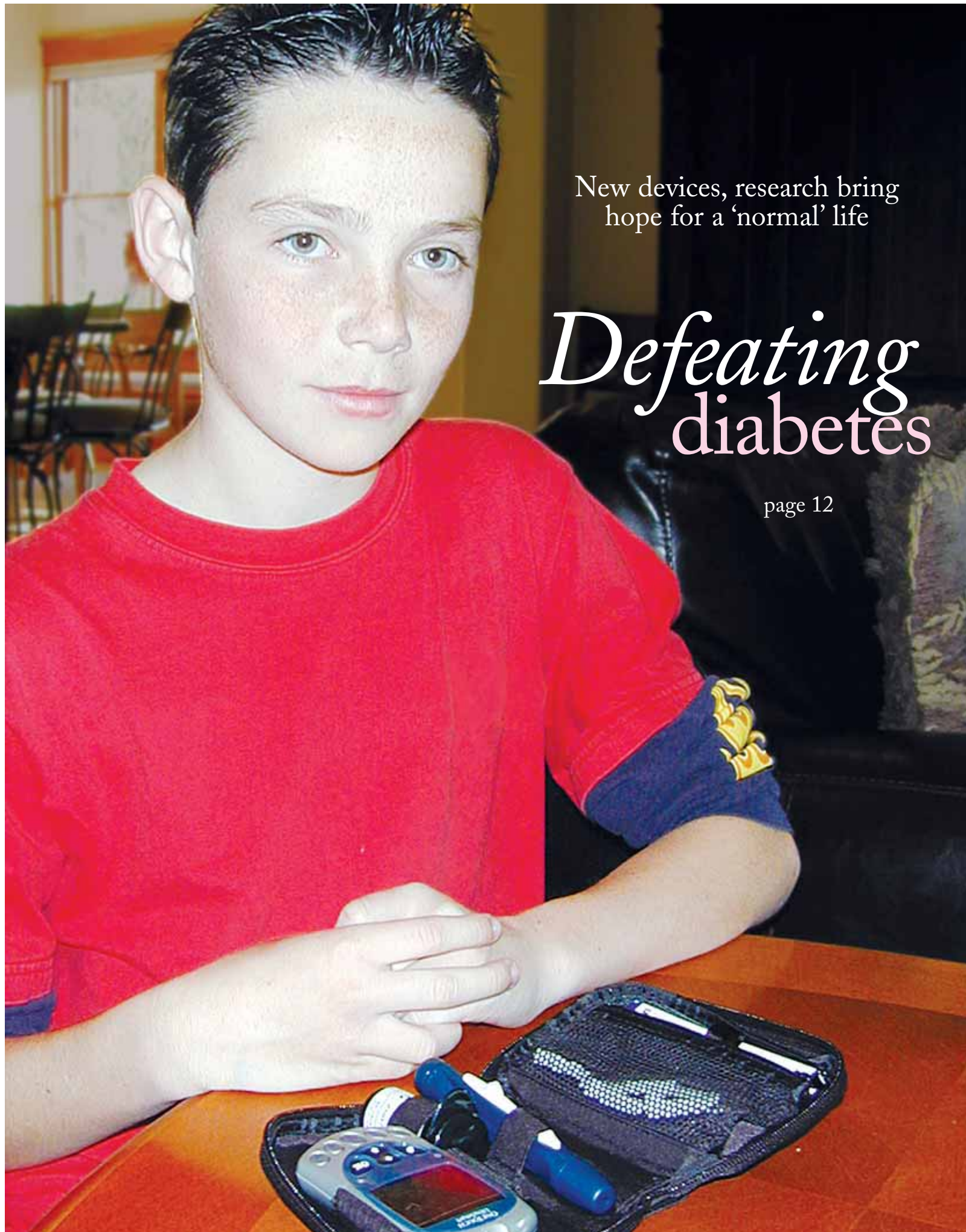


PLEASANTON WEEKLY

Vol. VII, Number 7 • March 10, 2006

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It's all about Pleasanton



New devices, research bring
hope for a 'normal' life

Defeating diabetes

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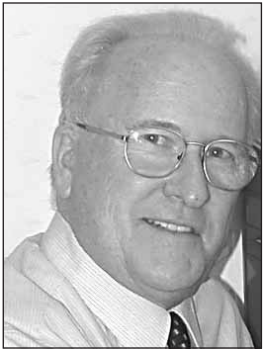
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Around Pleasanton

by Jeb Bing

Counselor's concert brings Liberian needs alive

Few of us probably know much about the African state of Liberia or the pressing need of its school children in this impoverished country now recovering from a decade-long civil war. But thanks to Pleasanton school counselor Sharon Tangney, a former Peace Corps worker in Liberia, the 600 of us who crowded into the Amador Theater last Saturday for a gala benefit concert that she produced enjoyed a fun-filled evening of multi-cultural entertainment that informed us about Liberia and the productive humanitarian efforts of her locally-based organization, Hands Across the Water.

Tangney, a former school psychologist who is now a counselor at Walnut Grove and Mohr elementary schools, launched Hands Across the Water five years ago to help rebuild education resources that were devastated by the civil war. Some may remember the uncharacteristic names of Liberian military tyrants, like Charles Taylor and Samuel Doe, whose self-recruited armies ravaged the country until the U.S. and UN restored peace in 2003. Some 15,000 soldiers serving under the UN flag are still there, where just this past January U.S.-educated economist and former finance minister Ellen Johnson-Sirleaf was inaugurated as president, becoming Africa's first democratically-elected woman head of state. With the country reasonably stable, Tangney has joined forces with Friends of Liberia (FOL), an 800-member organization of former Peace Corps volunteers, diplomats, missionaries, business leaders and Liberians who are dedicated to helping the nation rebuild its institutions.

In the first citywide campaign for Hands Across the Water, Tangney produced a two-hour-long benefit concert that included performances by the Dehcontee Liberian Dance Company of Oakland, the Nirthyollasa (native Indian) Dance Academy of Fremont, the Tao Shih Chinese Orchestra directed by Tao Shih and Harvest Park eighth-grader Jennifer Yan, the Walnut Grove World Singers, comprised of 39 second grade students under the

direction of music teacher Sharolyn Borris, and a closing 20-minute jazz and blues performance by the Hart Middle School Jazz Band, directed by Dennis Aquilina. If, by the end of the heart-wrenching opening slide show of shoeless Liberian grade school students waving from their hand-carried classroom seats, the spirit hadn't moved us to promise ongoing financial and volunteer support to Tangney's efforts, these series of fast-moving, colorful and unique musical performances through the evening surely did.

Tangney went to Liberia as a Peace Corp volunteer in 1969 after graduating with a degree in technology from Loretto Heights College, a Catholic school in Denver that is now part of Regis University. She spent three years working with Liberian school teachers and children and helping to improve child health care. Like most of us, she was unaware that Liberia is more American than African. The country, Africa's oldest republic, was founded by freed American and Caribbean slaves in the 1800s. It is mostly English-speaking, and even has a flag that closely resembles our own Stars and Stripes.

Tangney raised several thousand dollars from the sale of concert tickets, money which she will send to the FOL for specific use in a teacher training program she has supported. Since enough American teachers have gone to Liberia to train local teachers, that country now has its own educated cadre to train others. Tangney and the FOL are using the funds they raise to pay workers to build bookshelves, classroom chairs and desks and other necessities. These funds, by agreement, cannot be used to pay salaries or operating costs. However, Tangney's organization raised enough money to purchase an electric generator for the Johnsonville school, along with lighting equipment, wiring and even a computer, to provide both power and communications. Before long, Johnsonville students and their teachers may even be able to join us "live" via telecommunications at Tangney's next "Hands Across the Water" celebration. ■

About the Cover

Jordan Larson, 14, was diagnosed with diabetes when he was just a toddler. Today, thanks to blood sugar monitoring and an insulin pump, he lives life much as any other teen boy would. Current research even holds out hope for a cure. Photo by Carol Bogart.

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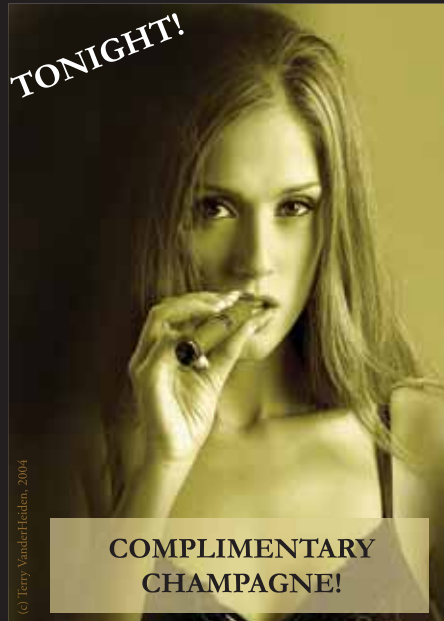
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Streetwise

Q: Have you had a close call with a driver talking on a cell phone?

Asked downtown



Brenda Coldren
Resident, Pleasanton

Yes, I've witnessed close calls. I think drivers need to give full attention to the road. I'd be more comfortable if they didn't have a cell phone in their hand.

Gil Cisneros

School Teacher, Dublin

Yes, I have. Driving home last week on 580, I was pulling by a big semi truck, and next thing I know, he was right next to my sideview mirror, just a couple of inches away. I think drivers need their full attention on the road.



Karen Ackerman

Finance, Tenn.

Almost every day. I commute 45 minutes a day, each way, and most of the time when you see someone changing lanes erratically, they are on a cell phone.



Rod Scott

Marketing, Pleasanton

Yes, this morning actually. We were pulling out of the driveway, and a driver had lost control and hit the curb. I don't think anyone should be talking on a cell phone as they drive.



Ingrid Revis

Homemaker, Pleasanton

Yes, it was in Virginia. There was a woman driving an Excursion, smoking and talking on the cell phone as she was trying to pull out of a parking lot. She wasn't looking and caused someone else to jam on their brakes. Unless it's an emergency, don't talk on your cell phone while you are driving.



Have a Streetwise question? E-mail: editor@PleasantonWeekly.com
Compiled by Sandy Christman



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Newsfront

News Digest

Nature walk

Spring will be in the air March 25 as participants meet at 8:50 a.m. at the Augustin Bernal Park Staging Area for a hike sponsored by the Pleasanton Parks Department. The hike will take roughly three-and-a-half hours. Hikers 18 years of age and older will go up the Blue Oak Knoll, head north to the frog pond, then up to the ridgetop. If it's a clear day, you should be able to see Mt. Diablo, plus have an expansive view of the entire valley.

The full hike is about four or five miles and includes a stop for lunch. A hike information sheet is available when registering. Cost is \$18 if you register in advance. For more information, visit www.fitness-photos.com or call the instructor at 484-0239. Code for the hike is 31047. To register, visit www.ci.pleasanton.ca.us/services/recreation.

Be prepared

Emergency items to keep around the house and how to use them plus other tips for being prepared in the event of a disaster will be highlighted in a workshop offered to parents and childcare providers from 7-9 p.m. on Wednesday April 5. The workshop is sponsored by Collaborating Agencies Responding to Disasters (CARD—a group which formed after the Loma Prieta earthquake. There is no cost to attend, but space is limited and registration is required. To register, e-mail CARD_proj@yahoo.com. The disaster preparedness class will take place in the Child Care Links Conference Room at 1020 Serpentine Lane (Suite 104).

Donate to 'Roots for Peace'

Pleasanton residents are collecting soccer equipment and school supplies to donate to Roots of Peace, a nonprofit organization that strives to rid the world of landmines by transforming minefields into farmland. In addition to this work, the organization wants to build soccer fields on land that has already been tilled so children will have a place to play after school. Local girls and boys soccer teams are planning on donating soccer equipment during their registration day. Members of the public can drop off supplies at 1017 Malaga Court. Contact Judy Nobriga at jamn53@comcast.net for more information. Visit www.rootsofpeace.org for more information about the organizations' work.

Vineyard traffic may be shunted to old roadway

Temporary detour needed for traffic circle removals

by Jeb Bing

East side motorists, take note. The narrow, bumpy Old Vineyard roadway that was closed nearly two years ago may soon reappear on your GPS car screen.

City traffic engineers have called a public meeting for 7 p.m. Tuesday in the City Council chambers at 200 Old Bernal Avenue to outline their

plan to close the one-and-a-half mile new Vineyard Avenue for two to three months this summer. By asking motorists to detour onto the old roadway, contractors can expedite the work to rip out the two controversial traffic circles and rebuild the street and pave it.

At the same time, major roadwork will be under way on Vineyard Avenue between Bernal and Montevino, where a wider planted median will be installed. Once four lanes, the street in that sector has been narrowed to one lane in each

direction by street striping. The new median will make the change permanent, and will also eliminate curbside parking on both sides of the street.

The extensive roadwork on Vineyard is expected to impact most critically on Ruby Hill parents and teenage drivers who already find themselves in bumper-to-bumper traffic on school days as they make their way to and from high schools, middle schools and Vintage Hills and Valley View elementary schools.

"If the public supports our plan to make use of the Old Vineyard

Avenue, we can get the traffic circle work done by early fall and get the new Vineyard re-opened," said Jeff Knowles, Traffic Engineer and Deputy Director of Public Works. "Besides removing the traffic circles, we also have to install left and right turn lanes at the intersecting streets."

Built at a cost of \$6 million, the new Vineyard Avenue extends east from Pietronave just east of Montevino to Ruby Hill. The traffic circles were installed primarily to

(continued on page 7)

Getting to know the government

Students get a hands-on learning experience during Youth in Government Day

by Rebecca Guyon

High School students had the chance to peek behind the scenes of local government this past Tuesday during Pleasanton's annual Youth in Government Day. Thirty-one students grades nine through 12 from Foothill, Amador Valley and Village high schools took part in candid discussions about the role of youths in Pleasanton, job shadowed local government officials and discussed current events with City Council and School Board members. Organizing the day is a collaborative effort between the school district and the city.

"We're very excited about getting students hooked up with people in the real world so they can connect why they learn what they do in school," said Director of Secondary Curriculum Diane Howell, one of the lead organizers for Youth in Government Day.

Students started the day by learning about the Youth Center Master Plan and giving their input on what they'd like to see in the center.

"We are taking ideas and suggestions from students and plan on utilizing the information to implement

programs in the future," said Hiram Berhal, teen and youth services recreation supervisor for the city, who is also a lead organizer for Youth and Government Day.

After the meeting, students shadowed government officials while on the job. Before the actual day of the event, students listed the jobs they were most interested in following. Mayor and city manager are usually the most popular picks, but students also follow directors of the different city departments, as well as public service officers in the police and fire departments.

"I definitely learned a lot from Dr. Casey about what it takes to be a leader," said Foothill sophomore Christine Chen who shadowed Superintendent John Casey along with Amador sophomore Genevieve Hoffman. Hoffman added, "We learned how, as a leader, you interact with people to bring out their best." Both students followed Casey as he visited Hearst Elementary School and reviewed the dual immersion program at Valley View Elementary School, which was "awesome" Chen said.

During lunch, which was catered

(continued on page 6)

Exciting new building coming to downtown

Railroad Square building on Angela to be completed by fall

by Carol Bogart

If you've been wondering what the big piles of dirt are in the former parking lot by Senro Sushi (55 W. Angela St.), they're the beginning phase of the first new building to go up in downtown Pleasanton in two years.

An office building designed by Charles Huff at 344 Division Street was the last such project. The new multi-million dollar office building may become a destination for downtown shoppers. When the roughly 8,000 square foot build-

ing is complete, the lower level, with its big plate glass windows, may house one or more restaurants, retail shops or banking-related businesses, said owner Mitch Pereira. An elevator will take tenants to offices on the second floor. Pereira doesn't rule out that space on the second floor may be rented out to doctors, dentists or a salon.

To get a feel for what it will look like, check out the free-standing "Crossroads" sign by the sidewalk across the street from Meadowlark Dairy. The two-story structure,

explains architect Charles Huff, is designed to blend with the old railroad buildings nearby.

The building immediately behind the piles of dirt once housed the station master's quarters. Southern Pacific passenger trains made regular stops in Pleasanton until the mid-1950s, said Huff associate David Pollard. The one-time station master's photos once adorned Huff's office walls.

Although the new construction has usurped the parking lot shared by several businesses, including

Huff's, Pollard said, "It seems to be working out just fine."

The Pereiras in Pleasanton

Planning construction projects comes naturally to the Pereira family, who've made their home here since 1964. Mitch's dad, Woody, was on the Planning Commission from 1970 to 1971 and, then-employed by a big California homebuilder, was involved in the Bonde Ranch housing project off Bernal which,

(continued on page 6)



Splash of yellow sure sign of spring

Carol Bogart

A display of daffodils nods atop a stone retaining wall just south of Foothill High School on the west side of Foothill Road. The patches of yellow daffodils and bicolor jonquils say "Spring is just around the corner!" The chance of showers this weekend should mean more spring flowers. According to the National Weather Service, today will be mostly cloudy with a chance of showers and a high about 52. Saturday will be mostly cloudy, again with a chance of showers, and a high of about 54. And Sunday, mostly cloudy with a chance of showers, high around 54. March 20 is the official first day of spring.

—Carol Bogart

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Carol Bogart

The big piles of dirt covered with plastic now occupying what used to be the parking lot for Senro Sushi on Angela are phase one of the coming Railroad Square office building to be completed as early as Sept. 1.

New building

(continued from page 5)

today, boasts 100 homes.

The younger Pereira, now age 44, purchased the Railroad Square property in 1991, subdivided it in 2000, and started planning what he thought would be an office complex. Then, he said, the dot com boom went bust, as did the anticipated market for downtown office space. No tenants are signed for the new project yet, but Pereira said, once the ground dries out enough to pour the foundation, he'll begin the marketing campaign.

About that parking

When the project is complete, Pollard and Pereira said some parking will be restored and can be used by patrons of Senro Sushi as well as other tenants and their clients in the existing building now occupied by Huff and others. Asked if construction this summer will impede downtown traffic flow or the Farmers Market, Pereira said, "It shouldn't."

Peter MacDonald, an attorney who serves on the Pleasanton Downtown Association Parking Committee, adds that Pereira, "has met his parking requirement." While MacDonald believes "the railroad corridor" does need downtown parking lots, he also said, "We need side street development" such as the new building on Angela. He fully

supports the project, he said, adding that it adds value to Pleasanton's user-friendly downtown.

Back when

Pan Pacific Bank, based in Fremont, is bankrolling the project. Business development officer and long-time Pleasanton resident Russ Trepani recounts the site's historical significance for Pleasanton. At one time, he said, there was debate over whether to put the Southern Pacific train station here, or in Dublin. When Pleasanton got the nod, people from San Francisco started coming out to the "country" for a relaxing weekend. Then, he said, "Charlie Chaplin made a couple movies here." What had been a bucolic, rural one-horse town was booming. "The railroad," Trepani said, "really put Pleasanton on the map."

When contractor Michael O'Callaghan dug up the parking lot, Trepani said, "I was surprised we didn't find any Indian bones, or a reservation." The mounds of dirt, though, are surprisingly free of old artifacts or historical debris. Only the building design reflects the site's former era.

Interested businesses

Shop, salon and restaurant owners, dentists, doctors, or others interested in leasing space in the Railroad Square building can contact Mike Trinidad, 249-1700, for more information. ■

Youth

(continued from page 5)

by the Village High School Café, students had the chance to speak more casually with city officials, using the opportunity to find out how officials chose careers in public service and what it takes to succeed on that path. Students had the chance to meet and speak with Trustees Steve Pulido, Pat Kernan and Kris Weaver and City Council members Jerry Thorne, Cindy McGovern and Steve Brozosky, and many other city and school officials.

"It's a challenge to be a policy maker," said Mayor Jennifer Hosterman as she addressed the students during lunch. "It's our awesome responsibility, and opportunity, to shape the community with the input of all of you." She went on to encourage the students to consider careers in public service and hoped their experiences during the day would show them if it is the

right path for them.

While the day is designed to give students insight into possible careers, it is also an opportunity for city and school officials to get youth input on current events and city issues. After lunch, students broke into four groups where they discussed diversity, teen issues and careers and then reported their conclusions back to the rest of the group. The discussion topics were suggested by students ahead of time and then city officials chose the top three suggestions. By discussing issues important to them, students have the opportunity to learn about other viewpoints and explore their own opinions. It is also a chance for city and school officials to find out what is on teens' minds.

"Certainly we want students to be able to have their clear interest (in government) enhanced by meeting with job shadows, but another important part of the day is getting their input and feedback into issues and solutions to issues related to youths," Berhal said. ■

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Austin family offers Foothill grazing land for park

Gift is part of 8-home development plan

by Jeb Bing

The City Council and city planners have praised Charles Austin and his family for their offer to dedicate most of the 30 acres of grazing land they own for public use in expanding the newly-approved Alviso Adobe historic park.

The offer, conveyed by real estate specialist Brad Hirst of Equity Enterprises, is bundled with a long-standing plan to build eight homes on a cluster of 1-acre lots on the flatland portion of the sloping property. The site is located just west of Foothill Road and adjacent to Jorgensen Lane.

"We submitted a preliminary application Jan. 26 for the eight residential units," Hirst said. "Once we receive comments back from the Planning Department, we will proceed with drafting a plan to take to the Planning Commission and eventually to the City Council for approval."

The offer to dedicate the Austin acreage has been made before, but for many newer members of the Planning Commission, City Council and the city planning staff, it was new news. Coupled with the council's approval of funding March 7 to proceed with developing the Alviso Adobe Park, the Austin acreage would expand the park site from 7 acres to more than 30.

With the Alviso Adobe park on hold for the last five years as city officials looked for funding possibilities, Austin and Hirst have moved forward with the geotechnical work and environmental reviews to make

the land ready for the eight-home construction project and to dedicate to the city.

Austin, whose family dates back to the Briggs family that built the Meadowlark Dairy business in the 19th Century, "jumped at the chance to contribute land for the Alviso Adobe Park when he first heard about it," Hirst said. "This has always been very special land for him."

The new park will include not only the adobe but also a replica of the Meadowlark Dairy barn along with an interpretive center where adults and school children can learn about the early history of Pleasanton.

In addition to dedicating land to the Adobe project, Austin also plans to make acreage available to the local 4-H clubs, where they can raise and care for cows, sheep and pigs.

The Austin offer came during a joint workshop meeting of the City Council and Planning Commission that considered land use proposals and changes in the Foothill Road corridor and other west side sites. ■



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www.JewishTriValley.com

MONDAY, MARCH 13 @ 7:00PM
Megillah Reading at Chabad
6101 Via De Los Cerros, Pleasanton

Special Address by ASSEMBLYMEMBER JOHAN KLEHS

Vineyard

(continued from page 5)

service the Neal Elementary School, which has not been built. Those streets, which also connect to Old Vineyard and private driveways on the old roadway, will become T-intersections at the new Vineyard, controlled only by single stop signs on those streets. No traffic signals are planned to replace the circles.

Knowles said the circles were designed to allow a continuous flow of vehicles into and out of the Neal School site, where traffic signals would require long left turn lanes and delays during peak school traffic hours.

Without the school, and growing speculation that it may never be built, the traffic circles are not needed, although they have served to reduce speeds on Vineyard, where the posted limits range from 50 to 40 to 35.

Knowles said that the maximum allowed speed on Old Vineyard during the construction project will be posted at 25 mph. Without Old Vineyard as a temporary traffic detour, the removal of the traffic circles and related new construction could take much longer, possibly to the end of the year, he added. ■

GRAND OPENING CELEBRATION

MARCH 10 AND 11!

Friday, March 10th at 5:00
Book Signing at **Dublin Barnes & Noble**
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Information Night March 8th at 4:30-5:45pm

Information Night April 12th at 4:30-5:45pm

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Bringing the World Cup to Amador

Intramural soccer promotes diversity on campus

by Rebecca Guyon

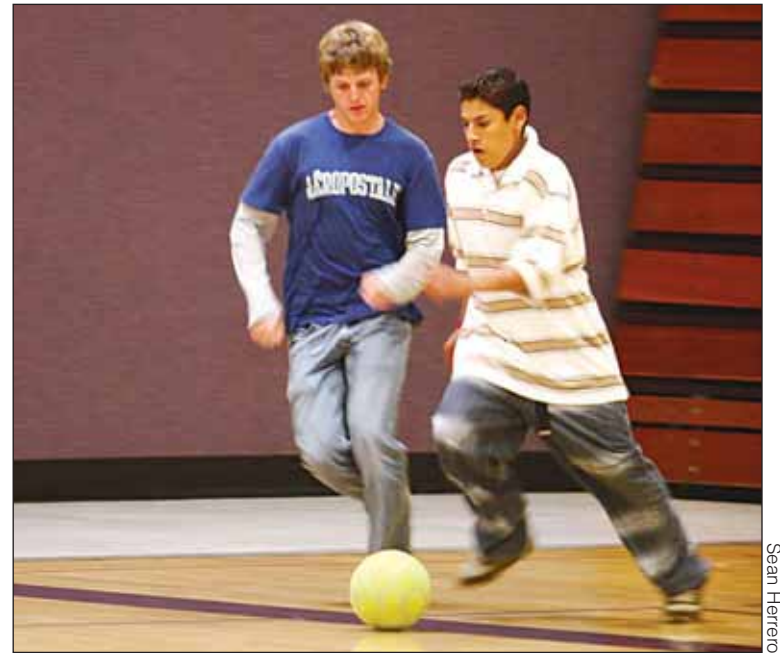
Soccer may not be as big in the U.S. as it is in other countries around the world, but Pleasanton is an exception with many local students signing up to play for their school teams or other weekend and after school leagues. But for some students, playing after school isn't an option.

"There are a lot of kids where their skills are awesome, but due to different family situations at home, they may have to work," said Lou Cesario, athletics director at Amador Valley High School.

That's why the Leadership class at Amador has made a concerted effort this year to get students in this situation, many of whom are Hispanic and in the English Language Learning program, to play during lunch in the intramural soccer league. For six weeks during the winter, nearly 40 students making up eight teams of five players compete in soccer matches in the Amador gym. Through playing in the soccer league, students from different backgrounds have the chance to get to know each other and students are finding out that they have more in common with each other than they thought.

"When you play soccer, you're forced to communicate about the rules and things like that," said senior Eric Hong, an athletic commissioner from the leadership class. "You're put in a room where you can interact without pressure."

Nearly half of this year's soccer participants are Hispanic, said senior Mike Purpura, also an athletic commissioner, adding that students of different ethnicities interact a lot more in the soccer league than



Students at Amador Valley High School play soccer in the school's main gym during lunch as part of the intramural soccer league. The league has been a way for students of different backgrounds to get to know each other.

they generally do in other areas of the school. A part of the league's popularity with Hispanic students comes from the fact that soccer is such a huge sport in many Latin America countries, Hong said. Also adding interest is Francisco Lopez, the teacher for Amador's new bilingual block class, who regularly attends the games with his students, and sometimes he even plays, too. And, of course, because soccer is just fun.

"I really like the sport and I haven't had a chance to play in like two years," said sophomore Jesus Martinez who plays goalie and offense for his team. Keeping the games light is a goal of the

athletic department, which is why the teams don't compete in a tournament or for a final prize—it's all just for fun.

Intramural sports are a staple on high school campuses, especially closed campuses like Amador, because school officials feel the need to provide students with activities during the lunch period, Cesario said. At Amador, the athletic department also offers intramural badminton and basketball leagues, but soccer tends to be the most popular sport, Purpura said.

"Soccer is always popular in PE classes or intramurals," Cesario said. "It's just one of those games." ■

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GRAND OPENING

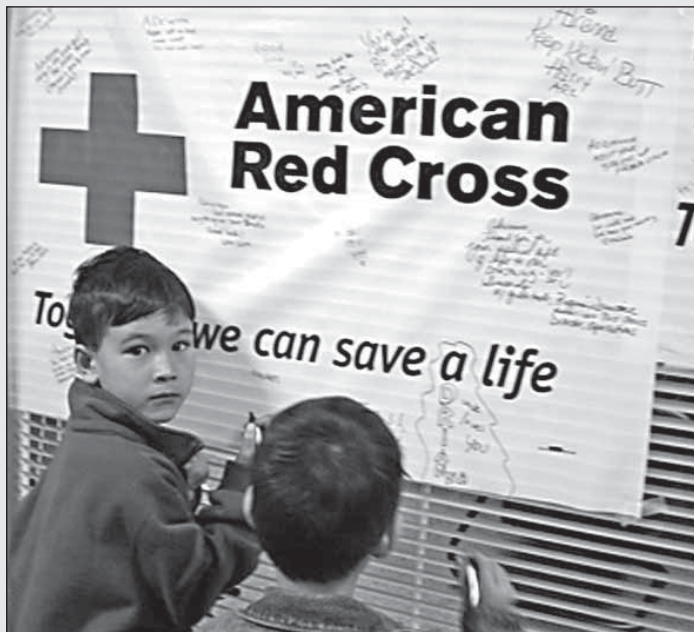
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Lani Allen

Blood drive benefits leukemia patient

Kaeden Ng, 7, with his brother Joshua, 4, write a note on a Red Cross sign that is already full of well wishes for Adrianna Tucker, a nine-year-old who has leukemia. A Red Cross blood drive sponsored by the Deputy Sheriff's Association of Alameda County March 4 also included a bone marrow registration, in the event Adrianna requires a bone marrow transplant. Adrianna's mother, Lauren, is a single parent and detective in the Alameda County Sheriff's Department.

Council votes \$4.7 million to build Alviso Adobe Park

Site will showcase Ohlone, Spanish, early European influences here

by Jeb Bing

The City Council Tuesday voted to spend \$4.7 million to develop a new Alviso Adobe Community Park, a development that will showcase the Ohlone Indian, Spanish ranching and early European influences that have dominated the Pleasanton area for hundreds of years.

The action, recommended by City Manager Nelson Fialho, will make use of city financial reserves and funds earmarked for other projects to close a funding gap of more than \$1 million to start work on the project.

Jim Wolfe, director of Parks and Community Services, said the project will go out for bids within the next few months and work could begin late this year. He estimated that the project would be completed and in operation in 2008.

The Alviso project was originally estimated to cost \$1.2 million. Costs rose over the last six years as the size of the development was increased and construction costs rose.

Council members unanimously favored the project, but several expressed concern that the alternate funding being used to pay for it could trim or cut other pending capital improvement projects. These include:

- Renovation of the Veterans Memorial Building, with an estimated cost of just under \$4 million, \$1 million over original cost estimates

- Three lighted baseball fields on the Bernal property, now estimated

to cost \$5.7 million, compared to the original costs estimate of \$4.7

- Kottinger Creek restoration and improvement, estimated to cost \$1.4 million, compared to an original estimate of \$300,000

- Firehouse Arts Center, estimated to cost \$10.8 million, compared to an original cost estimate of \$6 million.

Councilman Jerry Thorne urged Nelson and new Finance Director David P. Culver to search for grants and other available funds so that all five projects, including the Adobe, can get under way shortly. Others on the council, however, asked for a review of the four still-pending priorities to see if they are still at the top of a much longer list of city capital improvement proposals, and to reorganize the list in order of priority.

Councilwoman Cindy McGovern questioned the high cost of reworking Kottinger Creek, which is now priced nearly five times over what planners and the Parks and Recreation Commission first approved.

Fialho said that the recommended funding plan for Alviso Adobe and other projects would not incur any additional debt for the city nor would it mean borrowing from other city funds.

To complete the five top priority projects on the council's list, including the Adobe, would cost \$26.7 million, compared to total estimated costs of \$18.7 million. That leaves the city with a shortfall in funding of just over \$8 million, Fialho said. ■

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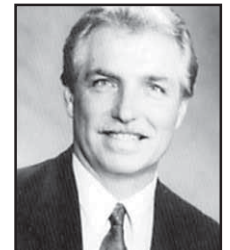
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NOTICE OF COMMISSION VACANCIES

THE CITY OF PLEASANTON IS NOW ACCEPTING APPLICATIONS FOR THE FOLLOWING COMMISSIONS OR COMMITTEES:

Four-Year Terms

Library Commission	1 Regular Member and 1 Alternate
Planning Commission	1 Regular Member and 1 Alternate
Economic Vitality Committee	1 Software Representative 1 Residential Builder Representative
Youth Commission	2 Regular Members and 2 Alternates
Tri-Valley Community Television Board	1 Pleasanton Representative

The City Of Pleasanton Is Also Accepting Applications for 7 Members to Serve on the Pleasanton Youth Master Plan Implementation Committee (YMPIC). The City Council and the Pleasanton Unified School District Board will appoint the Candidates chosen. This Is A Non-Paid Position.

There are currently vacancies for the following representatives:

Community Members

- 1- Non-Profit Agency Representative
- 1- Senior Representative
- 1- Health and Crisis Representative

Parent Rep Members

- 1- Parent at Large (Elementary)
- 1- Parent at Large (Middle School)

Youth Members

- 1- Village High School Representative
- 1- Village High School Alternate

YMPIC applicants will be notified regarding interviews and the selection process once the filing period is closed.

APPLICATIONS ARE AVAILABLE AT THE CITY CLERK'S OFFICE, 123 MAIN STREET, PLEASANTON OR ON THE CITY'S WEBSITE AT WWW.CI.PLEASANTON.CA.US

FOR ADDITIONAL INFORMATION, CALL THE OFFICE OF THE CITY CLERK, 931-5027

APPLICATIONS MUST BE RECEIVED NO LATER THAN 5:00 P.M., FRIDAY, MARCH 17, 2006; POSTMARKS ARE NOT ACCEPTED.

INTERVIEWS WILL BE HELD THE WEEK OF MARCH 20 and 27. APPLICANTS WILL BE NOTIFIED REGARDING INTERVIEWS AND THE SELECTION PROCESS ONCE THE FILING PERIOD IS CLOSED.

More options for Axis patients

Livermore clinic expansion underway

by Carol Bogart

Pleasanton's Axis Community Health Clinic on Railroad Avenue is especially busy accommodating patients who might otherwise go to the Axis clinic in Livermore. The Livermore clinic, located in the Multi Service Center at 3311 Pacific Avenue, is currently closed to patients as it undergoes expansion, with all medical visits taking place in Pleasanton, and all WIC (Women, Infants, Children Nutrition Program) clients being served at WIC's Pleasanton location (1991 Santa Rita Road, Suite H) in the Mission Plaza Shopping Center.

To accommodate the added traffic, the Pleasanton clinic is now open from 9 a.m.-9 p.m. weekdays. Saturday clinics are being scheduled as often as possible to relieve the overload.

The expanded Livermore clinic is scheduled to re-open in June. It will handle double its previous patient capacity and will include pediatrics, general medicine and family planning. With the expanded clinic's nine examination rooms, babies and their families should experience less crowding.

Total cost of the Livermore expansion is put at \$578,970. Measure A funds, coupled with money from Livermore, are being used to pay for the project.

Executive Director Henry

Uyehara said Axis' client base has changed. "A large majority of our patients are employed but, since the dot com bust, the number of educated, uninsured patients Axis treats has continued at a rate that wasn't anticipated." Uyehara adds that the clinic expansion in Livermore will allow Axis to meet the expanding needs of the Tri-Valley community

more quickly and efficiently.

Axis Community Health, a recent recipient of the Pleasanton Weekly's Holiday Fund, provides medical, mental health, substance abuse counseling and health education services to all residents of the Tri-Valley regardless of ability to pay. For more information, visit www.axishealth.org.

Take Us Along



Building Blocks

Linda and Francesca Tragni read the Weekly during their spring break trip to Lego Land in San Diego.

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Community Pulse



WEEKLY MEETING NOTICES

Housing Commission

Thursday, March 16, 2006 @ 7:00 p.m.
City Council Chamber, 200 Old Bernal

- Presentation from Nonprofit Agencies and Recommendation to Allocate Federal Community Development Block Grant (CDBG) and HOME Investment Partnership Program (HOME) Funds for Fiscal Year 2006 (2006-07)
- Approval of Annual Agency Plan Update for the Pleasanton Housing Authority

Economic Vitality Committee

Thursday, March 16, 2006 @ 7:30 a.m.
Crowne Plaza Hotel, 11950 Dublin Canyon Road

- **Capital Improvement Program**
Review 2006-2007 Mid-Term Capital Improvement Program (CIP)
- **Economic and Fiscal Element**
Review City Council comments and revised draft element
- **Economic Development Strategic Plan**
Review City Council comments as related to draft strategic plan

All meetings are open to the public and public comment is welcome.

GENERAL INFORMATION

COPPS In Pleasanton

Produced monthly by the Pleasanton Police Department and features current issues in the Department and the community. Subjects include: Guest Features, Recent Crime Trends, Crime Prevention Tips, Traffic Tips, Questions From the Streets of Pleasanton, and Animal Safety Tips.

Airs on TV30
Wednesdays, Saturdays, and Sundays
Time: 8:00PM

Car Security Tips

- Lock your car doors and roll up the windows when you exit your car AND take the keys with you.
- When you park your car, remove cellular phones, stereos, backpacks, computer bags, and other valuable possessions from inside of your car. Do not leave valuables inside of your car!
- Never attach a tag with your name and address to your key ring. If the keys are lost or stolen, it could help a thief locate and burglarize your home.
- Unless you are driving, don't leave your registration inside of your car.
- Important identification papers or credit cards should never be left in the glove compartment.
- At night, park in well-lit areas with lots of people around.
- If you have an alarm system or steering wheel lock- USE IT!!

Remember, there is no guarantee that your car will not be stolen, but taking precautionary measures can reduce your chances of becoming a victim of auto theft.

E-WASTE DAY

E-Waste day is scheduled for April 8, 2006 from 8:00 am to 3:00 pm at the Operations Service Center on Busch Road.

The above represents a sampling of upcoming meeting items. For complete information, including any agenda amendments, please visit www.ci.pleasanton.ca.us/community/calendar

Police Report

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

Feb. 27

- Theft: 2
- Vandalism: 1
- Threatening phone calls: 3
- Possession of marijuana while driving:
 - 11:19 p.m. on the corner of Driftwood and Orangewood Drives
- Threats:
 - 12:37 p.m. in 6200 block of Stoneridge Mall Road

Feb. 28

- Theft: 4
- Family fight:
 - 5:10 p.m. in the 1100 block of Laguna Creek Lane

March 1

- Theft: 7
- Burglary: 2
- DUI: 1
- Child Abuse:
 - Midnight in the 4300 block of Bernal Avenue
- Animal Nuisance:
 - 12:58 p.m. in the 1700 block of Beachwood Way

March 2

- Theft: 8
- Vandalism: 2
- Burglary: 1
- Assault:
 - 2:15 p.m. in the 300 block of Main Street
 - 5:24 p.m. in the 2300 block of Santa Rita Road
- Battery:
 - 4:23 p.m. in the 4800 block of Bernal Avenue

March 3

- Theft: 3
- Burglary: 4
- DUI: 1
- Possession of marijuana:
 - 6 p.m. on the corner of Springdale and Stonedale Avenues

Police Bulletin

Laptop and scanner stolen from office

A laptop computer and scanner, valued at \$17,000, were stolen from the Aesthera office in the 6600 block of Owens Drive sometime during the night of March 2. The computer and scanner were left on a conference table visible from outside the building, police said. An unknown person emptied the sand out of a concrete ashtray from a smoking area outside the front of the business, according to police. The suspect then rolled it to the rear of the building and threw it through the glass window to gain entry into

the conference room. It appears that the suspect left through the broken conference room window as all doors remained locked, police said.

Jewelry and money stolen from master bedroom

Jewelry and money, valued at \$1,221, were reported missing from the master bedroom of a home in the 3600 block of Portsmouth Court on March 1 sometime between 9 a.m. and 4 p.m. Police said the homeowners were having work done on the home and the contractors are suspected.

- Child abuse:
 - 3:54 p.m. in the 3700 block of Crofters Court

March 4

- Theft: 2
- Vandalism: 1
- Burglary: 2
- DUI: 1
- Assault:
 - 1:04 a.m. in the 4800 block of Hopyard Road
 - 6:46 p.m. in the 7300 block of Johnson Drive
- Unwanted guest:
 - 4:15 p.m. in the 3100 block of Weymouth Court
- Under the influence of Narcotics:
 - 8:50 p.m. in the 4400 block of Valley Avenue

March 5

- Burglary: 1
- Assault:
 - 1:29 a.m. in the 4800 block of Hopyard Road
 - 1 a.m. in the 7000 block of Johnson Drive
- Resisting arrest:
 - 8:22 p.m. in the 5800 block of Laurel Creek Drive

ACCIDENTS

Feb. 27

- 10 a.m. - Injury accident at the intersection of I-680 and Stoneridge Drive
- 4:48 p.m. - Injury accident at the intersection of Stoneridge and Springdale Drives

Feb. 28

- 1:04 p.m. - Non-injury accident at the intersection of Bernal Avenue and Foothill Road

March 1

- 4:41 p.m. - Hit-and-run non-injury accident in the 5300 block of Hopyard Road

March 2

- 12:20 a.m. - Non-injury accident at the intersection of Bernal and Valley avenues
- 12:33 p.m. - Non-injury accident at the intersection of Corte Espada and Black Avenue
- 3:58 p.m. - Non-injury accident at the intersection of Bernal and Valley Avenues

March 4

- 1:36 p.m. - Injury accident at the intersection of Dublin Canyon and Foothill Roads



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Defeating diabetes

New devices, research bring hope for a 'normal' life

by Carol Bogart

Jordan Larson's parents, Kim and Ken, were baffled. Their happy, inquisitive 18-month-old toddler weighed just 8 pounds more than he had at birth. The once-chubby baby had started losing weight for no apparent reason. And Kim couldn't believe how often he soaked his diaper. "I was changing 30 to 40 diapers a day," she remembers, and then, "He started vomiting."

Acting on a hunch, Kim asked Jordan's doctor to check him for diabetes. Testing found that the tiny boy's pancreas wasn't making insulin. His blood sugar level was 938. Normal is 80-120.

"He was literally on the verge of death," said Kim. The Larsons learned why Jordan had been losing weight. Pleasanton endocrinologist Dr. Mark Christiansen explains, "In the absence of insulin, the body will literally break itself down, both muscle and fat. The muscle will be broken down and converted into sugars. The fat will be broken down and converted into ketone bodies."

The kidneys try to get rid of the excess sugar. That's why one symptom of diabetes is frequent urination. The dehydrated diabetic may also be extra thirsty. If it seems hard to breathe, it could be because the lungs are trying to expel the ketones.

As Jordan recuperated, mom and dad learned how to give a shot. "They put us in a little room," Kim recalls, "with an orange, and needles. Practice on the orange for an hour, then practice on each other. It was miserable, you know, having to cause the other person pain, and then, the thought of having to do that to our baby" The Larsons would inject Jordan three to five times a day.

Now 14, Jordan does his own finger sticks to draw a drop of blood to test his sugar levels. Just before he eats, he opens the insulin drip in his insulin pump to manually administer what his malfunctioning pancreas does not. Every two to three days he has to change out the vial of insulin and move the needle (as compared to having to endure a needle stick before every meal). He's had the pump since he was not quite 9 years old, and has been doing his own sticks since he was 5. How did he make himself do it the first time? He doesn't entirely remember, but thinks, and his mom confirms, "She bribed me."

Diabetic-friendly recipes

Root Beer Frosty

1/2 Cup fat-free milk
1 bottle diet root beer
1/4 Cup vanilla low-fat frozen yogurt
3/4 Cup ice cubes
1/2 tsp. pure vanilla extract

Combine ingredients in a blender or food processor, blend 30 seconds or until smooth. Serves 2

"The New Family Cookbook for People with Diabetes"
The American Diabetes Association

To order the cookbook and for additional diabetes information,
visit www.diabetes.org.

What a difference a pump makes

Today, Jordan, his parents and siblings are grateful for the pump. "If he wants to sleep in 'til 10 o'clock in the morning," Kim said, "He can!" Before the pump, she said, "We were up every day at 7, whether we wanted to be or not." Jordan had to eat by 7:30 because his insulin kicked in at 7:45.

The pump also frees him from a rigid diet. Now, Kim said, "If he wants to have Fruit Loops for breakfast, he can." To keep his blood sugar under control, Jordan's learned to assign a number to the carbohydrates he'll consume, which convert to sugar when digested. A slice of bread, for example, is a "1"—spaghetti and meatballs, a "6." Then, just before he eats, he adds up the carbs and calculates how much insulin he needs: .8 (not quite 1) milliliter of insulin for each carb. "It helps him with his math, his fractions," Kim said, smiling, "which we like."

His family's positive attitude helps Jordan deal with things like the indignity of having a fellow student accompany him whenever he goes to the bathroom, just in case he has a seizure. It's embarrassing for him, Kim said, but adds, "he has a great group of friends that watches out for him." At school, when his blood sugar reminder vibrates, "They let him test in the classroom. He's able to do it underneath his desk enough that no one even notices."

About those blackouts

Blackouts are an ever-present danger. Jordan's been averaging one or two a year. In a diabetic, hypoglycemia—low blood sugar—can be just as lethal as too much. If Jordan forgets to eat after he's given himself insulin, hypoglycemia can result, and, with nothing else to work on, the insulin starts attacking his cells—"Brain first," said Kim.

Blackouts have put Jordan in the hospital five times so far. His mother said the family has learned to recognize the signs: "At first, it's almost like you're drunk. Stumble. Can't see well." Blurred vision and numbness in the extremities are also diabetes danger signs.

"You get the shakes," Kim goes on. "And then if (the blood sugar) keeps continually getting lower, it looks like a seizure, and that is really, really scary." When it happens, she said, for Jordan it's like he's "been hit by a bus." The last one was about a year ago. To avoid such episodes, she said, "I carry sugar with me everywhere I go. Usually things like apple juice, so I can whip it out, pop it open really quick." Jordan carries sugar tablets in his fanny pack.

No clear cause

The Larsons have no idea why Jordan—one of four siblings—has diabetes but his brother and sisters don't. Nor is there any history of it in his family.

Kim has hope that islet cell research may one day mean a cure for her son. Scientists are investigating whether islet cells—which produce insulin—from pigs may one day mean an unlimited source of cells for implantation in diabetics. Dr. Christiansen cautions, "I don't think we're there yet."

If that doesn't pan out, new devices in development could marry the insulin pump to the device that pricks Jordan's finger, Kim said, and would let him "read" his levels from the



Carol Bogart

Jordan Larson, his mom, Kim, and dog Boo at home in Happy Valley.

pump alone. The "mechanical pancreas" would equal fewer sticks. Christiansen adds, "There are some monitors in the works that will have a little catheter underneath the skin and can tell you from minute to minute what the sugar is doing. Those are available in other parts of the country right now, but because of reimbursement issues, the company has not released it to the entire country. It can be fairly expensive." He's optimistic that, one day, researchers may bioengineer a cell that recognizes sugar, and cues just the right amount of insulin production in the body.

Like any other kid

Despite the diabetes, Jordan acts just like any other 14-year-old. Although he knows an injury will be slow to heal, he still rollerblades around his driveway, zipping in for a shot on net in a solo game of street hockey. When the family vacationed in Hawaii, he "snuba" dived—similar to scuba diving, but not as deep and the tanks float on the surface of the water—accompanied by an instructor. At home, he plays baseball and, like many, admits he has a little fear of heights.

"I can do pretty much anything," he said, although he knows he can't, for example, become "an astronaut" because of his risk of seizures.

In summer, Jordan goes to a special camp for kids with juvenile diabetes. Fun for him. A break for mom. "That's the only time in my life when I'm not thinking about it," Kim said, "is that 8 to 10 day period."

Kim said the family "prayed (a cure) would come before Jordan hit puberty. "That seems to be a critical time," she said, "because their body changes so much, it basically regenerates itself almost. So, after puberty, any damage that's done is permanent."

Though, for Jordan, a cure may not be "on the near horizon," Kim said, with the pump "he has possibilities now." Watching her son with Boo, the family dog, she said, "He's just a good kid, we're lucky to have him."

Equally proud of all her children, she adds that she and Ken try not to treat Jordan any differently than they do his siblings. The Larsons, she said, just want Jordan to have "a normal life." ■



Courtesy the Larson family

Jordan, when he was 18 months old, weighed only eight pounds more than he had at birth. A few days after this photo was taken, he was in the hospital being treated for diabetes. Doctors told his family, had it not been caught, in two to three more days, he would have died.

Risk factors

Want to know if you or a child is at risk for developing diabetes? Visit <http://www.diabetes.org/risk-test.jsp>. To learn more about Juvenile Diabetes, call the Juvenile Diabetes Foundation International toll free at (800) 533-2873. Pleasanton endocrinologist Dr. Mark Christiansen warns, if a child has cold or flu symptoms for more than a couple weeks, be suspicious.

Type 1 or Type 2?

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In Type 1 diabetes, the body does not produce insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells.

Type 2 diabetes is the most common form of diabetes. In Type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. When glucose builds up in the blood instead of going into cells, it can cause two problems: Right away, your cells may be starved for energy. Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Source: The American Diabetes Association

Who should be especially cautious?

Endocrinologist Dr. Mark Christiansen said certain people should be extra vigilant about watching for diabetes symptoms and getting tested. They are:

- women who've had gestational diabetes
- people who are over 40 and overweight (should get tested every three years)
- those with a family history (need annual testing)

Studies, he said, have shown that people who are borderline Type 2 diabetic can prevent getting full-blown diabetes with lifestyle changes. "If we can get a person who's predisposed to having diabetes to exercise 150 minutes a week—brisk walking, 30 minutes a day, give up one sitcom rerun a day," Christiansen said, "and to lose 7 percent of the body weight through dieting—in other words, somebody who weighs 200 pounds gets down to 186 and keeps it—those individuals reduced their risk, compared to doing nothing, by 58 percent."

And how long, if you have risk factors like obesity and a family history of diabetes, before you go from "almost" to "you've got it?" It's a continuum of risk, Christiansen explains. If your fasting glucose level is closer to the upside of "normal" (120-125) than it is to the low end (90)—then the less time you have before you're a diabetic. "By the time somebody is diagnosed with Type 2 diabetes," he said, "that person has already lost 50 percent of the function of their pancreas."

Today's treatments, he adds, can prevent the complications of diabetes. Christiansen believes, "The glass is half-full," with even better treatments, maybe even a preventive vaccine, on the way.

Other resources

Pleasanton's Zoe Francis, parent of a diabetic teenager, founded a support group for parents in 1998 called the POD (Parents of Diabetics) Squad. Although the group meets irregularly, more information can be found on the POD Squad Web site, www.podsquad.com. Francis said other helpful Web sites are:

- The Juvenile Diabetes Research Foundation, www.jdrf.org or locally, www.jdrf.org/greaterbay
- The Diabetic Youth Foundation (camps for diabetic children), www.dyf.org
- Children with Diabetes, www.childrenwithdiabetes.com

When the POD squad does meet, semi-regularly throughout the school year, it's from 7-8:30 p.m. on the third Wednesday of the month, Francis said. The meetings are free and open to anyone.

The stats

Certified diabetes educator Kim Higgins, RN, was diagnosed with Type 1 (juvenile) diabetes when she was 19 years old. To test her blood sugar level, she harvests a freckle-sized drop of blood from the finger tip. She calls the procedure "relatively painless. It only takes five seconds." Higgins could also prick the palm of her hand or on her arm where there are fewer nerve endings, but said the tip of the finger is preferred.

Diabetes statistics appear to be changing, Higgins said. It used to be that one in 1,000 children would be diagnosed with Type 1. The new numbers coming out put the ratio at one in 500-600—about twice as many, with no theories, she said, as to why. "A big jump," Higgins agrees, who notes that specialists are seeing diabetes "a lot more in younger children ... toddlers and preschoolers." In her own experience, Higgins said she's even seen it in newborns, but adds that, "It's very rare."

Another change: Type 2 (adult-onset) diabetes has begun to show up in children. Higgins blames obesity and sedentary lifestyles. "All the screen time that children have," she believes.



Carol Bogart

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President

Deborah Acosta McKeehan, Ext. 19

Publisher

Jeb Bing, Ext. 18

EDITORIAL

Editor

Jeb Bing, Ext. 18

Managing Editor

Carol Bogart, Ext. 21

Staff Writer

Rebecca Guyon, Ext. 11

Contributors

Sandy Christman

Kathy Cordova

Deborah Grossman

Cathy Jetter

Jerri Long

Julie Nostrand

Joe Ramirez

ART & PRODUCTION

Art Director

Shannon Corey, Ext. 17

Assistant Art Director

Ben Ho, Ext. 20

Designers

Trina Cannon

Steve Bruzenak, Ext. 25

James Greenfield, Ext. 14

Jason Lind, Ext. 14

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Kate D'Or, Ext. 24

Mai Tran, Ext. 24

Business Associate

Lisa Oefelein, Ext. 26

Operations Manager

Shannon Corey, Ext. 17

Circulation Director

Bob Lampkin, Ext. 41

How to reach the Weekly

5506 Sunol Blvd., Suite 100
Pleasanton, CA 94566
Phone: (925) 600-0840
Fax: (925) 600-9559

Editorial e-mail:
editor@PleasantonWeekly.com
calendar@PleasantonWeekly.com

Display Sales e-mail:
sales@PleasantonWeekly.com

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ads@PleasantonWeekly.com

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Opinion

Editorial

Revisionist planning hurts landowners' confidence

The quest by Pleasanton authorities to curb or cancel proposed developments of large homes to reserve most of the 1,500 or so housing sites remaining under the city's 29,000-housing cap for smaller, more affordable dwellings is certainly a socially-acceptable goal, just so no one is stepping on the rightful expectations of property owners in the process. We've already seen this happening with regard to plans by several major developers to build housing projects on the southeast side, most notable Oak Hills above Kottinger Ranch and Lund Ranch 2 and on the Spotorno property east of Sunol Boulevard. Last week, city planners took their "downsizing" plans to a workshop meeting of the City Council and Planning Commission, suggesting that by exercising a 1986 document that restricts building on land with a 25 percent or greater slope, another 30 proposed homes could be scuttled from nine rural, hillside lots west of Foothill Road, where land owners hope to build custom homes on large lots. The owners bought or inherited the properties years ago when land costs were cheaper with the intention of someday adding a few houses on the flatland portions of the acreage.

For guidance, these landowners, along with their financial consultants and attorneys, looked to both the 1986 and the 1996 General Plans, land use documents that cities use to set basic parameters for future development. Now, in a change akin to revisionist planning, a new city planning staff and a council and Planning Commission that were not in office when the currently in-force 1996 General Plan was approved—or the ones before it—are exploring changing the zoning to significantly reduce the number of housing units that plan authorized. By including land over the 25 percent slope in the calculation of the overall permitted residential density in these west side Foothill properties, for example, planners want to lump the unbuildable steep slopes together with the available flatlands. For the Lester family that owns 120 acres off Dublin Canyon Road on the city's far northwest side, no more than 35 homes would be permitted instead of the 39 currently allowed. For the Eliassen property on Blessing Drive, the number would be cut from 5 to 3. Hillside acreage near Canyon Creek Circle owned by the Shriners Hospital would lose three of its five developable lots. And so on.

Obviously, these are not big numbers when compared to the 200-300 homes being considered by the southeast side developers, but the cuts being suggested still represent millions of dollars in lost sales to these aging landowners who have enjoyed rural life for years, but now believe it's time to develop their investments. While the city may have the legal right to change the rules these landowners have relied on, it may be inherently unfair in the long-term and to others. Also, the numbers to be gained from not allowing these planned large homes to be built are insignificant. This action, if approved, could dash the confidence other Pleasanton property owners and investors have in the rule-making policies of our local government and our current officials, whose actions could similarly be overturned by a new team of lawmakers in the years to come. ■

Letters

Wrong on WiFi

Dear Editor,

I am writing to you to take issue with your editorial (Editorial, "Think twice about city-sponsored wireless," Feb. 10, 2006). I find your argument against WiFi in Pleasanton to be overly paranoid and in some cases factually wrong.

You wrote that San Francisco has a great deal of "hot spots" and presented a scenario where Pleasanton would become "jammed with laptops." I work in San Francisco—Market Street has not become overly crowded with folks "jammed with laptops." I invite you to come across the Bay to see for yourself.

In addition, you said that some people leave hot spots open. However, all WiFi access points can be very easily secured using Wireless Encryption Protocol (WEP) or WiFi Protected Access (WPA). Neither option is perfect, but if you're worried about someone "listening in" as you suggested (the technical term for this is "packet sniffing") then enabling either option would make packet sniffing much more difficult.

Furthermore, you illustrated a scenario where a would-be malfeasant was packet sniffing at the exact moment while you checked your bank account online. Unless your bank has a horribly unsecured Web site, most financial information is sent using Secure Sockets Layer (SSL) technology—in other words, all bank information is sent in an encrypted fashion.

And finally, to argue that WiFi should be stopped because it is insecure is like saying that the city should not build electrical wires because they could fall and cause damage. Precautions can be made so that the possibility of such extreme cases is kept to the least possible minimum.

Cyrus Farivar
Oakland

Thanks to a stranger

Dear Editor,

On Saturday afternoon, my wife and I picked up her son, Darren Graham, from San Francisco Airport. After traveling more than 50 hours, he was beginning his mid-tour leave from his second deployment to Iraq.

Dressed in the army fatigues that he had worn for the entire trip, we stopped to have a bite to eat at Alberto's Cantina in downtown Pleasanton before heading home. His girlfriend and his father joined us in welcoming him back to civilization. We listened to some of his stories and had a wonderful time.

As we finished our meal, the waiter came to our table and said, "The bill has been taken care of." We were shocked! When we asked who had done this, we were told that the individual or individuals wished to remain anonymous.

All we can say is "Thank You!" While many say "I am proud to be an American," I am saying that I am honored and thankful for being an American, and that we are surrounded by positive people like the benefactor in the restaurant.

Thank you, once again.

Ken Koenen
Stoneridge Mall Road



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According to the College Board, the cost of tuition and fees at the average 4-year

private college has increased about 7.3% per year for the past 25 years. And, the average 4-year public college has increased the cost of tuition and fees about 8% annually over the same time period.

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REAL ESTATE ADVISOR

Diana Korpi



DO "BABY BOOMERS" DRIVE REAL ESTATE BOOMS?

Some economists link the buying habits of "baby boomers" to the demand for homes in this country. Since most of the "boomers" have already bought their home, they conclude, the demand for housing is declining, along with the rapid appreciation in real estate during the last decade.

This argument presumes that the population will stabilize or decline as these potential buyers age and their children grow up. What is left out of such a picture is that the emerging real estate market is made up of people who are immigrating to this country. When these newcomers have achieved a stable income, they look for the best living situation they can find, often

preferring buying to renting.

Real estate continues to be an attractive investment opportunity. If you are sitting out the current market because you are afraid that the appreciation won't continue, you may want to re-think your decision. Today's market is providing opportunities for homeowners and smart investors from all over the globe.

If you or someone you know is thinking about buying or selling, contact Diana at ReMax Accord. Diana is committed to professional, attentive service to her clients - always willing to go the extra mile. When you deserve the very best, call 925-830-4764. www.dianahomes.com
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Transitions

Obituaries

Lucille G. Willer

Lucille Willer, a 35-year resident of Pleasanton, died Feb. 10 in San Ramon.

She was born June 6, 1925, in Plant City, Fla.

She was a homemaker, loving wife, mother, grandmother, great-grandmother and best friend. Her hobbies were houseboating on Lake Shasta, visiting Reno, Nev., crocheting, going to the hairdressers every Friday, being around her family, and shopping.

She is survived by her husband of 61 years, Hugh Willer; sons Stephen Willer, his wife Kim, Philip Willer and his wife Kathy; daughter Nancy Latham and her husband Larry; seven grandchildren and four great-grandchildren.

She was preceded in death by her brother, Roy Neal.

A Memorial Service was held at Graham-Hitch Mortuary in Pleasanton. Donations may be made to the American Diabetes Association, 1900 Powell St., Suite 800, Emeryville, 94608.

Clara B. Furrer

Clara Furrer, a 34-year resident of Pleasanton, died Feb. 7 in Walnut Creek.

She was born March 14, 1925 in Pittsburg, Kansas. At the age of 18, Clara and a friend moved out to California from Illinois on their own to "chase the California dream." Before moving to Pleasanton, She lived in San Leandro for 18 years. She was educated at Holy Names College in Oakland. In addition to being a wonderful homemaker, she worked several years as a reading specialist at St. Leander's Grammar School in San Leandro and also volunteered as a counselor on a crisis hotline. She enjoyed crafting, playing cards with friends and spending time with her grandchildren.

Clara is survived by her husband, Robert Furrer of Pleasanton; son Kenneth James Furrer and his wife Sarah of Star, Idaho; daughter JoAnne Watson and her husband Mark of Danville; sister Dorothy Caruso of Deerfield, Ill.; four grandchildren and numerous nieces and nephews.

She is preceded in death by her son, Mark Robert Furrer.

Visitation and vigil services were held at Graham-Hitch Mortuary and a Mass of Christian Burial was held at St. Augustine Catholic Church. Burial is at Holy Sepulchre Cemetery

Births

The following information on Pleasanton births was provided by ValleyCare Medical Center.

Jan. 27

JoAnne and Taek Nam, a girl
Nussan Olrun, a girl
Shelby and Emerson Salonga, a girl

in Hayward. Donations may be made to the Memorial Scholarship Fund for the benefit of Mark Furrer, 18 Sherburne Hills Rd., Danville, 94526.

Tom G. Wofford

Tom Wofford, 67, of West Plains, Missouri passed away Jan. 24, in Yuma, Arizona of a heart attack while on a family trip.

He was born Sept. 6, 1938 in Oakland. He is the oldest child of the late Guy and Mae Wofford. He and his family lived many years in Sunol.

He moved to southern Missouri in 1980 where he bought 40 acres with his wife, Kathy. There they raised two sons. He loved the simplicity of country life and took much pleasure in working on old cars. He also enjoyed reading, finding antiques at auctions and flea markets, and listening to Bluegrass, Merle Haggard, and other country music.

He is survived by Kathy, his wife of 25 years; sons Keith, a missionary serving in Ukraine with his wife Wendy and children Shelby and Ryan, and Army Sgt. 1st Class Kevin, his wife Tera and children Joshua and Nolah of Jacksonville, Fla.; two sisters, Carol and Martha and her husband Roy Fields; and one brother, Dennis. Memorial services were held in Yuma, Ariz., with his son, Keith, officiating and also in West Plains, Mo. He was preceded in death by his parents, Guy and Mae Wofford.

Ghazi Gene Nassar

Ghazi Gene Nassar died Feb. 6 in Southern California.

He lived and worked in Pleasanton from 1981 through 1998. While living in Pleasanton, he was a member of the Tri-Valley Stargazers and participated in amateur radio events.

He was born March 5, 1939, in Bethlehem, Palestine and emigrated to Chili as an 18-year-old, where he ran a business selling dry goods. In 1960, he came to the United States to attend college and graduated from Iowa State University with a degree in Chemical Engineering. He moved to Northern California in 1968 after working in the pulp and paper industry in Alaska.

He is survived by his daughter Tanya Nassar and his former wife Carla Nassar, both of Livermore; brothers Samir Nassar of Covina, Calif., George Nassar of Bethlehem, Israel, Hana Nassar of Honduras, and Albert Nassar of Poland; and his mother Maneh Nassar of Bethlehem, Israel.

Services were held in Glendora, Calif.

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Questions?
Please call (510) 251-6304 ext. 311.



Calendar

Author Visit

Derek Benz and J.S. Lewis

Meet authors of "Revenge of the Shadow King," Derek Benz and J.S. Lewis 4 p.m., Fri., March 17 at the Pleasanton Library, 400 Old Bernal Ave. Recommended for fans of "Harry Potter," "Artemis Fowl" and "The Spiderwick Chronicles!" Call 931-3400, ext. 8.

Robert Dugoni

Robert Dugoni, author of "The Jury Master," will discuss his novel 2 p.m., Sat., March 25 at the Pleasanton Library, 400 Old Bernal Ave. Call Penny, 931-3405.

Civic Meetings

City Council

The council meets at 7 p.m. on the first and third Tuesday of every month in the City Council Chamber, 200 Old Bernal Ave. The next meeting is March 21.

Housing Commission

The commission meets at 7:30 p.m. on the third Thursday of every month in the City Council Chamber, 200 Old Bernal Ave. The next meeting is March 16.

Planning Commission

The commission meets at 7 p.m. the second and fourth Wednesday of every month in the City Council chamber, 200 Old Bernal Ave. The next meeting is March 22.

School Board

The Pleasanton Unified School District Board meets at 7 p.m. on the first and third Tuesday of every month in the district office board room, 4665 Bernal Ave. The next meeting is March 14.

Clubs

Kiwanis Pleasanton Sunrise

Kiwanis Pleasanton Sunrise Club meets at 11:45 a.m. every Friday at Vic's All Star Kitchen, 201 Main St. Guests are welcome. The Foothill Kiwanis Key Club meets from noon-12:30 p.m. every Thursday at Foothill High School. Call Irv, 556-1177 or visit www.Kiwanis-pleasanton-sunrise.com.

Ladies Choice Investment

Ladies Choice Investment Club meets at 7 p.m. on the second Monday of every month to discuss educational stock selections and investments. Call Jeannie, 846-5106.

Livermore-Amador Genealogical Society

The Livermore-Amador Genealogical Club meets at 7:30 p.m. the second Tuesday of every month at Congregation Beth Emek, 13400 Nevada Court. Call Jane, 447-3898 or visit www.l-ags.org.

Mount Diablo Rose Society

The Mount Diablo Rose Society meets from 7:30-9:30 p.m. on the second Wednesday of every month except in July, August and December at the Dublin Civic Center, 100 Civic Plaza, Dublin. Call Pat, 846-4913.

Order of Eastern Star

Join Diablo Star #214 at 7:30 p.m., every second Monday of every month at Orinda Masonic Center, 9 Altarinda Rd. Focus on charity work for cancer and heart disease and organize fundraisers and scholarships. Call Karen, 798-9225.

P-Town Street Rods

This family oriented, truck or car enthusiast club meets 6-9 p.m. the second Wednesday and fourth Thursday of every month at Chicago's

Weekend Preview



Crafty sales at the Fairgrounds

Homemade crafts, accents and gifts abound this weekend at the Alameda County Fairgrounds with the arrival of the Country Folk Art Craft Show Friday-Sunday, March 10-12. Vendors from across the country will display and sell their crafts in this annual show. Show hours are from 5-9 p.m., Friday; 10 a.m.-5 p.m. Saturday; and 10 a.m.-4 p.m., Sunday. Admission is \$7 and allows access for all three days. Visit www.CountryFolkArt.com or e-mail info@countryfolkart.com for more information.

Metropolitan Deli, 6003 W. Las Positas Blvd. Call George, 846-5550.

Phi Delta Kappa

This international organization of professional educators of all kinds and others interested in education meets at varied locations four to six times during the school year. Call Pat, 443-5526.

Concerts

'Carmina Burana'

The Valley Concert Chorale, Cantabella Children's Chorus, and the San Francisco Concert Chorale presents "Carmina Burana" at 8 p.m., Sat., March 18 at the First Presbyterian Church, 2020 5th St., Livermore. Tickets in advanced are \$17 adults, \$14 seniors. Tickets at the door are \$20 adults, \$17 seniors. Students 18 and under are free when accompanied by an adult. Call 866-4003 or visit www.valleyconcertchorale.org.

Inman Piano Trio

Del Valle Fine Arts presents a classical concert series "Inman Piano Trio" at 8 p.m., Sat., March 11, at the First Presbyterian Church, 2020 5th St., Livermore. Tickets are \$15; \$13 for 62 and over or college students, free for high school students. Tickets are available at Towne Center Books, 555 Main St or at the door. For more information, call 447-4873.

Skyline Jazz Quintet

The Skyline Jazz Quintet will perform 2 p.m., Sun., March 12 at the Pleasanton Library, 400 Old Bernal Ave. Admission is free. Call Penny, 931-3405.

Special Tribute to Mozart

The third concert of the Livermore-Amador Symphony's 2005-06 season will be held 8 p.m., Sat., March 25 at First Presbyterian Church, 2020 5th St., Livermore. General admission and seniors are \$13 and high school-age students or younger are \$5. Call 373-6824 or visit www.livamsymph.org.



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Swiss Pianist to Perform
Swiss pianist Hany Schmidwyss, soprano Stephanie Johnson, tenor Linus Eukal and pianist LaDene Otuski will perform 2 p.m., Sun., March 19 following a reception at United Methodist Church, 1543 Sunnyvale Ave., Walnut Creek. Admission is free, donations accepted. E-mail amarquisfisher@yahoo.com.

Events

23rd Annual St. Patrick's Day Festival
The City of Dublin will be set up booths featuring artisans, commercial vendors, carnival rides, Irish entertainment, food and more from 10 a.m.-5 p.m., Sat. and Sun., March 18 and 19. Admission is free. Call 556-4500 or visit www.DublinStPats.com.

6th Annual St. Patrick's Dinner Dance
The Irish American Culture Club is hosting its 6th Annual St. Patrick's Dinner Dance Sat., March 18 at Crow Canyon Country Club, 711 Silver Lake Dr., Danville. No-host bar begins at 6 p.m., Irish dinner buffet at 7 p.m. and dancing from 8-11 p.m. Cost is \$50 for non-members, \$45 for members. Call Tom, 830-1084 or Betty, 939-5285.

B2B Power Exchange
B2B Power Exchange presents Leads Group for true B2B Business Developers from 7:45-10 a.m., Thurs., March 23 at Mimi's Cafe, 4775 Hacienda Dr., Dublin. Cost and registration for non-members is \$35 and free for members, breakfast included. Reservations required, limited seating. Call 201-3410.

Diablo Ballet's 12th Anniversary Celebration
Celebrate Diablo Ballet's 12th Anniversary 8 p.m., Fri., March 24 and Sat., March 25 at Dean Leshner Regional Center for the Arts, 1601 Civic Dr., Walnut Creek. Admission price is \$26 to \$38. Student, senior and group discounts available. Call David, 943-7469 or visit www.dlrca.org.

Donate Blood
Donate blood and receive a Red Cross vintage cap from 10 a.m.-4 p.m., Wed., March 15 in the parking lot, 5671 Gibraltar Dr. Call Jennifer, 598-3162 to schedule an appointment.

Foothill Marching Band Boosters
The Foothill Color Guard and Percussion is hosting its annual Winter Guard and Percussion show Sat., March 25 at Foothill High School. The show includes units

from more than 90 middle and high schools throughout Northern California. More than 50 trophies will be awarded. Call Angela, 462-3108.

Garden Club Guest Speaker
Guest speaker Dr. Don Mahoney will be at the Livermore Amador Valley Garden Club to discuss birdsong and butterfly flight 7 p.m., Tues., Mar. 14 at Alisal School's multipurpose room, 1454 Santa Rita Rd. Call Beverly, 485-7812.

Iranian Cultural Event
Celebrate Iranian New Years from 2-5 p.m., Sun., March 12 at the Senior Center, 5353 Sunol Blvd. Admission is free. All cultures welcome. Call 484-4954.

Irish Feet are Dancing!
Students from Moore School of Irish Dance will perform 2 p.m., Sat., March 11 at the Pleasanton Library, 400 Old Bernal Ave. Admission is free. Call 931-3400, ext. 8.

Poetry, Prose and Arts Festival registration
The Pleasanton Cultural Arts Council and City of Pleasanton are now accepting early registrations and poetry contest submissions for the Fifth Annual Pleasanton Poetry, Prose, and Arts Festival held on Sat., April 1 at CarrAmerica Conference Center, 4400 Rosewood Dr. Call Michelle, 931-5350 or visit www.pleasantonarts.org.

Taiko Drumming
Celebrate Spring with Heidi Varian and her taiko drummers 7 p.m., Wed., March 23 at Bay Books, 5698 Stoneridge Dr. RSVP required. Call Rich, 460-3213.

Transit Fair
Get the latest information and options at the Transit Fair from 10 a.m.-1 p.m., Fri., March 17 at the Senior Center, 5353 Sunol Blvd. Refreshments will be served. Snappy Cafe will offer a St. Patrick's Day cornbeef lunch for \$3.50 for seniors, \$5 for those 60 years old or younger. RSVP by March 15. Call 931-5365.

Tri-Valley Monart Grand Opening
Tri-Valley Monart, an academically-based art school for ages four and up, kicks-off its Pleasanton debut with Mona Brookes, founder of the Monart method, 5 p.m., Fri., March 10, at Dublin Barnes and Noble at Hacienda Crossings, and an open house 10 a.m., Sat., March 11, at the Pleasanton studio, 3037-D Hopyard Rd. Call 484-0126 or visit www.pleasantonart.com.

Writer's Monthly Meeting
The Tri-Valley Writer's Association presents "Cloud-Mind...Sky Mind: The Writer's Quandry" and "Image and Imagination in Poetry and Pose" from 11:30 a.m.-2 p.m., Sat., March 11 at Girasole Grill, 3180 Santa Rita Rd. Cost is \$18 for TVW members, \$21 for non-members which includes buffet lunch. Call Kelly, 373-0275.

Exhibits

Art in the Family
See different styles of art from six painters from March 25-April 15 at Alexander's Main Street Gallery, 610 Main St. Artist's Reception will kick off the show from 4-7 p.m., Sat., March 25. Pre-sale beings at 10 a.m. First 50 guests will receive a free Morning Light poster signed by Barbara Daggett. Call 846-6015.

Film

"Children of Alcatraz"
Scott Cornfield will show his film "Children of Alcatraz" 2 p.m., Sun., March 19 at the Pleasanton Library, 400 Old Bernal Ave. Admission is free. Call Penny, 931-3405.

The Wonderful World of Black and White
The Pleasanton Library and Las Positas College present a series of classic black and white films for the entire family at 7 p.m. on the first Thursday of the month until June 2006 in the Pleasanton Library Meeting Room, 400 Old Bernal Ave. This is free and open to the public. Call 931-3405. Refreshments will be served.

Fundraisers

Bingo
Choice for Children Education Foundation hosts an afternoon Bingo at 4 p.m., every Sunday at Bingo Ranch, 3070 Pacific Ave., Livermore. Win prizes and enjoy free coffee and bagels. All proceeds go to the Livermore Valley Charter School. Call Maria, 201-3422 or e-mail ccef@lvcs.org.

Blankets for Babies
Sewn, knitted and crocheted 24- or 36-inch blankets are being collected for distribution at the Neonatal Intensive Care Unit at ValleyCare Medical Center and Lucile Packard Children's Hospital at Stanford. Call 426-4307 or 426-9635.

Communities in Harmony
Tri-Valley YMCA has launched the 2006 Annual Partner Campaign running through March. Proceeds will be used for scholarships and program support for various Tri-Valley YMCA programs in Livermore, Pleasanton and Dublin. Call Kimiko, 475-6110 or e-mail kleong@ymcaeastbay.org.

Curves Food Drive
Donate non-perishable food items for local food banks at Curves, Mon-Sat. in Dublin, Pleasanton, or Livermore. Call 460-0404 for locations.

Drawing to support Kidsave's Summer Miracles
Buy raffle tickets for \$50 each or three for \$100. Only 2,000 tickets available. Winner will choose from two vacations, Monaco or Florida. All proceeds will support Kidsave's Summer Miracles and Weekend Miracles programs. Drawing will be held at 9 p.m., Sat., May 20, at Kidsave's Annual Gala in Los Angeles. Winner is not required to be present. Call (310) 479-5437.

Entertainment Books at Valley Humane Society
Entertainment books are on sale for \$25 each and are available at the Adoption Center, 273 Spring St. All proceeds go to Valley Humane Society programs. Call 426-8656.

Pasta Dinner to Benefit UNICEF
Foothill High School Key Club and the Kiwanis Club are hosting a pasta dinner fundraiser from 6:30-9 p.m., Fri., March 10, at Vic's Allstar Kitchen, 201 A Main St. A portion of the proceeds

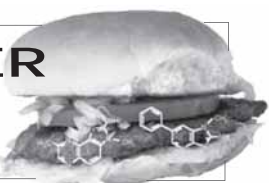
2006 LECTURE SERIES



SCIENCE ON SATURDAY

By Lawrence Livermore National Laboratory and Sigma Xi of Livermore

DIET & CANCER ARE COOKED MEATS INVOLVED?



By Mark Knize, LLNL scientist; and William Southam, teacher, Tracy High School

March 11, 9:30 and 11:15 a.m., Amador Theater, Pleasanton

Diet has been associated with differences in cancer rates in human populations for many years. However, causes of cancer associated with the diet have not been adequately explained.

Learn about the latest research on cancer causes, from atoms and molecules to experiments in humans. This "diet and cancer" project combines the traditional disciplines of biology, chemistry and physics to investigate a human health problem. You will hear about LLNL research and some interesting chemical products created when meat is cooked. We will also describe how lowering the cooking temperature, marinating meat, and turning the meat frequently reduces the formation of these compounds.

Experimental work in bacteria, cultured mammalian cells, rodents and humans are needed to understand and estimate a future impact on cancer in humans. Come and see how the variety of data come together to give the best scientific conclusion on a difficult health problem.

Science on Saturday is a five-week series of free lectures for middle and high school students that runs March 4-April 1. Lectures are held at the Amador Theater, 1155 Santa Rita Road, Pleasanton.

Two presentations: 9:30 and 11:15 a.m. Seating is first come, first served. No pre-registration.

For directions see <http://education.llnl.gov/sos>

Contact: Richard Farnsworth, LLNL, farnsworth1@llnl.gov



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will go to UNICEF's HIV/AIDS fund. Tickets are \$10. Call Alina, 212-7278 or e-mail fhskcprez@yahoo.com

Recycle for Breast Cancer

Recycle TV's, computers, monitors, laptops, cell phones, empty ink jet and toner cartridges from printers, fax machines and copiers to support the fight against breast cancer. Free pick up, drop off or prepaid envelopes and shipping labels are provided. Call Larry, 735-7203 or e-mail larry@recycleforbreastcancer.org.

Silent Auction

Springstone School, a middle school for students with Asperger's Syndrome, is having a silent auction that includes Magic Mountain tickets, dinners at Oliveto and lunch at Baywolf from 2-5 p.m., Sat., March 11, at Springstone School, 1035 Carol Ln., Lafayette. Call 962-9660 or visit www.thspringstoneschool.org.

Kids & Teens

AAU Track and Field Sign Ups

Youths between the ages of 6-18 are welcome to join the Tri-Valley Track Club and participate in practices and meets throughout the year. Practices are held at 4 p.m. on Wednesdays and 3 p.m. on Sundays at Sunset Park, 1040 Florence Rd., Livermore. Call 862-0855 or 518-9356.

American Little League

Registration for Farm (ages 7-8) and T-Ball (ages 5-6) is still open. Visit www.pleasantonamerican.org or e-mail pall-registrar@comcast.net. All games are played at the Pleasanton Sports Park. Call 890-7679.

Lectures

Boutique Textile Art

Create home accessories, wearable art or soft sculpture. Learn how to piece, applique, embroider and use other techniques to transform your ideas into pieces of art from 10 a.m.-noon every Tuesday at the Pleasanton Senior Center, 5353 Sunol Blvd. This class is free. Bring fabric scraps, a yard of unbleached muslin, sharp scissors and dressmaker pins. Call 935-8972.

Character Education

In an eight-session class, learn how to take the mystery out of problems in all your relationships from 7-9 p.m., Wednesdays until March 22, at Amador Valley High School, 1155 Santa Rita Rd. Call 426-4280.

Diet and Cancer

Learn which diet has been associated with differences in cancer rates in humans, the latest research on cancer causes and more 9:30 a.m. or 11:15 a.m., Sat., March 11 at the Amador Theater, 1155 Santa Rita Rd. Call 424-2780.

eBig's Sales and Marketing SIG

Learn three tools to identify sales problems and increase marketing measurability from 6:30-9 p.m., Thurs., March 16 at University of Phoenix, 7901 Stoneridge Dr. Cost is \$10 for non-members and free for eBig members. Call (877) 478-8336.

Fibromyalgia

Dr. Lynne Sullivan is offering a free lecture on fibromyalgia and how it pertains to your health 6 p.m., Mon., March 13, at Chiro Health Center, 268 Main St. Only 15 seats available. Call 484-1070 for reservations.

Financial Management

Technology Ventures Corporation is holding a session that explores raising capital, understanding and using financial statements, preparing budget projections and more from 8:30 a.m.-12:30 p.m., Wed., March 15, at the CarrAmerica Conference Center, 4400 Rosewood Dr. Call 960-1600.

For Business Owners, CEOs, and Presidents

This executive workshop for business owners, CEOs, and Presidents is from 8 a.m.-2 p.m., Fri., March 24 at The Foothill Corporate Center, 5820 Stoneridge Mall Rd. Cost and registration is \$55 and \$75. Call 847-4080 or visit http://roberts.sandler.com.

History of the Sunol Water Temple

The Ed Kinney Lecture Series presents "History of the Sunol Water Temple" at 7 p.m., Thurs., March 16, at the Museum On Main, 603 Main St. Reservations are requested. Admission is \$5 for museum members and \$10 for non-members. Call 462-2766.

Papier-Mache Wimsy

Learn armature/form construction, painting/finishing and other techniques that will spark your imagination and encourage your creativity from 2-4 p.m. every Tuesday at Village High School, 4645 Bernal Ave., room 207. This class is free. Bring newspaper, roll of 1" masking tape and two wire coat hangers. Call 935-8972.

Real Estate Investment Opportunities

National Wealth Builders presents Real Estate Investment Opportunities in Florida and France from 6-9 p.m., Wed., March 15 at San Ramon Marriot, 2600 Bishop Dr., San Ramon.

Cost is \$25 for non-members in advance, \$30 at the door and free for members. Call 855-7015.

Saturday Science Lectures

Science on Saturdays has returned until April 1 at the Lawrence Livermore National Laboratory, 7000 East Ave., Livermore. Explore soundwaves, microwaves and waves found in tsunamies and lasers. The first 600 students attending will receive a hands-on science experiment demonstrating waves. Admission is free. Call 422-5815 or e-mail lucchetti1@llnl.gov.

Steps to a Healthy Heart

San Ramon Regional Medical Center is giving a free seminar on "Steps to a Healthy Heart" from 7-9 p.m., Tues., March 21 in the South Conference Room, 7777 Norris Canyon Rd., San Ramon. Reservations required. Call (800) 284-2878 or visit www.sanramonmedctr.com.



Steps to a Healthy Heart

A free heart-to-heart talk

Learn what current research tells us about early detection, accurate diagnosis and how to avoid heart disease. What is a practical approach to nutrition, healthy foods and supplements; and how can I make exercise a priority? You'll learn all this and more at our free heart education seminar. Join us, your heart will thank you for it.

Speakers:

Matthew DeVane, D.O., M.B.A.
Cardiologist and Author

Pam Wilson, M.S., R.D.
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Registration Deadline, March 25, 2006

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To register, call (925) 931-5350
or visit www.pleasantonarts.org.



The Challenges of Managing Non-Profits

The Institute of Management Accountants will hold a technical meeting from 6-8:30 p.m., Tues., March 14, at Wyndham Garden Hotel, 5990 Stoneridge Mall Rd. Cost is \$29 with dinner included. Call 510-304-1406 or e-mail rfhulin@theima.org to RSVP.

The Driving Dilemma

Learn about on-the-road techniques and adaptive equipment that can be used to help maintain your driving skills from 10 a.m.-noon, Tues., March 14 at the Pleasanton Senior Center, 5353 Sunol Blvd. Cost is \$1.25 for residents, \$1.75 for non-residents. Call 931-5369.

Women's Build "How to" Clinic

Habitat for Humanity and Lowe's presents a workshop on how to install exterior trim and siding from 9:30 a.m.-noon, Sat., March 11 at the Habitat for Humanity's construction site, 732 Hayes Ave., Livermore. This workshop is part of the Women's Build project, a Habitat home that is being built by women alone. Call (510) 251-6304, ext. 313.

Yoga and Breathing

The Art of Living Foundation will present a free series of two-hour yoga, breathing and meditation 7 p.m., Mon., March 20 and April 17 at the Pleasanton Library, 400 Old Bernal Ave. No prior experience required and for those 18 years or older. Call Penny, 931-3405.

Miscellaneous

Beyond Screaming: Women's Self-Defense

Danville Karate International is offering a comprehensive eight hour course for women from 2-6:30 p.m., Sat., March 11, and from 1:30-5:30 p.m., Sun., March 12, at 105 Towne and Country Dr., Ste. E, Danville. Cost is \$109. Call 820-9612.

Child Care Initiative Project

Child Care Links presents the CCIP project. Licensed and license-exempt child care providers are encouraged to participate. CCIP participants receive technical assistance and support, free training and support materials and more. Call Donnamarie, 249-3923 to receive a calendar of trainings in 2006.

Free Tax Preparation Services

If your household income was less than \$38,000 for 2005, you may qualify for a free tax preparation and filing service. Call 485-5266 or 485-5272.

Mystery Dinner Theatre

GibsonHouse Mystery Performers presents "Shadow of a Murder" at 7:15 p.m., Fri., March 10 and March 17 at the Pleasanton Hotel Restaurant, 855 Main St. Cost is \$49 per sleuth, plus tax and gratuity. Reservations required. Call 846-8106.

Rabbit Education and Adoption

Tri-Valley Animal Rescue is hosting three days of rabbit information and adoption opportunities from 1-4 p.m., Sat., March 18 and April 1 at PetSmart. Call Marisa, 447-2130.

On Stage

Comedy Wednesday

John DeKoven's Comedy Showcase is every second and fourth Wednesday of every month at Main Street Brewery, 830 Main St. Guests are some of the best comedians in the Bay Area. \$7 cover charge and 2 item minimum. Call 264-4413 or visit www.trivalleycomedy.com.

Fiddler on the Roof

Amador Valley and Foothill high schools will present their Spring musical, "Fiddler on the Roof" 7:30 p.m., March 16-18 and March 23-25 at Amador Theater, 1155 Santa Rita Rd. Admission is \$15. Call Kelsey, 461-6100, ext. 6197 or (510) 816-7225.

'Forever Plaid'

The Pleasanton Playhouse presents their 22nd Season with "Forever Plaid" at 8 p.m., Fri-Sat. and 2 p.m., Sun., Feb. 17-March 18, at Pleasanton Playhouse Studio Theater, 1048 Serpentine Ln., Suite 309. Tickets are \$20 adults, \$18 seniors, \$18 children age 18 and under. Call 462-2121.

'Wigged Out'

Valley Humane Society presents "Wigged Out!," a musical comedy that takes place in a beauty salon, at 9 p.m., Sat., March 18. Tickets are \$38 and proceeds will benefit Valley Humane Society's building fund. Call Gay, 447-8903.

Scholarships

Kids Who Care

Nominate kids ages 6-18 in your area for the Kids Who Care Scholarship, a program that honors youth and teens for their volunteer services. Nominations are accepted at Kohl's Department stores and at www.kohlscorporation.com until March 15.

This program will recognize 1,500 kids and award \$200,000 in scholarships. Call Vicky, (414) 443-0850, ext. 16.

LPD AAUW Local Scholarship Foundation

The Livermore-Pleasanton-Dublin branch of the American Association of University Women is accepting applications from local university women for \$500-\$1500 scholarships. All application documents must be post marked by March 15. E-mail devon@smalltownusa.net or mail to LPD AAUW Local Scholarships, 6128 Hansen Dr., 94566 for an application.

U.S. Commission for Scholastic Assistance

Learn more about applying for scholarships and lists of scholarships available by sending a self-addressed, stamped, business size #10 envelope to: The U.S. Commission for Scholastic Assistance, P.O. Box 650067, Potomac Falls, VA 20165-0067.

Seniors

Monday Movie Madness

The Pleasanton Senior Center, 5353 Sunol Blvd., invites seniors to watch free movies on the center's big screen at 1 p.m. on the first and third Monday of every month. Popcorn and refreshments available. Call 931-5365.

PC Users Groups

The group meets 10 a.m.- noon on the fourth Thursday of every month at the Pleasanton Senior Center, 5353 Sunol Blvd. Fee is \$1.25 for residents and \$1.75 for nonresident. Call 931-5365.

Senior Health Fair

Ridge View Commons will be hosting a free Senior Health Fair from 10 a.m.-2 p.m., Sat., March 11, at Ridge View Commons, 5200 Case Ave. There will be prizes and light refreshments served. Call 484-5131.

Spiritual

Community Bible Study

An interdenominational bible study invites women in the community to a study of Ephesians from 9:30-11:30 a.m., every Thursday until May 18, at 4300 Mirador Dr. Childcare is available. Call 820-3481.

Faith Chapel Assembly of God

Sunday school for all ages begins at 9:30 a.m., worship at 10:30 a.m., and Children's Church Program (ages 3-12) at 11:15 a.m. Every Wednesday the Women's Bible Study meets at 10 a.m., Choir Practice and Boys & Girls Mission Crusade Club (grades K-5) all begin at 7 p.m. Singles and Young Married home bible study meets at 7:30 p.m. every Thursday. Seniors 55+ meets at 7 p.m. the third Thursday of each month. Call Sophia, 846-8650.

Tri-Valley Unity Church

Tri-Valley Unity Church will meet until further notice at 10 a.m., every Sun. at the Radisson Hotel, 6680 Regional St., Dublin. Worship service and children's school will be offered as well. Call 829-2733 or visit www.trivalleyunity.com.

Support Groups

Grandparents Visitation Support Group

Grandparents who have problems visiting their grandchildren meets at 7 p.m. every Thursday in March at Pleasanton Public Library in the small conference room, 400 Old Bernal Ave. Space is limited. Call Joyce, 339-4700.

Having Trouble Hearing

Get help from people with similar problems at the Hearing Loss Association of America, Tri-Valley Chapter meeting at 7:30 p.m., Thurs., March 16 at Valley Community Church, 4455 Del Valle Pkwy. Attendance is free and refreshments will be served. Call 455-9591.



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Head Injury Support

This group provides support for brain-injured individuals and their caregivers. It meets from 7:30-9 p.m. every fourth Wednesday in the Blackhawk Room at San Ramon Regional Medical Center, 6001 Norris Canyon Road, San Ramon. Call Jo Ann, 443-4366.

Hope Hospice Bereavement Support

The nonprofit organization offers a wide range of support groups, including grief support for adults, teens, children; young adult support; tragic loss; loss of children; men in grief; terminal illness; loss of parents; and loss of spouse; among others. Meetings are held at 6500 Dublin Blvd., Suite 214, Dublin. Call 829-8770 or visit www.hopehospice.com..

Independent Living

If you or your loved one need a personal assistant to help maintain independent living, Community Resources for Independent Living can help with specific needs. Call 371-1531; TTY, 371-1532. Visit www.cril-online.org.

Jobs Networking Group

CSIX East Bay, helping individuals in career transitions, meets from 1-3:30 p.m. every Thursday at WineCentives, 6040 Dougherty Road, Dublin. Cost is \$3. Call Doug Herz, 277-6600.

League Of Extraordinary Gentlemen

This group is designed to create a community between men to resolve problems, express feelings, form friendships and understand and improve relationships with women. The group meets from 7-8:30 p.m. every Wednesday at Anthropol Counseling Center, 326 South L. St., Livermore. Call 449-7925.

Live Beat Dads

Fathers who are raising their children meet at 7 p.m. Wednesdays at 1550 Springtown Blvd., Suite 7E, Livermore, for discussions and speakers on individual's rights, custody issues, networking and parenting programs. Child care is available. Call Pete, 449-8436, or visit www.lbduk.org.

Lupus Support

The group meets from 7-9 p.m. on the first Friday monthly at Kaiser Permanente Medical Center's north building conference room C, 7601 Stoneridge Drive. Call 846-5767.

Men at Work

This Al-Anon group meets from 6:30-8 p.m. Wednesdays at the Pleasanton Presbyterian Church, 4300 Mirador Drive. Call Tom, 417-7540.

Men's Support Group

Anthropos Counseling Center provides support for men to improve personal growth and change and become aware of emotional habits and attitude. Group meets from 7-8:30 p.m. every Friday, 326 S. L St., Livermore. Call 449-7925.

Narconon Arrowhead

Narconon Arrowhead offers free addiction counseling, assessments and referrals to rehabilitation centers nationwide. Call (800) 468-6933 or visit www.stopaddiction.com.

Newcomers to Al-Anon

This group, for those who are new to Al-Anon and anyone who is affected by someone else's drinking, meets 7-7:55 p.m. Thursdays at John Knox Presbyterian Church, 7421 Amarillo Road, Room H, Dublin. Call 277-7661.

Operation SAM

The group, offering emotional support to families with loved ones in the military, meets at 7 p.m., the second Monday monthly at the Livermore Police Station, 1110 S. Livermore Ave. Call Kristin, 443-7841.

Overeaters Anonymous

Meetings are held from 7-8 p.m., Thursdays at St. Clare's Episcopal Church, 3350 Hopyard Road. Call Lisa, 931-0994.

Parenting Again

This group, offering information and support to grandparents raising their grandchildren, meets at 5:30 p.m. on the second Saturday monthly in the fireside room in Valley Christian Center, 7500 Inspiration Drive, Dublin. Call 560-6200.

Parents of Alcoholics

Parents of alcoholics are welcome to join this Al-Anon group that meets 4:30-5:30 p.m. and at 6:30-7:30 p.m. Sundays at CalFed Bank, 3101 Crow Canyon Road, San Ramon. Call 277-7661.

Parents of Diabetics

The POD Squad, a support group for parents of diabetics, meets from 7-8:30 p.m. the third Wednesday monthly, September-May, at the Laguna Oaks neighborhood clubhouse. Call 461-1170 or visit www.podsquad.com.

Parkinson's Support Group

The Parkinson's Network of Mount Diablo and the city of Pleasanton co-sponsor a support group for the Tri-Valley area from 10 a.m.-noon on the second Saturday monthly at the Pleasanton Senior Center, 5353 Sunol Blvd. Call 931-5366.

Pleasanton Senior Grief Group

Not limited to seniors, this group is open to all grief issues. It meets from 10-11:30 a.m. on the second and fourth Fridays at the Pleasanton Senior Center, 5353 Sunol Blvd. Call 931-5366.

Prostate Cancer Support Group

Men with prostate cancer and their families are welcome to Man to Man, a support group that meets from 7:30-9 p.m., on the second Tuesday monthly in the West Day Room in the south building at San Ramon Regional Medical Center, 7777 Norris Canyon Road. Call 933-0107.

Prostate Cancer Survivors

Tri-Valley Us Too, a support group for prostate cancer survivors, invites husbands and wives to its meetings held at 7:30 p.m. the first Tuesday of the month at the Kaiser offices, 7601 Stoneridge Drive. Men are also invited to meetings held at 7:30 p.m. the third Tuesday of the month at the same location. Call 846-7460.

R-Quest

R-Quest is a counseling agency for early recover education that serves to help teens and adults overcome addiction to alcohol, drugs, eating disorders or mental health issues, located at 40 California Ave., Suite B. Walk-in's are welcome. Free alcohol screening. Call 426-0501 or visit www.rquest.org.

Self Help for the Hard of Hearing

Tri-Valley Section of SHHH meets at 7:30 p.m. on the third Thursday of the month at Valley Community Church, 4455 Del Valle Parkway. Refreshments served. Call 455-6591.

Sexual Assault Support Group

Tri-Valley Haven's support group for women 18 years and older helps provide understanding support for assault survivors. The group meets from 6:45-8:15 p.m., every Thursday. Call April, 449-5845, Ext. 126.

Six Sigma Lean Enterprise Practitioners

Members of this group should have Six-Sigma, Lean or Project Management experience to discuss real world challenges. The group meets at 7 p.m., premeeting is at 6:30 p.m., every fourth Wednesday of the month, Winecentives, 6040 Dougherty Road, Dublin. Call 485-1699 or visit fredlafontaine@yahoo.com.

Stroke Support Group

ValleyCare Health System is holding a Stroke Support Group the last Thurs. of every month from 5-6:30 p.m. at ValleyCare Medical Center in the Cafeteria. This is free and open to the public. Call 447-7000 ext. 5247.

TV 30

City Council Meeting

The recording of the March 7 City Council meeting will air 6 p.m., Sat., March 11 and 10 a.m., Sun., March 12 on channel 29.

Conversations

Lori Bornholtz will discuss the easiest way to get in shape 6:30 a.m. and 2 p.m., Sat., March 11 on channel 30.

Mayors Report

Review issues affecting the Tri-Valley with the four mayors 10 a.m., 10:30 a.m., 5 p.m. and 5:30 p.m., Sat., March 11 on channel 30.

Volunteering

Alameda County Community Food Bank

Volunteers are needed to staff the Emergency Food Hotline from 9 a.m.-noon and 1-4 p.m., Mon-Fri. Call (510) 834-3663 or visit www.accfb.org.

Assistance League

Assistance League, a nonprofit organization, is looking for volunteers to assist with ongoing philanthropic projects and meets at 7 p.m., the third Thursday of every month at Trinity Lutheran Church, 1225 Hopyard Rd. Call 484-1354 or visit www.amadorvalleyassistanceleague.

Foster Homes Needed

Valley Humane Society, 273 Spring St., is urgently seeking temporary homes for rescued kittens, puppies, cats and dogs. Food and medical expenses are provided. Also needed are Adoption Volunteer Coordinators and counselors. Call 426-8656 or visit www.valleyhumane.org.

Jewish Community Federation

Jewish Community Federation of the Greater East Bay offers opportunities to volunteer within the community, such as serving meals, tutoring children, and serving on Jewish agency committees or boards. Call (510) 839-2900, ext. 261.

Museum Volunteer

Come and learn about upcoming events and special programs at 9 a.m. on the fourth Wednesday of every month at the Museum On Main Street, 603 Main St. Call Heather, 462-2766.

Open Heart Kitchen

If you love to cook and have a passion to end hunger, volunteer at Open Heart Kitchen, the Tri-Valley's only free hot meal service for the needy. There are many volunteer opportunities for teens and adults. Call Dianne, 580-1619 or e-mail dadamson@openheartkitchen.org.

Red Cross Blood Service

American Red Cross Blood Services is holding a volunteer orientation from 10 a.m.-noon, Tues., March 14, at Contra Costa Blood Center, 140 Gregory Ln., Pleasant Hill and from 6-8 p.m., Tues., March 21, at the Oakland Blood Center, 6230 Claremont Ave., Oakland. Call 594-5165.

Senior Center Volunteers

The Pleasanton Senior Center, 5353 Sunol Blvd., has an array of daytime volunteer opportunities available to adults of any age including receptionist, bingo caller, teacher's aide and lunch program assistant. Call Raymond Figueroa, 931-5366.

Shepard's Gate

Volunteer at Shepard's Gate Shelter, 1660 Portola Ave., Livermore or their thrift stores, 7381 Amador Valley Blvd., Dublin, and 1362 Railroad Ave., Livermore any time Mon-Fri. Call Lyn, 443-4283, ext. 217.

ValleyCare Auxiliary

Volunteers are needed at ValleyCare Medical Center. With nine volunteer service areas in Pleasanton and Livermore, opportunities are available at the information desk, office, library, gift and thrift shop. Call 734-3368.

Volunteers Needed at RCJL

The Reutlinger Community for Jewish Living provides assisted living, Alzheimer's and skilled nursing care to its residents. Volunteers play a key role. RCJL has a wide range of opportunities matching volunteer's interests while ensuring the needs of residents. To apply, call Irma, 964-2098.

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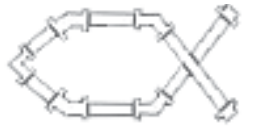
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Swensen's
1991-A Santa Rita Road, Pleasanton, (925) 426-1266. Swensen's Ice Cream has called the Bay Area its home since 1948. Known for its delicious ice cream, smoothies, burgers, sandwiches, pho beef noodle soup and BBQ chicken, beef and pork over rice. Open 11 a.m.-10 p.m. Tuesday through Sunday. Closed Monday.

Vic's All Star Kitchen
201 Main St., Pleasanton, (925) 484-0789. Located in the heart of downtown Pleasanton on Main Street, Vic's delivers a starry mix of American food, fast service and a bustling, cheery atmosphere. Owner Vic Malatesta has teamed his love of sports with his passion for good food to create a solid dining experience with a local sports theme. Open daily 7 a.m.-2 p.m. Evening banquets/daytime catering.

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Jim's Country Style Restaurant
5400 Sunol Blvd., next to Raley's, Pleasanton, (925) 426-7019. Loved by locals and famous for its ranch-style omelets and large portions, Jim's serves up the country-style fixings from 6 a.m. to 4 p.m. daily.

So if you're in the mood for chicken-fried steak, an omelet, a stack of pancakes, a deluxe sandwich or just a good old-fashioned burger, you won't be disappointed. Jim's friendly staff invites you to drop in and say, "Howdy!"

Pleasanton Hotel
855 Main St., Pleasanton, (925) 846-8106. This restored Victorian "hotel" combines the ambiance of the past with the exciting contemporary cooking of Chef Neil Marquis. Also offering Mystery Dinner Theater and Winemaker Dinners, live music every Thursday, Friday and Saturday, some Sundays. Open for lunch, dinner and Sunday Champagne Buffet Brunch, patio dining, banquets and weddings to 200.

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3015H Hopyard Road, Pleasanton, (925) 426-9600. Voted Best Watering Hole in Pleasanton, the Hop Yard offers 30 beers on tap and a variety of great food, everything from finger food to full blown meals. Ask about new banquet menu.

California Cuisine

Silver Palate Restaurant
680 Main St., Downtown Pleasanton, (925) 417-5900. Silver Palate's menu is based on a concept of wholesome cooking, using the most natural ingredients available. The ambiance of this restaurant evokes the light-filled expanse of a European marketplace,



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Continental

Barone's

475 St. John St., Pleasanton, (925) 426-0987. Pleasanton's most romantic continental cuisine restaurant. Innovative pasta, seafood and meat entrees. Outdoor dining. Open for dinner seven nights, lunch Monday-Friday. Live music Friday and Saturday evenings. Full bar. Banquet facilities, rehearsal dinners, special events.

Indian

Chef India Cuisine

5100 Hopyard Rd., Pleasanton, (925) 463-8773. Newly arrived in Pleasanton, its lunch buffet features over 25 items on every week day. They have a special Brunch buffet on every Sat. and Sun. which features more than 30 items. The

dinner menu is extensive with many authentic Indian dishes to choose from, along with a full bar and large dining facility. Chef India invites you to hold your banquet with them. Conveniently located near the corner of Hopyard and Owens (next to Chevron) with plenty of parking. Check their website www.chefindia.com for details.

Gold Indian Cuisine

824 Main St., Pleasanton, (925) 600-0202. Popular Livermore restaurant has opened a second location in downtown Pleasanton, presenting delicious North Indian food, seasoned to your taste: mild, medium or hot. Fresh menu daily. Parking in rear. Patio dining. Open for lunch 11 a.m.-2:30 p.m. Monday-Saturday. Dinner seven days a week, 5-10 p.m.

Italian

Fontina Ristorante

349 Main St., Pleasanton, (925) 462-9299. This popular downtown restaurant gets rave reviews from both locals and visitors. Offering a changing, seasonal menu and daily specials, including homemade soups, pastas, seafood, chicken and veal served in a comfortably elegant atmosphere. Indoor or outdoor seating. Saturday and Sunday champagne brunch.

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11891 Dublin Blvd., Dublin, (925) 828-9380. Lively chatter and the aroma of garlic are the first things you notice in this warm and friendly classically "Italian" restaurant, complete with red checked tablecloths. It has an open kitchen where patrons can watch the cooks "hand toss" the dough for this pizza mecca of the Tri-Valley. It is perfect for romantic couples as well as the entire family, and the authentic Southern Italian cooking includes traditional dishes such as Veal Scaloppini and Lasagna as well as Lamb Osso Bucco and Scampi.

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3037-G Hopyard Road, Pleasanton, (925) 485-4500. Rated "A" by the Contra Costa Times restaurant critic. Voted the best Italian restaurant in the year 2000 by the readers of the Tri-Valley Herald. Located off the beaten path of downtown Pleasanton in the Hopyard Village Shopping Center.

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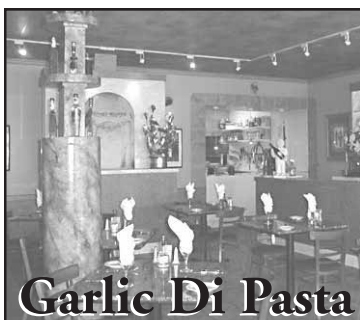
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4001-5 Santa Rita Road, Pleasanton, (925) 463-0280. Vinny's 2 Go! is the Rose Pavilion's newest authentic Italian pizzeria. Lunchtime favorites include New York pizza slices, meatball sandwiches and the popular Mona Lisa panini. Savory Meals 2 Go and fresh cannoli are available for fast pickup. Catering is offered for special occasions and office luncheons. Visit Vinny's 2 go! for quality, freshness and great taste!

Sandwiches/Deli

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3120-D Santa Rita Road, Pleasanton, (925) 846-8646; 5556-A Springdale Ave., Pleasanton, (925) 463-3090. Togo's has been voted "Pleasanton's Best Sandwich" for five consecutive years. Conveniently open seven days a week, Togo's features its popular "Endless Combo" (1/2 sandwich, 1/2 salad or small soup) ... choose any two for only \$5.19 plus tax. Everyday favorites include the Hot Pastrami #9 and the tasty Turkey-Avocado #24. Togo's also features specialty soups for winter.

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Pleasanton Real Estate News



by
Gerarda
Stocking

THE DREAM REMODELING LOAN

You've decided to do some needed remodeling on your current home, so a bit of "spam" email or a broadcast fax or a call from a telemarketer catches your interest when it tells you it will find you the dream loan for your purposes. All you have to do is to pay an up-front finder's fee.

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For starters, it's illegal to collect fees for a loan (other than obvious costs, like the cost of an appraisal or a credit report) before the deal is closed. That should give you some idea of the quality and integrity you're dealing with when you work with a faceless lender you didn't even call in the first place.

And if you hear nonsense like "If you've had prior problems obtaining credit, that's no problem here," it's time to run. Prior problems getting credit are ALWAYS a problem with reputable lenders. That's one of many reasons why reputable lenders stay in business. They aren't loan sharks. If they are, get out of the pool...fast!

Find a lender you trust. Study the different loan programs that are now available. If there are any blemishes on your credit record, work on them with your loan officer. You may find a way either to remove them or to work around them, given the flexibility of today's financing. We're talking lots of money here, so you deserve the best assistance possible when borrowing it!

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