



Science of Snoozing

by Emily Atwood

Professor William Dement recounts sleep history, advancements at Las Positas College

Dr. William Dement (right) addresses a packed lecture hall at Las Positas College Nov. 15. Called the "pioneer of modern sleep medicine," he talked about the history and treatment of sleep.

I don't mind if someone falls asleep in my class," Dr. William Dement said. "I give bonus points." Of course Dement, a Stanford University professor considered to be the "father of modern sleep medicine," said when these sleepy students awake, they must shout "drowsiness is red alert!" to claim the points. Dement wishes to emblazon this warning phrase into the minds of his students because nodding off can be dangerous when it hits anywhere from the desk to behind the wheel to an operating table.

Dement discussed the history of sleep research and treatments with a packed lecture hall at Las Positas College Nov. 15. During the lecture, sponsored by the school's psychology department and the Psi Beta National Honor Society, he explained the recent advancements of the science of sleep, the bulk of it made widely known in the '80s.

Sleep mystified primitive humans and for a long time many thought the brain was turned off during sleep. Dement's laboratory studies from the '50s through the '70s helped discover rapid eye movement (REM) is a cycle of sleep that is directly connected to dreams.

Eye movement and dreams are so connected that Dement said the eyes are watching the dream take place. For example, a sleeper whose eyes were moving from right to left reported dreaming of a long volley during a table tennis match.

"The dream world is as real as the real world," he said. "It's real color and a little bizarre, but essentially a real world. It's just recalled through frosted glass."

His favorite quote, from British doctor and sexual psychologist Havelock Ellis, sums up his understanding about dreams: "A dream is real while it lasts. Can we say any more of life?"

He defines sleep as instantly becoming blind and deaf. Furthermore, during sleep, the brain is very much alive and sending messages to the body to move. But the body doesn't fully follow because the alpha motor neurons controlling the voluntary muscles are turned off.

While much has been learned in recent years, Dement

said much more sleep study is necessary. Some of the lessons he felt were important are that sleep debt is just like monetary debt, it is a large determining factor in how people feel, and sleep disorders are prevalent and often untreated.

Sleep disorders plague millions of Americans, and often times, their bed partners. Obstructive sleep disorder can be deadly if untreated. Snoring is the main sign of this, as sometimes breathing passages are so badly blocked that people stop breathing. They only commence breathing when they are awoken, but sometimes they sleep through it and suffocate.

Modern treatments include a machine with a mouth and/or nose piece with a hose attached to a machine that regulates air flow. Dement said these cost about \$300, but you get "two for the price of one," as many non-apnea suffering partners' sleep is often disturbed.

One disorder that he and other sleep experts claim is unfounded is chronic fatigue syndrome. He said no research has ever supported this, but it goes to show the impact of sleep debt.

Much of Dement's focus on the importance of sleep is the impact it has on the lives of individuals. He

told stories about losing sleep over a business or a stressful situation and in turn people lost the business or risked their safety or even their lives because of a lack of sleep.

Ninety percent of people say sleepiness is heavy eyelids and a continuous effort of will to keep from falling asleep. Sleepiness combined with driving, he said, is especially dangerous.

"The risk to fall asleep at the wheel [in that state] goes sky high," he said. "Drowsiness is red alert—know what signals sleep." ■

"A dream is real while it lasts. Can we say any more of life?"

—A favorite quote of William Dement's, by Havelock Ellis

What everyone needs to know about sleep, but is not taught anywhere

- People accumulate sleep debt
- It determines why we feel the way we feel
- Sleep disorders are hugely common
- Our terrible ignorance of sleep health

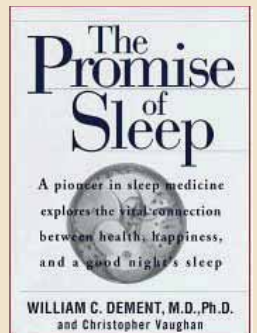
Prevalence of sleep disorders in America

- Obstructive sleep apnea—30 million
- Restless leg syndrome—15 million
- Insomnia—30 million
- Circadian rhythm disorder—20 million
- Narcolepsy syndrome—250,000

Source: Dr. William C. Dement

About the author

Dement is a professor in the Department of Psychiatry and Behavioral Sciences at Stanford University and authored "The Science of Sleep." Having participated in the first observations of rapid eye movement (dream) sleep in the 1950s at the University of Chicago, he continued to contribute in the field of sleep study as he has written or co-authored more than 500 pieces for scientific publications. He also wrote the book "The Promise of Sleep."



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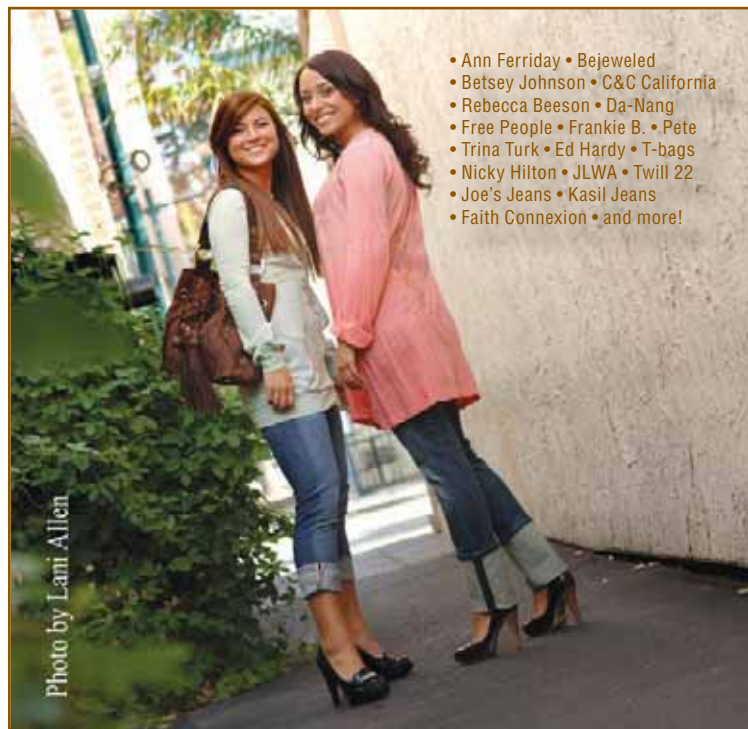
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Now Showing

Beowulf

★★★★

Rating: PG-13 for intense sequences of violence including disturbing images, some sexual material and nudity. 1 hour, 53 minutes.

This breathtaking animated epic from innovative director Robert Zemeckis ("Forrest Gump") is a virtual thrill ride that grips you from the get go. The 3-D film isn't just a movie, it's a movie experience that makes you a part of its noble, frightening and fantasy-infused world.

The film opens with cheer, as drunkard King Hrothgar (voice of Anthony Hopkins) holds a jubilant feast in his mead hall. Revelers dance, sing and laugh with wanton abandon as Queen Wealtheow (Robin Wright Penn) scans the hall nervously. High in the mountains, the disfigured and enormous creature Grendel (Crispin Glover) is tortured by the celebratory sounds. Grendel suddenly bursts through the hall door, gruesomely dispatching of soldiers and leaving a bloody mess in his wake. Only the steadfast fortitude of Hrothgar urges the beast away.

Hrothgar and his terrified followers are desperate for a hero to rid them of Grendel. Enter Beowulf (Ray Winstone), a chiseled and courageous world traveler. Beowulf and a handful of fierce men, including his loyal friend Wiglaf (Brendan Gleeson), intend to kill Grendel and bring joy back to the hall of Hrothgar. A battle ensues that pits Beowulf (fighting in the nude) against Grendel and leaves the creature with only one arm and on the brink of death.



Grendel's mother (Angelina Jolie), a seductive and powerful dragon witch, mourns when Grendel dies and swears vengeance on Beowulf. A meeting between the two provides an opportunity for Beowulf to become king, an opportunity he can't refuse. Years pass by and the name of Beowulf spreads across the land like fire. But a mistake from his past soon catches up to him, leading to a pulse-pounding climax. Visually, "Beowulf" is unlike any movie ever made before. The trailers call it "the future of film," and that isn't a stretch. The imagery is so captivating that it puts the audience in a hushed trance. The

3-D element is hypnotic, especially scenes in the snow, rain and sea. Animation is top notch—the film's climactic clash between Beowulf and a fire-breathing dragon is incredible.

This film is not for children—don't be fooled into thinking this will be a good family outing for

young boys and girls. Violence, innuendo and frightening images flow throughout. The stellar cast is perfect for a story like this, in fact most of the actors (Hopkins, Gleeson, Winstone and Penn, specifically) seem like they were almost meant to live in the days when Odin and Thor were the deities du jour.

There's also something very empowering about the film. Beowulf's war cry reverberates and lingers even after the end credits roll. Watching a warrior challenge sea monsters, dragons and disfigured beasts suddenly makes that spider in the bedroom not so scary. Young men across the nation are dipping deep in times of doubt and bellowing: "I AM BEOWULF!"

Enjoy the ride.

—Tyler Hanley

Ready to Rent

Rescue Dawn

MGM Home Video DVD

2 hours, 6 minutes

Director: Werner Herzog

Christian Bale is the closest thing to the Brando of our times. He's emotionally daring, physically challenging, and never once do you feel that he's faking his way through a performance. He's all heart but never raw and cantankerous with emotion; he's too mannered and intelligent for that. Even as a child, when he literally exploded onto the screen in Spielberg's "Empire of the Sun" with his amazingly complex and fortified role as a young James Ballard (author of "Crash" and "Concrete Island") caught in a WWII Japanese concentration camp, you saw something that is a rarity—a child with genuinely adult emotions and eerie intensity. Bale was the reason why that movie worked: there was nothing syrupy and romanticized about Jim's sufferings, try as Spielberg may have to insert them, and Bale emerged as the undisputed center of the piece at 13 years old.

Director Werner Herzog has seen Bale's gift and describes him as the best thing next to the director's Teutonic Brando—the infamous Klaus Kinski—with whom Herzog made some of the best movies of the seventies ("Aguirre" and "Nosferatu" come to mind) with, and who Herzog had the most destructive and legendary of relationships as seen in his documentary "My Best Fiend." When Herzog went to cast the cinematic retelling of his excellent documentary "Little Dieter Needs to Fly," he chose Bale as the extroverted POW who escapes from a Vietnamese prison (as a side note, for those who have not seen "Little Dieter," it is one of the Herzog's best, both poignant and compelling, with a type of effectiveness that touches you not because of its poignancy, but because of Herzog's loony way of constructing an experience that makes you feel akin to his subjects).

"Rescue Dawn" is that retelling and, although it's not one the director's best, it does have some

scenes that make Herzog's movies so unique and emotionally trippy. We are introduced to Dieter (Bale) shortly before he is about to fly his first bombing mission. Bale plays him as a natural optimist, always upbeat and inventive with whom camaraderie comes easy. However, as irony would have it, he is shot down and taken prisoner

by the Vietcong; forced to march through the jungle and tortured intermittently. Dieter eventually makes it to the prison camp where there is a mix of both Thai and American prisoners and its here where the movie begins to gain focus as Dieter wants to escape and the others are way to do so, institutionalized by both the guards and the jungle itself.

Part of the problem with "Rescue Dawn" is its banality in tone—anyone could have made this, which is my prejudice but I feel it's somewhat warranted. This is the director that had a steamship hauled up and over a mountain ("Fitzcarraldo") and set the mad Klaus Kinski on a raft with chattering monkeys ("Aguirre"); I look to him for images and feelings I've never seen before. Here, it's as if he wanted to do one "commercial" movie that never offends, confuses or elates us. There are some moments: shots of the endless, claustrophobic jungle; an argument about who gets supplies after a prison break, but never a feeling of otherworldliness. I recommend "Rescue Dawn," but I insist upon "Little Dieter Needs to Fly" as the best chronicle of Dieter Dengler.

—Joe Ramirez





Courtesy Fog City Cat Club

Feline fest this weekend

'Puttin' on the Ritz' cat show comes to the fairgrounds

Cats are coming to town this weekend as a part of the sixth annual 'Puttin' on the Ritz' cat show. Put on by the Fog City Cat Club, over 60 breeds of purebred cats and kittens will strut their stuff, hoping for top awards.

About 3,000 spectators are expected to come to this event, which has high stakes for participants.

Janet Brown, president of the Fog City Cat Club, said the glory of winning goes beyond earning champion, grand, double, trip, quadruple and supreme champion.

"Beyond that they compete for international points," she said. "All the cats compete to be the best in the world."

Brown said the "beauty show for cats" will be decked out in hot pink, silver and black to coincide with the 'Puttin' on the Ritz' theme.

In addition to seeing award-

winning cats, spectators can learn about adopting a rescued cat or kitten, or purchase a purebred kitten. Brown said they will host Tri-Valley Animal Rescue, which will have cats and kittens available for adoption and some that will even be entered in the show. Fairmont Animal Shelter in Castro Valley and the Sunshine Rescue Group of Hayward will also be present.

Products relating to cats will also be available for purchase.

The show will be held from 9 a.m. to 5 p.m. Saturday and Sunday at the Alameda County Fairgrounds, 4501 Pleasanton Ave. Tickets are \$6 for adults, \$5 for seniors, \$3 for children 3-12, and children 2 and under are free.

For more on this event visit www.alamedacountyfair.com or www.fogcitycatclub.com.

—Emily Atwood

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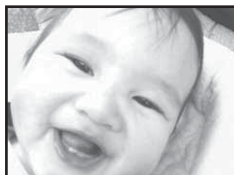
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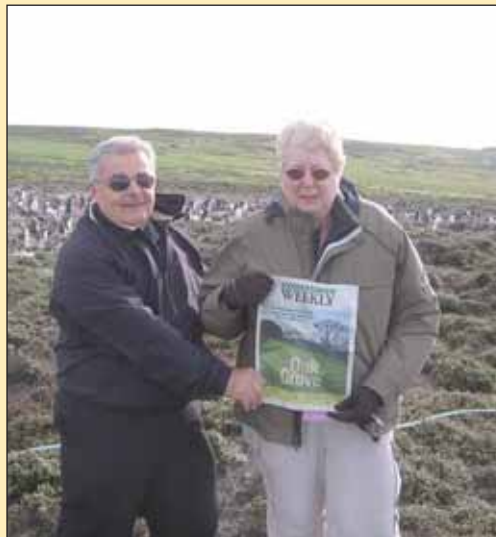
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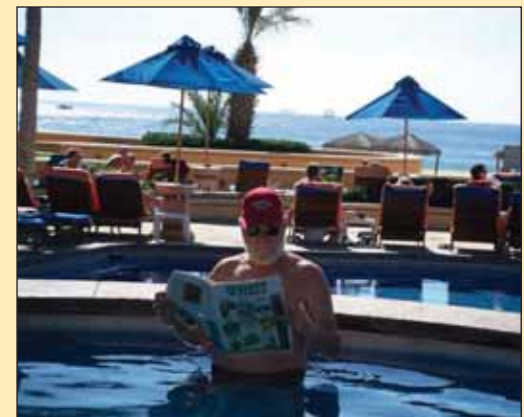
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"Santa Bob" Stanley relaxes in Cabo San Lucas, Mexico with a Year in Review edition of the Weekly. It must be nice taking a break after delivering gifts in one night around the world.



Prize-winning readers
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Sprucing up with the Weekly
Penny and Bill Evans of Pleasanton recently visited Congressman Jerry McNerney's Washington D.C. office. To help McNerney's office feel more cozy, she made him the quilt that is hanging above on the wall.



Where's the Weekly?
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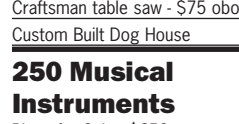
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Real Estate

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Pleasanton, 4 BR/3 BA - \$4500/mo

809 Shared Housing/Rooms

All Areas - Roommates.com
Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www.Roommates.com. (AAN CAN)
Pleasanton, 2 BR/2 BA - \$700.00/Mo

825 Homes/Condos for Sale

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Tennessee - Lakefront
Log Home. 470' of shoreline, year round water, sea wall. Beautifully wooded 1 acre level lot, 4 bedroom, 3 bath. Call Jamie Russell 1-865-717-7775. (Cal-SCAN)

Danville, 3 BR/2 BA - \$789000

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Pleasanton, 2 BR/1.5 BA - \$399,960
Pleasanton, 2 BR/2.5 BA - \$ Rent/Own
Pleasanton, 3 BR/2.5 BA - \$820000
Pleasanton, 4 BR/3 BA - \$1275000-\$
Pleasanton, 4 BR/3 BA - \$1275000-\$

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850 Acreage/Lots/Storage
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Colorado Mountain Ranch
1st time offered! 35 acres- \$49,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. EZ terms. 1-888-640-9023. (Cal-SCAN)

How Big is 40 Acres?
Come find out! 40 acres - \$39,900 Just outside Moses Lake, Washington. Beautiful land with captivating mix of rolling hills and occasional rock outcroppings - must see. Offered by a motivated seller. Excellent financing offered. Call WALR 1-866-585-5687. (Cal-SCAN)

Moses Lake, Washington
Bulk Land Sale. \$39,900. Priced for quick sale. Beautiful land, interesting topography, good views and setting, abundant wildlife. Surveyed on maintained road. Financing available. Call WALR 1-866-585-5687. (Cal-SCAN)

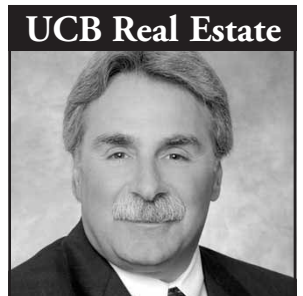
New Mexico Sacrifice!
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Sale 35 Acres- \$39,900. Spectacular Rocky Mtn. Views Year round access, elec/ tele included. Excellent Financing available w/ low down payment. Call Red Creek Land Co. Today! 1-866-696-5263 x3155. (Cal-SCAN)

Utah Ranch Dispersal
1st time offered! 40 AC only \$29,900. Foothills of Uinta Mountains. Gorgeous views. Beautiful land and setting. Great recreational area. Accessed by county roads. Offered by motivated seller. Limited available. EZ Terms. Call UTLR 1-888-693-5263. (Cal-SCAN)

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PET OF THE WEEK

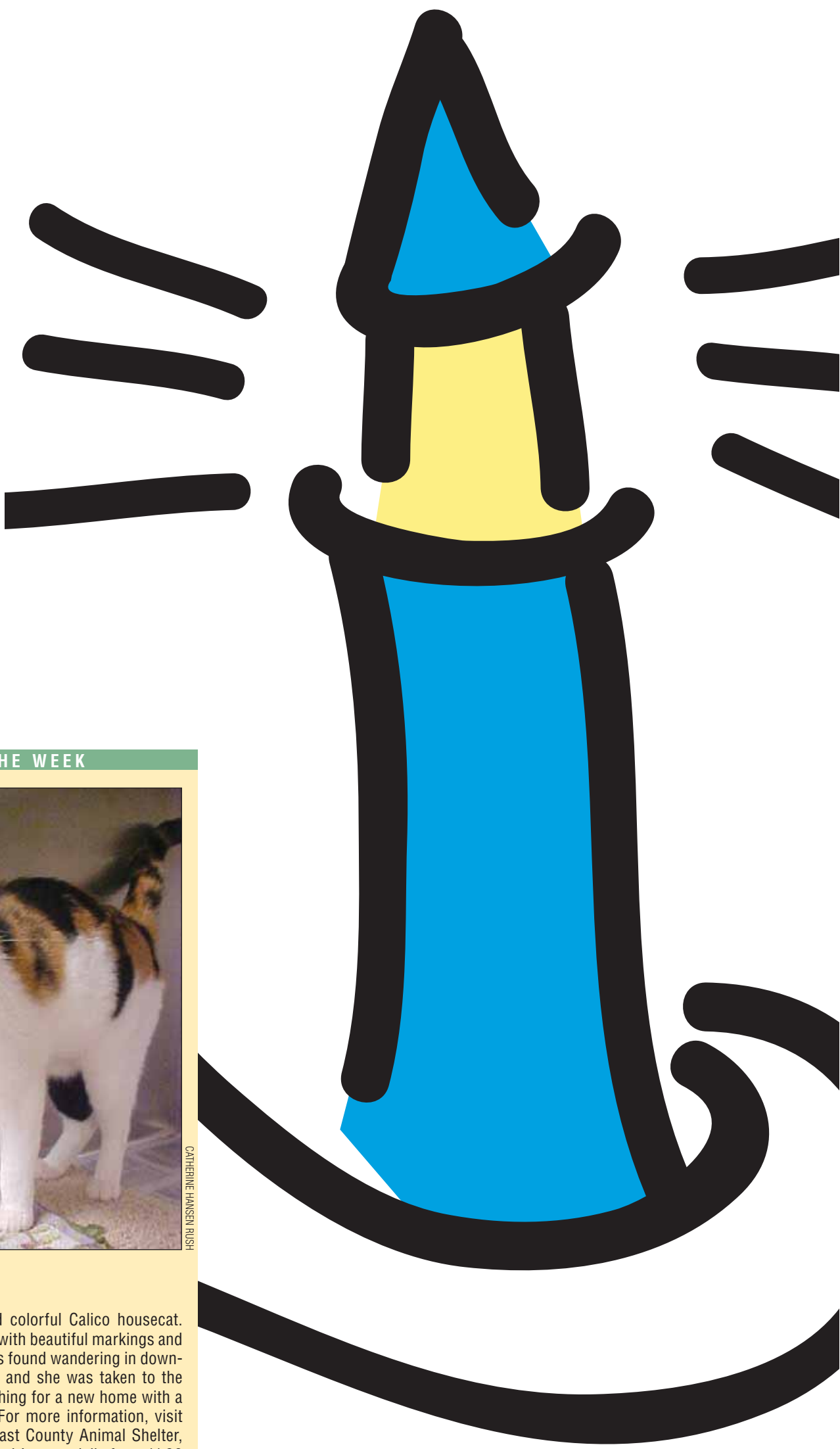


CATHERINE HANSEN RUSH

Friendly feline

Meet Kerri, a friendly and colorful Calico housecat. Kerri is a young adult female with beautiful markings and a sweet disposition. Kerri was found wandering in downtown Pleasanton last month and she was taken to the animal shelter. Kerri is searching for a new home with a loving and attentive family. For more information, visit Kerri (pet # 73809) at the East County Animal Shelter, 4595 Gleason Drive in Dublin. It's open daily from 11:30 a.m. to 5:30 p.m. Call 803-7040.

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1397 WHISPERING OAK WAY, PLEASANTON

Beautiful newer four bedroom, three and a half bath home, built in 2003. Approximately 3,364 square feet, includes carriage house. Gourmet kitchen with granite countertops, center island with stainless steel sink, custom cherry cabinetry, and built-in sub zero refrigerator. Large master suite with walk-in closet. Custom tile flooring, dual pane windows. Cherry built-ins throughout. Carriage house can be nice guest quarters, or has been rented out for as much as \$1350/month. Beautifully landscaped. Just minutes to Downtown Pleasanton. **OFFERED AT \$1,049,000**

DOWNTOWN HOME

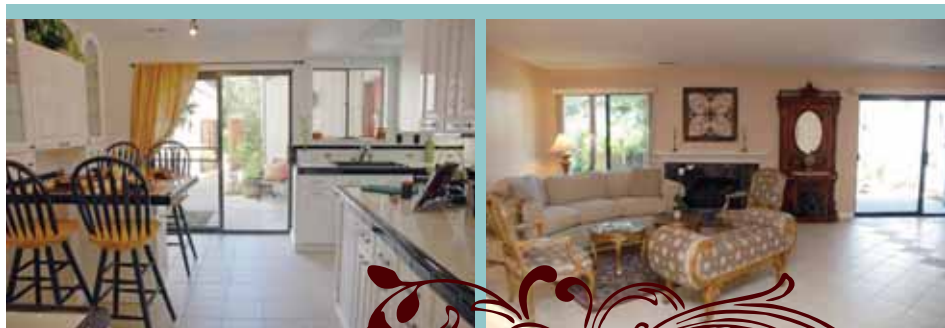
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Sales at a Glance

Source: California REsource

| Pleasanton | Dublin | Livermore | San Ramon |
|------------------------------------|------------------------------------|-----------------------------------|------------------------------------|
| Total sales reported: 5 | Total sales reported: 8 | Total sales reported: 11 | Total sales reported: 16 |
| Lowest sale reported: \$696,000 | Lowest sale reported: \$485,000 | Lowest sale reported: \$418,500 | Lowest sale reported: \$300,000 |
| Highest sale reported: \$1,630,000 | Highest sale reported: \$1,058,000 | Highest sale reported: \$887,000 | Highest sale reported: \$1,192,000 |
| Average sales reported: \$949,700 | Average sales reported: \$668,063 | Average sales reported: \$612,182 | Average sales reported: \$836,188 |

Home Sales

This week's data represents homes sold during October 2007

Pleasanton

2223 Camino Brazos
F. Buchholz to C. & G. Crannell for \$875,000

3352 Hartwell Court
L. Gomes to S. Soundiramourthy for \$696,000

7681 Olive Drive S. Lubinski to L. Henn for \$820,000

1308 Safreno Way
Centex Homes to P. & S. Krishnamurthy for \$1,630,000

2245 Via Espada D. Mino to R. & S. Brown for \$727,500

Dublin

3782 Branding Iron Place
Silvera Investors to D. & H. Duffin for \$684,500

4188 Clarinbridge Circle T. & I. Frye to S. & J. Weaver for \$524,000

5501 Demarcus Boulevard #481 Western Pacific Housing to A. Hewatt for \$495,000

10616 Eastertown Lane P. Bieler to O. & A. Vily for \$485,000

7096 Elba Way Master Assets to A. & E. Gottfred for \$540,000

3160 Ridgefield Way Pulte Homes to A. Almy for \$1,058,000

3852 Silvera Ranch Drive S. & H. Zereh to M. Kini for \$913,000

5350 Tilton Court F. Pan to K. Wu for \$645,000

Livermore

2866 Alnwick Avenue #1
Shea Homes to B. Binder for \$422,500

2866 Alnwick Avenue #2
Shea Homes to R. & A. Jackson for \$418,500

2866 Alnwick Avenue #4
Shea Homes to S. Kitson for \$524,000

1364 Arroyo Road Arroyo Crossing to R. & C. Bernal for \$887,000

2872 Bresso Court F. & S. Kitson to Campbell Trust for \$875,000

4581 Kimberley Common T.
Palmer to M. Sheldrick for \$530,000

2874 Lemon Shea Homes to R. & W. Nugent for \$577,500

285 MacKenzie Court
Livermore Grove to F. Buchholz for \$865,000

1045 Madrone Way Madrone Way Venture to J. & M. Brady for \$460,000

2820 Salvia Common Shea Homes to L. Shewakena for \$570,000

2866 Salvia Common Shea Homes to A. Melendez for \$604,500

San Ramon

2740 Ashwell Lane
Liquidations Properties to Lyon Trust for \$620,000

2359 Baker Way M. & S. Awad to D. Schexnayder for \$959,000

2057 Bayporte Way M. & D. Czarcinski to G. Xu for \$985,000

207 Blue Mound Court
Schultz Trust to F. & A. Sunavala for \$985,000

490 Bollinger Canyon Lane #369 Avelo Mortgage to B. Farinha for \$300,000

6331 Byron Lane Centex Homes to Q. Zhang for \$695,000

219 Cascadas Court Retzlaff Trust to R. & J. Smith for \$1,000,000

130 Eastridge Drive Pacifica 235 East Ridge to B. Bermudez for \$355,000

3051 Enfield Street
Brookfield Emory to P. & P. Unwalla for \$844,000

3066 Enfield Street
Brookfield Emory to J. & L. Marcis for \$860,000

201 Hat Creek Court M. Burnsides to P. Renn for \$715,000

5097 Holborn Way Centex Homes to S. & C. Kessel for \$1,060,000

5508 London Way Centex Homes to B. Koob for \$905,000

3327 Middlebrook Way
World Savings Bank to D. & S. Stemmons for \$875,000

5501 Thayer Lane Centex Homes to A. Desai for \$1,029,000

5727 Wells Lane Brookfield Hawthorne to M. & J. Petronella for \$1,192,000

Up-to-date news
about Pleasanton
every day

PLEASANTON
WEEKLY
.COM

OPEN SAT 1-4



2329 RAPALLO COMMON,
LIVERMORE

Priced at \$689,000

Stunning Santa Cruz model with maple cabinets, stainless steel appliances and granite countertops. This home offers 2419 sq. ft. This home boast 4 bedrooms & an amazing master suite. Spacious family room with surround sound.

OPEN SUN 1-4



3302 PRAIRIE DRIVE,
PLEASANTON

Offered at \$1,098,000

Rare opportunity in Foothill Knolls. 4 bd, 3 ba, over 2300 sq ft on a large 11,277 sq ft lot. Vaulted ceilings, new carpet & paint. Hardwood floor entry, elegantly wide stair case. 1 bdrm & full bath downstairs. 2 fireplaces. 3 car garage. Master bdrm w/ beautiful views of the ridge. Stunning picturesque neighborhood.



Dave & Sue Flashberger 463-0436

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this great time to buy...*

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WE GATHER WITH LOVED
ONES AND TAKE TIME TO
APPRECIATE ALL THE GOOD
THINGS IN THE PAST YEAR...

**HAPPY
THANKSGIVING!**



Beth LaGrant 924-0444



1717 COURTNEY AVE.
CHAIN OF LAKES, PLEASANTON
Offered at \$1,950,000

Absolutely gorgeous home in highly sought after neighborhood located near award-winning Mohr Elementary School. Completely remodeled in 2006, home offers 3 BR (can be converted to 4), 3 BA, in 3338 sq. ft, large corner lot, pool/spa and showcase garage!



Dave & Fran Cunningham 426-7957



532 ROSSO COURT,
RUBY HILL, PLEASANTON
Price Reduced \$1,219,000

A very popular floor plan, in Premia of Ruby Hill, which offers 4BR and 3BA, with one bedroom/bath located downstairs, and can be used as an office or den. Lush, gorgeous rear yard, features built-in BBQ and patios, also available for lease \$3600 a month.



Dave & Fran Cunningham 426-7957



PRICE REDUCED

1290 VIA DI SALERNO,
RUBY HILL, PLEASANTON
Offered at \$2,520,000

Stunning Mediterranean Villa in Ruby Hill featuring elegant architectural detailing, 5,800 sq. ft., 5 BR, 4.5 BA, bonus room & exercise/media room. Rear yard offers pool/spa.



Dave & Fran Cunningham 426-7957

OPEN SUN 1-4



4656 BLACK AVENUE, PLEASANTON
Offered at \$730,000

Great Pleasanton Valley home boasts remodeled kitchen with new tile. Dual pane windows w/security & fire alarm systems. All new cut Berber carpet throughout, 40+ yr roof. Professionally landscaped with sprinkler system. Walk to K-12 schools, shopping and 1 block to Aquatic Center.



Melissa Pederson 397-4326



1548 GERMANO WAY,
RUBY HILL,
PLEASANTON
Offered at \$2,239,000

Gorgeous Custom Tuscan Estate. 4,862 sq ft, 5 bed, 4.5 bath. Gourmet kitchen with ss appliances, cherry paneled office. Huge lot with pool and outdoor fireplace!



951 MINGOIA ST.
PLEASANTON
Offered at \$1,699,950

Stunning Eco-Friendly Home. 4 bed, 3.5 bath, den, gourmet kitchen, 4 car garage 3,992

square feet, located in great new Avignon neighborhood, near Ruby Hill, Pleasanton. *Save big \$\$\$ on energy bills!*

www.FabulousProperties.net



Donna Garrison & Susan Schall 397-4165 & 397-4244

SOLD IN JUST 4 DAYS!



2768 CAMINO CASA BUENA,
PLEASANTON
Offered at \$1,049,000

Stunning updated Ponderosa offers 2700 sq ft, 4 bedrooms, 3 baths, includes downstairs bedroom and bath, hardwood floors, updated lighting, custom designed kitchen with granite countertops, stainless steel appliances, private yard with patio, new fencing and so much more!



Melissa Pederson 397-4326



1768 VETTA DRIVE,
LIVERMORE
Offered at \$935,000

Great Prima Single-Story Home! Lovely 4 bedroom, 3 bath, 3-car garage with side-yard access. Lots of interesting upgrades. Best location in So. Livermore!



Gene & Cindy Williams 918-2045

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Jim Walker 397-4300



68 PETERS AVE., PLEASANTON
Offered at \$345,000

Adorable & Affordable 1 bdrm 1 bath condo upper unit in the heart of downtown Pleasanton! Newly updated kitchen with granite counters and new appliances. New laminate & carpet flooring. New paint, new furnace. Indoor laundry. Private covered balcony.

Lowest HOA dues in town! \$135/month. Call the Serrao team for more info.



10894 INSPIRATION CIRCLE,
DUBLIN
Call For New Price!

Amazing panoramic views from every room! 1/2 Acre lot. Highlander Model 5 br/4.5 ba w/ gourmet kitchen, granite slab counters & stainless appls.

Cherry hardwood floors, 1 br/1.5ba downstairs. Two fireplaces large master suite w/ private balcony, soaking tub & walk in closets. Many upgrades to see. Beautiful backyard w/ rose garden, lawn and patio areas. Room for a pool. 3 car garage. Private court entry. No rear neighbors just open space. Call the Serrao team for more info.



Dennis & Stella Serrao 398-0234

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**PLEASANTON
WEEKLY**

Real Estate

OPEN HOMES THIS WEEKEND

Go to: www.PleasantonWeekly.com/real_estate

DUBLIN

- 3 Bedrooms**
4513 Peacock Ct. \$778,500
 Sun 1-4 Keller Williams 260-8883
- 5 Bedrooms**
10894 Inspiration Cir. \$1,399,000
 Sun 1-4 Keller Williams 398-0234

LIVERMORE

- 3 Bedrooms**
5075 Erika Wy. \$524,950
 Sun 1-4 Keller Williams 463-0436
- 1135 Baltusrol Ct. \$569,950**
 Sun 1-4 Hometown GMAC 426-3859
- 4 Bedrooms**
6608 Tiffany Cmn. \$569,000
 Sun 1-4 Hometown GMAC 963-8322
- 2329 Rapallo Cmn. \$689,000**
 Sat 1-4 Keller Williams 463-0436
- 1768 Vetta Dr. \$935,000**
 Sun 1-4 Keller Williams 918-2045

PLEASANTON

- 1 Bedrooms**
68 Peters Ave. \$335,000
 Sun 1-4 Keller Williams 398-0234
- 2 Bedrooms**
2233 Goldcrest Cir. \$549,000
 Sun 1-4 ReMax/Accord Jeff Clyma 918-3395

3 Bedrooms

- 6386 Shorewood Ct. \$599,950**
 Sun 1-4 Keller Williams 463-0436
- 1037 Hometown Wy. \$749,900**
 Sun 1-4 Alain Pinel - Brad Slabaugh 447-2723

4 Bedrooms

- 3302 Prairie Dr. \$1,098,000**
 Sun 1-4 Keller Williams 463-0436
- 951 Mingoia St. \$1,699,950**
 Sun 1-4 Keller Williams - Donna Garrison 397-4165
- 4656 Black Ave. \$730,000**
 Sun 1-4 Keller Williams 397-4326

5 Bedrooms

- 1548 Germano Wy. \$2,239,000**
 Sat/Sun 1-4 Keller Williams - Donna Garrison 397-4165

6 Bedrooms

- 5725 Ohana Pl. \$1,999,995**
 Sun 2-5 Alain Pinel 846-6500

DANVILLE

- 4 Bedrooms**
21 Mauri Ct. \$1,450,000
 Sun 2-4 Re/Max 351-6999
- 611 Derbyshire Pl. \$915,000**
 Sun 2-4 Re/Max 989-6086
- 5 Bedrooms**
810 Richard Ln. \$1,120,000
 Sat/Sun 1-4 Hometown GMAC 426-3844
- 405 Skycrest Dr. \$965,000**
 Sun 1-4 Keller Williams 260-8883

Featured Properties



Pleasanton - Bargain Price! Great 2 bedroom, 1.5 bath townhouse with Pergo floors and new paint. Kitchen has all new appliances (Fridge, Stove, and Dishwasher). Nearly new Washer and Dryer. Master with balcony and mirrored closet doors. 1 car garage and 1 assigned spot. Award winning School District!
3302 Santa Rita Road \$395,000



Pleasanton - Lovely setting on a great tucked away court near downtown Pleasanton. You'll find this cute home easy walking distance to Main Street. Rarely available Duet home with a small private backyard. Fireplace in living room, formal dining room, atrium off kitchen nook, attached 2 car garage and indoor laundry. 3rd BR is a DEN downstairs.
1156 Tiffany Lane \$649,000



Livermore - Beautiful, well maintained home on cul-de-sac. Light, Bright and Open. Large Family Room, Dining Room and Kitchen. One full bed and bath on the main floor. Newer furnace and A/C. Large rear yard with gazebo and hot tub. Does not back to Vasco. Great 4 bedroom 3 bath home with newer paint in various rooms.
1141 Baltusrol Court \$719,500



Pleasanton - Gorgeous, rare remodel in Ruby Hill with Golf Course and Vineyard setting! Light, bright and highly functional floor plan with 4 bedrooms (1 downstairs) and 3 full baths. High quality Granite in kitchen and Master Bath. New stainless steel appliances, pecan floors, carpet, paint & fixtures. Beautiful backyard.
451 Trebbiano Place \$1,295,000



Livermore - Beautiful 5 BR, 4.5 BA home within the vineyards! Granite slab counters with upgraded stainless steel appliances, wine refrigerator, Butlers pantry, two tone paint, newer carpet, crown molding, large master suite with marble flooring and counter tops, gleaming hardwood flooring, and a large lot with sport court backing to the vineyards!
2294 Minerva Court \$1,399,900



Pleasanton - Like new 5 bedroom, 4 bath Ruby Hill home featuring a downstairs master suite, downstairs guest suite, a huge (unused) kitchen with large breakfast nook and family room and stone floors throughout. The upstairs, with 3 bedrooms and a play room, has never been used! Great Cul-de-sac location!
4232 Brindisi Place \$1,995,000



Pleasanton - Better than New! A Custom-Built Ruby Hill Home that shows like a Model! The Grand Foyer, Spiral Staircase and Marble Floors are Complimented by the adjoining Living/Dining Rooms. The "Open" Kitchen/Nook/Family Room (with Walk-Behind Wet-Bar), Home Theater, Tasteful Décor and Location are a Buyer's Dream!
1178 Germano Way \$2,675,000



Pleasanton - The "Window of Opportunity" is Wide Open at Ruby Hill. Take a look at this Beautiful Custom-Built 5 bedroom, 5.5 bath Italian Villa. "Timeless" in so many ways: a Golf Course Setting (4th Hole), Quiet Cul-de-sac Location, Park-like Yard (Fountain, Pool, Spa) and Quality Features Throughout. Don't miss this opportunity!
2809 Vizzonlini Court \$2,895,000

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LIVERMORE

2648 ST HELENA CT \$1,199,995
Beautiful single story traditional style home located in the South Livermore Vineyards. Spectacular pebble tech pool with spa & water features. 3,513+/- SQ FT, gourmet kitchen, large bedrooms & much more!
MAX DE VRIES 925.525.0116

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LIVERMORE

1579 FRANKFURT WAY \$769,000
Situated in the Sunset East area of Livermore, this complete remodel is ready for a new owner. With 4 large bedrooms and 3 full baths on 7500+ sq ft corner lot, and 2000+/- sq ft of living.
MICHAEL J. DUFFY 925.251.2523

www.860divisionst.com



MEDITERRANEAN VILLA

860 Division Street \$2,395,000
One of a Kind Downtown Pleasanton Mediterranean Villa 4,500+/- SQ FT. Visit www.860divisionst.com for photos, features, and more!
TODD MARTINEZ 925.784.7000



DUBLIN

5234 PERSIMMON DRIVE \$1,149,000
Pristine Home w/ \$100K in upgrades. Gourmet kitchen, granite slab, SS built-in fridge and appliances, Hardwood Floors, Cherry wood custom library.
BOBBIE CHARVET 925.251.2520

NEW PRICE



PLEASANTON

6056 SEQUOIA COURT \$759,000
Absolutely Immaculate! Amazing pride of ownership is obvious in this lovely home. Situated on a quiet cul-de-sac, across the street from the park, it boasts updates galore including dual pane windows, six panel doors and updated kitchen and baths! 4bd/2.5ba
ROBIN DICKSON 925.251.2501

www.staciarmario.com



ANTIOCH

5009 DEERSPRING COURT \$449,950
Man upgrades! 4 Beds, 2 Baths, 9 Ft. Ceilings, Crown Molding, Upgraded Carpet, Dual Sinks in Baths, Pantry in Kitchen and Island, Possible Side Access, Court Location.
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New Construction. 6 single family homes featuring view of the San Leandro Hills & much more! \$40,000 in upgrades included in Price!
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LIVERMORE

670 SYCAMORE COURT Call for Price
Charming Amber Ridge Home w/ pool. Cul de sac; walk to park, shopping & dining. 2,872+/- SQ FT 4 Bed 3 Bath. Visit www.maxdevries.com for more info.
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www.SavvySalesTeam.com



LIVERMORE

648 SWALLOW DR \$519,950
Perfect starter home! Newly painted interior & front exterior, newer heater & A/C, with much more to see! Visit www.SavvySalesTeam.com for more info.
STEVEN R. LLOYD 925.251.2550

www.75SeagullDrive.com



MARINA BAY

75 SEAGULL DRIVE \$599,000
NEW PRICE! 3 BR, 2.5 BA. Like living in Cape Cod, this home blends easy living and nautical charm to bring warmth and joy to all who enter. Enjoy spectacular views and refreshing Bay breezes at a reasonable price.
ROGER A. CLARK 925.251.2508



SAN RAMON

3250 VERA CRUZ DR \$795,000
Gorgeous spacious single story situated on .23 acres w/side yard RV access. 3 car garage. D-pane windows w/innovative removable screens. Gourmet kitchen/family room.
JOE LEDESMA 925.858.3829

www.deniseivaldi.com



PLEASANTON

3286 FLEMINGTON COURT \$889,000
5 Bedroom, 3 Bath, +/- 2,471 Square Feet of Living Space, 1 Bedroom & Bath Downstairs, Formal Dining Room, Large Family Room with Fireplace, & more!
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Pleasanton Weekly's
BEST OF PLEASANTON
2007

PLEASANTON



SPECTACULAR 4BD/4½BA, fully upgraded new custom home, sits on over ½ acre, fabulous views of valley, hills & sunsets over the golf course

925.426.3800 \$2,099,000

PLEASANTON



HOME ON THE GREEN 4BD/3½BA, lovely galley kitchen, hardwood floors in living, dining and kitchen, walk to the country club, 1/2 acre lot with views

925.426.3800 \$1,265,000

DUBLIN



GREAT NEIGHBORHOOD 4BD/3BA, brazilian hardwood floors, cherry cabinets, onyx slab counters, newer berber carpet, travertine entry, corner lot

925.426.3800 \$950,000

DUBLIN



SPACIOUS WESTSIDE HOME 3BD/2½BA, plus office, two fireplaces, dual pane windows, master suite has tub, shower and walk-in closet

925.426.3800 \$795,000

LIVERMORE



ABSOLUTELY LOVELY CUSTOM 4BD/2½BA, home with beautifully remodeled gourmet kitchen. Park like backyard is HUGE with multi-level decking.

925.426.3800 \$825,000

PLEASANTON



PLEASANTON MEADOWS 4BD/2BA, professionally landscaped, tile entry, Corian countertops, raised panel oak cabinets, dining and family room have french doors.

925.426.3800 \$755,000

CASTRO VALLEY



PALOMARES HILLS W/ GREAT VIEW 4BD/2½BA, beautiful hardwood floors, shutters, master with jetted tub, tennis courts, pool and spa

925.426.3800 \$769,000

TRACY



ELEGANT SPANISH STYLE HOME 3BD/2½BA, vaulted ceilings, custom window designs, gourmet kitchen, hardwood floors, decorative spanish tiles

925.443.7000 \$634,900

LIVERMORE



EXQUISITE HOME 3BD/2BA, vaulted ceilings, entry with tile floor and new carpet throughout, dual pane windows, side yard access

925.443.7000 \$649,000

WALNUT CREEK



BEAUTIFUL & PEACEFUL 3BD/2½BA, walk to parks, school and BART, crown moulding, newer kitchen appliances and furnace, landscaped private yard

925.443.7000 \$619,900

LIVERMORE



GORGEOUS SINGLE STORY 3BD/2BA, home with high ceilings, stunning hardwood floors galore, huge living room w/media niche and gas fireplace

925.426.3800 \$569,950

LIVERMORE



IMMACULATE 4BD/2½BA, very bright & airy, vaulted ceilings, spacious master with dual vanities, formal dining, new interior designer paint

925.426.3800 \$569,000

PLEASANTON



BEAUTIFUL CAPE COD 2BD/2½BA, new granite slab counters, new tile floors & carpet, vaulted ceilings, private brick patio, vines over front gate

925.443.7000 \$550,000

LIVERMORE



VINEYARD VIEWS 3BD/2½BA, tiled floor, granite counters, custom cabinets, crown molding, community pool & spa, and so much more

925.443.7000 \$535,000

PLEASANTON



POTTERY BARN FRESH 2BD/2½BA, new paint & carpet, across from pool & park, private balcony and patio breakfast nook, attached garage

925.426.3800 \$459,950

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