

HOLIDAY

gift guide
2013



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Ho, Ho, Holiday Treats

Make the Season Simple and Sweet

Nothing says home for the holidays like the smell of treats baking in the oven and a crowded kitchen filled with loved ones. Whether making decades-old family favorites or starting new holiday baking traditions, you can create homemade holiday goodies in a (ginger) snap.

"The holidays are a time when families are in the kitchen at record rates to bake cookies, build gingerbread houses and create a wide variety of sweet treats," says Nancy Siler, vice president of consumer affairs at Wilton. "The good news is, even if you only have 30 minutes to spare during this hectic time, you can make amazing desserts for gatherings or gifting."

Try these easy treat ideas from Wilton to spread holiday cheer:

Holiday Helpers: Invite family and friends for a cookie decorating day to help prepare gifts for upcoming events. You provide the Sparkling Sugars and Sprinkles, Peppermint Twisted Sticks



and red and green icing ... everyone else provides the creativity.

Miracle on Your Street: Crunched for time with a party to attend? Pick up ready-to-eat cookies and artfully dip them in red and green Candy Melts candy for an elegant upgrade. No one has to know how simple it was to create a customized dessert.

Instant Snowman: Coat peanut butter sandwich cookies in white Candy Melts candy to

See **TREATS** on Page 11



Enjoy some day spa cheer with your friends this season!

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Providing Cutting Edge Hearing Technology

Almost 50% of Baby Boomers say they are experiencing difficulty hearing. Hearing loss just doesn't dampen hearing. It has been linked to depression, social isolation, career and financial loss. Baby Boomers still in the work force may recognize a problem hearing but be reluctant to treat it because of the stigma related to using hearing aids. The problem may be that the hearing loss is more obvious than the hearing aids.

Lyric®, the world's first completely invisible hearing device may be the answer. It is the first extended wear hearing device that stays in the ear for up to four months. It is not an implant. It is soft and comfortable and sits close to the eardrum. Lyric's placement in the ear canal takes advantage of the natural acoustics of the ear giving it a clear natural sound. The Lyric® hearing device is typically fit on a 30 day trial period and often times in a single office visit.

Hearing Services
4460 Black Avenue, Pleasanton
925.484.3507
www.pleasantonhearingservices.com

Beating the Holiday Blues

Here it comes again and for some the holiday season can be dreadful and downright depressing, especially when everyone else seems so 'glee'. Whether you have a large, small or no family, fat bank account or depleted one, on top of your game or down on your luck, it seems no one is immune to the blues.

This season, remember that small acts of kindness can do wonders for the giver as well as the receiver. Volunteering at an animal shelter, senior center, feeding the hungry or visiting someone who is isolated and lonely is a great way to make a difference in the life of a member in the community, neighbor, family, or friend.

Be mindful and think of others before yourself, teach your children about servitude and humility... let's break the cycle of selfishness and bring kindness back. It's time.

*A gentle reminder
courtesy of:
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A Hearing Aid in an Hour and it's Invisible. Don't miss another word at Holiday gatherings. Act now for a 30 day trial...no obligation!



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Stressed by social obligations? Tips for an easier holiday season

The holiday season is filled with gatherings of friends and family. As invitations to different holiday events begin to flood your calendar, one of the biggest challenges is figuring out how to attend everything.

But for some, hectic schedules and public gatherings fill the holiday season with additional stress as they are combined with low self-esteem or lack of confidence, making this time of year a nightmare. If the holiday season creates worry and stress for you, rather than joy and excitement, consider these confidence-building tips:

- Buy a few “emergency” gifts. When doing your holiday shopping, get a few gifts that you can wrap and give in cases where you are presented with an unexpected gift or to give the host of a holiday party.

- Feel free to say “no.” You don’t have to attend every party or gathering. If your stress and worries are caused by overbooking, make it a goal to only attend one event each weekend, and possibly one additional event during

the week. Be sure to include any family visits or dinners in your tally. Limiting your activities will give you time to recharge and thoroughly enjoy the events you are attending.

- Pick the perfect holiday wear, leaning toward comfortable. Sometimes much of the stress caused by the holiday season is a result of the outfit chosen for the event. For women, high heels look great, but can quickly hurt the feet, making it uncomfortable to stand and socialize for long. Consider wearing beautiful flats or heels that have protective cushioning. Look for dresses that not only make you feel good about how you look, but are also comfortable to wear. For men, a tie presents a stylish look for a social gathering, but if wearing one feels constricting, try a distinguished look by hanging a scarf over a sport coat instead.

- Enjoy the food and drink, but not too much. Sometimes when we’re stressed, we tend to overeat or consume too much alcohol. Make a conscious effort to sample the foods and drinks provided at the family dinners and so-

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cial gatherings you attend without overdoing it. One trick to help achieve this is to use a dessert/appetizer plate for entree items, so you'll take less. This allows you to better mingle, socialize and enjoy the party, and when you go home, you'll feel better - both physically and about yourself - giving you confidence to at-

tend the next scheduled event on your holiday calendar.

Put stress and worry on the back burner this holiday season and look forward to the social events you'll attend this year with a smile on your face.

—BrandPoint

Looking for the perfect gift for those on your list or yourself?

In what can be a hectic holiday season everyone appreciates the gift of relaxation. Looking for professional, customized and conveniently located massages and facials? Massage Envy Spa Pleasanton is your answer. Our professional massage therapists and estheticians will customize your massage and facial to fit your needs. So make Massage Envy Spa your Pleasanton spa.

Did you know that massage therapy can help to improve your overall health, especially when you schedule more regular sessions? By making massage part of your wellness routine, it can help increase energy and refresh your mental attitude. Massage therapy also helps manage pain, relaxes muscles and improves flexibility and range of motion. Combined with Murad® Healthy Skin facials, you'll not only feel healthier, but look healthier too.

Can't make it during the day? No problem. We're open late weeknights and weekends. For massages or facials, Massage Envy Spas will be there for you. Achieving a balanced lifestyle has never been easier. Start your healthier lifestyle today at your local Pleasanton Massage Envy Spa.

We also offer:

Murad Healthy Skin Facials:

Whether your skin care goals are anti-aging, clearing or damage prevention, Massage Envy Spa Estheticians will work with you to create a balanced facial to suit your skins needs.

Sports Massage for Your Active Lifestyle:

Whether you're an Olympic athlete or a weekend runner, Sports Massage Therapy is designed to rejuvenate tired muscles and enhance athletic performance...it can even help prevent injury. Ask us about Pleasanton Sports Therapy on your next visit.

Ask Us About Enhanced Therapies: Sugar Foot Scrub Therapy • Aroma therapy • Deep muscle therapy

Massage Envy Spa Pleasanton

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Callippe Preserve

Remember Callippe Preserve when you do your holiday shopping this year! Purchase gift cards for any amount to be used for green fees or merchandise for the golfer on your shopping list. Additionally if you are looking for a specific golf club or accessory, Callippe has a large inventory to choose from.

If you haven't been to Callippe Preserve, be sure to visit us soon. The golf course opened in 2005 and immediately became known as one of the best in Northern California. Callippe has received multiple awards both locally and nationally, and has been ranked in the "Top 50 municipal golf courses in America" for three years running.

Callippe Preserve has a restaurant with beautiful views, which is open to the public. It also has an enclosed patio area that can host small parties, weddings and celebrations.

Drive "up the hill" to Callippe and we will be happy to help you.

*Callippe Preserve Golf Course
8500 Clubhouse Dr., Pleasanton
925.426.6666
www.playcallippe.com*

Cardinal Jewelers is no more

After being in the jewelry business for forty-two years, Jim the owner of Cardinal Jewelers, has decided to retire and close the business.

Cardinal Jewelers has served the Tri-Valley area since 1977. At that time, Jim the owner, brought a unique slant to his store. He decided to introduce a jewelry store that gave the customers a choice. He studied and received his Certified Gemologist degree. With this knowledge, he brought in stones that no one else in the area offered or had even heard of. All of the competition was stuck in the same old rut — diamonds, emeralds, rubies, sapphires. No one had tsavorite, rhodolite garnet, tanzanite, andalucite, tourmaline, etc. Many of these were just as beautiful as the more traditional gemstones but less expensive. It was difficult to make a go of it by specializing in these gemstones. But eventually, by educating the customer, business came around. Cardinal Jewelers is now known for and sought out for the unique gemstones it has been an innovator in bringing to the Tri-Valley. With the help of his "right hand man," Cheri Funk, Cardinal Jewelers has been an important part of Pleasanton. We are proud to be the ones advising the grandchildren of our earliest couples who bought their wedding rings from us. As part of the community, we contributed to many early events and almost every worthwhile cause that came along. We have sponsored both boys and girls little league teams for longer than any other business. A young Vietnam veteran with big dreams and no money made a go of it. Now at 73, it is time to move on.

Thank you Pleasanton for helping make this happen.



Cheri & Jim

Cardinal Jewelers

3003-B Hopyard Road, Pleasanton • 925.416.1111

TREATS

Continued from Page 3

create instant snowmen. Decorate with hats, scarves and, of course, carrot noses.

It's a Wrap: Turn your homemade treats into gourmet gifts. Stock up on holiday-themed gift bags and boxes, colorful tissue paper, ribbons and tags to transform made-from-the-heart goodies into extra special gifts.

Festive Peppermint Twists

Dark Cocoa, Light Cocoa, Green or White Candy Melts Candy

Peppermint Twisted Sticks Candy

Assorted Holiday Sprinkles, including Holiday Nonpareils, Confetti and Jimmies, Red and Green Colored Sugars

Line cookie sheets with parchment paper. In Disposable Dipping Container or bowl, separately melt Candy Melts candy in microwave following package instructions.

Dip peppermint sticks into melted candy; tap stick lightly to smooth surface. Immediately add sprinkles. Set on prepared cookie sheet; chill until set, 5 to 10 minutes.

Cheery Cereal Tree Treats

Makes about 12 treats

1/4 cup (1/2 stick) butter or margarine

4 cups mini marshmallows
Juniper or Leaf Green Icing Color
6 cups crisp rice cereal
White Cookie Icing
Jumbo Rainbow Nonpareils, Sprinkles or Sugars, as desired
Prepare 3D Silicone Tree Mold and silicone spatula or wooden spoon with vegetable pan spray.



In large saucepan, melt butter. Add marshmallows; cook and stir until melted. Tint with icing color. Remove from heat and add cereal; mix well. Press into prepared mold. When cool to touch, remove from mold. (If mixture becomes hard to work with, microwave at 50 percent power for 30 to 60 seconds to soften.)

Heat Cookie Icing following label directions. Squeeze snow and garlands on trees; add sprinkles and sugars as desired. Let dry.

—Family Features

Non-Surgical Facial Sculpting for Men & Women

The Microcurrent Facial is one of the latest procedures in anti-aging protocols and is a non-invasive and comfortable alternative to facial surgery, Botox, Thermage, Dermabrasion, Chemical Peels and other anti-aging approaches that either treat only the local area or are damaging to the skin.

The Microcurrent Facial can take years off your face, without the risks or scars of surgery.

Youthful U in San Ramon specializes in Microcurrent and topical enhancements that rejuvenate the face and body. As a person ages, the body loses much of its natural electrical energy, much like a battery gradually losing its charge. On a cellular level, this leads to a breakdown of collagen and elastin in our skin, which leads to sagging and unevenness of texture; lines, wrinkles, and folds become the inevitable result. Beneath the skin, the facial muscles become increasingly contracted over years of facial expression and constant gravity, allowing the overall lift of our face to decline.

Microcurrent Facial rejuvenation has made a name for itself in a relatively short time. It has gained its rapid popularity due to its hassle-free, comfortable and non-invasive nature as well as excellent positive results and affordability.

Jen Simmons, lead Esthetician at Youthful U described the experience as wonderfully relaxing and euphoric, and stated “the age-defying results are remarkable and may help with reduction of fine lines, increase in hydration, and improved blood circulation. Our procedure uses a unique “Elastin Infusion Therapy” formula that has been shown to restore up to two years of elastin with just one application. Patients have had visible firming and contouring of skin, shrinking of enlarged facial pores, reduction of blackheads, acne & scars, along with reduction of dark circles and puffiness under eyes. Our patients have a variety of skin aging issues that we help repair and restore the skin to a much more youthful look by the natural healing powers of microcurrent and our line of unique topical products.

*For more information go to www.youthfulu.net
To book your free consultation contact
Youthful U @ 925 394-7877*



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www.playcallippe.com

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PRESERVE

Stockings: Fun, affordable holiday gifts

Personal, creative stockings are most memorable

Creating memorable holiday stockings for the whole family should be fun and simple.

Once the big gifts are out of the way, stuffing stockings can be a breeze. Stockings are a perfect way to give small, creative gifts.

Don't limit yourself by thinking inside a small, sock-shaped box. Some of the most thoughtful and sentimental items are pocket-sized and make perfect stocking stuffers. Create stockings bursting with jelly beans, mobile phone accessories, DVDs, framed photos, movie passes or amusement park tickets. Save money on all your stocking stuffers by shopping at discount stores, like Dollar General. Dollar General offers a wide assortment of gifts that are ideal for stockings. Not to mention, it has a great selection of holiday items that cost only a dollar. Here are a few tips to help you create a fun stocking:

1. Take advantage of discount prices. You can buy a variety of fun items at discount stores, especially for kids. Most discount stores have stockings, candles, pens and pencils, notepads, cards and toys that all start at \$1. For young adults and teens, there are arts and crafts, scrapbooking items, make-up, lotion, digital cameras, chocolate, games and more.

2. Stick to a theme. If your creativity is already shot when it comes to holiday gift-giving, brainstorm stocking themes to get your gears turning. Does your 12-year-old love sports, books or wildlife? Maybe your son loves video games, or your daughter loves dance. Either way, there's probably a hobby or interest that you can base the stocking around. Once you establish a theme or pattern, it's easy to find related gifts that family members will love.

3. Include one big item guaranteed to please. For each family member, save one of their home-run presents for their stocking. It doesn't have to be huge or expensive, just something you know they will adore. Perhaps a nice piece of jewelry, a tech gadget, concert tickets or a prepaid gift card. If you splurge a little on one gift and get a variety of other goodies at discount prices, you'll still have a personal, memorable stocking at a great value.

-NewsUSA



Help those in need with the Pleasanton Weekly

Holiday Fund

Enclosed is a donation of: \$ _____

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-OR-

In honor of: In memory of: As a gift for:

(Name of Person)

The Pleasanton Weekly Holiday Fund is a donor advised fund of Silicon Valley Community Foundation, a 501(c)(3) charitable organization. A contribution to this fund allows your donation to be tax deductible to the fullest extent of the law.

All donors and their gift amounts will be published in the Pleasanton Weekly unless the boxes below are checked.

I wish to contribute anonymously. Please withhold the amount of my contribution.

Make checks payable to Silicon Valley Community Foundation and send to:

Pleasanton Weekly Holiday Fund
c/o Silicon Valley Community Foundation
2440 West El Camino Real, Suite 300
Mountain View, California 94040

Credit card gifts may be made at:
www.siliconvalleycf.org/pleasantonweeklyholidayfund



GoldNtime - Your Personal Jeweler

From a simple battery change to custom created jewelry of your dreams, what sets GoldNtime apart from other jewelers is the one-on-one experience you'll receive. Here, you talk directly to owner and goldsmith Fotios Vassiliadis. He's a 3rd generation goldsmith, watchmaker, expert craftsman and designer. His interest in fine jewelry began at age 10, working with his father who was a jeweler for the royal family in Greece when King Constantine ruled the country. In 1989, the family moved to California.

He's been serving the Bay Area for 23 years and is celebrating his 5th anniversary in the Vintage Hills Shopping Center. Not only can he create personalized custom made pieces in-house, you can also see your design in 3-D on his special jewelry computer before ordering.

Fotios can transform your old jewelry sitting in a drawer into a beautiful redesigned keepsake you will wear and cherish. He also does jewelry repair, fine watch repair and appraisals.

All design and repair is expertly done in-house and can be customized to fit your budget — guaranteed!

Fotios Vassiliadis, GoldNtime
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It's been said many times but it's never more true than during the holiday season....Downtown Pleasanton is the heart of our vibrant town.

While there are endless reasons why you should shop, dine and do business in downtown regularly, here are five reasons why you should commit to shopping local and supporting downtown Pleasanton this holiday season!

1. When shopping local you don't have to travel far! By shopping in Downtown Pleasanton you can park once and hit a huge variety of stores in a single trip. This is particularly nice if you have small children.

2. You don't have to battle the lines at major retailers. Shopping local means that you won't have to battle crowded stores and wait in long lines. You can spend your time exploring the store and thinking about the right gift, not standing in line.

3. You can get help from the shop owners. Have you ever tried to get help finding a gift in a big box store? They're helpful if you're looking for something specific but not if you don't know what you're looking for. Small businesses owners know their stock well and can help you choose the perfect gift, not just find it.

4. The money you spend stays in your com-

munity. When you spend money locally it stays local. That money goes back into the community in taxes, rent and in other ways that help keep our community thriving.

5. You can find amazingly unique gifts. At shops in Downtown Pleasanton you can find some great unique items that aren't available at the big box stores. Explore and you'll find some truly one of a kind creations.

If you can't commit to spending your entire holiday budget locally, commit to just one day! Come to Downtown on November 23rd for Earlier than the Bird (7am-11am) or Magical Holiday Evening (4pm-7pm). If we could all commit to at least one day of purchasing from local small businesses then we could really make a difference in our community! Want to see all downtown has to offer? Visit www.pleasantondowntown.net for a full business directory. We'll see you downtown!

Pleasanton Downtown Association
Pleasanton, CA
www.pleasantondowntown.net

LOOK YOUNGER TODAY....

Youthful U Micro Facial Sculpting and Elastin Infusion Therapy



Youthful U Microcurrent is a non-invasive treatment using small amounts of electricity that stimulates facial muscles, triggering a chemical reaction at the cellular level. The results are tighter, toned facial muscles, reduced sagging, increased collagen and elastin production, and improved blood circulation.

Our patients have noted some of the following results:

- Diminish fine lines, creases, and wrinkles
- Hydrated and revitalized skin, making it smoother and softer
- Improved blood circulation and lymphatic drainage
- Rejuvenation of the "pink glow" of youthful hues
- Visibly firmer and contoured skin, lifting of the overall facial droop
- Tightening of sagging jowls, double chins, and fatty cheeks

Restore a natural youthful glow • Visible firming and tightening of sagging jowls and loose skin • Reduction of dark circles and puffiness under eyes

Gift Certificates Available

Holiday Special!

For Men & Women

Microcurrent Treatment \$149

Elastin Infusion Therapy \$100

Elastin Infusion Therapy hydrates and reduces wrinkles

Special \$99 for Both



Before Photo of actual patient who received treatment After

The Youthful U Microcurrent Facial is a non-surgical alternative to facial cosmetic surgery.

Non-invasive with No Swelling, No Redness, No Downtime - No Kidding!



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www.YouthfulU.net



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