

PLEASANTON WEEKLY

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It's all about Pleasanton



Staying healthy, one step at a time

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

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this week

Underpass underway

Major road work to ease traffic problems

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Changing faces, places

College leaders retire, campus construction booms

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Nor Cal champs

Foothill women's volleyball defeats San Benito

page 25

Feeling crafty?

Learn to make gifts in time for the holidays

Section 2



INTERO
REAL ESTATE SERVICES

OPEN SAT 1-4



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6189 SPRINGTIME COMMON \$725,000
4 bedrooms, 2.5 baths. 2233 +/- square feet. This beautiful features a gourmet kitchen, luxurious master suite and bath, large family room with gas fireplace.
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Around Pleasanton

by Jeb Bing

Pleasanton's famous Kobelt sisters keep dancing alive

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

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

Although they liked Chicago because of its central location, they relocated to New York as bookings increased at night clubs and on Broadway. No sooner had they settled into a Manhattan apartment than a Japanese agent, who had seen their performances as part of the “My Fair Lady” cast with the National Company in Moscow, asked them to take their act to Tokyo where stage shows were gaining momentum. After 14 months there, they returned to the states, working with Ella Fitzgerald and Jackie Mason at the Flamingo Hotel. Reaching their 30th birthdays, the strain of travel and their strenuous stage acts were taking their toll. So the sis-

ters closed down their act and relocated to weather-friendly California, choosing Pleasanton which they knew from their performances at the County Fairgrounds.

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

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

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About the Cover

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

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Streetwise

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

Asked Around Town



Tom Yates

IT Project Manager

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

Jeffery Verduzco

Glazier

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



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Jennifer Ryan

Hair Stylist

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

Jim Greiwing

Contractor

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



Micheal Wood

Real Estate Investor

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



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

Compiled by Cybele Ryan

Siena Tile & Stone



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Newsfront

News Digest

Comcast rates to increase beginning Jan. 1

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

Blood bank open despite strikes

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

Local bank changes name

The Bank of Walnut Creek, which has a location on Main Street in downtown Pleasanton, has changed names.

The bank will now be called First Republic Bank after a merger and conversion of Bank of Walnut Creek accounts. The Bank of Walnut Creek Web site will remain active through Jan. 31. First Republic also plans to add a new office in Pleasanton.

'Real Rain Main' comes to LPC

Kim Peek, the megasavant who inspired the Academy Award-winning film "Rain Man," will speak from 7:30 to 9:30 p.m. Dec. 5 in Room 601 at Las Positas College, 3033 Collier Canyon Road in Livermore. The event is presented by the department of psychology and the Psi Beta National Honor Society in Psychology and is open to the public. A \$5 donation is requested. Call Ernie Jones at 424-1217 for more information.



A construction crew finishes roadwork on Valley Avenue extension between Bernal Avenue at the Fairgrounds and Sunol Boulevard, opposite Junipero Street. An underpass that will allow vehicles and pedestrians to move under the Union Pacific Railroad tracks is also nearing completion, with opening day planned in early spring. The project, including the underpass, is costing \$5.3 million, with developers on the Bernal tract paying the bill.

Valley Avenue underpass to open in spring

Longest thoroughfare will add cross-town traffic options

by Jeb Bing

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

traffic network.

First to be completed in early spring is a \$5 million roadway extension and railroad underpass that will connect Valley Avenue to Sunol Boulevard from where Valley now

ends just south of Bernal Avenue at the Fairgrounds. When completed, Valley will become one of the longest thoroughfares in Pleasanton.

(continued on page 13)

Pleasanton teen dies in crash

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

by Emily Atwood

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

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

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

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

—Joseph Goulette

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

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

He and his father, Joseph Goulette, a general contractor,

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

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

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

(continued on page 9)

Newly-elected mayor, council members take office Tuesday

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

by Jeb Bing

Mayor Jennifer Hosterman, who won re-election by just 189 votes out of more than 23,000 cast in the Nov. 7 election, will be sworn in for a second two-year term of office Tuesday night.

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

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

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

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

It's possible that the results of the Nov. 7 election won't be certified before Tuesday, the deadline for the county's acting Registrar David McDonald to complete that work. As of Wednesday, the Registrar's office showed the final vote county at 11,667, or 50.15 percent for Hosterman, and 11,478, or 49.334 percent for Brozosky, with 117 write-in ballots. The Registrar's Web site showed that counting in the Pleasanton race ended at 2:45 Monday, Nov. 20, although less than 100 votes still had to be counted.

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

(continued on page 13)



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C Y C L E P A T H . C O M

Las Positas College leaders announce retirement

Campus master plan in place with proposed completion in 2011

by Emily Atwood

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

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

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

"Chancellor Cota has led this district with strength and integrity, always putting our students first in every conversation and decision,"

said Isobel Dvorsky, president of the district Board of Trustees. "Her leadership has been recognized at the national, state and local levels, and our district and communities are much better for having her as our leader."

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

Halliday has served as LPC's president since 2002, following Cota's promotion to chancellor, and was previously the vice president of student services for eight years. During this time she led the passage of Measure B and led the development of facilities and educational master planning. She's also worked with the community to establish the Las Positas College Foundation,



Susan Cota
Chabot-Las Positas
Chancellor



Karen Halliday
Las Positas
President



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

boasting growing assets of \$1,703 in 2003 to \$353,300 three years later.

Don Milanese, former vice president of student services at LPC and now a consultant for the school, worked with and helped hire Cota

and Halliday.

"Besides their varied experience, they had forward thinking and were charismatic with wonderful human relations skills," he said. "They work easily with people and bring in new ideas—a fine record that's

been proven in both cases."

Replacements for Cota and Halliday have not been named, and the district will put out a nationwide search. But the search for a

(continued on page 9)

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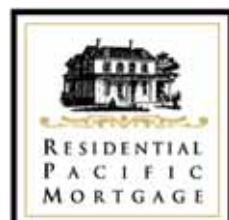
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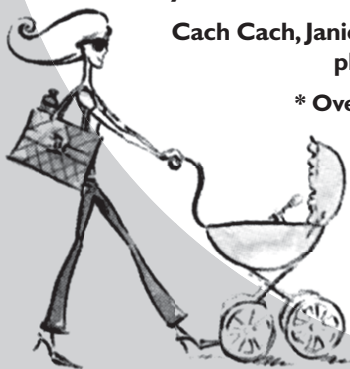
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Town gears up for holiday parade

Parade, tree lighting to entertain crowds downtown tomorrow

by Janet Pelletier

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

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

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

Pleasanton Hometown Holiday Celebration Parade and Tree Lighting

Festivities kick off with photos

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

Dublin Holiday Workshop

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

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

Parade featuring marching bands, music, light displays and

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

Dublin 23rd Annual Tree Lighting

The tree lighting will be held from 7 to 8 p.m. Dec. 7 in the Civic Center Courtyard, 100 Civic Plaza. Event will include appearance by Santa Claus, who will hand out candy canes. Following the tree lighting will be holiday music provided by the Fallon Middle School Jazz Band and the Dougherty Elementary School Choir. Organizers ask participants to bring a non-perishable food item for the Children's Emergency Council food bank. Call 833-6645 for more information.

Dublin Breakfast with Santa

Two breakfasts with Santa will be held at 8:30 a.m. and 10 a.m. Dec. 9 at the Dublin Senior Center, 7600 Amador Valley Blvd. Breakfast includes pancakes, sausage, fruit, milk and coffee. Proceeds benefit Dublin High School's marching band. Cost is \$6 for residents; \$7 for non-residents. Call 833-6645 for more information. ■

Local groups offer scholarships

\$500 awards available to prospective Bay Area college students

By Emily Atwood

The CSU East Bay-Diablo chapter of Phi Delta Kappa (PDK) International is offering three \$500 scholarships to high school seniors who plan to pursue a teaching career. These recipients also may be eligible as candidates for over 30 to 40 scholarship grants of \$500 to up to renewable awards totaling \$5,000 over four years from PDK International.

Seniors attending high schools or residing in Pleasanton, Livermore,

Dublin, Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo, Sunol and Union City are eligible to apply. Last year Clinton Christopher Cornfield of Foothill High School was one of the recipients.

Applications, which consist of a 3-page application form, two letters of reference (at least one from an educator), an essay (up to 500 words), and an official transcript, must be received by Feb. 1. Winners will be notified Feb. 28. To obtain an application, go to www.pdkintl.org/awards/pros_ed.s.htm, write to Phi Delta Kappa, CSU East Bay-Diablo Chapter, 1822 Harms Dr., Pleasanton CA 94566, or call 484-0169.

For those interested in learning more about the University of Phoenix, attending an informational meeting could mean winning a \$500 scholarship. Attendees of a 6 p.m. Dec. 15 meeting held at each Bay Area campus will be placed in a drawing that celebrates the university's 30th anniversary. The Pleasanton campus is located at 7901 Stoneridge Drive, and there are campuses in Concord, Oakland, San Jose, Fremont and San Francisco. For more information about the scholarship, call Travis Allen at 416-4100 or e-mail him at travis.allen@phoenix.edu. Campus and course information can be found at www.phoenix.edu. ■



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Tri-Valley CAREs files suit against U.S. Department of Energy

Livermore Lab watchdog claims Freedom of Information Act violations

Lawrence Livermore Lab watchdog agency Tri-Valley CAREs, short for Communities Against a Radioactive Environment, has filed a lawsuit in federal district court in San Francisco against the U.S. Department of Energy for failing to comply with the Freedom of Information Act (FOIA). The Department of Energy has not provided documents required by law for as long as three years on five separate information requests, according to the

lawsuit.

"These FOIA requests involve potentially catastrophic releases of plutonium and biological agents from Livermore Lab operations," said Marylia Kelley, Tri-Valley CAREs executive director.

The information requests are the subject of the litigation involving unclassified information on the feasibility of developing nuclear weapons, the environmental implications of a terrorist attack or catastroph-

ic accident on the Livermore Lab's existing plutonium stockpiles, the lab's 10-year site plan and the Department of Homeland Security's bio-warfare agent research plans at the lab.

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

—Janet Pelletier

Crash

(continued from page 5)

and family at 11 a.m. tomorrow.

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

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

"He was very charming and witty," Goulette said. "He will be terribly, terribly missed and was loved very much by his parents." ■

Water agency adopts management plan

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

by Janet Pelletier

The Livermore-Amador Valley Zone 7 Water Agency, which provides wholesale water to Pleasanton, Livermore and Dublin, has announced that the agency will join other Bay Area agencies in adopting a regional water management plan that will help secure state grant funding for water, flood control, habitat restoration and recycled water projects, including from the recently voter-approved Proposition 84.

Zone 7 and more than 20

other Bay Area water-management agencies have been working with the California Coastal Conservancy and other groups on a plan for increasing coordination of water-management strategies in the region and reduce duplications in planning.

The agencies must adopt the plan by Jan. 1 to qualify for remaining implementation grant funds authorized by Proposition 50 and by the recently passed prop. 84, which sets aside \$138 million for Bay Area water-

resource management projects.

In other news, Dale Myers, general manager of the Zone 7 Water Agency, announced he will retire at the end of February after 26 years with the agency.

Water agency board President Jim Concannon said Myers is a visionary whose leadership has been critical to measures Zone 7 is in the process of taking to improve the supply, reliability and quality of drinking water. Myers initiated a more cost-effective and environmentally friendly change in the

agency's approach to flood protection with the Stream Management Master Plan to protect communities from floods through planned buildout at 2034, Concannon said. Myers was named general manager in 1997 after being an assistant manager specializing in finance and emergency response.

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

City seeks to dismiss affordable housing lawsuit

Case will be heard in Superior Court Jan. 8

The city of Pleasanton has asked a Superior Court judge to dismiss a lawsuit by Urban Habitat concerning the city's lack of affordable housing.

"What we are seeking to do by this motion is to have the case dismissed on a number of different grounds—one of which we're saying that all the causes of action are barred by the statute of limitations. In other words, they waited too long to bring this lawsuit," explained City Attorney Michael Roush.

The lawsuit, filed Oct. 17 by regional environmental justice organization Urban Habitat, seeks

to rule Pleasanton's affordable housing policies unlawful.

In the lawsuit, the plaintiffs target city policies regarding housing for people with very low, low and moderate incomes. They're seeking to lift the housing cap, approved by voters in 1996, which restricts the total number of homes in the city to 29,000. They're also challenging the city Growth Management Program's restriction on building permits allowed per year.

The statute of limitations to sue is one year, and with the housing

cap approved by voters in 1996, the Growth Management Program last modified in 1997 and the city's Housing Element adopted in 2003—all three entities have passed that statute timeframe, the dismissal request (formally called a "demurrer to complaint") states.

Roush added that the city doesn't "feel that the petitioners in the case have standing to bring this lawsuit."

"Petitioner Urban Habitat, a corporation located in Oakland, makes no allegation that it or any of its members has ever been denied an opportunity to develop or obtain

affordable housing in Pleasanton," the document states.

"Another argument that we're making is that there isn't any mandatory duty to do the things that the petitioner is asking us to do," Roush said.

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

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

LPC

(continued from page 7)

replacement may prove difficult from the outset.

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

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

innovative programs.

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

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

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

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

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

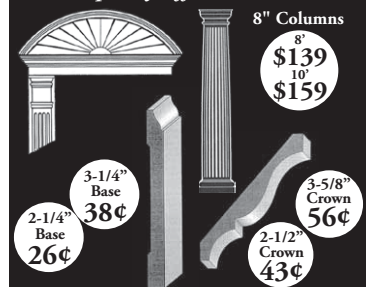
—Don Milanese

both ends of the campus and transforming open spaces for a park-like feel. With help from neighboring developer Shea Homes, a new ramp from west I-580 will provide an additional entrance to the east end of campus, to break ground sometime in 2008. Finally, a "one stop" administration building and central college entrance will be the gateway for those entering into the new face of LPC. ■

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Pleasanton Real Estate News



by
Gerarda
Stocking

CONSOLIDATING CREDIT CARD DEBT

Credit card levels can skyrocket for a wide variety of reasons. Anyone who has experienced high balances on credit cards knows how hard it is merely to run in place, keeping up with financing expenses, without even getting to the task of paying the debt off. What to do?

Our homes, especially after recent years of value appreciation, offer a great resource. We can do a cash-out refinancing or take out a home equity loan, paying off the credit cards with the proceeds. The upside is that we haven't really created new debt. We've transferred it from threatening plastic to home equity. As we pay it down—a task that is much more easily accomplished now—we are giving our home equity back to ourselves. And in most cases, we get to deduct the interest we pay in the process on our income tax return.

Any downsides? Many of us now view the equity we have in our homes as a substantial part of our savings—so we are borrowing against our savings here. It is not to be done lightly. Financial advisors suggest we guard against running up our credit cards again once we've refinanced or taken out a home equity loan.

That said, it's worth noticing that our homes have never served us as well or in as many ways as they do today. For more assistance, call Gerarda Stocking at 846-4000 or visit her website at www.gerardastocking.com.

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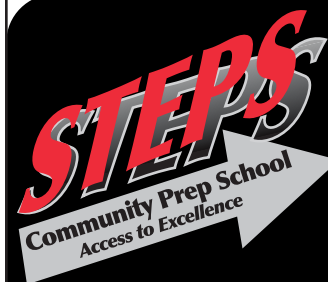


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Pleasanton hires new deputy city manager

Yuan-Miu to lead studies on cemetery, bypass road

by Jeb Bing

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

Yuan-Miu has commuted work

days over the Altamont Pass for the past seven years. Before that, she served in different capacities for the municipal governments in Concord, Milpitas and for an earlier stint in Tracy, joining Pleasanton with more than 25 years of city government experience.

She will replace Lorie Tinfow, who quit her job here after a year to become assistant city manager in Walnut Creek.

In assuming Tinfow's responsibilities, Yuan-Miu will be in charge of human resources, the City

Clerk's office, central municipal services, training and development and special projects. She will also take charge of the city's efforts to handle Pleasanton Memorial Gardens, the public cemetery on Sunol Boulevard that the city has acquired from the international Order of Odd Fellows. Another responsibility will be the Happy Valley Blue Ribbon Committee, which has been asked to recommend a route for a bypass road for traffic from Sunol Boulevard to reach the Callippe Preserve Golf

Course without using Alisal Street.

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

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

She and her husband, Kenneth, a



Julie Yuan-Miu commercial and industrial real estate appraiser, have two children: Adrian, 21, a senior at UC Irvine, and Samara, 14, a freshman at Monte Vista High School. Her last day on the job in Tracy will be Jan. 4, with her first day in Pleasanton Jan. 8. ■

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Sweet trip

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

Extreme vacation

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



Weekly wins in Coliseum

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



To Hell and back

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



Weekly on base

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



More festive than a funny hat

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



Tuolumne reading

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

Council

(continued from page 5)

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

Former Mayor Ken Mercer, now vice president of the ValleyCare Health System Foundation, recalled a council race in Union City in the 1970s when two candidates tied in their votes for City Council. A recount was ordered and the two came in tied once again. The dispute was settled with each drawing a card, and Mercer remembered that

“Shorty” Garcia drew a King with his challenger, whose name is long forgotten, pulling out a 7 of Spades.

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

First up, Fialho said, will be a year-end financial report for fiscal 2005-06, which ended last June 30. The wrap-up report will show that the city ended the fiscal year with \$3 million more in revenue than had been anticipated. Several recommendations are expected as to how to spend the money.

Other items on the agenda include:

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

* A public hearing on a bid by Heartwood Communities to modify previously approved designs for a 7,128-square-foot homes and 1,668-square-foot garage in the TTK property, being developed near the Callippe Preserve Golf Course.

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

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

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

Underpass

(continued from page 5)

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

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

“Frankly, we really don’t know what this bridge will cost until we go out for bids and see what comes back,”

—Rob Wilson
Public Works Director

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

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

The project is being financed by a consortium of developers, includ-

ing Greenbriar homes, KB Home and South Bay Construction, which owns acreage along the west side of the new Valley Avenue and I-680.

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

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

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

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

“Once they determine what we must do before the bridge work can start, we’ll look at the costs and also gout for bid for a final price,” Wilson said.

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

The new bridge will add two northbound lanes for Bernal traffic

heading from Vineyard Avenue and Vintage Hills to Stanley, with the two existing lanes on the two-way bridge roadway converted to southbound lanes. ■



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And, Helen really just needed about \$25,000 to finance a new part-time career opportunity. So, we opted for a Home Equity Line of Credit (HELOC). The HELOC gives Helen the flexibility of accessing her home equity when she needs it while leaving in place the existing first mortgage.

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Opinion

Editorial

Focus on voter concerns, not money, won election

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

Brozosky raised \$64,031.82 in his bid to be mayor of Pleasanton, or 251 percent more than Hosterman, who raised \$25,475. He spent \$5.58 for each of the 11,478 votes he received, compared to Hosterman's \$2.18 for her 11,667 votes. An analysis of the election campaign by local businessmen George Reid and David Pascualy showed that out-of-towners contributed \$20,799 to Brozosky's campaign against \$6,091 for Hosterman, or a whopping 341 percent more. The mayoral candidates weren't alone. Altogether the six candidates raised record-high amounts, with the Pleasanton Chamber of Commerce raising another \$26,228 from PG&E, Safeway and other organizations that seldom take a close look at municipal politics. Councilman Jerry Thorne, who received the most votes for council, also raised the most, with \$19,607 in contributions. Another winner was Cheryl Cook-Kallio in her first bid for public office, who raised \$14,962; then Dan Faustina, who trailed in votes and money, raising \$10,555; and former Planning Commission Chairman Brian Arkin, who finished last in the four-candidate field despite raising \$14,240.

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

Code of ethics

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

Letters

Time to assess traffic

Dear Editor,

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

Complementing synchronized signal lights would be the extension of Stoneridge Drive to further alleviate traffic through the city's downtown section and reduce the aggravation caused by timeless signal lights. Now is the time to seriously assess our local traffic situation and take action to place this issue on the ballot, get it resolved once and for all, and live up to the city's motto of "planned progress."

*Peter Bailey
Pleasanton*

Keep service going

Dear Editor,

I had a difficult time deciding who to vote for in the mayoral and city council elections. Each of the candidates has demonstrated tremendous enthusiasm for our city and qualifications for their respective positions. The close results in both races are a real testament to the quality of all candidates. Hats off to all of them for their service

and dedication to our city! I hope all will remain active in local politics and community service.

*Bill Bennett
Pleasanton*

City's charm knows no boundaries

Dear Editor,

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

*Janette Miller Lewis,
Class of '70, Austin, TX*

Quick action needed for affordable housing

Dear Editor,

I am writing about the recent suit against the City of Pleasanton regarding the planning of more affordable housing in the city.

Pleasanton has always had good planning, and that has included

affordable housing. Many of us know Kottinger Ranch, Pleasanton Gardens, Ridgeview Commons and the Promenade (the last two across from Pleasanton Middle School). These are among the attractive mixed income affordable housing units developed under prior city councils, and they have been part of the quality of life we enjoy in Pleasanton. We just need more of them. We all know how few of our parents, children, teachers, small business clerks, restaurant workers, and even many employees of our business parks and mall can now afford to live in our city.

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

*Patricia M. Belding
Pleasanton*

Changes sacrifice Old Town uniqueness

Dear Editor,

I was born and raised one block west of Main Street in "Old Town" Pleasanton (pop. 2,400) and still live here today (pop. 67,000). I lived her while Old Town evolved from "Mayberry" in the 40s to "American Graffiti" in the 50s and 60s, and onto where it is today: a yet unspoiled slice of yesterday surrounded by a force that

rolls over the land, urban sprawl'n, mall'n and asphalt'n everything in sight. Fueled by money and more of everything else, the force stripped mined this little valley in a geological nano second, leaving the car as king.

Now the force has invaded Old Town itself. Don't get me wrong, I like change and welcome anyone as a neighbor. But must you bring three SUVs and an insatiable appetite for bigger houses with you? Some buy a typical Old Town house sitting on an Old Town lot, hire an "in crowd" attorney, and with a fistful of variances given to them by our leaders, tear down the house and build a new one that darn

near blankets the site and blocks out the sun for their neighbors. Others seem to measure neighborhood value by the number of units they can cram on a property.

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

Who was it that said, "Lose contact with the people and become arrogant"?

*Kathleen Clark-Morrison
Pleasanton*



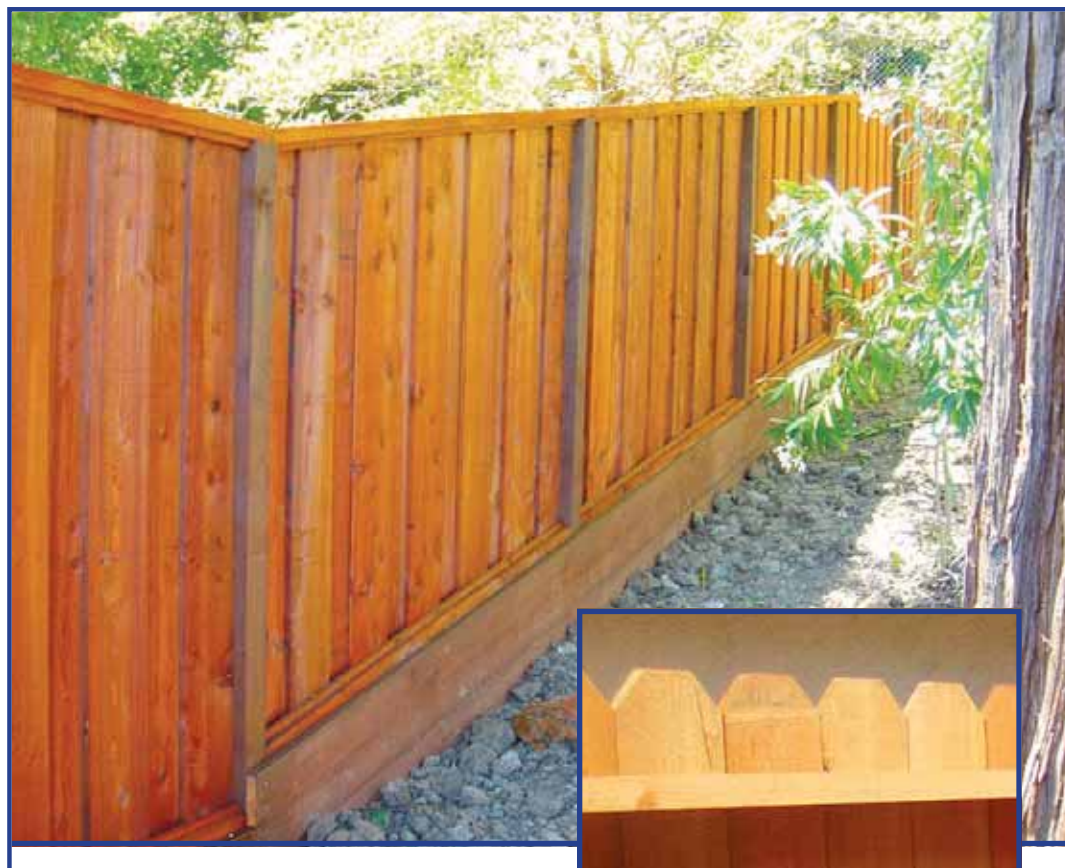
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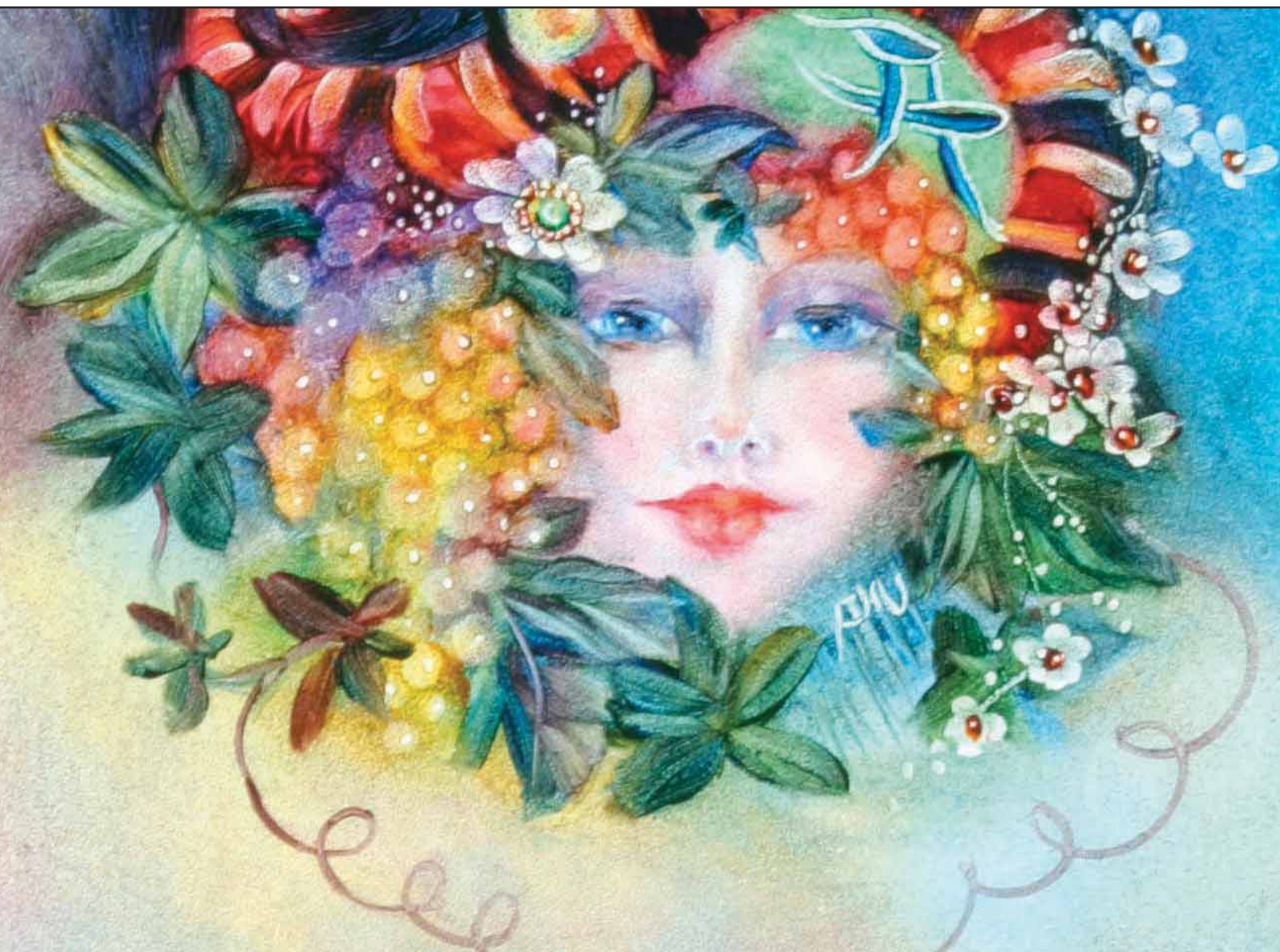
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Staying healthy, one step at a time

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

by Jerri Pantages Long

PSSSST! Want to know the secret to staying well? Here's the formula: Put one foot in front of the other. Step forward. Repeat 10,000 times ... daily.

Sound too good to be true? The "10,000 Steps a Day" plan has an impressive amount of scientific data to back it up. The man known as "The Father of 10K-a-Day" recently visited Pleasanton and shared some of his research. Yoshiro Hatano, Ph.D., professor of health sciences at Kyushi University of Health and Welfare in Japan, was the guest of ACCUSPLIT, a locally-based worldwide manufacturer and distributor of pedometers—the little devices that count those daily step activities—and the founding sponsor of ACCUSTEP10000.org, the international governing body of 10K/Day.

At age 71, Hatano is fairly bursting with energy and enthusiasm, despite a travel schedule that would exhaust most people half his age. He became involved 41 years ago with walking clubs in Japan that espoused the 10,000 steps per day philosophy, but it was not until Hatano did his doctoral studies at the University of Oregon some 15 years later that the scientific basis for the intuitive goal was established.

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

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

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

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

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

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

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

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

Although modern pedometers can measure just about everything but the number of cups of coffee the wearer has consumed,

Hatano emphasizes, "in reality, the most important indicator is the number of steps." His research has shown that the 10K/Day guideline holds true for all adults, "whether short or tall, light or heavy, man or woman."

What about the children?

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

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

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

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

Said Hintzke, "PTA at both the local and state levels is really big on wellness for two reasons: Wellness is directly linked to student accomplishment, and also because of all the obesity issues happening now. We need to work together to change a social norm."

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

"We have lost physical labor," he replied simply. "We are not calorie-burning anymore."

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

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

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

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

In the works is a proposed K-5 "Walk 'n' Roll to School Day" on a weekly basis. "Parents will say [after Walk to School Week], 'Gosh, wouldn't it be nice to do this all the time?'" Adamos said. As with Walk to School Week, the city will probably phase in



(continued on page 20)



Emily Atwood

Hearst Elementary science teacher Kim Lounsbury walks with students during the school's weekly walk and talk exercise program that Principal Michael Kuhfal adopted after learning of the activity from a Chicago school.

“I became convinced that exercise was most important—more important than medicine.”

—Yoshiro Hatano



ACCUSPLIT

Dr. Yoshiro Hatano and Jamie Hintzke, chairwoman of the Pleasanton PTA's wellness committee, discuss childhood obesity and ways to tackle the issue on a recent afternoon.

Step by step toward wellness

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

- **Avoid the Crowd**—Instead of fuming—both literally and figuratively—as you wait to park as close to the entry of your destination as possible, deliberately choose the farthest space in the parking lot—or even one a block or two away—so that you get in some steps while reducing your stress level.

- **Step Right Up**—Take the stairway instead of an elevator or escalator.

- **Pick a Park**—Pleasanton boasts 40 city parks ranging in size from half an acre to 425 acres, and many of these offer paved, curving paths through scenic landscaping.

- **Try a Trail**—In addition to neighborhood and sports parks, Pleasanton owns the 237-acre Augustin Bernal hilltop park, with many scenic trails (accessible from 8200 Golden Eagle Way off of Foothill Road). If you are not yet up to heading for the hills, the Parks and Community Services Department offers a map of urban trails and invites input for the development of more of them. They even offered an afternoon class this fall, “Pleasanton Pathways,” to give children ages 6-12 the opportunity to “find unique and beautiful places hidden around our town.” You can download the trail info at www.ci.pleasanton.ca.us/services/recreation/parks-and-trails. Shadow Cliffs Regional Park also is within the city limits, with lakeside strolling available.

- **Meet at the Mall**—Not the outdoorsy type? Avoid insects and inclement weather by taking advantage of Stoneridge Shopping Center's open-door policy from 7 to 10 a.m., when you can walk briskly indoors before the stores open and shoppers clog the corridors.

- **Be a Buddy**—Research has shown that we are more apt to stick to an exercise routine if others are counting on us. Skip a coffee-and-snack break at work in favor of a healthier, more refreshing “Walk and Talk” break with a co-worker. If you have no nearby friends or neighbors to walk with, you can form a “virtual” group online at www.ACCUSTEP1000.org, to compare pedometer readings and see if a pal in Portland is staying healthy.

- **Chart Your Progress**—Write on your calendar the tally of the steps you take daily. Kaiser Permanente offers members a monthly tally graph that can be downloaded as part of their free “Weight Management Tools and Resources” online newsletter. The Web site noted above automatically graphs a walker's progress. Those who wear pedometers soon learn to “predict” the steps they have taken, before looking at the pedometer's reading. Strangely enough, more steps taken results in more energy left at the end of the day.

- **Go with a Group**—Fleet Feet Sports at 310 Main St. is the starting point at 9 a.m. each Saturday for a free, no-registration-necessary exercise group formerly known as the Huffers and Puffers. Although not officially affiliated with the store, the group includes some walkers as well as runners, according to John Hashizume, store manager, who also provides free maps of a variety of routes ranging from 3- to 8-mile loops. The group, ranging in age from teens to 60-somethings, goes out rain or shine. Fleet Feet Sports also is the local distributor for ACCUSPLIT pedometers, with prices from \$12-\$40—a good gift choice for the upcoming holidays (or birthdays).

So, what are you waiting for? Right foot, left foot, repeat ...

Not all pedometers are created equal

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

How much is 10,000 steps?

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Walking

(continued from page 18)

“Walk ‘n’ Roll” for young walkers and bicyclists with their parents by tackling one or two schools at a time.

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

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

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

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

A fourth-grade teacher at Hearst, Linda Schaeffer, won a grant from Pleasanton Partnerships in Education

(PPIE) Foundation to encourage wellness through walking by equipping her class with individual pedometers to monitor their progress.

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

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

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

“I’ve always admired what Dr. Hatano has been able to accomplish in Japan,” Sutton said. “People attribute the growth of the 10,000 steps a day fitness movement directly to his work.”

“I’d like to see Pleasanton become a national model as a walkable community,” said Sutton. Bringing Dr. Hatano here was one step toward that goal. ■



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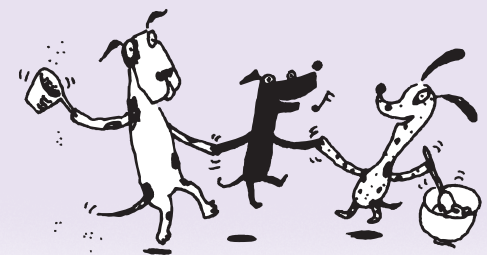
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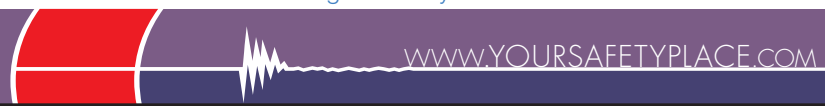
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Dr. Gagnon did his undergraduate studies at St. Mary's College in Moraga and his Doctorate of Medicine degree from Creighton University School of Medicine. He completed his ophthalmology residency at Wake Forest University, and then spent an additional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

In addition to his private practice at Valley EyeCare Center, Dr. Gagnon is on the Clinical Faculty in the Department of Ophthalmology at Stanford University School of Medicine.

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It's time to give

Board works to gather donations for Pleasanton's Firehouse Arts Center

Project goes out to bid in January, estimated to cost \$12 million

by Janet Pelletier

The Firehouse Arts Center, which will bring a new level of culture and arts to the city of Pleasanton, is expected to go out to bid next month.

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

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

"Every month that goes by, a percent gets added to the cost," said Greg Reznick,



president of the Pleasanton Cultural Arts Foundation Board of Directors, which was formed to collect funding for the center. "But it's looking like a \$12 million project."

Approximately \$10 million has already been collected: \$8.8 million committed by the City Council and \$1.2 million by the Pleasanton Cultural Arts Foundation. It's

expected to cost another \$300,000 per year to operate the facility, Reznick said.

(continued on page 24)

Cancer research made easy

Holiday Fund to help Ryan Comer Cancer Resource Center

by Emily Atwood

Cancer can be scary and confusing, but ValleyCare's Ryan Comer Cancer Resource Center is there to help. When swimming through a sea of medical jargon and widespread data, librarian Margaret Hsieh and certified oncology nurse Mary Prishtina help inquirers navigate and stay afloat.

It doesn't take a Ph.D. to look through or even understand the resources found on the shelves and online. Through ValleyCare's health library, anyone can get free, direct access to the latest studies—many in layman's terms—instead of finding limited and expensive information through online search engines. In addition to complete medical journal access, the library is packed with medical textbooks, videos and DVDs, CD-ROMs, articles, pamphlets and kid-friendly educational models.

Yet, these materials aren't cheap and there aren't many places that offer these resources to the general public, especially free of charge. The computer program used to search medical studies costs around \$30,000 annually, and medical books can

cost anywhere from \$20 to \$500. They are funded through ValleyCare's annual Christmas Tree Lane event as well as private donors, many of whom are grateful users of the services.

It is because the Ryan Comer Cancer Resource Center is so useful and needed that the Pleasanton Weekly decided to include it in this year's Holiday Fund. About 500 people utilize the library each month, whether in person or via phone or e-mail. Even doctors at ValleyCare come to it for the latest information. Users range from classes of children to teens who are affected by a loved one's illness to cancer survivors dealing with the 'new normal.'

"We're focusing on cancer survivorship and having material for the 'now what' phase," Prishtina said. "It's about embracing survivorship and being empowered to choose the best choice for them. They can do some-

(continued on page 24)

Certified oncology nurse Mary Prishtina holds a new book in front of ValleyCare's Ryan Comer Cancer Resource Center.



Emily Atwood



Holiday Fund Donors

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

Individuals

Anonymous	\$2,240
Angela Aloise	250
Andrew Bailey & Lauren Purcell	**
Chris & Glenda Berattis	500
Jeb & Jan Bing	200
Bert & Dee Brook	200
Mike & Diana Camplin	500
Julie & Miguel Castillo	**
Herbert & Stella Chang	**
Barbara Daniels	**
Alice Desrosiers	100
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Janice Hermann	50
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Patrick Spangler	100
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Mark & Kathy Tucker	**
Janet & Glenn Wenig	100
Evan & Carolyn White	**
Ralph & Pat Williams	50
Kristen Winslow	250

In Memory of

Ed Regalado & Rich Thole from Brian Wright	50
Dick Waldron from Virginia Waldron	50
Ed Kinney, Walt Wood and George Spiliotopoulos from Brad & Sandra Hirst	300
Mary L. Erickson from A.L. Copher	**
Irene Baeta from J.M. Tegtmeyer	**
John Mavridis from Ted Mavridis	100
Rick Fatland from Howard Merrill	100
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James V. Medeiros from the Medeiros Family	**
Bob Williams from Mavis Williams	**
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Elizabeth Little McGilvray from Anne & Wayne Emery	**
Aldo Cassani from Mike & Kris Harnett	**

In Honor of

Our mom, Lora from Dmitriy & Lada Kosarikov	**
--	----

Business

Big O Tires of Pleasanton	200
DeBernardi Development, Construction & Remodeling	500
Foothill Optometric Group	35
Tyco Matching Gifts Program	200
Vic's All Star Kitchen	250
Wholesale Autos 'R' Us	**

The asterisk designates that the donor did not want to publish the amount of the gift.

The Pleasanton Weekly Holiday Fund

The Pleasanton Weekly Holiday Fund was created to provide financial support from our readers for a select group of local nonprofit organizations to help alleviate the needs that exist, despite our community's prosperity. This marks the fourth year of the Pleasanton Weekly Holiday Fund. It provides an opportunity to aid local groups at a time when the numbers of those without jobs or with low-paying jobs and few if any health benefits have increased.

The Pleasanton Weekly Holiday Fund drive could not exist without the help of the Tri-Valley Community Foundation and its generous donors. This will enable us to double your donation and allow your gift of \$1 to total \$2 to the nonprofits. An added benefit: Neither the Pleasanton Weekly nor the Tri-Valley Community Foundation will take any fees or expenses for administering the fund. One hundred percent of donations go to the intended grantees.

We appreciate your support of the Pleasanton Weekly Holiday Fund and these worthy nonprofits.

How to Give

**Your gift helps seniors,
children and others in need**

Contributions to the Pleasanton Weekly Holiday Fund will be increased by the Tri-Valley Community Foundation. For every \$1 contributed, \$2 will be donated to these local organizations. All contributions will go directly to programs that benefit Pleasanton and Tri-Valley residents. Contributions will be distributed by the Tri-Valley Community Foundation



to the six agencies listed below. No administrative costs will be deducted from the gifts, which are tax-deductible as permitted by law.

This year, due to the tremendous need of all nonprofits, donations will be shared equally among the six recipient agencies.

For more information call us at 600-0840 or e-mail editor@pleasantonweekly.com.

The following agencies will be supported by the Pleasanton Weekly's Holiday Fund:

• **Axis Community Health:** Provides medical, mental health, addiction counseling and health education services to more than 20,000 patients and clients each year, regardless of their ability to pay. An estimated 70 percent have no medical insurance or are underinsured, including some that have recently lost their jobs and health benefits. Call 201-6017 or visit www.axishealth.org.

• **Firehouse Arts Center:** The Cultural Arts Foundation is seeking public contributions of \$4 million to complete its funding effort for the downtown Firehouse Arts Center. The facility, which will renovate and expand the historic old firehouse on Railroad Avenue, will include a 240-seat theater and art classrooms with emphasis on school-age students and younger children. For more information on the center, call Greg Reznick at 417-2074 or Debbie Look at 846-1007.

• **Open Heart Kitchen:** As the only nonprofit free soup kitchen in the Tri-Valley area, this service provides nutritious meals for low-income people in the Pleasanton-Livermore area at Trinity Lutheran Church in Pleasanton and Asbury United Methodist Church in Livermore. Visit www.openheartkitchen.org or call 580-1616.

• **Ryan Comer Cancer Resource Center:** Located inside the ValleyCare Health Library, it offers personalized reference assistance and access to medical databases, some in other languages, including Web sites and articles, plus books, videos and models. The library has both a librarian and nurse on staff to help with research. Call 734-3315.

• **Tri-Valley Haven:** Runs a domestic violence shelter as well as a homeless shelter for families and a rape crisis center. Its mission is to aid those who have experienced abuse and offers counseling, a legal clinic and other practical advice. Call 449-5845; 24-hour hotline: (800) 884-8119 or visit www.trivalleyhaven.org.

• **Valley Humane Society:** This nonprofit group is all volunteers, with the mission to educate on responsible pet ownership. It assists in rescuing and placing abandoned or injured animals and operates an adoption center in downtown Pleasanton. It does not euthanize unless health problems dictate. Call 426-8656.

Name of Donor _____

Street Address _____

City _____ State _____ Zip _____

I wish to designate my contribution as follows:

- In my name as shown above OR:
- In honor of: In memory of: As a gift for: _____
(Name of person)
- Business or organization: _____
- I wish to contribute anonymously. Don't publish the amount of my contribution.

Please make checks payable to **The Holiday Fund**

Enclose this coupon and send to: **The Holiday Fund, Pleasanton Weekly
5506 Sunol Blvd, Suite 100, Pleasanton, CA 94566**



The Tri-Valley Community Foundation is located at 5674 Stoneridge Dr., Ste. 112, Pleasanton, CA 94588. More information about the Foundation can be obtained by contacting the organization at the above address, by calling its President David Rice at (925) 734-9965 or through its Web site: www.tvcfund.org. The Pleasanton Weekly will make every effort to publish donor names for donations received before Dec. 31, 2006, unless the donor checks the anonymous box. All donations will be acknowledged by mail.

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Holiday Fund



Pleasanton Cultural Arts Foundation Board President Greg Reznick discusses plans for the Firehouse Arts Center at the Chamber of Commerce 60th anniversary party.

Firehouse

(continued from page 22)

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

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

The center is planned to include:

- 240-seat theater to be used for youth theater productions, chamber music, small dramatic productions, musical concerts, lectures, literary events, community meetings and film and video presentations

- 2,000 square feet of gallery space that will display all forms of fine art, support local arts organizations

- classrooms that will support such visual arts as painting, sculpture, digital photography and

graphics as well as performing arts classrooms

- box office to support events at the center and possibly to serve as a central downtown box office for community organizations and events

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

"One of the things that Pleasanton's all about is community."

—Greg Reznick

"One of the things that Pleasanton's all about is community," he said. "This really helps to build

that community even further by finding a cultural center and set of activities going on right downtown."

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

For more information, visit the Cultural Arts Foundation's newly re-designed Web site at www.pleasantonartsfoundation.org. ■



SAN RAMON REGIONAL
MEDICAL CENTER

Medicare 2007 Are You Ready?

Major Changes & 55 Drug Plans

Free Community Seminar



Medicare becomes more and more complicated in 2007. Insurance companies will offer numerous new health plans for Medicare recipients in Contra Costa and Alameda Counties. San Ramon Regional Medical Center, and Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County invite you to learn about the 2007 plan updates, new enrollment periods, and drug exceptions and appeals. HICAP also will discuss some of the 12 Medicare Advantage Plans and four Special Needs Plans, including: Medical Savings Accounts Plan (MSA), Private Fee-for-Service Plans (PFFS), Preferred Provider Plans (PPO), Health Maintenance Organizations (HMO), Medigap, and 55 stand-alone drug plans. HICAP does not sell or endorse any insurance or provider of health benefits. You will receive comparison charts for these plans to assist in making your decisions.

Speaker:

Mickey Mergy

HICAP Medicare Counselor

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

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

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



The health library is stocked with a variety of models in the children's corner.

Cancer center

(continued from page 22)

thing if they know more about it."

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

"You many not think about it all year until something happens

to you and your family," Prishtina said. "People really appreciate putting hands on a book and having someone with experience to help navigate through massive amounts of information. For many, it's such a comfort to know that we're here."

The Ryan Comer Cancer Resource Center is located on the second floor of ValleyCare's medical building, 5725 W. Las Positas Blvd. For more information, call 734-3315. ■

Sports

Foothill wins Norcal championship

by Michael Miller

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

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

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

The turning point in game four came when Haybaylers outside hitter Bri Romero went down with a knee injury with San Benito leading 9-7. Romero, who had been digging balls and setting up her teammates all through the match, had combined with Emily Korsten to match Foothill's dominating front line. Romero's injury, which was followed by a lengthy injury timeout, appeared to leave a hole in the San Benito game. Foothill went on to take game four 25-23.

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

Foothill will face defending

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

Foothill advances to NCS 4A Championship

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

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

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

The semifinal win brought a measure of revenge for the Falcon coaching staff. In 2003 the Falcons and the Pirates met in an NCS playoff game that ended in a lopsided 55-7 victory for Pittsburg. The Falcons will take on national powerhouse De La Salle of Concord at 7:15 p.m. on Dec. 9 at McAfee

Coliseum. De La Salle outscored San Ramon Valley 41-25 to earn their way to the final game. De La Salle has returned to national prominence and is currently 11th in the MaxPreps.com national high school football rankings.

AVHS soccer off and running

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

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

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

The Dons received outstanding performances from Michael Florian, Jeff Squier, and Justin Mullaney.



AVHS sweeps to first place

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

JV and varsity squads, 26 competitors in all, each performed a two-and-a-half minute routine—half music and half cheer—while the group stunt team is made up of five girls who complete a one-minute routine.

Lights of the Valley

Remember or honor someone special this holiday season with the purchase of a symbolic light, star, wreath or angel. Your donations help us provide end-of-life care for patients and grief support for families.

Trees of Life will shine in Livermore, Pleasanton, Dublin and San Ramon

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*You will receive an angel ornament for a gift of \$250



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Total Tax-Deductible Donation _____

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(Rose Pavilion, across the parking lot from TGI Friday's)



WEEKLY MEETING NOTICES

City Council

Tuesday, December 5, 2006 @ 7:00 p.m.
Council Chambers, 200 Old Bernal

- Consideration of a Resolution accepting the 2005/06 Fiscal Year End Financial Report and amending the 2005/06 Operating Budget.
- Public Hearing: PUD-01-9M, Mike Renquist, application for a major modification to an approved PUD for a single-family lot located at 2511 Yolanda Court to increase the maximum building height from 23 feet to 26 feet; to allow a barrel tile roof; and to allow design review approval by the Planning Director.
- Public Hearing: PUD-99-7-3M/PDR-578 Heartwood Communities, application for a major modification to an approved PUD development plan for Tract 7162 (formerly TTK Properties) located on the south side of Happy Valley Road at Happy Valley Road and Alisal Street, to incorporate design guidelines for the development and to modify the design review approval process; and design review approval for the construction of approximately 7,128 sq. ft., 2-story home with an approximately 1,668 sq. ft. garage and a 1,088 sq. ft. basement located on lot 8.
- Consideration of an Ordinance amending Chapters 17.04 and 17.44 of the Municipal Code related to Residential Condominium Conversions.
- Selection of Vice Mayor and appointment of City Council Members to various boards and commissions.

The December 4 Civic Arts Commission meeting has been cancelled.

The December 6 Human Services Commission meeting has been cancelled.

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

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

ALL MEETINGS ARE OPEN TO THE PUBLIC AND PUBLIC COMMENT IS WELCOME

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

Community Pulse

Police Bulletin

iPods, catalytic converters stolen

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

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

Police Report

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

November 18

- Found property: 1
- Annoying phone calls: 1
- Thefts:
 - 2:55 a.m. in the 1700 block of Santa Rita Road; shoplifting, worth \$50-200
 - 8:51 a.m. in the 4500 block of Pleasanton Avenue; worth over \$400
 - 4:15 p.m. in the 1400 block of Stoneridge Mall Road; shoplifting, over \$400
 - 5:12 p.m. in the 3200 block of Burgandy Drive; from vehicle, worth over \$400
- Vehicular vandalism:
 - 8:18 a.m. in the 300 block of St. Mary Street; worth \$1,000 or less
- Burglary:
 - 10:31 a.m. in the 2800 block of Whitney Drive; worth \$200-400
- Public drunkenness:
 - 1:36 a.m. at the intersection of Sunol Boulevard and Mission Drive
- Assault:
 - 2:12 a.m. in the 4200 block of Valley Avenue

November 19

- DUI: 2
- Found property: 3
- Thefts:
 - 12:42 a.m. in the 5100 block of Hopyard Road; worth \$50-199
 - 11:51 p.m. in the 6000 block of Johnson Drive; embezzlement
 - 12:11 p.m. in the 5800 block of Owens Drive; from vehicle, less than \$50
 - 1:30 p.m. in the 3800 block of Vineyard Avenue; from vehicle, worth less than \$50
 - 2:05 p.m. in the 3400 block of Blakemore Court; vehicle parts
 - 10:48 p.m. in the 1300 block of Stoneridge Mall Road; shoplifting
- Vehicular vandalism:
 - 6:37 p.m. in the 1600 block of Harvest Road; worth \$1,000 or less
- Underage alcohol violation:
 - 3:32 a.m. at the intersection of Main and Spring streets
- Assault:
 - 9:28 a.m. in the 4300 block of Rosewood Drive

November 20

- Found property: 3
- Threatening phone calls: 1

- Annoying phone calls: 1
- Theft:
 - 8:15 a.m. in the 8000 block of Regency Drive; from vehicle, worth over \$400
 - 10:25 a.m. in the 3000 block of Mall Lot; vehicle parts
 - 10:29 a.m. in the 6600 block of Owens Drive; vehicle parts, worth over \$400
 - 2:55 p.m. in the 2400 block of Romano Circle; from vehicle, worth over \$400
 - 3:00 p.m. in the 3200 block of Vineyard Avenue; worth less than \$50
 - 3:20 p.m. in the 900 block of Rose Avenue; from vehicle
 - 5:19 p.m. in the 4500 block of Rosewood Drive; stolen vehicle
- Public vandalism:
 - 11:46 a.m. in the 7300 block of Johnson Drive; worth \$1,000 or less
- Vehicular burglary:
 - 8:17 a.m. in the 8000 block of Jorgensen Lane; worth \$200-400
- Domestic animal bites:
 - 1:29 p.m. in the 3000 block of Tonopah Circle
- Seized contraband:
 - 1:30 p.m. in the 8500 block of Clubhouse Drive
- Assault:
 - 5:36 p.m. in the 6400 block of Stoneridge Mall Road
- Public drunkenness:
 - 10:20 p.m. in the 4100 block of Alvarado Street

November 22

- Theft:
 - 12:00 a.m. in the 6300 block of Stoneridge Mall Road; identity theft
 - 10:12 a.m. in the 3100 block of Paseo Robles; identity theft
 - 12:50 p.m. in the 1700 block of Stoneridge Mall Road; shoplifting, worth less than \$50
 - 4:07 p.m. in the 2100 block of Greenwood Road; identity theft
- Public vandalism:
 - 9:49 a.m. in the 4700 block of Muirwood Drive; worth less than \$1,000
- Possession of marijuana:
 - 10:30 a.m. in the 3000 block of Tonopah Circle
- Assault:
 - 1:13 p.m. in the 4300 block of Second Street
- Sex crime:
 - 6:00 p.m. in the 4100 block of Churchill Drive
- Threat by fear:
 - 8:20 p.m. in the 4000 block of Pimlico Drive

November 23

- DUI: 1
- Stolen vehicle:
 - 11:45 a.m. in the 5500 block of Springhouse Drive
- Vandalism:
 - 4:42 a.m. at the intersection of Hacienda Drive and Las Positas Boulevard

November 24

- Found property: 1
- Thefts:
 - 7:00 a.m. in the 1400 block of Stoneridge Mall Road; shoplifting, worth \$50-200
 - 10:55 a.m. in the 3900 block of Vineyard Avenue; from vehicle, worth over \$400
 - 12:29 p.m. in the 5100 block of Independence Drive; identity theft
 - 12:41 p.m. in the 1500 block of Stoneridge Mall Road; shoplifting
- Vehicular burglary:
 - 10:22 p.m. in the 7500 block of Stonedale Drive; worth \$200-400
- Possession of synthetic drugs:
 - 9:40 a.m. in the 7800 block of Driftwood Way
- Possession of prohibited weapon:
 - 7:28 p.m. in the 4300 block of Second Street

ACCIDENTS

November 18

- 4:38 a.m. - Injury accident at the intersection of Sonoma Drive and Sunol Boulevard

November 19

- 8:57 a.m. - Injury accident involving a bicycle at the intersection of Mission Drive and Sunol Boulevard
- 12:22 p.m. - Injury accident in the 4300 block of Foothill Road

November 21

- 4:14 p.m. - Injury accident at the intersection of Las Positas Boulevard and Willow Road

November 22

- 3:37 p.m. - Injury accident at the intersection of Foothill Road and Dublin Canyon Road

Calendar

Auditions

Sunol Repertory Theatre

The Sunol Repertory Theatre is holding auditions for its 26th season. The theatre will either perform the melodramas "Taming the Wild, Wild West In a Dress" or "Let's Give the Villain the Slip." Auditions are 7 p.m., Dec. 7 at the Sunol Glen School Auditorium. Adults and children are welcome. Call 895-3767 for more information.

Book Clubs

Great Books of Pleasanton

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

Political Book Club

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

Civic Meetings

City Council

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

Housing Commission

The commission meets at 7:30 p.m. on the third Thursday monthly at City

Council Chamber, 200 Old Bernal Ave. The next meeting is Dec. 21.

Human Services Commission

The commission meets at 7 p.m. on the first Wednesday monthly at City Council Chamber, 200 Old Bernal Ave. The Dec. 6 meeting has been cancelled.

Library Commission

The commission meets at 7 p.m. on the second Thursday monthly at Pleasanton Library, 400 Old Bernal Ave. The next meeting is Dec. 14.

Parks & Recreation Commission

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

Planning Commission

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

School Board

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

Youth Commission

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

Classes

International Folk Dancers

The Del Valle International Folk Dancers welcome beginning and experienced dancers for Balkan, Israeli and other World Dances. Weekly

classes meet from 7:45 to 9:30 p.m. on Tuesdays in the upstairs studio at Triple Threat Performing Arts, 315 Wright Brothers Avenue. Cost is \$4. Call George Pavel, 447-8020.

Parent Education Class

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

Clubs

Crossroads Business Network

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

Diablo Valley Soaring Society

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

Everything Poetry

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

Express to Success Network

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

Weekend Preview



Hometown Holiday Celebration this weekend

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

Join Us!

Saturday, December 2, 2006

11:00 a.m. to 1:00 p.m.

7444 San Ramon Road
(near Amador Valley Boulevard)

www.techcu.com • (800) 553-0880 • (925) 828-7182

Join Technology Credit Union for our

Grand Opening

Here's another reason to celebrate the season!

"Housewarming" Party!

Our celebration will feature live music, delicious refreshments, and the chance to win one of many fabulous prizes in our Sweepstakes.

Make merry with your local Tech CU team!

Be sure to stop by, enjoy the festivities, and find out what Tech CU can do for you. We look forward to seeing you there!

Stop by to enter our Grand Opening Sweepstakes* you could win a \$1,000 Shopping Spree!

*Must be present to win. Drawing will take place at 12:00 p.m. on December 2.

It's a great time to join or open more accounts! For every account opened in the month of December and January, Tech CU will be making a \$10 donation to the Valley Children's Museum as a sponsor of their mobile library.

HOLIDAY SPARKLE

'tis the season



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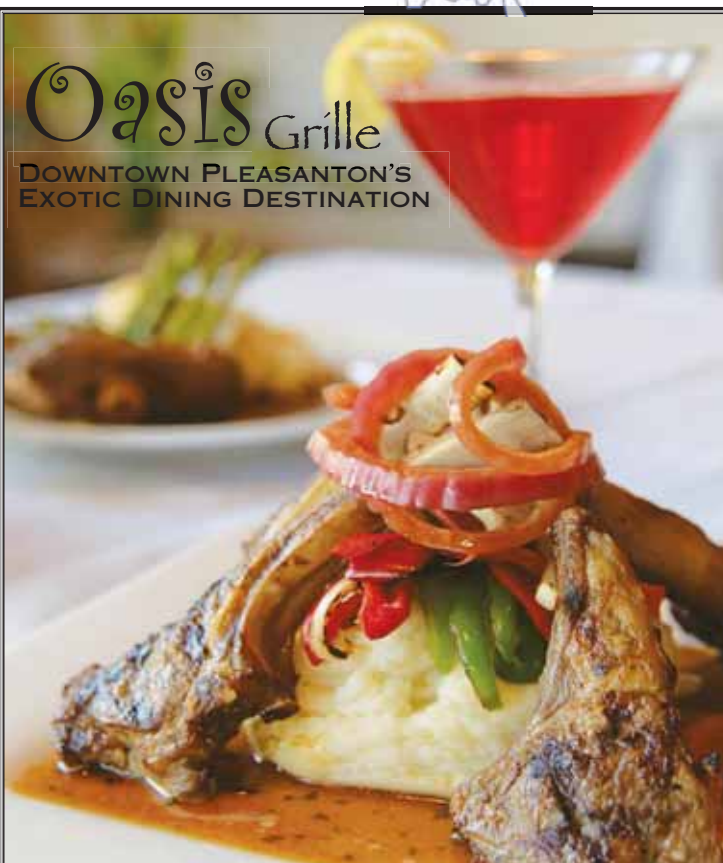
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Boxtox*

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Pleasanton

WIN \$500 Shopping Spree*
Last Day to shop is Dec. 2

Participating merchants

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Alexander's Main St.	Me & Emmi
Gallery	Mesa Trading
All About Me	Milfleur
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Bibiane Bakery	Pleasanton Antiques and Collectibles
Blondie's Shoes & Accessories	Primrose Bakery
Clover Creek	Pure Girls
Day Art Studio	San Francisco Cigar Company
Gallery M	Sincerely Yours
Gourmet Works	Studio 7 Fine Arts
Gregory Frame Shoppe	The Berry Patch
Jewelers Gallery	The Nail Gallery
Leslie Marie Body & Skin Care	Towne Center Books
	Worthington Gallery West



*Purchase required to enter
-Two winners

Concerts

Amador-Chabot Symphony Concert

The Amador Valley High School Wind Ensemble and the Chabot Wind Symphony will perform a joint concert 7 p.m. Dec. 6 at the Chabot College Performing Arts Center, 25555 Hesperian Blvd., Hayward. Tickets are available at the door. Visit www.chabotcollege.edu/PAC.

Livermore-Amador Symphony Concert

The first Livermore-Amador Symphony concert of the 2006-07 season is 8 p.m. Dec. 2 at the First Presbyterian Church, 4th and L streets, Livermore. The concert will include pieces by Mozart, Bach, Sowerby and more. Tickets are \$15 for adults, \$13 for seniors. Students high school age and younger are free. Call 373-6824 for tickets or visit www.livamsymph.org for more information.

The Eldos

A Cappella quartet, The Edlos, will perform 8 p.m., Fri., Dec. 1 at the Amador Theater, 1155 Santa Rita Rd. Tickets available at www.civictartstickets.org or call 931-3444.

Events

International Handicrafts Fair

United Christian Church, 1886 College Ave. in Livermore, is hosting an International Handicrafts Fair from 8 a.m. to 1 p.m., Dec. 2. Creches, jewelry, toys, gift items and more from around the world will be sold. Call 449-6820 for more information.

Poems for the Iraqi People

This month's Century House Poetry Reading will feature submissions from "Gift of Word: Poems for the Iraqi People" from 1 to 3 p.m. Dec. 3 at the Century House, 2401 Santa Rita Rd. The program will include readings of poems written by poets across the country and serving abroad. Admission is \$5. Call Michelle Russo, 931-5350 or e-mail mrusso@ci.pleasanton.ca.us for more information.

Exhibits

Art Events at Worthington Gallery

Worthington Gallery West, 739 J Main St., is holding several gallery events in December. From Dec. 5 to 30, the gallery is selling Mola textiles to benefit the San Blas Medical Mission. From 7 to 9 p.m. Dec. 1, photographer Sue Evans is showing her photos and from 7 to 9 p.m. Dec. 8 jewelry designer Kim Pace is hosting a trunk show. Both events are free and refreshments will be served. Call 485-1183 or visit www.worthingtongallerywest.com for more information.

Chinese Experience in the Valley

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

Local Artists Display Work

The Pleasanton Art League Public Art Circuit has made its fall rotation. New pieces by local artists can be viewed at the Pleasanton branch of Bank of America, Keller Williams Realty and Towne Center Books, all on Main Street; the Pleasanton Chamber of Commerce on Peters Avenue; and R.E. Realty Experts on Hopyard Road. For additional locations, call Lisa Davis, 518-4436.

Poetry & Art Exhibition

The Poetry & Art Exhibition will be open weekends at Big White House Winery

and El Sol Winery, 6800 Greenville Rd., Livermore. Call Linda, 243-0424 for a schedule of events.

Film

Heroes and Villains

Las Positas College and the Pleasanton Library present "Heroes and Villains: A Classic Film Series," at 7 p.m., every first Thursday monthly until June 2007 at the Pleasanton Library, 400 Old Bernal Ave. Admission is free. Call Penny, 931-3405.

Health

Autism Clinic

Dr. Lynne Mielke of Pleasanton's Developmental Spectrums' Autism Clinic will speak from 5:30 to 6:30 p.m. Dec. 1 on the use of hyperbaric oxygen therapy in the treatment of autism and other disorders affecting the brain. The talk will be at The Fountain Church, 4439 Stoneridge Dr. Call 846-6300 or visit www.spectrum-hyperbarics.com for more information.

Lymphatic Breast Health

The World School of Massage and Holistic Healing are hosting a free public seminar titled "Lymphatic Breast Health: Clothes-On Self-Massage Techniques for Men and Women" from 3:30 to 5 p.m., Dec. 6 at the school, 699 Peters Ave., Ste. A. Learn self-massage techniques to stimulate the lymphatic system and foster overall health. Call 461-2533 for more information.

Medicare Seminar

San Ramon Regional Medical Center and Health Insurance Counseling and Advocacy Program (HICAP) present "Medicare 2007: Get Ready for Major Changes and 55 Drug Plans" from 10 to 11:30 a.m. Dec. 5 at the South Conference Room in San Ramon Regional's South Building, 7777 Norris Canyon Rd., San Ramon. Admission is free, but reservations are required. Call (800) 284-2878 or visit www.sanramonmedctr.com to make reservations.

Holiday

Christmas Carol Sing-A-Long

Tri-Valley Unity Church is hosting a Christmas carol sing-a-long 6 p.m., Sun., Dec. 3 at the Radisson Hotel, 6680 Regional St., Dublin. Suggested donation is \$10 for adults, \$5 for children, or \$20 for a family of four or more. Donation includes souvenir song books, candy canes, apple cider, coffee and tea. Call 829-2733 or visit www.trivalleyunity.com.

Christmas Party

The Retired Public Employees' Association, Chapter 075, is holding a Christmas party in place of its regular business meeting from 11 a.m. to 1 p.m. Dec. 7 at Emil Villa's Hickory Pit, 3054 Pacific Ave., Livermore. Bruch cost is \$5 per person. RSVP by calling Bob, 845-6563 or Jan, 447-9549.

Christmas Story

The California Independent Film Festival Association is hosting a special screening of "A Christmas Story" 11 a.m., Dec. 9 at the Vine Cinema in downtown Livermore. The event includes a Q&A with actors Ian Petrella and Scott Schwartz from the movie. Unwrapped toys will also be collected for the Livermore Children's Charity from 10:30 a.m. to 12:30 p.m. Tickets are \$10. Call 552-REEL or visit www.caindie.com.

Christmas Tree Lane

ValleyCare Health System is holding

its annual fundraiser "Christmas Tree Lane" Dec. 1 and 2. For a complete list of activities and events, visit www.valleycare.com/ee_events.html.

Diablo Ballet Company Nutcracker

The Diablo Ballet company is performing "The Nutcracker" 7:30 p.m. Dec. 1; 2 p.m. and 7:30 p.m. Dec. 2; and 2 p.m. Dec. 3. Performances are at the Del Valle Theatre, 1963 Tice Valley Blvd., Walnut Creek. Tickets are \$26 for adults and seniors, and \$24 for children 12 or younger. Call 943-SHOW or visit the Dean Leshner Regional Center box office to purchase tickets.

Holiday Modeling Party

Pure Girls, 660 Main St., is hosting a Holiday Window Modeling Party from 5:30 to 8:30 p.m. Dec. 2. The event starts with watching the Hometown Holiday Parade from box seats in front of the store with dinner and dessert. Girls can then model in the display window in any of the store's themed costumes. The event is for girls ages 6 or older. Admission is \$35 and \$5 for anyone who brings a friend. Call 485-4380 to make a reservation.

Holiday Tea & Fashion Show

The Museum On Main is hosting the second annual Holiday Tea & Fashion Show from noon to 3 p.m. Dec. 3 at the museum, 603 Main St. The event includes music by keyboardist Bonnie Green, a parade of fashions from downtown Pleasanton merchants and a formal high tea. Tickets are \$35 per person, \$30 for Museum On Main members and children 16 or younger. Purchase tickets at the museum. Proceeds benefit museum programs. Call 462-2766 or visit www.museumonmain.org for more information.

Holiday Workshop

The city of Dublin is hosting a Holiday Workshop from 1 to 4 p.m., Dec. 2 at the Dublin Heritage Center, 6600 Donlon Way in Dublin. Learn how to make holiday crafts, listen to music, and enjoy gingerbread and hot cider. Tickets are \$5 for adults, \$3 for children. Call 833-6645 for more information.

Holidays in the Vineyards

Garre Winery will feature arts and crafts booths with wine- and holiday-themed gifts, noon to 5 p.m. Dec. 1-2 at 7986 Tesla Rd., Livermore. Holiday carolers from Harmony Crossroads Chorus at 2 p.m. Sat. only. Toys for Tots Gift Drive, food and special wine tastings. For wine releases and information call 371-8200.

Hometown Holiday Celebration

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

Jim Gamble's 'The Nutcracker'

Puppeteer Jim Gamble and his host of puppets will perform "The Nutcracker" 7:30 p.m. Dec. 8 at the Amador Theater, 1155 Santa Rita Rd. Tickets are \$10, \$14 and \$18 for adults and \$6, \$10 and \$14 for children. Call 931-3444 or visit www.civictartstickets.org to purchase tickets. Group discounts are available.

Joy to the World

The Pleasanton Community Concert Band and the 91st Division Army Band are holding its annual holiday concert, "Joy to the World," 2 p.m. Dec. 10 at the Amador Theater, 1155 Santa Rita Rd. Admission is free. Call 846-5897 or visit www.pleasantonband.org for more information.

Letters from Santa

To have your child receive a personalized letter from Santa Claus, requests must be made no later than Dec. 5. Cost is \$3 for Dublin residents, \$4 for nonresidents. Pick up an application at the Dublin Parks Department or download it online from www.DublinResGuide.com.

Lights Tour

The Pleasanton Senior Center is hosting a Holiday Lights Tour of the festively decorated homes in Pleasanton from 6:30 to 9:30 p.m. Dec. 14. Sing-alongs, cookies and hot cocoa will be provided. Cost is \$6 for Pleasanton residents, \$7 for non-residents. The bus leaves from the Pleasanton Senior Center, 5353 Sunol Blvd. Tickets are also available at that location. Call 931-5372 for more information.

NY New Year's Eve Bash

Pure Girls, 660 Main St., is hosting its second annual NY New Year's Eve Bash for girls ages 6 and older from 6 to 9 p.m. on New Year's Eve. This is a "parent-free" event and girls will get glammed-up, dance, win prizes, dine and drink as they count down to the ball drop in New York City. Cost is \$35 and girls who bring a friend get \$5 off. Call 485-4380 to reserve a space.

Outdoor Ice Rink

Downtown Walnut Creek opened its annual outdoor ice skating rink, scheduled to run through Jan. 15, 2007. The rink is open 10 a.m. to 10 p.m., Mon.-Thu.; 10 a.m. to 11 p.m., Fri.-Sat.; 11 a.m. to 8 p.m., Sun.

Cost is \$11, including skate rental, Mon.-Thu. and Fri. until 5:30 p.m.; weekends are \$10, plus \$5 skate rental. Call 935-SNOW or visit www.iceskatewalnutcreek.com for more information.

Santa and Pet Photos

The Valley Humane Society's annual Santa and Pet Photos is for all pets, big and small. Photos will be taken with Santa from 10 a.m. to 2 p.m., Dec. 2-3 at Alden Lane Nursery & Garden Center, 981 Alden Lane, Livermore. No appointment necessary, the fee for two 4x6 inch photos and two holiday-framed cards to hold them is \$20. All pets must be leashed or in carriers. Contact the Valley Humane Society, 426-8656

Santa at Towne Center Books

Have Breakfast with Santa at Towne Center Books, 555 Main St., two different dates: 9 a.m., Thurs., Dec. 7 and Wed., Dec. 13. Breakfast, party favor, photo and time with Santa are included in the \$5 per person admission. Event is for children ages 3 and older. Call 846-8826.

Sing-It-Yourself Messiah

The Valley Concert Chorale is hosting a Sing-It-Yourself Messiah 7:30 p.m. Dec. 15 at the First Presbyterian Church, 4th and L streets, Livermore. Admission is \$10. Participants will sing Handel's popular "Messiah" and soloist will be highlighted. Participants should bring a score, if possible. Visit www.valleyconcertchorale.org for more information.

THE CITY OF PLEASANTON

NOTICE OF PLEASANTON CITY GRANT

Nonprofit, community-based organizations providing human services, youth programs and services, or promoting culture/arts.

Civic Arts, Human Services and Youth Commissions
Welcome Applications

Application Packets will be available to the public beginning on January 16, 2007.

- Pick-up packets -
 - Department of Parks and Community Services
 - Main Office
 - 200 Old Bernal Avenue, Pleasanton
- Request packets to be mailed by calling (925) 931-5346
- Packets available through the City website:
 - www.ci.Pleasanton.ca.us

Pre-Application Meetings

You only need to attend one (1) of the following:

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

OR

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


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

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Teddy Bear Tea Service

The Pleasanton Hotel is hosting a Teddy Bear Tea Service during the month of December. Bring your child to enjoy a festive tea in the holiday decorated Victorian dining rooms. Each child will receive a teddy bear to take home. The teas are Mon. through Sat. from 2 to 3:30 p.m. Cost is \$18.95 for adults, \$15.95 for children. Reservations required. Call 846-8106.

Toys for Tots

Coldwell Banker Residential Brokerage offices will serve as official collection centers for Toys for Tots from now until Dec. 15. The location in Pleasanton is 5980 Stoneridge Dr., Ste.122. Call 847-2200 for more information.

Valley Chorale Holiday Concert

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

Valley Dance Theatre Nutcracker

Valley Dance Theatre will perform "The Nutcracker" 2 p.m. and 7 p.m. Dec. 16 and 17, and 7 p.m. Dec. 19 at the Livermore High School Theater, 600 Maple St., Livermore. Tickets

are \$18 for adults, \$15 for students and seniors for ground floor reserved seats; \$15 for adults and \$13 for students and seniors for open balcony seating. Call 243-0927 for information and tickets. Group rates available.

Variety Show and Silent Auction

A musical variety show and silent auction benefiting the Young Actors' Theatre Camp featuring Pleasanton native and TV's "America's Got Talent" semi-finalist, Shawn Ryan is 7 p.m., Sat., Dec. 2 at the Dean Leshner Center for the Arts, 1601 Civic Dr., Walnut Creek. For tickets and information, call 943-7469.

Winter Concerts

Amador Valley High School will present two winter concerts at the Amador Theater, 1155 Santa Rita Rd. Director Mark Aubel will lead the AVHS orchestra, choir and jazz A ensemble

with special guest, the Foothill High School Chamber Choir at 7:30 p.m. Dec. 18. Director Jon Grantham leads the AVHS wind ensemble, wind symphony, symphonic band and jazz B ensemble at 7 p.m. Dec. 19. Both shows are general seating.

Kids & Teens

Little Red Riding Hood

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

Mini Cheer Camp

The nationally ranked Foothill High School Competition Cheer squads are hosting a one-day Mini Cheer Camp from 8:30 a.m. to 2:30 p.m. Dec. 2 at Foothill High School large gym. The event is open to students grades K-6. Registration is \$45 and includes lunch, a certificate and a T-shirt. Call Kim DeJoy, 426-2374 or e-mail kdejoyfhscheer@comcast.net for more information.

Lectures/ Workshops

Christian/Jewish Workshop

A series of workshops sponsored by the Jewish and Catholic communities of Pleasanton will be held from 7:30 to 9:30 p.m. Dec. 6 and 13 at Congregation Beth Emek, 3400 Nevada Ct. To register, contact Mary Schneider at mary0531@comcast.net.

eBIG Seminar

Norma Watenpugh, a former Association of Strategic Alliances President and founder of Phoenix Consulting Group, will speak at eBIG seminar. "Start-Ups/VCS SIG - Early Stage Alliances" Dec. 11 from 6:30 to 9 p.m. at the Crowne Plaza Hotel, 11950 Dublin Canyon Rd. The event is free for eBIG members. For all others, admission is \$10 pre-registration, \$20 at the door. Call Nancy Tubbs, (650) 704-7844 or visit www.ebig.org.

Wills, Trusts and Financial Planning

Get information about wills, trusts, related financial planning and other tips at the Pleasanton Senior Center, 5353 Sunol Blvd., from 10:30 a.m. to noon, Tue., Dec. 5. Call 925 931-5369 for information. Cost is \$1.25 for Pleasanton residents, \$1.75 non-residents.

Working With Intuition

Diablo Valley Women in Business is presenting "Wisdom in the Workplace: Working with Your Intuition" 7:30 a.m. Dec. 8 at Crow Canyon Country Club, 711 Silver Lake Dr., Danville. Cost is \$40 for the public, \$25 for members and includes breakfast. Call 866-0260 or visit www.dvwib.org for more information.

Live Music

Jazz at The Pleasanton Hotel

Chris Bradley's Traditional Jazz Band is performing Dec. 12 at The Pleasanton Hotel. Shows start at 7:30 p.m. Visit www.pleasantonhotel.com for more information.

Swing Band at Library

The Pleasanton Public Library presents the JB Smooth Sounds Band from 1 to 3 p.m., Dec. 19. Admission is free. Call 931-3400, ext. 37 for more information.

Miscellaneous

Family Read Night

Read stories and do crafts with the family at Family Read Night, offered in English and Spanish. Admission is free. Space is limited so registration is required. Call Donnamarie, 249-3923, for dates and locations.

Farmers' Market

Shop for fresh produce, flowers, and baked goods from 9 a.m. to 1 p.m. every Saturday on West Angela Street between Main and First streets. Call 825-9090.

Open Heart Kitchen

Open Heart Kitchen provides hot meals to the underprivileged from 4:30 to 6 p.m. every Friday at Trinity Lutheran Church, 1225 Hopyard Rd.; noon to 6 p.m. every Tuesday and Wednesday at Asbury United Methodist Church, 4743 East Ave., Livermore; and 4 to 6 p.m. every Thursday at Vineyard Christian Fellowship, 460 N. Livermore St., Livermore. Call Carol, 580-1616.

TVAR Cat and Dog Adoptions

Tri-Valley Animal Rescue hosts dog and cat adoptions from 9:30 a.m. to 1 p.m., Saturdays at Pleasanton's



Jump Start Your 2007 Fitness Resolution

Join ClubSport in December and receive a special "New Member Package."

- 2 Complimentary Personal Training Sessions
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- Gym Bag Starter Kit

Join before 12/24 and receive 30 days free!

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Package available to new members joining in December 2006. 30 days free offer expires 12/24/06.

7 0 9 0 J o h n s o n D r i v e • P l e a s a n t o n , C A 9 4 5 8 8

Farmers' Market, First and W. Angela sts; and noon to 4 p.m. at Dublin PetsMart. Cats are available from 10 a.m. to 2 p.m. at Livermore Pet Extreme. Cats are also available from 1 to 4 p.m., Sundays at Dublin PetsMart and Pet Food Express. Call 803-7043 or visit www.tvr.org.

Seniors

Bingo

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

Emotional Wellness Group

Learn more about depression, anxiety, and how medications and alcohol may affect emotional well-being at 2 p.m. every other Thursday at the Pleasanton Senior Center, 5353 Sunol Blvd. Call Charlene or Jode, 931-5382.

Friday Night Dance

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

Internet Access Workstation

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

Luncheons

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

Movie Madness

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

Paratransit Service

The paratransit service provides door-to-door bus service to seniors 65 and older, and individuals with disabilities of any age and is available 8 a.m. to 5 p.m., Monday through Friday, and 9 a.m. to 4 p.m., Saturday. Call 931-5376.

Personal Computers Group

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

Senior Dinner

Open Heart Kitchen provides seniors

60 years and older with an evening meal from 4 to 6 p.m., Monday through Friday at Ridge View Commons, 4200 Case Ave. Suggested donation is \$3. Call 484-5131 for reservations.

Senior Lunch

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

V.I.P. Senior Club

The Pleasanton V.I.P. Senior Club meets the second and fourth Monday monthly from 11 a.m. to 1:30 p.m. at the Senior Center, 5353 Sunol Blvd. The second Mondays are business meetings and the fourth Mondays are social meetings. Snappy Cafe serves lunch at noon with a \$3.25 donation. Reservations for lunch must be made by the Thursday before each meeting by calling 931-5385 or call Verla, 846-2992.

Spiritual

Compassionate Christian

Compassionate Christian is a confidential self-help group for Christians, using theology and love for the Lord to guide individuals through struggles. The group meets every Thursday from 7 to 8:30 p.m. Space is limited. Call Kathy

for reservations, 462-2777 or e-mail ChristianKindness@sbcglobal.net.

Faith Chapel Assembly of God

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

Moms In Touch

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

The Importance of True Fellowship

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

Tri-Valley Unity Church

Tri-Valley Unity Church meets at 10 a.m. every Sunday at the Radisson Hotel, 6680 Regional St., Dublin. Worship service and children's school

will be offered as well. Call 829-2733 or visit www.trivalleyunity.com.

Sports

Pleasanton Lacrosse Club Spring Registration

Pleasanton Lacrosse Club's spring 2007 season registration is now open. Programs are available for girls and boys entering grades 3-8. The season runs from February through mid May. Register early, as spots are limited and additional fees for late registration will apply. Call 998-5550 or visit www.pleasantonlacrosse.com.

Sea Devils

The Tri-Valley Sea Devils team is looking for year-round swimmers. Call Hope, 469-8495.

Women Golfers Needed

The Tuesday Morning Callippe Niners, a women's golf club, is looking for new members. Call Sandi Snyder, 462-0288 if interested.

Support Groups

Bereavement Support Group

This group of the Catholic Community of Pleasanton meets at 7:30 p.m., the second and fourth Thursdays monthly, and is for anyone of any faith

at St. Elizabeth Seton Church, 4001 Stoneridge Drive. Call Mary, 846-5377.

Bipolar Support Group

The Tri-Valley Bipolar Support Group, which provides peer support for people with mood disorders, meets 7:15 to 8:45 p.m. every Wednesday at St. Clare's Episcopal Church, 3350 Hopyard Road. Call 560-0842, e-mail trivalleybipolar@hotmail.com, or visit www.namitrivalley.org.

TV30

Let's Talk Sports

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

Mayors' Report

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

Past Lives, Dreams, Soul Travel

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

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4480 DEL VALLE PKWY \$429,999
Walk to downtown Pleasanton in 2 minutes from this beautiful townhome! Priced below every other 3 bedroom in town, this one will not last long. Upgraded throughout with newer carpeting and pergo flooring, granite countertops and tile in bathrooms. Lovely, private back patio! 463-9500



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



2958 LIBERTY DR \$645,000
Pristine home w/ prime location & many upgrades including laminate wood floors, designer paint, new roof, no popcorn ceilings, cust. Window cov, carpet, fireplace w/ mantel! Quaint yard w/ deck. Lovley private setting across fr stunning views & open space. 463-9500

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1477 Trimmingham Drive \$669,999
3 Bedroom - 2 1/2 Bath home with 1731 S.F. New Appliances. New Roof with Warranty. Hardwood Flooring Downstairs & Up the Stairs! Newly Landscaped. 417-2250

3019 E Ruby Hill \$2,199,000
CUSTOM Home with Pool, Spa, BBO, Fireplace and Views. Huge Kitchen Nook, Family Room, Guest Suite, Office and a Bonus Room. All of this and Privacy too! 417-2250

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

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

3231 Vineyard Avenue \$70,000
Lovely home, covered front porch with patio room for hobbies, outdoor shed, extra covered car port. Spacious living room & dining room w/built in hutch. 463-9500

5625 Baldwin \$635,000
Backs to open space! Stunning oversized back yard** Veranda off master bedroom with views of hills**NO REAR NEIGHBORS** Huge Living room** 463-9500

DUBLIN

7538 Rolling Hills Cir \$569,000
Vault ceiling/ lots of windows, bright and spacious. 2nd story overlooks living area, w/ fireplace & dining rm, fenced yard & aggregate patio. 2 Car attached garage. 463-9500

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

LIVERMORE

1753 Corte Sueno \$579,950
Patio & garden area and 1 bedroom downstairs with a full bath. Large open loft used as office. Open floor plan, super long driveway & a Court Location! 417-2250

1006 Baltusrol Road \$589,000
Two tone paint, hardwood floors, slate tile patio, open space in the front, and a 2 car garage. Very clean and open home. Private Drive in a Court. 417-2250

1710 Mallard Court \$799,000
Walking distance to schools and shopping. Tile flooring, neutral carpet, 1 full bed and bath downstairs, large side yard access, large corner lot and more! 417-2250

457 James Street \$579,000
Wood flooring, dual pane windows, new tile showers, new sinks & stools--new stucco exterior--fresh paint thru-out, new furnace & hot water heater. 463-9500

5110 Peony Drive \$530,000
Backyard features space for play, picnics. Newer comp roof, laminated floors in living area, vinyl in kitchen and bathrooms. Gas stove, tile counters. 463-9500

5645 Firestone Road \$499,990
Great value!! Side yard access!! Charming single story home w/ functional floor plan!! Updated kitchen & baths! Fresh paint! Dual pane windows! 463-9500

Two Pleasanton locations to serve you...

Hopyard Office (925) 463-9500
6111 Johnson Ct., Ste. 110

Ruby Hill (925) 417-2250
101 East Vineyard Ave, Ste. 103



3182 Bay Meadows Court \$1,645,000
Livermore - The big wrap around porch invites you into this warm & lovely home. The floor-plan feels like a custom design with the hardwood floors, granite, stone, & tile. Features include an office, au-pair or in-law suite in main home, an entertainment center, game room, plus a 700sqft room above the garage with a 5th bath! 417-2250



1940 Armondo Court \$2,950,000
Pleasanton - Brilliant NEW custom home in Ruby Hill by Chin and Nelson. You will find this home on a quiet secluded cul-de-sac with great sun exposure and some views of Mt Diablo. Call Inside the home features 5 bedrooms, an office, a fun huge kitchen and family room. 417-2250



993 Piemonte Drive \$3,050,000
Pleasanton - Prairie style, single story home on the golf course with pool! Porte-cochere entry, interesting angles, fine craftsmanship, innovative design & pure elegance. 4th bedroom is currently an exercise room and can be converted back. Everything in this home is top quality! Great home for entertaining! A Must See! 417-2250



1855 Sannita Place \$3,290,000
Pleasanton - A Magnificent Custom-Built "Italian Villa" in the Gated Community of Ruby Hill! Situated on a Quiet Cul-de-sac with Spectacular Views, a Private Setting, a Large Rear-Yard with a Pool and Spa, an Impressive Home Theater, a Fantastic Floor Plan and Timeless Architecture! 417-2250

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