and receive a special “New Member Package.”

• 2 Complimentary Personal Training Sessions
• On-Line Fitness and Nutrition Tracking
• Gym Bag Starter Kit

Join before 12/24 and receive 30 days free!

Visit us online for a free guest pass www.clubsports.com

(877) 669-6086

Open Heart Kitchen
Open Heart Kitchen provides hot meals to the underprivileged from 4:30 to 6 p.m. every Monday and Wednesday at Ashby United Methodist Church, 4743 East Ave., Livermore; and 4 to 6 p.m. every Thursday at Vineyard Christian Fellowship, 460 N. Livermore St., Livermore. Call Carol, 580-1616.

TVAR Cat and Dog Adoptions
The Tri-Valley Animal Rescue hosts dog and cat adoptions from 9:30 a.m. to 1 p.m., Saturdays at Pleasanton’s Tri-Valley Animal Rescue, 600 Maple St., Livermore. Tickets are free for children ages 5 and older if purchased in advance; $17 for adults and $14 for seniors 62 and older if purchased at the door. Call Carol, 580-1616.

Calendar

Pleasanton Weekly • December 1, 2006 • Pleasanton Weekly
Seniors

Bingo
Play Bingo 12:30 to 3 p.m. on the first, third and fifth Monday monthly and 1 to 3 p.m. every Friday at the Pleasanton Senior Center, 5353 Sunol Blvd. Cost is $1.25 for residents, $1.75 non-residents. Game cards are 50 cents. Call 931-5365.

Emotional Wellness Group
Learn more about depression, anxiety, and how medications and alcohol may affect emotional well-being at 2 p.m. every other Thursday at the Pleasanton Senior Center, 5353 Sunol Blvd. Call Chaitene or Jade, 931-5362.

Friday Night Dance
Join the crowd for Laurelton dancing once a month at the Pleasanton Senior Center, 5353 Sunol Blvd. Advanced tickets are $7 for residents, $8 non-residents, and $9 non-residents at the door. Singles are welcome. Reservations recommended. Call 931-5365.

Internet Access Workstation
The Internet workstation is available 8:30 a.m. to 4:30 p.m., Monday through Friday and 9 a.m. to noon most Saturdays at the Library section of the Pleasanton Senior Center. Cost is $1.25 for residents, $1.75 non-residents. Call 931-5365.

Luncheons
The Dublin Senior Center hosts special themed luncheons on the second Thursday monthly at the Senior Center, 7600 Amador Valley Blvd., Dublin. The luncheon fee is $6.50 plus tax for residents and $7.50 for non-residents and includes special entertainment. Call 556-4511 or visit www.citiedublin.org. Reservations needed by the Friday prior to the luncheon.

Movie Madness
Seniors are invited to watch free movies on the big screen at 1 p.m. on the first and third Mondays monthly at the Senior Center, 5353 Sunol Blvd. Popcorn and refreshments available. Call 931-5365.

Paratransit Service
The paratransit service provides door-to-door bus service to seniors 65 and older, and individuals with disabilities of any age and is available 6 a.m. to 8 p.m., Monday through Friday, and 9 a.m. to 4 p.m., Saturday. Call 992-0276.

Personal Computers Group
Meets 10 a.m. to noon the fourth Thursday monthly at Pleasanton Senior Center, 5353 Sunol Blvd. Cost is $1.25 for residents, $1.75 non-residents. Call 931-5365 or e-mail pleasantonpc@yahoo.com.

Senior Dinner
Open Heart Kitchen provides seniors 60 years and older with an evening meal from 4 to 6 p.m., Monday through Friday at Ridge View Commons, 4200 Octavia Ave. Suggested donation is $3. Call 484-5131 for reservations.

Senior Lunch
Spectrum Community Services provides seniors 60 years and older with a noon meal at the Pleasanton Senior Center, 5353 Sunol Blvd. Suggested donation is $3.25. Call 931-5385 for reservations.

V.I.P. Senior Club
The Pleasanton V.I.P. Senior Club meets the second and fourth Mondays monthly from 11 a.m. to 1:30 p.m. at the Senior Center, 5353 Sunol Blvd. The second Mondays are business meetings and the fourth-Mondays are social meetings. Snappy Cafe serves lunch at noon with a $3.25 donation. Reservations for lunch must be made by the Thursday before each meeting by calling 931-5385 or call Veta, 545-2962.

Spiritual

Compassionate Christian
Compassionate Christian is a confidential self-help group for Christians, using theology and love for the Lord to guide individuals through struggles. The group meets every Thursday from 7 to 8:30 p.m. Space is limited. Call Kathy for reservations, 462-2777 or e-mail ChristianKindness@bsgblobal.net.

Faith Chapel Assembly of God
Sunday school for all ages begins at 9:30 a.m., worship at 10:30 a.m. and Children’s Church Program (ages 3-12) at 11:15 a.m. Singles & Young Married Home Bible Study meets at 7:30 p.m. Mondays. Women’s Bible Study meets at 10 a.m., Wednesday evening programs; Choir Practice, Boys and Girls Mission Crusade Club (grades K-5th grade) 7 p.m. Call the church office, 846-8650 for information on any ministry.

Moms in Touch
Become a part of the worldwide community of mothers praying for their children and their schools. Call Mary, 484-4348 or visit www.momsintouch.org.

The Importance of True Fellowship
Compassionate Christian is hosting an eight-week series for Christians called “The Importance of True Fellowship.” The group will cover the biblical blueprint for relationships to flourish and creating a safe environment for true fellowship. Space is limited. Call Kathy for reservations, 462-2777 or e-mail ChristianKindness@bsgblocal.net.

Tri-Valley Unity Church
Tri-Valley Unity Church meets at 10 a.m. every Sunday at the Radisson Hotel, 6680 Regional St., Dublin. Worship service and children’s school of Pleasanton meets at 7:30 p.m., the second and fourth Thursdays monthly, and is for anyone of any faith at St. Elizabeth Seton Church, 4001 Stoneridge Drive, Call Mary, 846-5377.

Bipolar Support Group
The Tri-Valley Bipolar Support Group, which provides peer support for people with mood disorders, meets 7:15 to 8:45 p.m. every Wednesday at St. Clare’s Episcopal Church, 3353 Hopyard Road, Call 560-0842, e-mail tv trilogy bipolar@hotmail.com, or visit www.namitvalley.org.

TV30
Let’s Talk Sports
This week on “Let’s Talk Sports,” Dr. B boxes with Andre Ward, Olympic gold medalist and undefeated pro at Kings Gym. Show airs on channel 30. Visit www.tv30.org for updated show times.

Mayors’ Report
The four Tri-Valley mayors discuss issues facing the Valley at 10 a.m. and 5 p.m., Dec. 2 and 3 on channel 30.

Past Lives, Dreams, Soul Travel
Eckankar, a nonprofit organization and church based in Minnesota, is hosting a show on TV 26 every Friday at 4 p.m. titled, “Past Lives, Dreams, Soul Travel.” Visit www.eckankar.org for more information.

Sports

Pleasanton Lacrosse Club Spring Registration
Pleasanton Lacrosse Club’s spring 2007 season registration is now open. Programs are available for girls and boys entering grades 3-8. The season runs from February through mid May. Register early, as spots are limited and additional fees for late registration will apply. Call 988-5550 or visit www.pleasantonlacrosse.com.

Sea Devils
The Tri-Valley Sea Devils team is looking for year-round swimmers. Call Hope, 849-8495.

Women Golfers Needed
The Tuesday Morning Calippe Niners, a women’s golf club, is looking for new members. Call Sandi Snyder, 462-0288 if interested.

Support Groups
Bereavement Support Group
This group of the Catholic Community of Pleasanton meets at 7:30 p.m., the second and fourth Thursdays monthly, and is for anyone of any faith at St. Elizabeth Seton Church, 4001 Stoneridge Drive, Call Mary, 846-5377.
2958 LIBERTY DR $645,000
Pristine home w/ prime location & many upgrades including laminate wood floors, designer paint, new roof, no popcorn ceilings, cust. Window cov, carpet, fireplace w/ mantel! Quaint yard w/ deck! Lovley private setting across fr stunning views & in impeccable condition. End unit at back of complex. Updated kitchen, neutral decor, pleasant patio--convenient location for commuting & near Trader Joe's. 463-9500

5230 Crestline Way
$899,000
MOTIVATED Sellers and what a home! Remodeled to perfection! Sparkling kitchen w/ granite tops, stainless appliances pantry & garden window, rich cherry wood floors, dual panes, crown molding, baseboards, distinctive lighting, huge back yard w/ a great patio & shade trees + workshop/playhouse. Lovely, private back patio! 463-9500

3737 MARLBORO WAY $398,000
Perfectly located single story (nobody above you) in impeccable condition. End unit at back of complex. Updated kitchen, neutral decor, pleasant patio--convenient location for commuting & near Trader Joe's. 463-9500

2193 Canosa Court
$2,975,000
Custom Home at Ruby Hill. At the End of a Cul-de-Sac. Backing Open Space. The “Great Room” Style includes the Kitchen, Nook, Family Room and Wet Bar. 417-2250

3576 Florian St $749,000
Best looking listing in this price range! Wood flooring in entry, bath, & kitchen! Huge master suite withing area * dual pane windows w/ 2 inch white blinds* 463-9500

5219 SAN VICENTE LOOP $719,000
Kitchen has granite countertops, maple cabinets and opens up to the family room. Entertainment center, marble and tile floors and private backyard. 463-9500

5110 Peony Drive $530,000
Back to open space! Stunning oversized back yard! Veranda off master bedroom with views of hills! NO REAR NEIGHBORS! Huge Living room** 463-9500

FINE HOMES
3182 Bay Meadows Court $1,845,000
Livermore - The big wrap around porch invites you into this warm & lovely home. The floor-plan feels like a custom design with the hardwood floors, granite, stone, & tile. Features include an office, au-pair or in-law suite in main home, an entertainment center, game room, plus a 700sqft room above the garage with a 5th bath! 417-2250

Two Pleasanton locations to serve you...
Hopyard Office (925) 463-9500
6111 Johnson Ct., Ste. 110
Ruby Hill (925) 417-2250
101 East Vineyard Ave, Ste. 103

www.prurealty.com for all our listings