Seniors Living Well

Staying active with wellness walks, writing workshops, mindful eating

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23 | SPORTS Local team narrowly misses World Series berth
Stanford Health Care and ValleyCare have partnered. Now, shared expertise and collaboration puts the best patient-centered care, right here in our community. You and your family will have access to specialists in every field and advanced treatments and technology. It’s a partnership that underscores our commitment to giving patients the best care available, close to home.

Stanford Heath Care – ValleyCare is proud to serve the Tri-Valley.

Discover more at Stanfordhealthcare.org/ValleyCare
My thanks to the Pleasanton branch of The Church of Jesus Christ of Latter-day Saints for the Pioneer Heritage Community Award its members bestowed on me two weeks ago at a presentation at the Alameda County Fairgrounds. The award, presented to individuals who have been instrumental in preserving the heritage of the Pleasanton/Dublin area, was “for extraordinary commitment to reporting and publishing local news and events.”

In handing me the beautifully framed award, Jeremy McFadden, president of the five LDS wards in Pleasanton and Dublin, told the 400-plus church members at the fairgrounds picnic that I was selected because of my “many years of service in helping to preserve and publicize so many activities regarding the heritage of the Valley.”

Although I’m not a Mormon, many of my friends and some family members are, and for years I’ve had close-working relationships with Pleasanton, Dublin and Livermore LDS members at PTA, club sports, school and band booster club events. I’ve joined LDS church members regularly helping at Open Heart Kitchen, the American Cancer Society Discovery Store, the Red Cross blood bank, the Special Olympics, Relay for Life and Pleasanton Military Families Packouts.

Many Pleasanton Stake members are in leadership positions. Bruce Bird, a church leader, is on the board of Open Heart Kitchen, the American Cancer Society Discovery Store, the Red Cross blood bank, the Special Olympics, Relay for Life and Pleasanton Military Families Packouts.

Many Pleasanton Stake members are in leadership positions. Bruce Bird, a church leader, is on the board of Open Heart Kitchen as well as president of the Alameda County Voluntary Organizations Active in Disaster. For the past two years, the church has provided $2,000 a month of food and supplies to this organization from its local “Bishop’s Storehouse.”

The local Special Olympics, which encourages hundreds of handicapped to enjoy a day of fun and athletics at Amador Valley High School, is headed by Ken Mano, director of public relations for the Pleasanton Stake and the Pleasanton Weekly’s “Man of the Year” for 2014. Greg Clark, formerly tight end of the San Francisco 49ers and a member of the Pleasanton 3rd Ward of the church, has represented the 49ers Foundation at the event for the past four years. Ken and his wife, Carolyn, also served on last month’s Relay for Life Leadership Committee.

Each year, an interfaith group headed by St. Raymond’s Catholic Church in Dublin provides Thanksgiving Dinner for the needy, with LDS members providing 100 volunteers last year to set up, decorate, cook and serve dinner. The Pleasanton Stake also joined with the Catholic Community of Pleasanton and the Red Cross last month in conducting the annual interfaith blood drive in the Bay Area, and then with Chuck Deckert, chairman of Cropwalk, to raise funds for the hungry throughout the world.

The stake’s Relief Society, a ladies auxiliary, works closely with Lynnewood United Methodist Church on its “Bundles of Joy” project, providing diapers, baby blankets and other baby supplies for needy mothers. Recently, the 4th Ward auxiliary made dresses that were taken to South Africa and distributed to the needy.

The East Bay Stand Down, a four-day event for homeless, needy and displaced veterans, is another Pleasanton LDS favorite where I work alongside scores of Mormon volunteers to cook, serve and clean up at the fairgrounds.

Together at many of these events, I’ve enjoyed the fellowship and lifestyle commitment. It’s this friendship that makes me proud to have earned the Pioneer Heritage Community Award for 2015.

About the Cover
World Walk to Wellness in Pleasanton has walks in public parks every Saturday morning, and its walkers are welcoming to newcomers. Photo by Michelle Suski. Cover design by Kristin Brown.

Vol. XVI, Number 27
PAMELA ROSE PRESENTS
Wild Women of Song

A SWINGING, SOULFUL CELEBRATION OF THE WOMEN OF EARLY JAZZ & BLUES!

With Tammy Hall, Ruth Davies, Kent Bryson, Jeff Massanari & Kristen Strom

SUNDAY AUGUST 9 at 2:00pm
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When you are out and about in Pleasanton and hear people speaking in a foreign language, are you more curious to know what they’re talking about than if they were speaking in English?

Claire Heppner
Special ed teacher
Oh, absolutely. Definitely, yes. I’m always curious to know what people around me are talking about, and especially so if they are speaking in a different language because I have a love for languages and hearing the sounds of foreign languages being spoken in their native tongue.

Scott Dunlop
Technician
No, actually. I find it kind of annoying because I can’t help but wonder whether they are saying something negative about me. I find it almost as annoying as when someone around me is speaking loudly on their cellphone, and I hear only their side of the conversation — but my mind can’t help but try to fill in what the person on the other end of the line is saying. It’s very distracting.

Bobbie Stetson
Assistant project manager
Oh, yes, always. My curiosity might date back to my youth, when I lived in Oakland, where people spoke many different languages. I always wanted to know where these people were from, what brought them here, and whether they were tourists or people who had recently moved to the area. And since foreign languages just sound exotic, this increases my desire to know what’s being said.

Charlie Stearns
Sales consultant
Absolutely. I hate to be in the dark about anything that is going on right around me. I went to high school with lots of Croatian kids and made it my business to learn enough of their language, especially certain key words, so I’d always know what they were talking about.

Justine Wolf
Cashier/stocker
I’m always curious to know what people are talking about when they are speaking in a different language because it is just so cool and completely different-sounding to me than English.

—Compiled by Nancy, Jenny and Katie Lyness

Have a Streetwise question? Email editor@PleasantonWeekly.com
Pleasanton-based Thoratec Corp. acquired by Minnesota medical firm

St. Jude Medical paying $3.4 billion for leader of heart-assist devices

By Jim Bing

St. Jude Medical Inc. is set to acquire Pleasanton-based Thoratec Corp., the maker of HeartMate, in a transaction valued at approximately $3.4 billion, or $63.50 per share.

The boards of directors of both companies have unanimously approved a definitive agreement under which St. Jude Medical will acquire all of the outstanding shares of Thoratec in an all-cash transaction. It represents a premium of 18 percent to Thoratec’s trading price of $45.34 for the 30 trading day period ending July 17.

The transaction is expected to be completed in this year’s fourth quarter.

Thoratec is a leader in mechanico-circulatory support technology for the treatment of advanced heart failure, which includes ventricular assist devices that are used for both chronic and acute patient support. The combination of complementary product lines of St. Jude Medical and Thoratec is seen as offering the opportunity to integrate products for the management and treatment of heart failure.

“Thoratec’s strong core business and rich portfolio of new product-complement St. Jude Medical’s innovation-based growth strategy and will benefit patients, customers, employees and shareholders of both companies,” said Daniel J. Starks, chairman, president and CEO of St. Jude Medical.

“The addition of Thoratec’s leading ventricular assist device portfolio expands and enhances St. Jude Medical’s established presence in this critical and growing market,” Starks added. “We look forward to welcoming Thoratec employees to our company at such an exciting time in our history.”

Thoratec employees to our company at such an exciting time in our history.”

Defend drought

The Dublin San Ramon Services District (DSRSD) is co-hosting a “Defeat the Drought Water Expo” tomorrow from 9 a.m. to noon at the Dublin Public Safety Complex on Clark Avenue.

U.S. Rep. Eric Swalwell (D-Dublin), whose district includes Pleasanton, will be on-hand to meet with community members.

Expo discussion topics will include free water-saving devices, rebate information and learning to transform thirsty lawns into water-efficient gardens. Attendees can also suggest 5-minute songs for KKIQ to play during its “Power Shower Hour” weekdays 6-7 a.m.

Pleasanton, Dublin and San Ramon residents can also sign up and receive training on how to use the DSRSD recycled water fill stations. The Dublin fill station, located at the complex, will have one-time-only Saturday hours during the event.

National Night Out

Pleasanton police officers will head into the community and visit block parties by members of local neighborhood watch groups Tuesday as part of the annual National Night Out.

The crime- and drug-prevention event, sponsored by the National Association of Town Watch, aims to increase crime awareness, generate more support for neighborhood watch programs and other anti-crime efforts and strengthen police-community relations.

Pleasanton police have participated in the event for 12 years. Residents who want an officer to stop by their festivities should fill out an application, which is due today. For more info, visit www.pleasantonpd.org.

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Experts urge residents to take steps to protect homes during fire season

Brush fires common but protection is simple, they say

BY MEREDITH BAUER

Wildfire season is in full force, with triple-digit temperatures drying out vulnerable wild grass and home landscaping.

At least three brush fires threatened homes in Pleasanton and Sunol this month, in addition to a 250-acre vegetation fire that broke out Tuesday at Camp Farlos Reserve Forces Training Area in Dublin.

Years of drought have left Pleasanton’s hills and valleys dry and crispy. This week alone, low humidity and dry winds are even making conditions slightly worse, National Weather Service meteorologist Larry Smith said.

All that means one thing: A recipe for fire.

In 2014, Livermore-Pleasanton firefighters responded to 88 brush fires through November, and as of July, firefighters have responded to 75 fires this year.

“The data indicates that we are on a trend for significantly more incidents this year than last,” said Joe Testa, acting deputy chief of operations.

City water restrictions mean Pleasanton residents can only water their landscaping twice a week, so dousing the lawn with water isn’t an option.

Tri-Valley municipal organizations have made moves to help reduce the area’s risk. The Dublin San Ramon Services District is offering free recycled water to Pleasanton, Dublin and San Ramon residents for watering lawns, and the Pleasanton City Council recently banned smoking in public parks — partially due to the fire risk.

But homeowners don’t have to sit around and hope for the best. They can take action now to protect their homes before a fire starts, said Thomas Welle, senior project manager at the National Fire Prevention Association, which creates fire safety building standards for municipal governments.

“Unfortunately, people don’t really start taking steps,” he said, “until there is smoke in the air.”

“There will be one of the July fires occurred, regular uses weed whackers and lawn mowers to keep wild grass short,” said homeowner association president Douglas Basch.

“It gets it down and gets rid of the fuel source,” he said. “There’s basically nothing to burn.”

Fire officials noted efforts in the area to keep grass short prevented that fire from spreading to residents’ backyards and houses. Most of the suggestions are as simple as keeping grass short and your property clean, Welle said.

He said to remove all dry vegetation such as dead leaves from gutters, under porches and on lawns. Taking the time to rake dead leaves eliminates kindling that could spread a fire to the home.

“It’s usually not a wall of fire that’s going to burn your house down,” he said.

More often, it’s the steady fall of burning embers that ignite a home, he added. Often, embers catch debris or flammable material around a home catch on fire, which spreads the blaze to a home.

All flammable material, including leaves, should be removed or cleared away at least 30 feet from homes, Welle said. Wood piles, cars outside garages and wooden deck furniture should be moved. Even cushions on deck chairs could cause a problem.

Fences should be inspected to make sure they’re safe for fire season. If a home is surrounded by a wooden fence, homeowners should make sure it doesn’t touch the house. If it does, Welle recommends removing a small section of the fence where it touches the house and replacing that area with non-flammable fencing, such as metal.

Vegetation near a home should be cut strategically, and plants should be kept at least five feet away from a home. Bushes, for example, should be spread out in clumps, not rows. Succulents and other drought-resistant landscaping are ideal, but even they will burn if dry enough, he said.

Wood mulch shouldn’t be used within five feet of a home, he said. Even if they don’t have an expert check out the situation, he emphasized that residents should educate themselves about wildfire risks.

“The earlier they can do that, the better,” he said.

More information about protecting a home from brush fires can be found at www.firewise.org and www.readyforwildfire.org.

SAP relocating regional office from visible corner in Dublin to San Ramon

Move to Bishop Ranch business park to begin in 2017

BY PLEASANTON WEEKLY STAFF

Software company SAP, which occupies a highly visible building at Hacienda Drive and Dublin Boulevard, is set to relocate its regional office from Dublin to San Ramon in 2017 after agreeing to lease 175,000 square feet of office space in Bishop Ranch’s 2600 building.

Sunset Development Co., owner and operator of Bishop Ranch, announced the new lease last week.

Financial terms of the deal were not disclosed.

“SAP is excited about the new strategy, a compelling offering of shared workspace, to the new offices outfitted for an open and collaborative workspace, according to Bishop Ranch reps.”

SAP, an enterprise application software development company, has held its offices at 1 Sybase Drive in Dublin since 2012 following its merger with Sybase in 2010. The company now plans to establish its regional center in Bishop Ranch, joining other high-name companies such as AT&T, 24 Hour Fitness and FedEx.

“SAP is excited about the new approach to employee amenities and the growing list of tenants here at Bishop Ranch. The willingness of their team to work with us was as well as their forward thinking approach to employee amenities and a sustainable community were key in our decision to relocate,” said Dwan Christensen, SAP’s director of workplace strategies.

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“We’re thrilled to welcome a prestigious company like SAP to the growing list of tenants here at Bishop Ranch,” said Alex Mehran Jr., president and CEO of Sunset Development.

“Our strategy has been to create a compelling offering of shared workspace, said Mehran, adding.

SAP’s transition into 2600 is set to begin at the start of 2017 with more than 450 employees relocating to the new offices outfitted for an open and collaborative workspace, according to Bishop Ranch reps.

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$48,000 and counting for cancer fight

Cancer survivors walk the first lap to kick off the Relay for Life at Pleasanton Middle School earlier this month. The 24-hour fundraising event brought out 14 teams, 124 fundraising participants and 69 individual walkers to join the fight against cancer and raise money for research and patient resources. Relay participants raised $48,415.03 and counting, as of press time. Donations can still be made online at www.relayforlife.org/pleasontonca through Aug. 31 or by mail to the local American Cancer Society office at 2185 N. California Blvd. Suite 290 in Walnut Creek.

POOCH Continued from Page 5

sponsored by ClubSport Pleasanton. While there, adults 21 years of age and older can enjoy a variety of the specials to be posted at the downtown association. More information is available by calling 484-2199 or visiting www.pleasantondowntown.net.

Jeb Bing
Zone 7 conducting rate study

Analysis to determine what water will cost

The Zone 7 Water Agency is undertaking a rate study to determine whether the agency’s current water rates are financially sustainable.

The water board decided to contract with Raitelis Financial Consultants to conduct the study, which is not expected to exceed $100,000, according to the agency. Preliminary results of the study will be discussed at a special board meeting Aug. 26.

The ongoing drought has affected the agency’s revenues and reserves, and such a study will review the agency’s finances, including its budgets, the funding needed to put the agency’s capital improvement and asset management plans into effect, findings from the water supply evaluation and recent audits, Zone 7 officials said.

The study will also analyze the cost of service and will propose a three-year wholesale water rate, which will go before the water board this fall. It will also propose a drought wholesale rate that can be incorporated into the forthcoming urban water management plan, which will be adopted by the board in the spring.

Zone 7 Water Agency provides water resources and flood control to the Livermore-Amador Valley, as well as selling treated water to Pleasanton, Livermore, Dublin and a part of San Ramon.

BY ROBERT ROSAS

Special PLEASANTON WEEKLY Reader Offer

Breakthrough Relief for Back Pain and Sciatica

If you suffer from low back pain, according to National Institute of Health, you are among four out of five Americans who will suffer from disabling back pain during their lifetimes.

Shooting stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerves often called “sciatica”.

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the top of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% some back surgeons recommending their patients try this treatment first before having surgery.

In Pleasanton, you can try Non-Surgical Re-Constructive Spinal Care at Intero Chiropractic – the office of low back pain and sciatica relief expert Dr. Jerry Hsieh, DC.

Dr. Hsieh and his team have helped numerous patients find relief from their agonizing back pain and sciatica.

According to Dr. Hsieh, “We use a combination of ultra-advanced technology, not found elsewhere in the Tri-Valley Area, for precisely diagnosing the cause of your low back pain and sciatica; and a unique program for reconstructing the damaged area causing the pain; this means superior long-term results for most patients!”

Because the treatment is non-surgical, safe and easy, many patients report an almost immediate relief from their pain.

Your invitation for a comprehensive consultation and evaluation is the cause of your low back pain and sciatica...

Pleasanton Weekly has teamed up with the spine therapy specialists at Intero Chiropractic, to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic evaluation with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call (925)255-5805.

Mention this article (CODE: BOS375CIDS) and Dr. Jerry Hsieh will happily reduce his usual consultation fee of $100 to just $20. But hurry, due to obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

My advice, don’t suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Dr. Jerry Hsieh and his team now by calling (925)255-5805, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That’s why hundreds of grateful patients tell them “You gave me back my life!”

Over the years, they’ve treated hundreds of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who’ve suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough evaluation to pinpoint the cause of your problem for just $20, the normal cost of such an exam is $100 so you will save $80! Don’t suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now at (925)255-5805 and cut out or tear off this valuable article now and take it to your appointment. You’ll be entitled to a comprehensive evaluation to diagnose the cause of your problem – and you’ll be on your way to safe, lasting relief! Don’t delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don’t pick up right away, please leave a message.
Amador grad sworn in as newest Pleasanton police officer

Brian Johnston took oath July 22

The Pleasanton Police Department welcomed a Pleasanton native as its newest officer this month.

Officer Brian Johnston, who was born and raised in Pleasanton, was sworn in July 22. He will be assigned as a patrol officer after a 16-week field training program, according to the department.

Johnston graduated from the Alameda County Sheriff's Office academy on July 15.

He graduated from Amador Valley High and earned a bachelor’s in criminology at Fresno State. He told the department he became interested in law enforcement as a child when officers visited his school as part of the DARE program.

He hopes to give back to the community and to inspire Pleasanton’s youth, the department said in a statement.

—Meredith Bauer

THORATEC

Continued from Page 5

bined organization will offer physicians and their patients innovative solutions across the heart failure care continuum. "Thoratec is pleased to join St. Jude Medical as we create a company that’s uniquely positioned to advance treatment options for patients living with heart failure,” said D. Keith Grossman, Thoratec’s president and CEO. “By combining the capabilities and leading technologies of both companies, we will be able to expand access, reduce costs and advance heart failure therapies on a global basis.”

He added: “Our employees and customers have worked together tirelessly over many years to create the market leader Thoratec has become. It is gratifying to see the creation of a combined product platform and capability with St. Jude Medical that will fulfill the promise of our products to many, many more patients in the years to come.”

St. Jude Medical’s strength in heart failure solutions is based on its portfolio of innovative solutions that are proven to improve outcomes and reduce costs, including its Quadrupolar CRT-D and CRT-P technologies, MultiPoint Pacing CRT technology, remote monitoring capabilities and the CardioMEMS HF System.

Thoratec adds HeartMate II, a widely used and extensively studied left ventricular assist device, as well as the next generation HeartMate 3 and HeartMate PHP and other complementary products to St. Jude Medical’s portfolio.

Thoratec is the global leader in the VAD market, which is currently estimated to be approximately $750 million, and recently announced CE Mark approval of its percutaneous heart pump, allowing Thoratec to enter a global market expected to exceed $300 million in 2016. This acquisition positions St. Jude Medical to enter new markets totaling more than $1 billion that are expected to grow approximately 10% annually, benefiting St. Jude Medical’s sales growth profile beginning in 2016.

Both companies have strong relationships with heart failure physicians and cardiac surgeons. St. Jude Medical’s interventional cardiology relationships will be an important benefit to commercialize Thoratec’s new percutaneous heart pump, HeartMate PHP used in high risk percutaneous coronary intervention procedures, officials said.

In addition, analysts believe St. Jude Medical’s global presence can benefit to commercialize Thoratec’s international growth as only approximately 20% of Thoratec’s sales currently come from outside of the U.S.

Under the terms of the merger agreement, Thoratec shareholders will receive $63.50 in cash, without interest, for each share of Thoratec common stock they own. The transaction is conditioned upon, among other things, Thoratec shareholder approval, regulatory approvals and other customary closing conditions.

The transaction is not conditioned on financing. St. Jude Medical intends to fund the transaction through proceeds from additional bank term loan debt and senior unsecured notes.

The merger agreement includes a "go-shop" period, during which Thoratec will actively solicit alternative proposals from third parties for the next 30 days continuing through Aug. 20.

The merger agreement provides for Thoratec to pay a termination fee of approximately $30 million to St. Jude Medical if Thoratec terminates the merger agreement in connection with a superior proposal that arose during the go-shop period and a termination fee of approximately $111 million if Thoratec terminates the merger agreement in connection with a superior proposal that arose following the go-shop period.

St. Jude Medical is headquartered in St. Paul, Minn. Thoratec’s headquarters are at 6035 Stoneridge Dr. in Pleasanton.
Change is a beautiful thing.

When it’s time for a change in your home decor, bring your unwanted items to us. We’ll preview and price your items to sell quickly, generating room in your home and cash in your pocket. And you might just find that perfect treasure in our HUGE ever-changing showroom!

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www.thehomeconsignmentcenter.com
Virus-positive mosquitoes found in Fremont

BY JEB BING

The Alameda County Mosquito Abatement District has received confirmation from the state of two West Nile virus positive groups of mosquitoes found July 22 in the northern part of Fremont.

There have been five West Nile virus positive birds found in Fremont so far this year.

The county’s Abatement District is increasing its surveillance and larval control efforts throughout this area with virus detections as part of its effort to locate areas of standing water where mosquitoes may breed. These include catch basins, storm drain systems and swimming pools. Neglected swimming pools continue to be a mosquito breeding issue in the county.

West Nile virus is transmitted to people and animals through the bite of an infected mosquito. There is no cure for the infection.

For information about mosquitoes and West Nile virus visit www.mosquitoes.org.

Family just moved?

Here’s how to get info on enrolling your child in PUSD classes, special programs

BY MEREDITH BAUER

If you’ve recently moved to Pleasanton — or if you’re a parent of a public school child — you may be wondering how to enroll your student in school or special programs while schools are closed.

Fear not, parents. Even though Pleasanton Unified elementary, middle and high schools are closed during July, parents can still enroll new students by contacting the district directly.

To enroll a new student, parents or guardians can call Claudia See, executive secretary of student services, at 426-4290.

As for placement into specific courses or special programs, parents should contact their children’s individual schools, spokeswoman Nicole Steward said.

Staff at PUSD high schools will return next Monday, and elementary and middle school staff will return the second week of August.

Steward said decisions regarding math and honors placements are already being made based on assessments and information from the previous school year.

For more information, parents can contact the main district office at 462-5500.

Transforming the Memory Care Experience

Appreciate the present. Anticipate the future. Respect all the wonderful memories. With our renowned Dawn of a New Day memory care program, designed by Dr. Teri Tift, our focus is to:

• Make connections with and among residents by sharing experiences
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• Partner with families; provide support and regular communication
• Coordinate intergenerational connections
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According to a recent survey, 95% of residents and families would recommend The Parkview.
Defendant in Steinle killing faces new weapons charge

Prosecutors on Tuesday added a new weapons charge against a Mexican national accused of killing Pleasanton native Kate Steinle at San Francisco Pier 14 earlier this month in a case that has brought national interest to the city’s immigration policies.

Juan Francisco Lopez-Sanchez was in court before San Francisco Superior Court Judge Brendan Conroy on Tuesday morning and pleaded not guilty to being a felon in possession of a weapon, in addition to the prior charge of murder with malice aforethought.

Lopez-Sanchez is accused of fatally shooting Steinle, a 32-year-old San Francisco resident and Amador Valley High grad, on July 1 on Pier 14.

Maureen Gonzalez, chief attorney of the San Francisco Public Defender’s Office, is representing Lopez-Sanchez and maintains that the shooting was accidental. He said witnesses of the shooting will soon have an opportunity to testify.

A two-day preliminary hearing in the case is set for Aug. 25.

While immigration officials have said Lopez-Sanchez has been deported from the U.S. five times and has a criminal history with seven prior felonies, including four involving narcotics, Gonzalez said Tuesday that his client doesn’t have a history of violence.

Gonzalez said that Lopez-Sanchez, who hails from Guanajuato, Mexico, is trying to take responsibility for what happened, but is nonetheless not guilty of murder with malice aforethought.

In other police news:
• A Pleasanton police officer found two stolen cars within minutes while on patrol in the late hours of July 24.
• Officer Anthony Ptitl was driving along Rose Avenue around 11:30 p.m. when a search through his patrol car’s computer revealed a nearby parked car was reported stolen, according to the department.
• The car had been stolen when it was parked near the Dublin/Pleasanton BART station on July 23, according to police, who said the owner was contacted and the car towed.
• A few minutes later, Ptitl’s computer indicated another car parked on Rose Avenue had been reported stolen, according to police.
• That car had been taken from Livermore on July 24, authorities said. The owner couldn’t be reached, and the car towed.
• A Dublin resident was arrested on suspicion of driving while drunk in Pleasanton just before midnight on July 23 after she allegedly crashed into a truck, causing another driver to get a concussion.

Meaghan Roderick, 26, was driving north on Santa Rita Road when she allegedly rear-ended a Dodge Ram at a red light at the intersection of West Las Positas Boulevard, according to a police report. Police determined she had been driving under the influence of alcohol.

The driver of the truck, a 24-year-old Castro Valley man, refused medical attention at the scene of the crash, but he went to Stanford Health Care-ValleyCare soon after and discovered he had a concussion, police said.

Under the law, those arrested are considered innocent until convicted.

Meredith Bauer
Editor’s note: Information from Bay City News was used in this report.

POLICE REPORT

The Pleasanton Police Department made the following information available.

July 19

Theft from auto
■ 8:45 a.m. in the 7100 block of Johnson Drive
■ 8:49 a.m. in the 2100 block of Corte Ricardos
■ 9:14 a.m. in the 7100 block of Johnson Drive
■ 9:15 a.m. in the 7100 block of Johnson Drive
■ 9:15 a.m. in the 7100 block of Johnson Drive

Auto theft
■ 1:47 p.m. in the 3100 block of Santa Rita Road

Shoplifting
■ 1:43 p.m. in the 3100 block of Santa Rita Road

July 20

Graffiti
■ 7:09 a.m. at Main Street and Del Valle Parkway
■ 7:10 a.m. at Bernal Avenue and Nevada Court
■ 9:34 a.m. in the 4900 block of Valley Avenue

Vehicle tampering
■ 8:05 a.m. in the 5900 block of Stonedale Drive

Lost property
■ 9:34 a.m. in the 4800 block of Pinoleo Drive

July 21

Fraud
■ 1:21 p.m. in the 4800 block of Golden Road
■ 6:57 p.m. in the 1900 block of Armondo Court

Auto theft recovery
■ 6:06 p.m. in the 3000 block of Bernal Avenue

Auto theft
■ 8:30 a.m. in the 2100 block of Goldcrest Circle
■ 10:21 a.m. in the 4300 block of Duval Avenue

Missing person report
■ 10:40 a.m. on Anoka Road

Stolen property
■ 11:44 a.m. in the 300 block of Main Street

Theft
■ 2:30 p.m., 4500 block of Pleasant Avenue; bike theft
■ 2:47 p.m., 3700 block of Stanly Road; theft from auto
■ 4:18 p.m., 6500 block of Starcon Court; theft from auto
■ 6:52 p.m., 4200 block of Rosewood Drive; shoplifting

Fraud
■ 8:44 p.m. in the 7300 block of Stonedale Drive

July 22

Drug violation
■ 9:31 a.m. in the 4300 block of Foothill Road

Theft
■ 11:24 a.m., 5100 block of Hopyard Road; other theft
■ 11:51 a.m., 3700 block of Stanley Boulevard; auto theft
■ 2:47 p.m., 4900 block of Owens Drive; bike theft
■ 5:10 p.m., 4000 block of Fairlands Drive; other theft
■ 5:58 p.m., 2300 block of Stonedig Mall Road; shoplifting
■ 6:51 p.m., 4400 block of Owens Drive; bike theft

Embezzlement
■ 6:51 p.m. in the 4500 block of Rosewood Drive

July 23

Theft
■ 1:04 a.m., 5300 block of West Las Positas Boulevard; theft from auto
■ 9:06 a.m., Plymouth Avenue; theft from structure
■ 12:02 p.m., 3700 block of Stanley Boulevard; theft from auto
■ 2:53 p.m., Stonedig Mall; shoplifting

July 24

Theft
■ 8:50 a.m., 3800 block of Vine Street; theft from structure
■ 9:15 a.m., 2400 block of Stonedig Mall Drive; other theft
■ 10:02 a.m., 5100 block of Golden Road; theft from auto
■ 10:06 a.m., 1200 block of Harvest Road; theft from auto
■ 1:48 p.m., 1000 block of Zinfanl Drive; theft from structure
■ 3:27 p.m., 3700 block of Stanley Boulevard; theft from structure

Discover the amazing secrets of a Mediterranean chef! Join us in a joyous celebration of Mediterranean fusion in downtown Pleasanton. We’ve paired culinary excellence with the best service in town to create the ultimate dining experience. Highlighted by fresh local ingredients and seasonal tastes, our menu boasts an exquisite selection of regional favorites from the Middle East, North Africa, and Southern Europe. Featuring exotic meat entrees, vegetarian/vegan favorites, celiac and special diet needs, and an 85% gluten-free menu.

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www.casbahmexotic.com
Water conservation gains as work begins on recycling system

As the California drought enters its fourth year with no end in sight, it’s encouraging to note that Pleasanton residents and businesses are doing their part in cutting back on usage. A comparison between 2013, the base measurement year, and today shows we have realized a 37.1% reduction in potable water consumption year-to-date as of July 21.

The news is also good statewide, where drinking-water reductions through May averaged 28.9% over 2013. For the state as a whole, these are the highest reduction numbers seen since the drought started and restrictions have been in place.

In Pleasanton, we’ve cut consumption by 1.2 billion gallons of drinking water so far this year compared to 2013. Consumption was down by 48% in June over the same month two years ago and, as of July 21, down 47% in July. Those percentages and figures are almost double where we were as a city last year.

Although the heavy rains that hit Southern California in mid-July bypassed our part of the state, they helped overall by reducing the draw-down of water inventory from shared mountain reservoirs.

Efforts to curb water use range from restaurants, where patrons are no longer served water unless they ask for it, to decorative public fountains, where potable water can no longer be used. Car washing is now only permitted at commercial car wash facilities that recycle all or part of the water. Livermore and Dublin Toyota dealers have joined in a Northern California dealers campaign to encourage their customers to opt out of complimentary car washes that typically come with service appointments.

Pleasanton streets are filled with pickup trucks carrying recycled water containers home from the Dublin San Ramon Services District (DSRSD) recycling centers.

The centers on Johnson Drive and at Clark Street and Dublin Boulevard have dispensed 9 million gallons so far this year, and 12 million gallons since the program began in June 2014.

Users say they aren’t deterred from using sewer water because they’re given brief instructions informing them that the state OKs the use of effluent for landscaping, but not for drinking.

While Pleasanton has been late in signing on to recycled water, a $17.4 million program is now underway to install purple recycled-water pipes from the DSRSD sewer processing plant on Johnson Drive to haciendas, Ken Mercer Sports Park, other parks and street medians.

Design work has been completed and state permits obtained with construction to start in August.

It will be several more years before recycled water is available for irrigation in all parts of Pleasanton, but at least work has started.

LETTERS

Water and sewer rate proposal

Dear Editor,

The Pleasanton City Council unanimously approved the suggestion by Jerry Pentin to reduce the senior discount rate from 20% to 15%, and in addition to that rate increase to seniors, the council is also asking seniors to pay an additional rate increase on average of $10.73 each billing period.

The council approved this requirement to have senior citizens pay 5% more money than all other city residents that receive water and sewer billing statements, with the exception of “income eligible” citizens.

Pleasanton senior citizens make up 11% of the Pleasanton population. Pleasanton citizens aged 18 to 64 make up 62% of the Pleasanton population. Senior citizens, Pleasanton’s greatest minority, live on fixed income. That other Pleasanton’s greatest majority, 62% of the population, does not live on fixed income.

Why is the council asking its senior citizens to carry the load? Senior citizens blazed the trail for the younger generations. It is time for them to take up the torch and carry the load.

—Michael Austin
When seniors Sally and Bob Leuten moved to Pleasanton last year, they didn’t wait for people to come knocking on their door. Instead they threw a welcoming party of their own.

“Bob and I knocked on our neighbors’ doors and handed them the invitations,” Sally recalled. “We said we were the new kids on the block.”

Neighbors came for wine and hors d’oeuvres from 5-7 and were pleased not to meet just the Leutens but finally to meet each other after merely waving from a distance for many years.

“One or maybe two stayed until 10 at night, they were having such a good time,” Sally said with a laugh. “The next time we invited them over for coffee and breakfast nibbles.”

The Leutens moved from San Mateo 14 months ago to be closer to their son, daughter-in-law and three grandchildren, who’d recently moved to Pleasanton from Fremont. Although Sally and Bob still drive back to the Peninsula for some activities, they feel Pleasanton is now their home.

Sally is active in the Pleasanton Newcomers Club, attending its luncheons and working out with its walking groups. The other members can answer practical questions for her, she noted, such as the location of medical facilities and the best place to watch fireworks.

Bob, 72, joined the Masters Swim Team where he continues to compete nationally, and he is part of a pilots group at Livermore Airport, where he now keeps his plane.

Pleasanton Newcomers Club was also one of the first stops for Nancy Whipple when she moved here from Beaufort, N.C., two years ago with her husband to be near their son’s family. She is currently serving as club president.

“I’ve always joined Newcomers wherever I’ve lived,” Whipple said. “When you don’t have school-aged children, it gets more difficult to meet people.”

She said the best way to start is with one of the monthly coffees, which are hosted by members and draw dozens of people. Prospective members can attend two events before deciding to become a member, which costs $30 per year.

“I can’t say enough nice things about it,” Sullivan said. “Members are not a bunch of couch potatoes. We have a lot of very active people who travel a lot and do a lot of different things.”
Moving tips for seniors

Older people can find it hard to tear up their roots, but being in this stage of life has its advantages in a move: Seniors usually have more leisure time to settle in and explore their new surroundings.

Many places have senior centers and clubs for any interest — and the Internet makes them easy to find. The downside is that you don’t automatically meet people at your children’s schools or on their sports teams. But, on the plus side, empty-nesters don’t have to worry about schools or if their children are making friends.

Here are some tips for seniors who relocate:

- **Research** ahead of time online to see what your new city has to offer, although this is no substitute for exploring in person. There is a difference between following a map — even a 3-D satellite map — and actually driving down the street.

- **Speaking of maps**, cell phone map apps are invaluable for finding your way around. Do a search for a certain store or type of service, and the map will instantly show all of those nearby.

- **Newcomers clubs** are designed for people like you, although not necessarily seniors. They can help you find people with the same interests, and they have outings to help you get to know your new area.

- **Senior centers** are beehives of activities, with many that can help you explore a new area.

- **Check out** www.MeetUp.com to find people who share your interests, including book groups, widows and widowers, photography, etc. The website will help you find groups within a certain radius. Plus, it is easy to start your own group.

- **Check out** the local library. They often have interesting free programs, not to mention the books and periodicals. It is a good way to check out local newspapers before you subscribe.

- **Animal shelters** are often looking for volunteers. This is also a good way to become acquainted with a pet you may want to adopt once you get settled.

- **Volunteer.** Locally, ptownlife.org lists many opportunities — from the library and Museum on Main to urban creek restoration to parks, animal rescue and reading stories to children who visit Santa Rita Jail.

Newcomers enjoy a Day at the Races at Golden Gate Fields, an activity that some men also join.

Continued from previous page

The club also welcomes everyone to its Monday morning walks, which begin at 8:55 a.m. at Tully’s coffeehouse on Main Street, to discuss the group’s mission and what you can do as a member. If interested, email walk coordinator Beverly Tinges at BTinges@pacbell.net to say you are coming. Pleasanton has another popular walking group, World Walk to Wellness, which meets every Saturday morning. It draws some new residents and quite a few people who are newly retired.

Each week participants gather at a park in town, notified of the location via a newsletter. Occasionally the group will do “art walks” that include stopping at art installations downtown, led by Pleasanton art benefactors Nancy and Gary Harrington.

Some of the weekly park walks are led by Dolores Bengston, former parks and recreation director for the city, who is knowledgeable about natural history as well as the history of Pleasanton.

“She presents information in an entertaining way so we not only walk ‘n’ talk but also we laugh ‘n’ learn,” said Jerri Long, one of the organizers. “Our walking group provides a safe and fun way for people to explore not only Pleasanton but surrounding areas. For instance, on Aug. 18 we will be traveling to Tiburon to do a stretch of the coastal walk that surrounds the Bay.”

The group plans one such adventure trip every other month in addition to its regular local Saturday morning walks. To get on the mailing list, contact walkw@worldwalktowellness.org.

Some senior complexes offer enough activities that residents do not even need to leave. Radha Narayan, 62, moved to Ridge View Commons in Pleasanton in June with her husband — after living in Boston for 30 years — to be near their son and two grandsons, who are 12 and 15.

They point out that Ridge View Commons has everything — a dining hall, bingo, bridge and even a hair salon. Narayan also likes having the Pleasanton Library down the street.

“We have exercise classes at Ridge View Commons and I go to that,” Narayan said. “We also have classes like hydration, fire prevention, how to take medication. We joined the fall prevention class.”

She also does yoga and uses an exercise bike.

“Monday to Friday, we both do exercise,” she said.

Their son will stop in to enjoy Narayan’s Indian cooking, and they often go to his house to play cards with their grandchildren. They also have other relatives throughout the Bay Area.

“We don’t get bored,” Narayan said. “Everyone in my building is very nice and loving.”

Margaret McGee leads a newcomers’ welcome at the Pleasanton Senior Center, so she meets a lot of people who are new in town.

“A lot of people come to see what is offered at the Senior Center,” she said. “They may join in activities immediately or wait awhile, and she has seen many friendships form.

“Some people are definitely involved with their churches and will make friends that way. And, of course, there are different hobbies,” McGee noted.

She said the Senior Center wood shop is popular with men, although some like to pursue activities elsewhere, such as tennis or other sports. Her own husband volunteers with children and at the Museum on Main.

“I definitely recommend volunteering,” McGee said. “There are all sorts of opportunities for different ages.

Sally Leuten, who worked in case management for a hospital when she lived in San Mateo, said they moved to Pleasanton to be closer to their grandchildren, but she also knows it is easier all around when aging parents live nearby. She sees this move as a chance to do and see new things.

“I feel so young and active and positive because this is an adventure — like going to college,” she said. “It gives you a new zest.”

Newcomers enjoy a Day at the Races at Golden Gate Fields, an activity that some men also join.
BRAIN MATTERS Enjoy a morning of fun while learning how to keep your brain active and your memory sharp. The class is held from 10-11:30 a.m. the first and third Fridays of every month at the Pleasanton Senior Center, 5353 Sunol Blvd. Word games, puzzles, challenging activities, reminiscing and more, geared to help you age-proof your mind. Cost $1.75 for resident and $2.25 for non-resident. Call 931-5365 or visit www.pleasantonseniorcenter.org. Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton.

COMPUTER CLASSES FOR SENIORS Pleasanton Public Library hosts Computer Classes for Seniors including Beginning Internet on the first Wednesday and Thursday of every month; Beginning Emmail on the second Wednesday and Thursday of every month; Open Practice on the third Wednesday and Thursday of every month; Advanced Emmail on the fourth Wednesday and Thursday of every month, at the Adult Computer Area in the library, 400 Old Bernal Ave. Computer classes are designed for mature adults. Registration is required; call 931-3400. Pleasanton Library, 400 Old Bernal Ave., Pleasanton.

DUBLIN SENIOR CENTER FOUNDATION MEETING The Dublin Senior Center Foundation meets at 9 a.m. on the first Wednesday of every month, at the Dublin Senior Center, 7600 Amador Valley Blvd. Call 556-4511. Dublin Senior Center, 7600 Amador Valley Blvd., Dublin.

DUBLIN SENIOR CENTER PROGRAMS Dublin Senior Center offers different programs and activities including “ESL” which helps seniors practice their English conversational skills, a Reading Group that meets monthly to discuss new books and a Needle Arts Group that enjoys quilting, sewing and knitting. Fees vary for each activity. For a complete list of activities, contact 556-4511 or seniorctr@dublin.ca.gov. Dublin Senior Center, 7600 Amador Valley Blvd., Dublin.

FREE MEMORY SCREENING FOR SENIORS Caring Solutions is sponsoring free memory assessment on the fourth Thursday of the month at the Dublin Senior Center, 7600 Amador Valley Blvd. Call 556-4511 for a 30-minute appointment. Preregister by the Monday prior to reserve an appointment. Informational materials are available at the Senior Center. Dublin Senior Center, 7600 Amador Valley Blvd., Dublin.

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Peddler Shoppe at the Senior Center The Peddler Shoppe in the lobby of the Pleasanton Senior Center, 5353 Sunol Blvd., offers the handmade wares of talented local senior artisans. It’s a great place to buy gifts. The Shoppe is staffed by volunteers and is open to the public 10 a.m.-4 p.m. Monday through Friday. Go to www.pleasantonpeddlershoppe.com. Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton.

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Because you are our #1 priority

eye exams for older people can reveal not only eye diseases in their early stages but other health problems such as diabetes, hypertension and high cholesterol.

Eye care is vital as we age

Annual exams detect eye diseases early, plus other conditions

Julie Beall might be a cancer patient, but she’s truly defined by any number of other titles. She’s a wife and mother, a registered nurse, a real estate professional, an MBA graduate, a small business owner and a public speaker. She owns a glass art studio. She regularly volunteers at a medical clinic in Africa.

The 50-something is nowhere near retired, although she is nearing retirement age. And she has a message for people of her generation and older: Get annual eye exams. Your life might depend on it.

John Lahr, OD, EyeMed medical director and a fellow baby boomer, concurs.

“The single most important thing anyone 50 years or older can do for their vision and eye health is to book an annual eye exam,” he said. “Once you pass the 50-year mark, your risk for several serious eye diseases increases and the odds of you requiring vision correction also climbs. What’s more, your optometrist may see signs of a serious physical health condition you never associated with an eye exam.”

Nobody knows better than Beall. Two years ago she went for a routine eye exam near her home outside Dayton, Ohio, not knowing that her life was about to change forever.

“I didn’t really suspect anything was wrong,” Beall said. “Maybe I was getting a little older. I thought I might need reading glasses, maybe my eyes were getting a little tired.”

Beall’s optometrist noticed an area off the side of the retina that looked unusual. After dilating her eyes, he noted what he thought was a detaching retina. Considering it an ocular emergency, her optometrist referred her to an ophthalmologist who specialized in retinal diseases. She saw that doctor later the same day and was told she had choroidal melanoma, a potentially fatal form of cancer. Doctors treated Julie with radioactive plaque therapy.

Beall’s story of uncovering a serious health concern at the optometrist is not unusual, said Lahr. In addition to preserving eyesight, annual exams can be a window to serious medical conditions like high blood pressure, diabetes, heart disease and high cholesterol.

“The average optometrist sees 2,500 to 3,000 patients annually. And it’s not uncommon for there to be hundreds of times each year you have someone in the optometrist’s chair who hasn’t had a physical in a while. You take a look at the back of their eye and you see early signs of something potentially serious,” Lahr said. “More often, eye doctors recognize symptoms of serious eye disease when it’s early enough to correct the condition or manage long-term vision issues.”

Ironically, for many aging Americans, an annual eye exam becomes harder to access at a time in life when they most need to see an eye doctor regularly. Fewer than half of Americans age 65 or older have vision benefits, according to the Vision Council.

AARP MyVision Care from EyeMed, the first vision plan with features to meet the specific vision needs of senior consumers, launched in February in California.

Today, Julie Beall has added a new role to her ever-expanding list of titles: eye exam advocate.

“If I could just get everybody in the country to get an eye exam,” she said. “Do it.”

“It may save your life.” — Family Features
Isn’t vision loss just part of getting older?

Worsening vision is an inevitable part of aging, but according to AllAboutVision.com, lifestyle and vision care impact the rate and degree of deterioration.

- If your diet includes zinc, lutein and zeaxanthin, vitamin C, vitamin E and Omega-3 fatty acids, you may delay cataracts and control the progress of age-related macular degeneration.
- If you smoke, stop. The odds of developing cataracts and macular degeneration increase 400% if you’re a smoker.
- Presbyopia, a natural part of the aging process, makes it difficult for you to focus on close objects. Optometrists can prescribe contact lenses, reading glasses, bifocals or even progressive lenses (no-line multifocals). Lens technology allows you to wear multifocal glasses without the traditional look of multifocals.
- Advancements in lens technology can correct and enhance your vision in ways unimaginable a decade ago. Cataracts can be removed efficiently with accurate focus outcomes. Glaucoma, in its early stages, can be treated with eyedrops and lasers. Lasik treatment continues to evolve.

Q: When optometrists look into the eye, what are they looking for?
A: We see important eye structures and signs of glaucoma or cataracts or other diseases. But what’s most important is the ability to see blood vessels. The blood vessels tell us important early-identification signs for diabetes, hypertension and high cholesterol – three of the most costly diseases we face today.

Q: Aren’t those things that should be picked up by primary care physicians?
A: Unfortunately, some people don’t engage in general healthcare. They might only go to a doctor for specific issues. So they kind of get lost in the system. Is their medication up to date? Are they doing what they’re supposed to do to be healthier? Are they monitored? Because many of these people come in annually to get their eyeglass or contact lens prescription updated, we have opportunities to diagnose them when they might not be otherwise.

Q: What advances in technology have changed vision care for older patients?
A: Just look at cataracts. Cataract surgery has gotten very sophisticated. And the outcomes have been fantastic. You’re taking out a cloudy lens and putting in an artificial lens. And with that lens, you can literally pick your prescription. It’s amazing what can be done with that procedure.

—EyeMed medical director John Lahr, OD

JoAnn Luisi, Senior Real Estate Specialist

Moving can be an overwhelming and very stressful time for seniors and their families. Our services can give you peace of mind.

My team and I will provide a customized approach to meet your needs. We have the knowledge and expertise to counsel you through the major lifestyle transitions involved with moving and selling your home. We will complete your move with the patience, professionalism, and expertise you deserve. As an SRES designee, I have received extensive education on topics that are unique to seniors and their families, and offer relevant information on current market trends as well as valuable resources. By partnering with my team, you will gain the help and expertise of a REALTOR specialized in meeting your needs.

We have the education and experience to serve as your Trusted Advisor through the unique financial and lifestyle transitions involved in relocating and selling your home. I am pleased to be your Senior Real Estate Specialist.

Sincerely, JoAnn Luisi

Jo Ann Luisi
Alain Pinel Realtors Distressed Property Certified QSC, SRES, CNE 900 Main Street, Pleasanton, CA 925-583-1106 Office 925-321-6104 Cell jluisi@apr.com BRE #01399250 www.JoAnnLuisi.com

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Eating more — but better — can result in weight loss

BY W. RON SUTTON, aka MR. PEDOMETER

Q: Mr. Pedometer, can you tell us about how you have re-evaluated your eating patterns?

A: The easiest way to explain it is to describe “mindful eating.” I devote more time to planning out what I am going to eat and when, but the payback is that I have greater sustained energy throughout each day. I used to skip breakfast, snack on nuts at my desk for lunch, eat “too much” for dinner, then snack while watching evening TV.

Now I follow a plan to eat protein plus carbohydrates every two hours. I have learned to prepare meals and snacks in advance, even to the point of packaging them in insulated containers to take with me on out-of-state business trips. That may sound extreme to you, but it is helping me become healthier, and in combination with daily time spent in “mindful exercising,” I am beginning to lose weight.

It seems counter-intuitive that eating more often can lead to weight loss, but that is what I am experiencing. One of the reasonable features of the plan I am on is selecting one time a week for indulgent eating. This is similar to what Dr. Cooper (of famed Cooper Institute) had written about 80/20 nutrition. If you mindfully eat nutritionally 80% of the time, and enjoy indulging in less-healthy meals or snacks only 20% of the time, that is a diet plan you will stay on. That is why I could plan to have a hot dog lunch and evening barbecue on the Fourth of July, for example.

Did you know that food as a percent of our national income is at an all-time low? It might not seem that way at the grocery store checkout counter, but we spend less of our income on food, percentage-wise, than in previous generations. That is why food can become “entertainment” — something to do even if we are not particularly hungry.

In “mindful eating,” the goal is to consume healthy foods, with less sugar, salt and other additives, and to avoid eating too much at meals by supplementing them with three planned snack meals each day. For example, I can also have 1/8 cup of almonds, counted as healthy fats, between breakfast and lunch, and eat six meals instead of three, each one including protein and carbohydrates. Of course, with a busy schedule, sometimes I need a “crutch substitute” for a meal, so I am prepared to go to my substitutes, such as a home-baked muffin that includes shredded carrots (yes, I have learned to bake them myself) along with canned tuna or chicken among other things.

As I near the end of my seventh decade, I am determined to do my best to accomplish more in the next two decades than in the previous two. That means I need to do all that I can to remain healthy and active. More than before, I am focused on eating right, moving more, being well.

W. Ron Sutton, aka Mr. Pedometer, advocates “mindful eating.”
Memoirs and more
Seniors enjoy seeing their ‘Words in Bloom’

By Dolores Fox Ciardelli

Everyone has a story to tell, said writer Sharon McCracken, and sharing your memoirs as you write them helps you see if you left anything out.

“I could sit and listen to her stories for hours,” McCracken said. “I like being molested as a little girl. Or the accident.” McCracken said. “Everyone has a story, and in class we have the joy and freedom to share your story.”

‘Everybody has a story, and in class we have the joy and freedom to share your story.’
Sharon McCracken

McCracken usually has a handout for each class, such as writing for emotional impact, advice about plotting, an analysis of good writing or possible magazine markets for a first-person story.

I’ve handed out tips for starting your memoir, and we talk about that,” McCracken said.

They also discuss dialogue, setting, place and climax.

“The main essence of any fiction is there is something to be learned; it is a growing experience,” McCracken said.

One man, who is in a wheelchair, wrote a book many years ago about a car accident he was in as a teenager that left him disabled. The Senior Center writing class has motivated him to reach out to teens to share his story and the dangers of drinking and driving.

‘There are things people share that were hard to live but in the telling of them, it is very healing,’ McCracken said. “Like being molested as a little girl. Or the accident.”

Sometimes the class analyzes the elements of a good story and talks about expressing emotions.

“We talk about the senses — how do you talk about something you smell? You have to use simile and metaphors, you have to liken it to something you relate to,” McCracken said. “It’s fun because everybody laughs, and they are saying, ‘Yeah, I can do that.’”

After she’d facilitated the class for more than 100 hours, McCracken was nominated for the Volunteer of the Year Award, she said. But she doesn’t teach the writing class to receive monetary compensation or awards.

“It’s such a wonderful class,” she said. “I’ve never had so much fun.”
Local cycling event to help feed home-bound seniors

Registration open for 7th annual Wheels for Meals Ride

BY ARTHUR HWANG

Cyclists from across Bay Area are set to take part in the seventh annual Wheels for Meals Ride fund-raising event this fall in Pleasanton and the Livermore Valley.

The fundraiser, organized by Alameda County Meals on Wheels, aims to nourish local home-bound seniors and raise awareness about senior hunger. Last year, 1,000 riders on more than 40 teams helped raise $58,000 for the organization through the cycling event.

Organizers’ goal this year is to raise $180,000 to fund meals for 85 seniors who are currently on the waiting list but unable to receive service due to insufficient funds.

“Our seniors shouldn’t have to worry about from where and when their next meal will come. No one should be on a waiting list to eat,” said Victoria Bruno, executive director of the Alameda County Meals on Wheels. “$8 buys a meal, so every donation, big and small, makes a significant difference.”

With the funds raised, Alameda County Meals on Wheels collaborates with five local meal providers to deliver meals to seniors who are unable to prepare their own food and have difficulty with mobility.

Spectrum Community Services provides meals to seniors in the Pleasanton, Livermore and Dublin areas. Last year, Spectrum served 13,260 meals to 116 home-bound Pleasanton seniors, according to Jessica Albonico, Alameda County Meals on Wheels project coordinator.

At the Wheels for Meals ride on Oct. 17, participants will cycle from Shadow Cliffs Regional Recreation Area and ride through routes in Pleasanton and the Livermore Valley before returning to Shadow Cliffs for a celebration with barbecue lunch and entertainment.

The annual Wheels for Meals Ride rolls through Pleasanton and the Livermore Valley this autumn, aiming to raise funds for meals to feed unserved home-bound seniors.

“The event offers routes of varying degrees of difficulty and distance to accommodate riders of all experience levels,” Bruno stated.

“You can show our parents, grandparents, aunts and uncles that they haven’t been forgotten about and that their neighbors understand the importance of meal delivery and wellness/safety checks as key ingredients to them being able to retain their dignity and independence,” Bruno stated.

To register to ride, start a team, become an event sponsor, volunteer or donate, visit www.wheelsformealsride.com.

The goal is to raise $180,000 to fund meals for 85 seniors who are currently on the waiting list but unable to receive service due to insufficient funds.

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Civic Meetings

City Council: The Pleasanton City Council meets at 7 p.m. on the first and third Tuesdays of the month at City Council Chamber, 200 Old Bernal Ave.

Lions Club: The Livermore Lions Club welcomes new members at its regular meeting monthly on the first Tuesday of each month, at 6:30 p.m. A $2 to $5 donation is requested. Participating in the many activities of the group is a great way to meet local people. Lions Club which helps many worthy causes in our community. Call 443-4543.

Livermore-Amador Genealogical Society Presents Gene Block: The Livermore-Amador Genealogical Society will present Gene Block, discussing “Four Main Reasons Why We Hit Brick Walls In Our Research When The Records Are Available” at 7:30 p.m. on Monday, Aug. 10 at Congregation Beth Emek, 3400 Nevada Court. Members $3, others $5. Call 462-3459 or go to livermoreperformingarts.org/bank-head-theater.html.

Pleasanton Lion’s Club: The Pleasanton Lion’s Club meets for dinner at 6:30 p.m. the second and fourth Tuesday of the month at The Regalia House, 4133 Regalia Plaza, Livermore. The dinner fee is $10. For more information please visit http://pleasantonlionsclub.org.

Pleasanton Newcomers Club: This club is a great way for new and established residents to meet new friends. It meets for coffee only on the first Wednesday of every month and for lunch on the second Wednesday of every month. The group has activities like picnics, walking tours, theater and much more. To obtain information and registration forms, contact Info@PleasantonNewcomers.com or 215-8405.

Senior Mens Social Club: Sons In Retirement (SIR) is a local club for senior men. In addition to friendships, members can participate in interest groups like golf, bridge, travel, photography, etc. We meet for lunch on the first Thursday of the month at San Ramon Golf Club. Open to retirees in the Tri-Valley. Contact Rich Osborne at 780-3549 or trinvanspow@gmail.com. Go to branch34.sirn2.org.

Concerts

Concert in the Park: Tom and the 4 Speeds Enjoy the Pleasanton Downtown Association Concert in the Park series with Tom and the 4 Speeds, 1960s, on Tuesday, Aug. 11 at Lions Park, 7 p.m. Also, on Friday, Aug. 14 at Lions Park and Delucchi Parks. Sponsored by Bacchus. Call 484-2199 or ido@www.pleasantondowntown.net.
Pleasanton All-Stars
fall in West Regional semis

Just miss out on spot in World Series hosted by Livermore

BY JEREMY WALSH

The Northern California champion Pleasanton All-Star team lost in the semifinal round of the Intermediate 50/70 Baseball West Regional Tournament in Arizona this week, narrowly missing out on qualifying for the international 2015 Little League Intermediate World Series in Livermore.

The Pleasanton boys earned the NorCal division title earlier this month in Chowchilla with a 13-4 win over the Sacramento-area Sunrise Little League, giving them a berth in the West Regional for a shot at the World Series.

The regional tournament, held in Nogales, Ariz., featured 10 teams from Western states separated into two pools for round-robin play.

Pleasanton dominated their four group games, defeating Alaska 4-2, Nevada 13-1, Idaho 12-0 and Phoenix, Ariz., 12-2.

The local team claimed the top seed in Pool B and advanced to a single-elimination semifinal against Everett, Wash., the No. 2 seed from Pool A.

Washington won the hard-fought semifinal 19-14 on Monday, ending Pleasanton’s run.

The local boys were set to square off against Nevada in a third-place consolation game, but it was canceled due to weather. The final between Washington and Hawaii was also delayed, with the result not available as of press time.

The Little League Intermediate World Series gets underway in Livermore this Sunday. It features U.S. winners from Central, East, Southeast, Southwest and West regions and international squads from South Korea (Asia-Pacific), Czech Republic (Europe-Africa), U.S. Virgin Islands (Latin America), Puerto Rico and Canada.

There’s also a Tri-Valley team in the tournament. Danville won the World Series spot given to California District 37 as the event host.

Green Gators claim
Tri-Valley Swim title

The Dublin Green Gators won the Tri-Valley Swim League championship in Pleasanton last weekend, taking the top spot in the season-ending meet featuring eight teams and more than 950 swimmers from 4 to 18 years old.

The Green Gators finished the Saturday event at the Dolores Bengtson Aquatic Center with 2,004 points overall, 355 points ahead of the second-place ClubSport Tulawaves.

The Ruby Hill Red Raiders came in third with 2,034.5 points, followed by Del Prado Stingrays (2,000 points), Pleasanton Meadows Sharks (1,840 points), Briarhill Barraculas (1,341.5 points), DBAC Pirahnas (1,321 points) and Foothill Area Swim Team (FAST) Dolphins at 1,112 points.

Three Ruby Hill swimmers and one Green Gator posted new league records during the meet.

Red Raider Ryan Kobayashi set two 11-12 boys marks with a 1:06.38 in the 100-yard individual medley and a 30.88 in the 50-yard backstroke.

Other Ruby Hill record-setters were Jenna Brown (girls 13-14) in the 50-yard backstroke at 29.06 and Kirsty Brown (girls 15-18) in the 50-yard backstroke at 28.98.

Dublin swimmer Sofia Gluck broke the league record in the 50-yard backstroke (girls 13-14) with a time of 33.67.

There were nine top individual scorers who each earned 60 points for their team.

On the girls side, there were Aubrey Tran and Jenna Brown of Ruby Hill and Meghan Hogue of Del Prado.

On the boys side, there were Tommy Ho, Ryan Kobayashi, Joseph Louderback and Drew Kobayashi of Ruby Hill, Jake Fleming of Dublin and Darragh Kennedy of FAST.

—Jeremy Walsh

Premier Rage take Showcase crown in penalty kicks

The Rage Premier U12 team won the Pleasanton Rage Showcase tournament last weekend, defeating the Mustang Pride in penalty kicks in the championship match Sunday. The Rage squad swept through its first three tourney games without giving up a goal. In the title match, Rage and Pride battled to a 2-2 draw through regulation. Each team scored in overtime, sending the championship to penalty kicks, where Rage came out ahead to claim the hometown crown.
East Bay landscaper recognized for work on Pleasanton home

Total of 25 awards presented by trade association

BY PLEASANTON WEEKLY STAFF

A Martinez-based landscape contractor received a 2015 Beautification Award from the East Bay chapter of the California Landscape Contractors Association (CLCA) for its work on a Pleasanton residence.

Past the Gate received the Judges Award for the Small Commercial Installation Award for its work on the Canyon Lakeside project in San Ramon.

Other award winners included landscape contractors from Oakland, Pleasant Hill, Livermore, Menlo Park and Roseville. Award entries were judged by a panel of expert CLCA members who inspected each nomination for the quality of workmanship and materials utilized. Each landscaping entry needed to adhere to industry standards and demonstrate proper execution.


courtesy of CLCA

OPEN HOMES THIS WEEKEND

CASTRO VALLEY

4 BEDROOMS
1868 Harvest Road $659,000
Sat/Sun 1-4 DeAnna Amano & Liz Verano
202-622-0143

3 BEDROOMS
356 Trenton Circle $179,000
Sun 1-4 Doug Buenz
785-7777
4592 Carver Court Call for price
Fri & Sat 1-4 Sue & Sue Flashbeiger
662-1342

4 BEDROOMS
5117 Liveoak Court $948,000
Sat/Sun 1-4 Louise Davis
200-2457
1563 E. Gate Way $1,050,000
Sat/Sun 1-4 Doug Buenz
785-7777
4356 Jacqueline Way $759,900
Sun 1-4 Cindy & Gene Williams 918-2045

5 BEDROOMS
2688 Becard Court $1,375,000
Sun 1-4 Doug Buenz
785-7777
3099 east Ruby Hill Drive $3,125,000
Sun 1-4 Fabulous Properties 519-8276/980-0227
9608 Crosby Drive $1,900,000
Sat 1-4 Joyce Jones 918-3593

5 BEDROOMS
3911 Hot Springs Court $1,250,000
Sun 1-4 Sierra Chatham 876-1103

SAN RAMON

3 BEDROOMS
965 Durant Ave. $449,000
Sun 1-4 Coldwell Banker 847-2200
113 Rosario Court $659,000
Sun 1-4 W & Beverly Team 662-9590

LIVERMORE

6470 Aspenwood Way M. & J. Vigo to M. Chouman for $640,000

Source: California Resource

OPEN HOME GUIDE AND REAL ESTATE LISTINGS

This week’s data represents homes sold during May 23-30 2015

PLEASANTON

4127 Amberwood Circle F. Faili to K. Ho for $1,749,500
6570 Arlington Drive Howard Trust to K. Russell for $1,170,000
5220 Arrozco Street Ventura Trust to G. & L. Lock for $725,000
1119 Baur Court G. Kamarsity to Y. Chen for $1,380,000
5324 Brookside Court B. Towfighi to B. & M. Lurie for $705,000
6910 Calle Altamira W. & T. Sullivan to E. & K. Chen for $1,257,000
6291 Calle Fuego Neuschwander Trust to Rowson Trust for $950,000
2229 Camino Brazos Atchison Ill to J. & D. Diaz for $1,083,500
6725 Corte Del Vista Cartus Financial to J. Xiang for $1,040,000
4796 Corwin Court M. Park to R. & S. McWilliams for $810,000
2872 El Capitan Drive Brown Trust to Z. Dooley for $711,000
3576 Florian Street T. Xu to U. Das for $358,500
1354 Galanti Court W. & B. Butcher to Harkness Trust for $3,100,000
6266 Garner Court D. & K. Lee to G. & E. Lombardi for $798,000
2327 Goldcrest Circle T. Jaisid to H. Zhang for $710,000
34 Golf Road D. Thayer to A. Ahluwalia for $860,000
4158 Parma Court D. & B. Ross to L. Wu for $2,580,000
3066 Paseo Granada C. Andrews to S. Qian for $1,870,000
3752 Platt Court #N. S. Ciano to K. Sanghari for $730,000
3727 Raboli Street N. & H. Fallgarten to Silver Trust for $2,120,000
4868 Saginaw Circle D. Vitaladzeva to Y. & J. Chen for $470,000
5770 San Antonio Street F. & L. Wagner to K. & M. Tandon for $3,100,000
3588 Touriga Drive C. & M. Noland to KRBC Limited for $760,000
3835 Vineyard Avenue Pleasanton 10 to D. & B. Woods for $225,000
2386 Whitehall Court Milton Trust to S. Chen for $960,000

6101 Augusta Way G. & C. Hazelhofer to V. Keshavan for $860,000
5359 Azalea Court G. Zinun to W. Murphy for $655,000
161 Bellingham Common J. & E. Filliator for G. Punty for $502,500
1502 Bianca Way M. & H. Chartier to K. & A. Chapman for $770,000
5109 Bianca Way Termi Trust to B. & V. Nagy for $525,000
850 Bower Court Grist Trust to S. Price-Thomas for $345,000
2629 Briarwood Drive P. & H. Wong to J. & M. Matthews for $385,000
1826 Broadmoor Drive F. & A. Gagliardi to Purves Trust for $467,500
4152 Camrose Avenue L. & K. Solor to R. & D. Dill for $875,000
3661 Carrigan Common J. Watkins to N. & L. Drake for $385,000
5749 Cheyson Way V. Roth to C. Finney for $358,500
1122 Coronado Way J. Cosman to C. & L. Herrera for $262,000
260 Covellite Lane D. Labat to R. & A. Oberg for $262,000
510 Curlew Road M. & R. Gonzalez to A. & K. Oake for $442,000
807 Del Norte Drive M. Dalsiva to Y. Bhat for $478,000
1220 Diamond Court Cada Trust to J. & G. Sabatono for $420,000
4348 East Avenue R. & T. Andrej to J. & K. Oake for $550,000
5102 Dove Drive Purves Trust to K. Trefethen for $530,000
5576 Greenwich Avenue Wilson & Spence Trust to D. Solor for $599,000
2267 Hampton Road A. & B. Fox to W. & K. Ruddle for $320,000
970 Hanover Street Aitchison III to J. & D. Diaz for $379,000
373 Knotting Hill Circle Schumacher Trust to C. & R. Romero for $905,000
2071 Lawson Street B. & V. Nagy to A. & M. Gauman for $1,030,000
582 Lola Bella Way H. & B. Badhwar to S. Nicolaou for $790,000
537 Loyola Way R. & M. Levy to E. Sugg for $690,000
8557 MacGregor Common A. & B. Fox to M. & J. D. Siler for $790,000
452 Magnolia Common M. & J. Purves to J. & J. Purdy for $502,500
3122 Morning Glory Circle Pleasanton 10 to D. & B. Woods for $225,000
1456 Morning Glory Circle Ponderosa Homes to G. Crabb for $470,500
4158 Morning Glory Circle Ponderosa Homes to M. & A. Bindra for $73,500

Cindy Gee
Realtor, Notary, GRI, CDPE
925.963.1984 925.218.1210 • cindy.gee@BHGHome.com
662-9590

Source: Pleasanton Weekly

Real Estate

Work completed on the Lramme residence in Pleasanton earned a 2015 Beautification Award for Martinez-based landscape contractor Past the Gate.
8 STEPS TO BUYING A HOME
1. Decide to Buy
2. Hire Your Agent
3. Secure Financing
4. Find Your Home
5. Make an Offer
6. Perform Due Diligence
7. Close
8. Protect Your Investment

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2757 Lylewood Dr.  
Gorgeous semi-custom in sought after Laguna Oaks!! Original model home with over $150,000 in upgrades. One bedroom and full bath on the first floor. Marble, hardwood, travertine floors, new paint, and carpet. Five total bedrooms, three and a half baths, 3,623 square feet, and a large 15,750 square foot lot. Excellent location, convenient to schools, shopping, and freeways. Wonderful neighborhood with community pool, playground, and tennis courts.

3574 Wind Cave Ct., Pleasanton  
Absolutely Stunning!! Total remodel in this 4 bedroom, 3 bath 1835 sqf home, situated on a quiet cul de sac. Gorgeous floors, granite kitchen countertops, stainless appliances, two tone paint, new windows, doors, and close to everything. The home also offers a nicely landscaped, private yard, and RV access. Just steps from park!!
Pleasanton Weekly

2 Sky Castle Road | Castlewood
Pleasanton | $3,480,000

Magnificent Hilltop Mediterranean Estate in the hills of Castlewood, Pleasanton! Enjoy panoramic views from this incredible 5 bedroom, 7 ½ bath custom home, with Office, Media/Bonus Apartment and 6,400 sq ft of living space plus an additional 500 sq ft of covered outdoor entertaining area, on over 1 acre of manicured grounds.

www.SkyCastleEstate.com

1717 Courtney Avenue | Pleasanton

Pleasanton | Call for Price

Stunning home in the desirable Chain of Lakes neighborhood. Outstanding first floor plan with exceptional custom upgrades throughout. Features 4 bedrooms, 3 baths and huge private lot with pool, spa and fire pit. Over $500,000 in remodel upgrades to include kitchen with custom cabinetry, plantation shutters, and owned solar system, 220V service for electric vehicle charging.

70 DeSabella Road | Hillsborough
Call for Price

Truly one of a kind and irreplaceable! Historic Japanese designed home, original Tea House, and authentic Japanese gardens. On the Hillsborough/San Mateo border, features 3 bedrooms, 3 ½ baths, on .55 private lot and separate Guest house. Own a piece of history! www.70DeSabella.com

SOLD OVER LIST PRICE OF $924,800
6930 Corte Mateo | Pleasanton

Exceptional home on a court, no rear neighbors, in the desirable Ponderosa community. Home features 3 bedrooms and 2 ½ baths with an open floor plan. Large, spacious family room opening into the dining room and lots of natural light. Backyard is perfect for entertaining or just enjoying your beautiful pool. Perfect location near parks, shopping and freeway access.

2020 Martin Avenue | Pleasanton

Located in the private Mohr Estates Neighborhood this home offers 4 BD, 3 BA and 1,075 SF on a 26,932 SF lot. Home features a gourmet kitchen with granite, wood floors, cooking island & opens to great room. 1 BD / office on main level. Detached 1,023 SF guest house with kitchenette, 1 BD & 1 full BA. Private yard with pool, 3 large patios, bocce court and fire pit. OFFERED AT $1,799,000

SOLD $1,783,800

Pleasanton Valley Neighborhood. 4BD, 2.5BA 2,706sf. Offering an Expanded gourmet kitchen with cherry cabinets, cook & prep island with a breakfast bar overlooking the family room. The Master bd& bath have been expanded with a walk in closet, soaking tub and separate shower. The homes 1/221 sq yd offers a wraparound cover deck, pool with a safety fence, double gated side yard access. Close to award winning schools, park and downtown.

OFFERED AT $1,290,000

SOLD $1,352,000

Located in the Sunset Neighborhood. 3BD, 2BA 1,510sf. Single level with wood flooring. Updated kitchen with large serving bar, granite and travertine tile. Formal dining room opens to living room with custom fireplace mantle. Backyard with covered patio, pool w/solar and large deck. Walk to award winning schools.

OFFERED AT $825,000

SOLD $825,000

OFFERED AT $745,000

Located in the Sunset Neighborhood. 3BD, 2BA 1,236sf. Single level in the heart of town. Offers an updated kitchen with granite counters & tile floor. An open floor plan offers a family room & living room complimented with newer roof, dual pane windows, central air & a vaulted ceiling in the master BD. Side yard access, extended outdoor living space with a solid roof patio cover & fountain. Walk to Downtown & K-12 schools.

OFFERED AT $815,000

SOLD $882,500

SOLD $880,000

2 Sky Castle Road | Castlewood
Pleasanton | $3,480,000

Magnificent Hilltop Mediterranean Estate in the hills of Castlewood, Pleasanton! Enjoy panoramic views from this incredible 5 bedroom, 7 ½ bath custom home, with Office, Media/Bonus Apartment and 6,400 sq ft of living space plus an additional 500 sq ft of covered outdoor entertaining area, on over 1 acre of manicured grounds.

www.SkyCastleEstate.com

1717 Courtney Avenue | Pleasanton

Pleasanton | Call for Price

Stunning home in the desirable Chain of Lakes neighborhood. Outstanding first floor plan with exceptional custom upgrades throughout. Features 4 bedrooms, 3 baths and huge private lot with pool, spa and fire pit. Over $500,000 in remodel upgrades to include kitchen with custom cabinetry, plantation shutters, and owned solar system, 220V service for electric vehicle charging.

70 DeSabella Road | Hillsborough
Call for Price

Truly one of a kind and irreplaceable! Historic Japanese designed home, original Tea House, and authentic Japanese gardens. On the Hillsborough/San Mateo border, features 3 bedrooms, 3 ½ baths, on .55 private lot and separate Guest house. Own a piece of history! www.70DeSabella.com

SOLD OVER LIST PRICE OF $924,800
6930 Corte Mateo | Pleasanton

Exceptional home on a court, no rear neighbors, in the desirable Ponderosa community. Home features 3 bedrooms and 2 ½ baths with an open floor plan. Large, spacious family room opening into the dining room and lots of natural light. Backyard is perfect for entertaining or just enjoying your beautiful pool. Perfect location near parks, shopping and freeway access.
Open Sat & Sun 1-4

3404 Ashton Ct. – Pleasanton – $1,780,000
Gorgeous 5 bed, 3.5 bath, office, expanded family room, approx. 3853 sq. ft. Updated and move in ready. MUIG (approx. 20,000 sq. ft.) FLAT BACKYARD WITH VIEWS!

374 City Walk Pl. – Hayward – $490,000
End-unit, modern kitchen w/granite slab, raised panel cherry wood cabinetry, walk-in pantry and black-faced appliances, full-sized w & d. Appliances included. Cherry wood flooring, raised ceilings and recessed lighting. Additional features include surround sound, attached 2-car side-by-side garage.

4259 Fitzwilliam St. – Dublin – $559,000
Lovely Dublin Ranch townhouse. Granite counter tops in kitchen and pendant lighting over large island. Large cozy family room with fireplace and patio. Spacious master suite with walk-in closet.

Open Sun 1-4

230 W Hunter Ln. – Fremont – $1,750,000
Minutes to Mission San Jose & award-winning schools, this lovely home has been meticulously cared for by the original owners. New carpet in LR/DR, custom built-in cabinets in master & den/office, 3 fireplaces & hardwood floors. Lush landscaping w/many fruit trees. Trex deck/cabinets in master & den/office, 3 fireplaces & hardwood floors. 2 downstairs bedrooms with baths, spacious loft, large sized Master bedroom suite and large backyard for entertaining!

3968 Knightsbridge Way – San Ramon – $1,390,000
Gorgeous, stunning and lavishly upgraded Windsor home features an open floor plan, large sized gourmet kitchen, formal living, formal dining, cozy family room, 2 downstairs bedrooms with baths, spacious loft, large sized Master bedroom suite and large backyard for entertaining!

113 Rosario Ct. – San Ramon – $639,000
Large townhome in desirable Twin Creeks area, backing to greenbelt. Beautiful, spacious floorplan with views of greenbelt and surrounding hills. Home features hardwood flooring, tile counters in kitchen, newer dishwasher and furnace, dual paneed windows and newer carpet. Community Pool!

Open Sat & Sun 1-4

592 Historic St. – Mountain House – $449,950
First time on the market. Single story 4 bedrooms/2 full bathrooms home near Wicklund park. Upgrades include hardwood floors; shutters; professionally landscaped with fruit trees; backyard jacuzzi. Newly painted.

The COURTYARD @ DUBLIN RANCH  $598,888
PLEASANTON CaliforniaMoves.com 925.847.2200  |  5980 Stoneridge Drive, Ste. 122

Rarely Available Single Story $1,095,000
Livermore
End-unit, modern kitchen w/granite slab, raised panel cherry wood cabinetry, walk-in pantry and black-faced appliances, full-sized w & d. Appliances included. Cherry wood flooring, raised ceilings and recessed lighting. Additional features include surround sound, attached 2-car side-by-side garage.

4270 Fitzwilliam Street The Courtyard @ Dublin Ranch $598,888
3 BR/2.5 BA Upgrades include granite, tile flr & SS appl/jFireplace/Btnkst bar/Mstr w/in/hr closes. Sharon Hu, CalBRE #0110599 925.847.2200

18011 Incline Place Desirable Townhome $425,000
Walk to Park, Golf Course, Transportation, & Shopping. LPG & BA. End Unit w/2-car garage. Sean Legger, CalBRE #01280186 925.847.2200

4779 Cross Road Exceptional Land/Locaiton $2,099,800
3 BR 2 BA Single Level Views. Kit/wrshsp/counterspace, 2mr w/Sliding door. Barn/shp. B4 19 ACRES Kay Stromgren, CalBRE #00899015 925.847.2200

4298 Aster Hollow Street GORGEOUS GALE RANCH HOME! $995,000
3 BR 2 BA Kit Gasit ctn; ss appl & chry cab. Hardwoods downs, cpy upstrs Marbl BA. Patio. 2Grgr. Suzanne Bissler, CalBRE #01035942 925.847.2200

LIVERMORE

1634 Placer Circle Spacious 1-story Livermore Home! $669,000
3 BR 2 BA 1 brk rm prk, fwy loc, dwntwn/wnries. KIt: fam comb, vtded chgs, Indpckt bloyrd. 2car gry. Suzanne Bissler, CalBRE #01355943 925.847.2200

220 Lasso Circle Updated Single Level $840,000
3 BR 2 BA Highly Desirable! Granite kitchen; Wood Floors; Freshly Painted; New Carpt & More! Must See! Shannon Arvig, CalBRE #01350212 925.847.2200

GORGEOUS HOME W/UPGRADES $600,000
4 BR 2 BA Updated kitchen/w/granite counters & stainless steel appliances w/dbl ovens. Crown molding, formal dining & a master suite w/retaining wall.

COMMING SOON $780,000
3 BR 2.5 BA Updated kitchen w/Corian counters. Downstairs master/Dual pane windows.Bsktyrd w/patio/reses Nancy Sutorius, CalBRE #00628322 925.367.7414

503 West Canion Court Beautifully Updated! $849,000
4 BR 2.5 BA Kit w/granite counters, SS Appl, NEW Frs, Fresh paint & dual pane windows. Daisy Ng, CalBRE #01310679 925.847.2200

4601 Rennellwood Way Price Reduced Desirable W Side $510,000
5 BR 3.5 BA Marble Tiled frs. SS Appl. Kit w/conter island/breakfast bar/Flr fr bths. Close to FWY. Sharon Paulson, CalBRE #01067347 925.847.2200

San Ramon

592 Historic St. – Mountain House – $449,950
First time on the market. Single story 4 bedrooms/2 full bathrooms home near Wicklund park. Upgrades include hardwood floors; shutters; professionally landscaped with fruit trees; backyard jacuzzi. Newly painted.

San Leandro

1634 Placer Circle Spacious 1-story Livermore Home! $669,000
3 BR 2 BA 1 brk rm prk, fwy loc, dwntwn/wnries. KIt: fam comb, vtded chgs, Indpckt bloyrd. 2car gry. Suzanne Bissler, CalBRE #01355943 925.847.2200

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3 BR 2 BA Highly Desirable! Granite kitchen; Wood Floors; Freshly Painted; New Carpt & More! Must See! Shannon Arvig, CalBRE #01350212 925.847.2200

Mountain House

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Pleasanton

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Walk to Park, Golf Course, Transportation, & Shopping. LPG & BA. End Unit w/2-car garage. Sean Legger, CalBRE #01280186 925.847.2200

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4298 Aster Hollow Street GORGEOUS GALE RANCH HOME! $995,000
3 BR 2 BA Kit Gasit ctn; ss appl & chry cab. Hardwoods downs, cpy upstrs Marbl BA. Patio. 2Grgr. Suzanne Bissler, CalBRE #01035942 925.847.2200

Open Sat & Sun 1-4

5920 Stoneridge Drive, Ste. 122
925.847.2200  |  www.bhg moves.com
3875 LITTLE VALLEY ROAD, SUNOL  SOLD AT $2,250,000

Beautiful 32 year old completely rebuilt single level custom home on 4 acre country estate. Total square footage of 4175 includes 4 beds, 4 1/2 baths and 540 square foot guest house/ casita on hilltop with gorgeous panoramic views. Bonus/ game room, 6-car garage(s), also included is a 1035 square foot caretakers quarters (2 bed/loft, 1-bath). 100 + year old historic winemakers storage barn, separate workshop building, 6-stall MD horse barn, separate MD hay barn & fenced pasture. www.3875littlevalley.com

260 EAGLE COURT, ALAMO  SOLD AT $2,999,500

Gorgeous Stone Valley Oaks Home with Quiet Hilltop Court Location and Panoramic Views! Private, 37 Acre Lot is Adjacent to Oak Studded Hills. Includes: Main House—5214 Square Feet with Five Bedrooms, 5 1/2 Bathrooms, Bonus Room and Library/ Office. Detached Guest House is 400 Square Feet and a Four Car Garage is Included. This Property is Beautifully Landscaped with in-Ground Pool & Spa. The Location is Excellent and Within Desirable School Attendance Areas. For a Private Showing Call the Blaise Lofland Real Estate Group. For More Information and Photos Visit 260eagle.com


3379 MONAGHAN STREET, DUBLIN  $599,888

"The Courtyards at Dublin Ranch Villages" Rare Desirable Napol Model with 3 Bedrooms, 3 Bathrooms and 1679 Square Feet. Each Bedroom has a Walk-In Closet and It's Own Adjacent Bath. Like Single Family Home with 2-Car Standard Garage and Front Porch & Balcony Facing Street. Kitchen has New Hardware Stainless Steel Appliances, Granite Countertops, Cherry Cabinets and a Breakfast Bar. This Home Also Offers A Gas Fireplace in the Family Room, Laundry Room, Theater Surround Sound Speakers in Living Room Area, Speaker Wiring in All Bedrooms and a Security Alarm System. The Community Features Include a Clubhouse, Pool and Fitness Room, Centrally Located Near Many Amenities Including Award Winning Schools (Kolb Elementary), Parks, BART Station, San Francisco Premium Outlet Malls, Stoneridge Regional Mall, Hacienda Crossings, Shops at Waterford. This Home and Location Has So Much to Offer! Don't Miss it! For a Private Showing Call the Blaise Lofland Real Estate Group and for More Information or Photos Visit 3379monaghan.com

4376 2nd STREET, PLEASANTON  SOLD AT $1,465,000

The Blaise Lofland Real Estate Group represented the buyers in the purchase of this beautiful downtown home. This historic residence offers three bedrooms, three bathrooms, 2,623 square feet (of which 540 sq. ft. is a partially finished attic and 120 sq. ft. is an unfinished basement). This home has been restored from an old train depot. It has also been expanded and remodeled throughout with new plumbing, electrical, and HVAC. The custom kitchen offers granite counters, stainless steel stove and hardwood floors. In addition there is a detached oversized three-car garage and a 120 square foot utility building. Enjoy the wrap around porch on the private ¼ acre lot, which is just a short walk to Main Street! This home and property is truly one of a kind and special!

1871 ZENATO PLACE, PLEASANTON  SOLD AT $2,395,000

Blaise represented the buyer in the purchase of this upgraded condo! This home offers three bedrooms, three and a half baths and is 1,548 square feet. Each of the bedrooms includes an attached bath with one located on the entry level. Built in 2013, the home includes upgraded wood floors, crown molding, recessed lighting, and custom paint throughout. The kitchen offers custom backsplash, expansive island, stainless steel appliance and recessed lights. This model also includes an attached two car garage and private patio. Great location with community amenities including a pool, gym and club house. What a great opportunity!

2731 WHEATMAN COURT, PLEASANTON  SOLD AT $825,900

Upgraded 1 Bedroom, 2 Bathroom Single Family Detached Home with 1536 Square Feet in Stoneridge Place. Property is in Excellent Condition and is in a Preferred Quiet Location. This Home is Extremely Well Maintained with Refinished Cabinets, Stainless Steel Appliances and Quartz Countertops, Updated Bathrooms, New Downstairs Carpet, New Windows Upstairs, Finished Two Car Garage, Located Near Award Winning Mohr Elementary School & Park. Just Minutes to San Francisco Premium Outlet Mall, the BART Station, ACE Train, Downtown Pleasanton and the Livermore Valley Wine Country. Enjoy the Community Pool too! For a Private Showing Call the Blaise Lofland Real Estate Group. For More Information and Photos Visit 2731wheatman.com

3240 MAGUIRE WAY #227, DUBLIN  SOLD AT $550,000

Upgrades Throughout! This Condo Offers Three Bedrooms, Two Bathrooms and +/-1,246 sq.ft. Wood Floors, Newer Carpet, Living Room with Gas Starter Fireplace, and Wall in Closets in all Bedrooms. Balcony has Beautiful Garden Views! Amenities include Gated Park Across Street, Pool, Spa, Fitness Center with Weights & Cardo, Theater Rooms, Community Patio with Fireplace & Elevator. Walk to Award-Winning Schools! Convenient to all Underground parking garage. 2 Spaces! Contact the Blaise Lofland Real Estate Group for a private showing! For More Information and Photos go to 3240maguire227.com

118 SELBY LN. #6, LIVERMORE  SOLD AT $635,000

Blaise represented the buyer in the purchase of this upgraded condo! This home offers three bedrooms, three and a half bathrooms and +/-1,246 sq.ft. Convenienly Located Near Community Pool/Spa and Greenbelt. Remodeled Kitchen with Refinished Cabinets, Stainless Steel Appliances, Granite Countertops, View of Lake & Greenbelt, Conveniently Located Near Community Pool/Spa & Tennis Courts! For a Private Showing Contact the Blaise Lofland Real Estate Group. For More Information and Photos go to www.4075wlakeshore.com

260 EAGLE COURT, ALAMO  SOLD AT $2,999,500

356 Trenton Circle, Pleasanton
3 Bed | 2 Bath | 1,075 Sq.Ft. | $719,000
Doug Buenz
925.785.7777 | 680Homes.com

1113 Heather Lane, Livermore
4 Bed | 3 Bath | 1,962 Sq. Ft. | $735,000
Susan Schall | Donna Garrison
925.519.8226 | 925.980.0273 | FabulousProperties.net

5117 Liveoak Court, Pleasanton
4 Bed | 3.5 Bath | 2,024 Sq. Ft. | $948,800
Louise Davis
925-200-2457 | louisedavis.com

1563 E. Gate Way, Pleasanton
4 Bed | 2.5 Bath | 2,400 Sq. Ft. | $1,050,000
Doug Buenz
925.785.7777 | 680Homes.com

2688 Becard Court, Pleasanton
5 Bed | 3 Bath | 2,574 Sq.Ft. | $1,375,000
Doug Buenz
925.785.7777 | 680Homes.com

3099 East Ruby Hill Drive, Ruby Hill
5 Bed | 4 full & 1 half Bath | 7,070 Sq. Ft. | $3,135,000
Donna Garrison | Susan Schall
925.519.8226 | 925.980.0273 | FabulousProperties.net

366 Ilo Lane, Danville
Each Unit: 2 Bed | 1.5 Bath | 1,200 Sq.Ft. | $1,050,000
Donna Zarrillo
925.998.2363 | donnazarrillo.com

4108 & 4112 Foothill Road, Pleasanton
2.2 Acre for $1,488,000 | 7.3 Acre for $1,888,000
Susan Schall | Donna Garrison
925.519.8226 | 925.980.0273 | FabulousProperties.net

1833 Via Di Salerno, Ruby Hill
5 Bed | 4 + 3 1/2 Bath | 7,076 Sq. Ft. | $3,695,000
Melissa Pederson
925.858.1984 | viadisalerno.com

7795 Cedar Mountain Road, Livermore
7 Bed | 6 Bath | 6,671 Sq. Ft. | $3,750,000
Donna Garrison | Susan Schall
925.980.0273 | 925.519.8226 | FabulousProperties.net

7626 Knollbrook Drive, Pleasanton
5 Bed | 2.5 Bath | 2,400 Sq. Ft. | Call for Pricing
Louise Davis
925-200-2457 | louisedavis.com

3789 Grillo Court, Pleasanton
4 Bed | 2 Bath | 1,749 Sq. Ft. | Call For Pricing
Melissa Pederson
925.858.1984 | melissapederson.com
HOME STARTS HERE

Pleasanton $2,590,000
6010 Alisal St  |  4bd 3(2)ba
Moxley Team 925.251.1111
By Appt

Pleasanton $2,395,000
1871 Zenato Place  |  5bd 4(1)ba
Blaise Lofland 925.251.1111
By Appt

Pleasanton $1,900,000
9608 Crosby Drive  |  5bd 4(1)ba
Joyce Jones 925.251.1111
Sun 1:00-4:00

Pleasanton $1,429,000
2106 Palmer Dr  |  5bd 3ba
Tim McGuire 925.251.1111
By Appt

Pleasanton $1,250,000
3891 Hot Springs Ct  |  6bd 4ba
Janna Chestnut 925.251.1111
Sun 1:00-4:00

Pleasanton $1,189,000
2106 Palmer Dr  |  5bd 3ba
Tim McGuire 925.251.1111
By Appt

Livermore $670,000
577 Everglades Ln  |  3bd 2ba
Leslie Faught 925.251.1111
Sat&Sun 1:00-4:00

Livermore $667,500
1594 Calle Del Rey  |  3bd 2(1)ba
Diane Smugeresky 925.251.1111
Sun 1:00-4:00

Dublin $530,000
11854 Kilcullin Ct  |  2bd 2ba
John Ledahl 925.251.1111
Sat&Sun 1:00-4:00

Pleasanton $504,950
3122 Pawnee Way  |  3bd 1(1)ba
Maureen Nokes 925.251.1111
By Appt

Dublin $494,000
3290 Maguire Way #220  |  2bd 2ba
Moxley Team 925.251.1111
By Appt

Brentwood $364,900
4568 Poe Ct  |  3bd 2ba
Robin Young 925.251.1111
By Appt

See it all at APR.COM
See us on Facebook @alainpinelrealtors
See us on Twitter @alainpinel
Pleasanton/Livermore Valley Office 925.251.1111