

Pleasanton Weekly

**How to
escape
the heat**

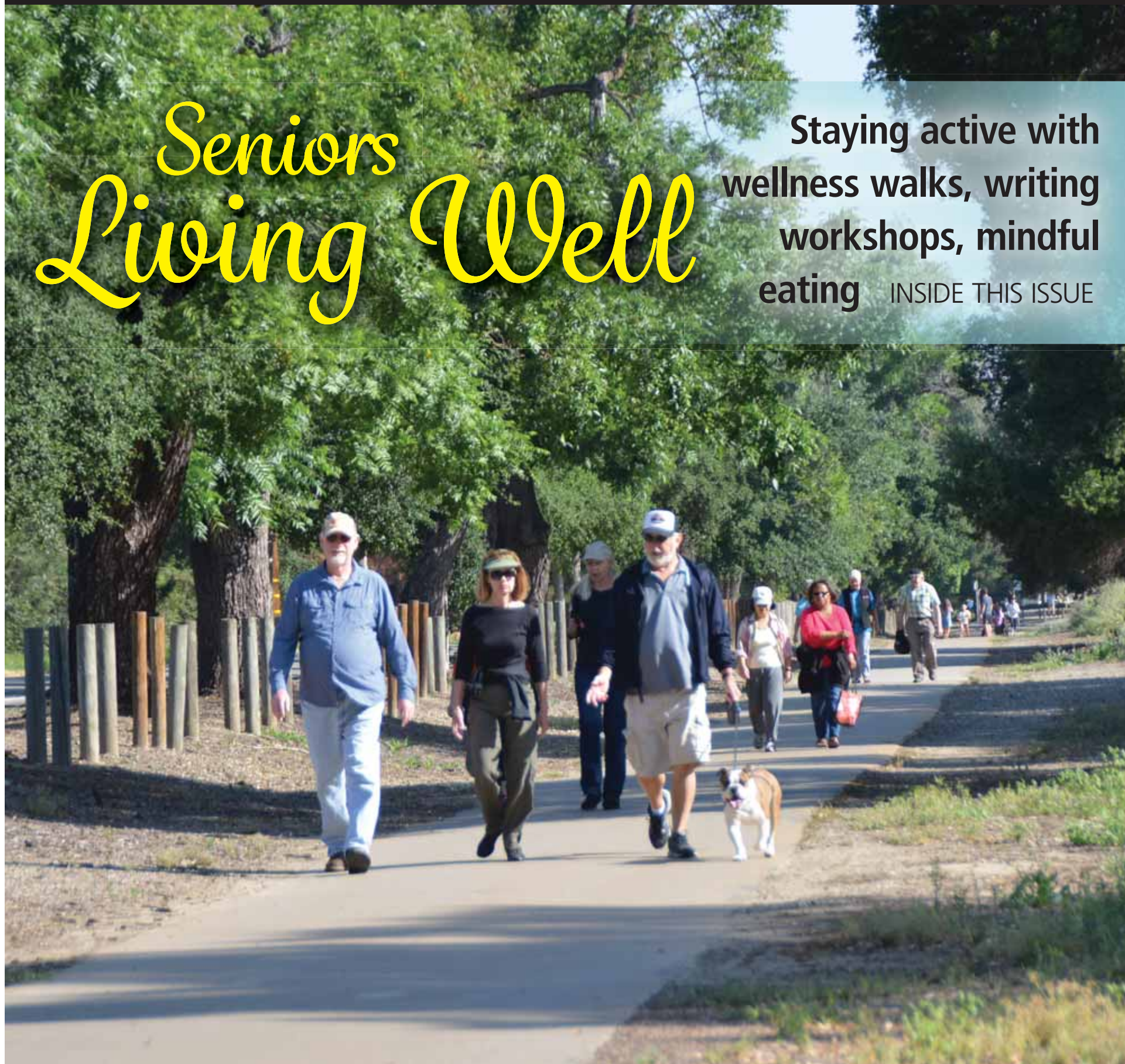
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VOL. XVI, NUMBER 27 · JULY 31, 2015

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Seniors Living Well

Staying active with
wellness walks, writing
workshops, mindful
eating **INSIDE THIS ISSUE**



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AROUND PLEASANTON



By JEB BING

A Mormon award to appreciate



JORDAN NALLY

Columnist Jeb Bing shows the Pioneer Heritage Community Award given to him at the Alameda County Fairgrounds.

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

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

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

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

The local Special Olympics, which encourages hundreds of handicapped

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

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

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

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

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

About the Cover

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

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- 8 THE ELEMENT
- 14 RB3
- 15 MEREDITH
- 21 BLUE SPOONFUL
- 22 SIMPLE CREATION
- 28 BLUES BOTTLE BAND
- 29 TEN TUESDAYS



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Streetwise

ASKED AROUND TOWN

When you are out and about in Pleasanton and hear people speaking in a foreign language, are you more curious to know what they're talking about than if they were speaking in English?



Claire Heppner
Special ed teacher

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



Scott Dunlop
Technician

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



Bobbie Stetson
Assistant project manager

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



Charlie Stearns
Sales consultant

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



Justine Wolf
Cashier/stocker

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

—Compiled by Nancy, Jenny and Katie Lyness

Have a Streetwise question? Email editor@PleasantonWeekly.com

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DIGEST

BART shutdown

There will be no BART train service between San Francisco and the East Bay this Saturday and Sunday, with officials closing the Transbay Tube to repair an interlocking, or series of switches, that allows trains to change from one track to another.

The project involves the replacement of 932 ties and a total of 1,200 feet of rail. Around 90 workers and nearly every piece of maintenance equipment BART owns will be on the tracks.

BART will offer limited transbay bus service between 19th Street in Oakland and the Transbay Terminal in San Francisco during the closures, but agency officials warned it could involve delays of up to one to two hours. The West Oakland station will be closed.

A similar closure is scheduled for Labor Day weekend.

Defeat drought

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

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

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

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

National Night Out

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

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

Pleasanton police have participated in the event for 12 years.

Residents who want an officer to stop by their festivities should fill out an application, which is due today. For more info, visit www.pleasantonpd.org. ■

Pleasanton-based Thoratec Corp. acquired by Minnesota medical firm

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

By JEB BING

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

The boards of directors of both companies have unanimously approved a definitive agreement under which St. Jude Medical will acquire all of the outstanding shares of Thoratec in an all-cash transaction. It represents a premium of 40.1% compared to Thoratec's trading price of to \$45.34 for

the 30 trading day period ending July 17.

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

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

treatment of heart failure.

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

"The addition of Thoratec's leading ventricular assist device portfolio expands and enhances St. Jude Medical's established presence in heart failure therapies," he added. "We look forward to welcoming

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

Starks explained that the transaction accelerates St. Jude Medical's growth strategy by adding Thoratec's complementary products and technologies to St. Jude Medical's heart failure portfolio that includes its quadripolar cardiac resynchronization therapy, remote monitoring capabilities and CardioMEMS HF System.

He added that together, the com-

See **THORATEC** on Page 8



MEREDITH BAUER

Swimmers cool off at the Dolores Bengtson Aquatic Center on Black Avenue amid triple-digit temperatures Tuesday.

Escaping the heat

How to keep cool amid rising temps — and still conserve

By PLEASANTON WEEKLY STAFF

Swimming, frolicking through sprinklers, air conditioners and fans are typical methods to keep residents cool as temperatures rise during the summer months in Pleasanton, like they did mid-week topping triple-digits.

But in the midst of a critical statewide drought, local agencies are reminding the community to be diligent about conserving water and energy on scorching days.

Using recycled water for landscaping, placing well-fitting covers over pools and taking shorter showers are among the common suggestions from government agencies and water suppliers during these drought times.

In addition to those water-saving efforts, the city of Pleasanton suggests spending time out in an air conditioned public location,

such as the public library and senior center, or going for a swim at the Dolores Bengtson Aquatic Center.

The senior center, located at 5353 Sunol Blvd., is traditionally one of Pleasanton's designated cooling centers for extreme heat days. When activated as a cooling center, the senior center extends its hours until 9:30 p.m. and opens to the public during week-ends.

"Typically, when the temperature 'spikes' for two or more consecutive days and there has not been an adequate drop in nighttime temperature — typically 30 degrees below the highest temperature of the day — to cool the outdoor and indoor environments, the cooling center will be activated," said Kathleen Yurchak, Pleasanton's assistant director of operations services.

Movie theaters, shopping malls, places of worship and grocery stores are additional suggested locations to seek relief from the heat, according to the Alameda County Public Health Department.

In past years, the aquatic center also acted as a designated cooling center and still sometimes offers extended recreational swim hours on when temperatures are high and the pools are not being used for lessons or other programs, according to Michelle Dunaway, the center's recreation supervisor.

"I remember back in the day, kids could just run through the sprinklers all the time, but under the current circumstances, we definitely try to encourage families to use public pools as opposed to their water at home," Dunaway said.

In addition to water consumption, energy use increases during hot days with the use of air con-

See **HEAT** on Page 7

Pooch Parade arrives next week

Pets, owners will celebrate dog days of summer at 1st Wednesday Street Party

Next week's 1st Wednesday Street Party in downtown Pleasanton will celebrate the dog days of summer with the 18th annual Pooch Parade starting at 7 p.m. on Main Street.

Dogs will strut their stuff, many of them in costume, during the parade.

Registration and judging will be held before the parade at Lions Wayside Park from 5:30-7 p.m. with trick dogs performing at 6:30 p.m.

Dogs of any size and breed at least 4 months old are eligible to compete in the contest, with seven categories of competition. For details and to download a registration form, sign on to www.trivalleyguideds.org.

The Pooch Parade is part of the Pleasanton Downtown Association's popular summertime 1st Wednesday street parties that next week will include live music, a Goodguys Rod & Custom Association car show and much more.

The Goodguys will have 15 vehicles on display along St. Mary Street. The public will have a chance to talk to the owners and get up close to classic engines. The Goodguys also are inviting children under 10 to build small model antique Ford cars, which they can keep.

Also at the event, Fast Times will play 1980s hits in the Entertainment Garden from 6-9 p.m.,

See **POOCH** on Page 6

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

Brush fires common but protection is simple, they say

By MEREDITH BAUER

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

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

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

All that means one thing: A recipe for fire.

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

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

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

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

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

fire safety building standards for municipal governments.

"Unfortunately, people don't really start taking steps," he said, "until there is smoke in the air."

Kottinger Ranch, where one of the July fires occurred, regularly uses weed whackers and lawn mowers to keep wild grass short, said homeowner association president Douglas Basch.

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

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

He said to remove all dry vegetation such as dead leaves from gutters, under porches and on lawns. Taking the time to rake dead leaves

eliminates kindling that could spread a fire to the home.

He said it's important for residents to learn about their specific risks. Cities and counties often have fire mitigation specialists who can survey a home and identify fire hazards that aren't immediately obvious, such as a vent that could let smoldering embers into an attic.

"What folks don't understand is it's usually not a wall of fire that's going to burn your house down," he said.

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

All flammable material, including leaves, should be removed or cleared away at least 30 feet from homes, Welle said. Wood piles, cars outside garages and wooden deck furniture

should be moved. Even cushions on deck chairs could cause a problem.

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

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

Wood mulch shouldn't be used within five feet of a home, he said.

Even if they don't have an expert check out the situation, he emphasized that residents should educate themselves about wildfire risks.

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

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



JEB BING

SAP's current regional office at Hacienda Drive and Dublin Boulevard in Dublin.

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

Move to Bishop Ranch business park to begin in 2017

By PLEASANTON WEEKLY STAFF

Software company SAP, which occupies a highly visible building at Hacienda Drive and Dublin Boulevard, is set to relocate its regional office from Dublin to San Ramon in 2017 after agreeing to lease 150,000 square feet of office space in Bishop Ranch's 2600 building.

Sunset Development Co., owner and operator of Bishop Ranch, announced the new lease last week. Financial terms of the deal were not disclosed.

"SAP is excited about the new space at Bishop Ranch. The willingness of their team to work with us as well as their forward thinking approach to employee amenities and a sustainable community were key in our decision to relocate," said Dwain Christensen, SAP's director of workplace strategies.

SAP, an enterprise application software development company, has held its offices at 1 Sybase Drive in Dublin since 2012 fol-

lowing its merger with Sybase in 2010. The company now plans to establish its regional center in Bishop Ranch, joining other big-name companies such as AT&T, 24 Hour Fitness and FedEx.

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

"Our strategy has been to create a compelling offering of shared amenities at 2600 and throughout Bishop Ranch, which includes food, conference and fitness. This strategy allowed SAP to reduce their leased footprint while expanding their offering to employees," Mehran added.

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



COURTESY OF RELAY FOR LIFE

\$48,000 and counting for cancer fight

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

POOCH

Continued from Page 5

sponsored by ClubSport Pleasanton. While there, adults 21 years of age and older can enjoy a variety of wines and beers.

Wente Vineyards, Elliston Vineyards and Crooked Vine & Stony Ridge Winery will serve their best varietals by the glass. All three wineries boast awards from the Alameda County Fair's wine competition, the Wine Garden's sponsor.

Handles Gastropub will have a tap trailer at the garden to serve 12-ounce glasses of its craft brews.

Live music also will be available at ArtBlock with Michael Montoya

and at St. Mary Street with Maddy Hudson.

Special children's events are also planned for the 1st Wednesday Street Party. They'll be offered complimentary balloon animals at the Entertainment Garden, a chance to meet and pet a pony from Horizon East Stables in the 700 block of Main Street, and an opportunity to have their face painted, receive a glitter henna tattoo and then test their virtual skills at Game Truck.

Growers who sell at Pleasanton's Saturday farmers' market also will have their stands at 1st Wednesday, offering fresh summer produce, specialty foods and flowers.

During the street party, several

downtown eateries will be offering drink and food specials, with a list of the specials to be posted at the Entertainment Garden.

Food Truck Mafia will feature four trucks this month, offering specialty cuisine at Southern Comfort Kitchen, Grillaz Gone Wild, Cabana Dave's and Kona Ice.

The featured artist at ArtBlock this month is talented glass artist Gigi Erickson, who will be on Angela Street along with fellow painters, sculptors and jewelers.

1st Wednesdays are hosted by the downtown association. More information is available by calling 484-2199 or visiting www.pleasantondowntown.net. ■

—Jeb Bing

Zone 7 conducting rate study

Analysis to determine what water will cost

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

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

The ongoing drought has affected the agency's revenues and reserves, and such a study will review the agency's finances, including its budgets, the funding needed to put the agency's capital improvement and asset management plans into effect, findings from the water sup-

ply evaluation and recent audits, Zone 7 officials said.

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

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

—Meredith Bauer

HEAT

Continued from Page 5

ditioners, electric fans and household utilities. PG&E lists tips on its website to keep energy use low on hot days as well.

Keeping the area clear where the air conditioner vents to the outside to enhance ventilation is one of PG&E's suggestions along with setting the thermostat to 75-78 degrees while at home and 85 degrees when away from home.

PG&E also suggests waiting until

cool times of the day to complete household chores that require high energy appliances such as laundry and cooking.

Heat illnesses, such as heat stroke, exhaustion, cramps and dehydration, are another effect of rising summer temperatures

In addition to remaining in cool locations, the county public health department advises drinking plenty of fluids and minimizing outdoor physical activity during the hottest points of the day which is typically between 11 a.m. and 3 p.m. ■

TAKE US ALONG



Dual anniversaries: Pleasanton residents since 1975, Art and Joan Tenbrink read the Pleasanton Weekly on their trip to Appomattox, Va., to celebrate the sesquicentennial of Lee's Civil War surrender to Grant in April 1865. Joan's great-grandfather, Pvt. Walter Scott Baker, was there under Grant's command — and inspired the Tenbrinks to choose Appomattox to celebrate their 40th wedding anniversary.

To submit your "Take Us Along" entry, email your photograph to srhodes@pleasantonweekly.com. Be sure to identify who is in the photo (names listed from left to right), the location, the date and any relevant details about where you took your Weekly.



BY ROBERT ROSAS

If YOU suffer from low back pain, according to National Institutes of Health, you are among

four out of five Americans who will suffer from disabling back pain during their lifetimes.

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

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

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

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

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

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

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

Pleasanton Weekly has teamed up with the spine therapy specialists at Intero Chiropractic, to help readers find relief from their

persistent back and sciatic pain.

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

Mention this article (CODE: BOS37SCID5) and Dr. Jerry Hsieh will happily reduce his usual consultation fee of \$100 to just \$20. But hurry, due to obvious reasons — this is a time limited offer — with only 100 reader consultations available at this exclusively discounted rate.

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

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

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

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delay your important diagnosis and treatment another moment!

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Amador grad sworn in as newest Pleasanton police officer

Brian Johnston took oath July 22

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

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

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

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

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



Officer Brian Johnston, the newest member of the Pleasanton Police Department.

—Meredith Bauer

THORATEC

Continued from Page 5

combined organization will offer physicians and their patients innovative solutions across the heart failure care continuum.

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

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

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

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

Thoratec is the global leader in the VAD market, which is currently estimated to be approximately \$750 million, and recently announced CE Mark approval of its percutaneous heart pump, allowing Thoratec to enter a global market expected to exceed \$300 million in



JEB BING

Thoratec's headquarters at 6035 Stoneridge Dr. in Pleasanton.

2016.

This acquisition positions St. Jude Medical to enter new markets totaling more than \$1 billion that are expected to grow approximately 10% annually, benefiting St. Jude Medical's sales growth profile beginning in 2016.

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

In addition, analysts believe St. Jude Medical's global presence can further strengthen and enhance Thoratec's international growth as only approximately 20% of Thoratec's sales currently come from outside of the U.S.

Under the terms of the merger agreement, Thoratec shareholders will receive \$63.50 in cash, without interest, for each share of Thoratec common stock they own. The transaction is conditioned upon, among other things, Tho-

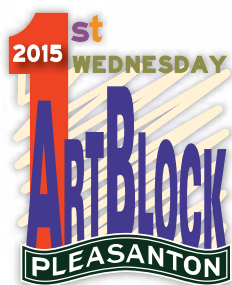
ratec shareholder approval, regulatory approvals and other customary closing conditions.

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

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

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

St. Jude Medical is headquartered in St. Paul, Minn. Thoratec's headquarters are at 6035 Stoneridge Dr. in Pleasanton. ■



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Virus-positive mosquitoes found in Fremont

By JEB BING

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

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

The county's Abatement District is increasing its surveillance and larval control efforts throughout this area with virus detections as

part of its effort to locate areas of standing water where mosquitoes may breed. These include catch basins, storm drain systems and swimming pools. Neglected swimming pools continue to be a mosquito breeding issue in the county.

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

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

Family just moved?

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

By MEREDITH BAUER

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

Fear not, parents. Even though Pleasanton Unified elementary, middle and high schools are closed during July, parents can

still enroll new students by contacting the district directly.

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

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

Staff at PUSD high schools

will return next Monday, and elementary and middle school staff will return the second week of August.

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

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

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POLICE BULLETIN

Defendant in Steinle killing faces new weapons charge

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



Juan Francisco Lopez-Sanchez

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

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

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

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

While immigration officials have said Lopez-Sanchez has been deported from the U.S. five times and has a criminal history with seven prior felonies, including four involving narcotics, Gonzalez said Tuesday that his client

doesn't have a history of violence.

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

In other police news:

- A Pleasanton police officer found two stolen cars within minutes while on patrol in the late hours of July 24.

Officer Anthony Pittl was driving along Rose Avenue around 11:30 p.m. when a search through his patrol car's computer revealed a nearby parked car was reported stolen, according to the department.

The car had been stolen when it was parked near the Dublin/Pleasanton BART station on July 23, according to police, who said the owner was contacted and the car towed.

A few minutes later, Pittl's computer indicated another car parked on Rose Avenue had been reported stolen, according to police.

That car had been taken from Livermore on July 24, authorities said. The owner couldn't be reached, and the car was towed.

- A Dublin resident was arrested on suspicion of driving while drunk in Pleasanton just before midnight on July 23 after she allegedly crashed into a truck, causing another driver to get a concussion.

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

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

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

—Meredith Bauer

Editor's note: Information from Bay City News was used in this report.

POLICE REPORT

The Pleasanton Police Department made the following information available.

July 19

Theft from auto

- 8:45 a.m. in the 7100 block of Johnson Drive
- 8:49 a.m. in the 2100 block of Corte Ricardo
- 9:14 a.m. in the 7100 block of Johnson Drive
- 9:15 a.m. in the 7100 block of Johnson Drive
- 9:15 a.m. in the 7100 block of Johnson Drive
- 9:16 a.m. in the 7100 block of Johnson Drive

Shoplifting

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

Theft

- 1:47 p.m. in the 6700 block of Bernal Avenue

Arson

- 8:15 p.m. in the 8200 block of Moller Ranch Drive

July 20

Graffiti

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

Vehicle tampering

- 8:05 a.m. in the 5900 block of Stoneridge Drive

Lost property

- 9:54 a.m. in the 4000 block of Pimlico Drive

Fraud

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

Auto theft recovery

- 6:06 p.m. in the 3000 block of Bernal Avenue

July 21

Auto theft

- 8:30 a.m. in the 2100 block of Goldcrest Circle
- 10:21 a.m. in the 4300 block of Diavila Avenue

Missing person report

- 10:48 a.m. on Anoka Road

Stolen property

- 11:44 a.m. in the 300 block of Main Street

Theft

- 2:30 p.m., 4500 block of Pleasanton Avenue; bike theft
- 2:47 p.m., 3700 block of Stanley Road; theft from auto
- 4:18 p.m., 6500 block of Stanton Court; theft from auto
- 6:52 p.m., 4200 block of Rosewood Drive; shoplifting

Fraud

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

July 22

Drug violation

- 9:31 a.m. in the 4300 block of Foothill Road

Theft

- 11:24 a.m., 5100 block of Hopyard Road; other theft
- 11:51 a.m., 3700 block of Stanley

Boulevard; auto theft

- 2:47 p.m., 4900 block of Owens Drive; bike theft
- 5:10 p.m., 4000 block of Fairlands Drive; other theft
- 5:58 p.m., 2300 block of Stoneridge Mall Road; shoplifting
- 6:51 p.m., 4400 block of Owens Drive; bike theft

Embezzlement

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

July 23

Theft

- 1:04 a.m., 5500 block of West Las Positas Boulevard; theft from auto
- 9:06 a.m., Plymouth Avenue; theft from structure
- 12:02 p.m., 3700 block of Stanley Boulevard; theft from auto
- 2:53 p.m., Stoneridge Mall; shoplifting
- 3:02 p.m. in the 3900 block of Mt. McKinley Court

July 24

Theft

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

Dixie McClure Kamp

January 15, 1924 - July 24, 2015

Dixie Kamp, 91-year-old long time Pleasanton resident passed away peacefully July 24 surrounded by three generations of her family. She was married to Everett Andy Kamp (deceased) and had three daughters, Karen MacDonough (Tom), Betsy Miller, and Donna McMillion (George), six grandchildren, Sarah Borjon, Kelly McMillion Hankins, Suzanne MacDonough-Foure, Scott MacDonough, Charles Miller, and Gary Miller, and five great grandchildren.



Dixie and Everett met in Corpus Christi, TX during World War II while Everett was in naval officer flight training. After the War, they followed their family heritage and farmed and ranched in the Pleasanton Dublin areas. Everett's grandfather was Henry P. Mohr, one of the founding fathers of Pleasanton. Their Kamps Pumpkin Patch off of Mohr Avenue was a popular place for thousands of school children and families to pick pumpkins.

Dixie, also known as Nana to her grandchildren, enjoyed reading, listening to music, traveling the world, and playing bridge with the Pleasanton and Dublin Senior Centers' partners. She was fortunate to have spent many years traveling and enjoying her grandchildren and attending their activities.

At Dixie's request, there will not be a funeral, but the immediate family will have a graveside ceremony.

PAID OBITUARY



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

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Water conservation gains as work begins on recycling system

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

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

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

Although the heavy rains that hit Southern California in mid-

July bypassed our part of the state, they helped overall by reducing the draw-down of water inventory from shared mountain reservoirs.

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

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

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



JEB BING

Pickup truck owners fill their large containers with recycled water that is offered free to Pleasanton residents at the Dublin San Ramon Services District recycling center.

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

While Pleasanton has been late in signing on to recycled water, a \$17.4 million program is now underway to install purple recycled-water pipes from the DSRSD sewer processing

plant on Johnson Drive to Hacienda, Ken Mercer Sports Park, other parks and street medians. Design work has been completed and state permits obtained with construction to start in August.

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

Freelance Reporters

DanvilleSanRamon.com and the Pleasanton Weekly are seeking freelance reporters for meeting coverage and occasional features in San Ramon and Danville. Journalism experience and reliable transportation are mandatory.

Send a cover letter stating your qualifications, a resume and three clips (website links, PDF or Word document attachments with publication information) to Gina Channell-Allen at gallen@EmbarcaderoMediaGroup.com. This is an independent contractor position. No calls or hardcopy clips please.

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Visit *Town Square* at PleasantonWeekly.com to comment on the editorial.

LETTERS

Water and sewer rate proposal

Dear Editor,

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

The council approved this requirement to have senior citizens pay 5% more money than all other citizen residents that receive water and sewer billing statement, with the exception of "income eligible"

citizens.

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

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

—Michael Austin

What's your opinion?

Write a Letter to the Editor at Editor@PleasantonWeekly.com or put your opinion on Town Square at www.PleasantonWeekly.com. Letters must be 250 words or less.

Pleasanton Weekly

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Seniors Living Well

Inside:

- Seniors out & about **15**
- Eye care is vital **16**
- Memoirs and more **19**



MICHELLE SUSKI

Dolores Bengtson, former city recreation leader, often leads World Walk to Wellness outings, making them informative as well as a good workout.

New in town

For seniors, moving can be a big adventure

BY DOLORES FOX CIARDELLI

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

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

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

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

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

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

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

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

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

"Everyone was so warm and welcoming," she said. "They had so many groups to choose from — I joined the book group, the lunch group, the bunco group."

She also checked out the Pleasanton Senior



PLEASANTON NEWCOMERS CLUB

The Pleasanton Newcomers Club welcomes everyone at its Lunch Bunch.

Center, where she now plays bridge. And she has made friends through her church.

Trish Sullivan, membership chairman of Pleasanton Newcomers, said it currently has more than 80 active members.

"I can't say enough nice things about it," Sullivan said. "Members are not a bunch of couch potatoes. We have a lot of very active people who travel a lot and do a lot of different things."

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

Members also meet for lunch once a

month and have groups for golf, stitch and chat, a book club, several bunco groups and mahjong. A walking group gathers each Monday morning.

"Lots of times it splits into two groups — some like to walk on flat ground, others like hills," Sullivan said. "They walk for an hour, and then sit and chitchat for an hour."

A hiking group will go out for three hours at a time, she said, often to the Pleasanton Ridge or Mount Diablo. Members also go to the horse races at Golden Gate Fields, or to see a baseball game or a movie.

"Sometimes we have gone to things on the spur of the moment," Sullivan said, using a

Continued on next page



PLEASANTON NEWCOMERS CLUB

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

Continued from previous page

group email. “We’ve gone to museums, movies, Santana Row.”

“I would say most of our members are empty-nesters,” she added, and mainly women join, although it’s technically open to everyone.

Some of the activities are geared to include men, such as the horse races, which the Leutens enjoy. For more information, visit www.pleasantonnewcomers.com.

The club also welcomes everyone to its Monday morning walks, which begin at 8:55 a.m. at Tully’s coffeehouse on Main Street, to

discuss the group’s mission and what you can do as a member. If interested, email walks coordinator Beverly Tinges at BTinges@pacbell.net to say you are coming.

Pleasanton has another popular walking group, World Walk to Wellness, which meets every Saturday morning. It draws some new residents and quite a few people who are newly retired.

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

and Gary Harrington.

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

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

Moving tips for seniors

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

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

Here are some tips for seniors who relocate:

- **Research** ahead of time online to see what your new city has to offer, although this is no substitute for exploring in person. There is a difference between following a map — even a 3-D satellite map — and actually driving down the street.
- Speaking of maps, **cell phone map apps** are invaluable for finding your way around. Do a search for a certain store or type of service, and the map will instantly show all of those nearby.
- **Newcomers clubs** are designed for people like you, although not necessarily seniors. They can help you find people with the same interests, and they have outings to help you get to know your new area.
- **Senior centers** are beehives of activities, with many that can help you explore a new area.
- Check out www.MeetUp.com to find people who share your interests, including book groups, widows and widowers, photography, etc. The website will help you find groups within a certain radius. Plus, it is easy to start your own group.
- Check out the **local library**. They often have interesting free programs, not to mention the books and periodicals. It is a good way to check out local newspapers before you subscribe.
- **Animal shelters** are often looking for volunteers. This is also a good way to become acquainted with a pet you may want to adopt once you get settled.
- **Volunteer**. Locally, ptownlife.org lists many opportunities — from the library and Museum on Main to urban creek restoration to parks, animal rescue and reading stories to children who visit Santa Rita Jail.



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the Bay.”

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

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

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

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

She also does yoga and uses an exercise bike.

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

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

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

very nice and loving.”

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

“A lot of people come to see what is offered at the Senior Center,” she said.

They may join in activities immediately or wait awhile, and she has seen many friendships form.

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

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

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

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

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

Seniors out & about

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

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

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

DUBLIN SENIOR CENTER PROGRAMS Dublin Senior Center offers different programs and activities including "ESL" which helps

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

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

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

TRANSCRIBING FOR YOU Transcribing for You has volunteers that will transcribe and print your letters to be sent. The service is located at the Dublin Senior Center, 7600 Amador Valley Blvd, Dublin, from 9 a.m.-4 p.m. Cost is \$1.50. Call 556-4511 for an appointment or email seniorctr@ci.dublin.us. Dublin Senior Center, 7600 Amador Valley Blvd., Dublin.

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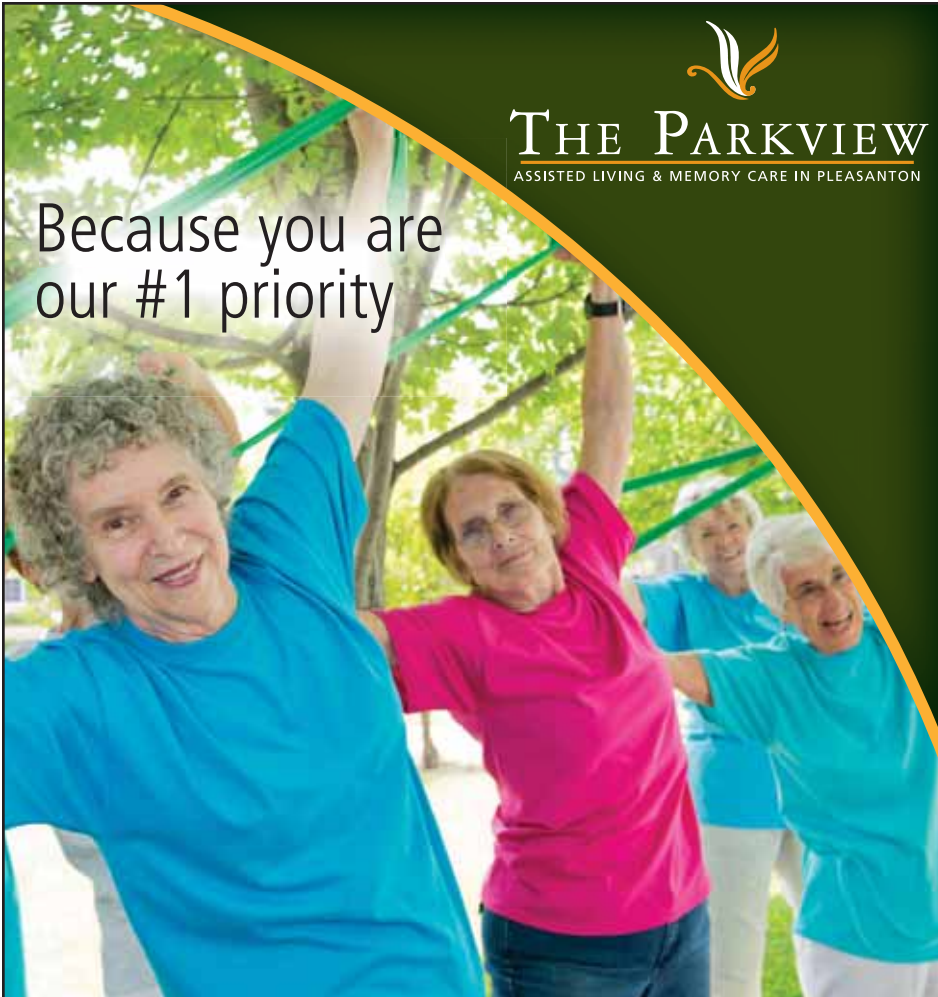
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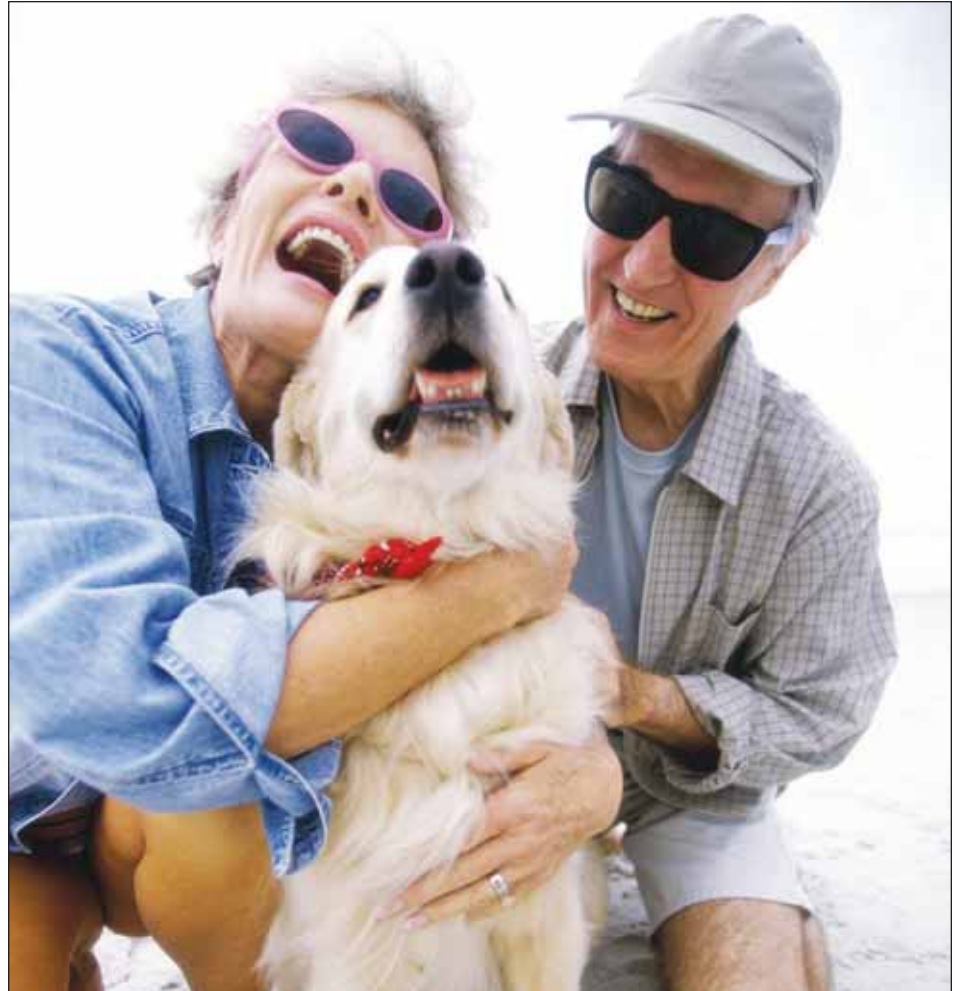
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GETTY IMAGES

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

Eye care is vital as we age

Annual exams detect eye diseases early, plus other conditions

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

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

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

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

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

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

Beall's optometrist noticed an area off the side of the retina that looked unusual. After dilating her eyes, he noted what he thought was a detaching retina. Considering it an ocular emergency, her optometrist referred her to an ophthalmologist who specialized

in retinal diseases. She saw that doctor later the same day and was told she had choroidal melanoma, a potentially fatal form of cancer. Doctors treated Julie with radioactive plaque therapy.

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

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

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

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

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

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

"It may save your life." ■

— Family Features

Eye exams for aging patients

Q: When optometrists look into the eye, what are they looking for?

A: We see important eye structures and signs of glaucoma or cataracts or other diseases. But what's most important is the ability to see blood vessels. The blood vessels tell us important early-identification signs for diabetes, hypertension and high cholesterol — three of the most costly diseases we face today.



THINKSTOCK

Q: Aren't those things that should be picked up by primary care physicians?

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

Q: What advances in technology have changed vision care for older patients?

A: Just look at cataracts. Cataract surgery has gotten very sophisticated. And the outcomes have been fantastic. You're taking out a cloudy lens and putting in an artificial lens. And with that lens, you can literally pick your prescription. It's amazing what can be done with that procedure.

—EyeMed medical director John Lahr, OD

Isn't vision loss just part of getting older?

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

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

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'Mindful eating' for better health

Eating more — but better — can result in weight loss

**By W. RON SUTTON,
AKA MR. PEDOMETER**

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

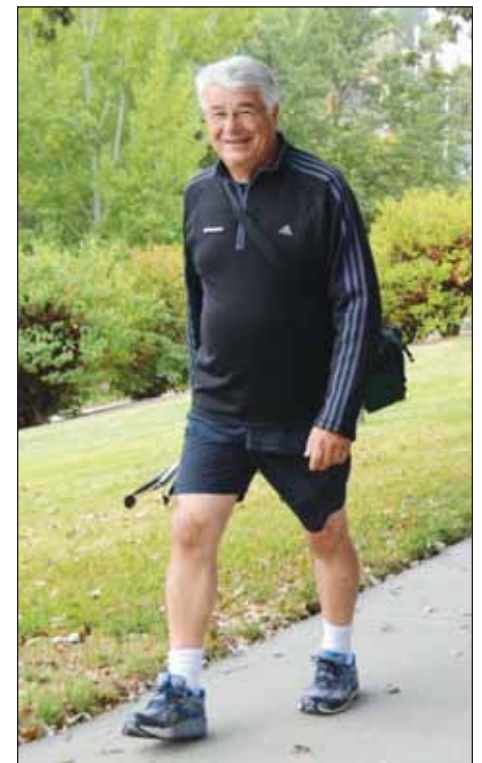
A: The easiest way to explain it is to describe "mindful eating." I devote more time to planning out what I am going to eat and when, but the payback is that I have greater sustained energy throughout each day. I used to skip breakfast, snack on nuts at my desk for lunch, eat "too much" for dinner, then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

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

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

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

In "mindful eating," the goal is to consume healthy foods, with less sugar, salt and other additives, and to avoid eating too much at meals by supplementing them with three planned snack meals each day. For example, I can also have 1/8 cup of almonds, counted as healthy fats, between breakfast and lunch, and eat six meals instead of three, each one including protein and carbohydrates. Of



W. Ron Sutton, aka Mr. Pedometer, advocates "mindful eating."

course, with a busy schedule, sometimes I need a "crutch substitute" for a meal, so I am prepared to go to my substitutes, such as a home-baked muffin that includes shredded carrots (yes, I have learned to bake them myself) along with canned tuna or chicken among other things.

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

Pleasanton resident W. Ron Sutton, CEO of Accusplit, inventors of the digital stopwatch in 1972, is founder of World Walk to Wellness. This is reprinted from its July 15 newsletter. To subscribe to the free e-newsletter, contact walks@WorldWalkToWellness.org.



THINKSTOCK

Memoirs and more

Seniors enjoy seeing their 'Words in Bloom'

BY DOLORES FOX CIARDELLI

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

"Is there something more we'd like to hear more about? Something we don't understand?" explained McCracken, who facilitates the Words in Bloom writing class at the Pleasanton Senior Center. "We care about people and their stories."

Words in Bloom meets from 9 a.m. to noon on the first and third Thursdays of each month. Anyone is welcome to drop in.

McCracken makes copies of the writers' contributions at the beginning of each session so everyone can read along as they share.

"It's just amazing, all the different stories people tell," McCracken said.

A woman from India wrote about a childhood experience when her family lived in a three-story house and found a python among some logs on the ground level; she recalled helping her father relocate it.

Someone else shared her childhood remembrances of moving to the panhandle during the Depression. She recalled putting sheets over the windows during dust storms, and how, during happier moments, they would go down to the creek for a picnic.

"I could sit and listen to her stories forever," McCracken said.

Some people explore traumatic experiences from their past. One person analyzed her siblings and why they turned out the way they did to help her understand them.

"One lady wrote her own obituary because she wants it done a certain way; she didn't want to leave it up to her kids," McCracken said. "And I have a couple of people who write excellent poetry."

McCracken usually has a handout for each

class, such as writing for emotional impact, advice about plotting, an analysis of good writing or possible magazine markets for a first-person stories.

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

They also discuss dialogue, setting, place and climax.

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

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

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

'Everybody has a story, and in class we have the joy and freedom to share your story.'

SHARON MCCRACKEN

"Everybody has a story, and in class we have the joy and freedom to share your story," she continued. "It's really fun. We're learning. We're growing."

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

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

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

"It's such a wonderful class," she said. "I've never had so much fun." ■

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Local cycling event to help feed home-bound seniors

Registration open for 7th annual Wheels for Meals Ride

By **ARTHUR HWANG**

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

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

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

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

With the funds raised, Alameda

County Meals on Wheels collaborates with five local meal provider

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

programs to deliver meals to seniors who are unable to prepare their own food and have difficulty with mobility.

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



COURTESY OF MEALS ON WHEELS

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

ameda County Meals on Wheels project coordinator.

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

becue lunch and entertainment. The event offers routes of varying degrees of difficulty and distance to accommodate riders of all experience levels.

"You can show our parents, grandparents, aunts and uncles that they haven't been forgotten about and that their neighbors un-

derstand the importance of meal delivery and wellness/safety checks as key ingredients to them being able to retain their dignity and independence," Bruno stated.

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

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Calendar

WHAT'S HAPPENING IN OUR COMMUNITY • POST CALENDAR ITEMS AT PLEASANTONWEEKLY.COM

Civic Meetings

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

Clubs

GIRLS NIGHT OUT NETWORKING GNON is a great opportunity for women to gather monthly in a fun and informal environment for the purpose of networking, friendship, camaraderie and more, from 5-7 p.m. on Monday, Aug. 3 at Oasis Grill, 780 Main St. Cost is \$10-\$15. Go to www.gnon.org/rsvp.html.

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

LIVERMORE-AMADOR GENEALOGICAL SOCIETY PRESENTS GENE BLOCK The Livermore-Amador Genealogical Society will present Gene Block, discussing "Four Main Reasons Why We Hit Brick Walls In Our Research When the Records Are Available" at 7:30 p.m. on Monday, Aug. 10 at Congregation Beth Emek, 3400 Nevada Court. Marilyn Glass and Diane Wiedel, Program Chairs, at program@L-AGS.org.

PLEASANTON LIONS CLUB The Pleasanton Lions Club meets for dinner at 6:30 p.m. the second and fourth Tuesday of the month at The Regalia House, 4133 Regalia Court. The dinner fee is \$10. For more information please visit <http://pleasantonlionsclub.org>.

PLEASANTON NEWCOMERS CLUB This club is a great way for new and established residents to make new friends. It meets for coffee on the first Wednesday of every month and for lunch on the second Wednesday of every month. The group has activities like hiking, walking, Bunco and more. Visit www.pleasantonnewcomers.com. Contact Info@PleasantonNewcomers.com or 215-8405.

SENIOR MENS SOCIAL CLUB Sons In Retirement (SIR) is a social club for senior men. In addition to friendships, members can participate in interest groups like golf, bridge, travel, photography, etc. We meet for lunch first Thursday of the month at San Ramon Golf Club. Open to retirees in the Tri-Valley. Contact Rich Osborne at 785-3549 or trivalleysir@gmail.com. Go to branch34.sirinc2.org.

Concerts

CONCERT IN THE PARK: TOMMY AND THE 4 SPEEDS Enjoy the Pleasanton Downtown Associations Concert in the Park series with Tommy and the 4 Speeds, 1960s, at 7 p.m. on Friday, Aug. 7 at Lions Wayside and Delucchi Parks. Sponsored by Accusplit. Call 484-2199 or go to www.pleasantondowntown.net.

SUMMER MUSIC NIGHT 2015

Celebrate live and local musicians from the Bay Area, featuring singer/songwriter Emily Zisman and her band The Day is Done, and special guest performances by Pleasanton's own Maddy Hudson (vocalist) and Shanth Gopalswamy (guitar) at 8 p.m. on Saturday, Aug. 8 at Firehouse Arts Center. Tickets are \$15, \$10 for students. Call 931-4848 or go to www.firehousearts.org.

Events

'DEFEAT THE DROUGHT' WATER

EXPO Join Congressman Eric Swalwell, Dublin San Ramon Services District, and the City of Dublin at a "Defeat the Drought" water expo from 9 a.m.-noon on Saturday, Aug. 1 at the Dublin Public Safety Complex at Clark Ave. and Dublin Blvd. This is a great opportunity to learn the many ways to conserve water.

70 YEARS OF NUCLEAR WEAPONS:

AT WHAT COST? Featuring Daniel Ellsberg, Country Joe McDonald, Taiko drummers and more; followed by a short march to the Lab gate and a traditional Japanese Bon Dance. From 8-10 a.m. on Thursday, Aug. 6 at Lawrence Livermore National Laboratory. Go to <http://afsc.org/office/san-francisco-ca>.

AN EVENING WITH ANDREW

CARNEGIE A rags-to-riches story, Scottish-born Andrew Carnegie emigrated with his poor family to the US in 1848. By 1901 Carnegie sold his steel company for \$480 million, and at the time of his death had donated almost all of his fortune. Doug Mislis, actor and professor, portrays the steel mogul at 7 p.m. on Tuesday, Aug. 11 at Firehouse Arts Center. Tickets are \$10, \$7 for students and seniors, and \$5 for members. Call 462-2766 or go to <http://www.museumonmain.org/ed-kinney-series-an-evening-with.html>.

NATIONAL NIGHT OUT 2015

National Night Out is a crime and drug prevention event sponsored by the National Association of Town Watch and co-sponsored locally by the Pleasanton Police Department. Over 37 million people will join forces on Tuesday, Aug. 4 to celebrate National Night Out's 32nd annual event. Parties vary from potlucks and BBQ's to ice cream socials and have included live bands, bounce houses, kids activities and closed off street parties. If you are interested in hosting a party, visit www.pleasantonpd.org for an application. Deadline is July 31. For more information, contact Officer Archie Chu at 931-5222 or achu@cityofpleasantonca.gov.

PLEASANTON GEM FAIRE Get fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and silver, minerals and much more at manufacturer's prices. Over 50 exhibitors from around the world will be on site at the Gem Faire, from noon-6 p.m. Friday, 10 a.m.-6 p.m. Saturday, and 10 a.m.-5 p.m. Sunday, Aug. 7-9 at the Alameda County Fairgrounds. Admission is \$7 for a weekend pass. Contact Yooy Nelson at (503) 252-8300 or info@gemfaire.com. Go to www.gemfaire.com.

RED CROSS INTERFAITH BLOOD

DRIVE The Annual Interfaith Community Blood Drive will have a donation site in Pleasanton for the American Red Cross from 9 a.m.-3 p.m. on Saturday, Aug. 1 at St. Elizabeth-Seton Church, 4005 Stoneridge Drive. Call 1-800-733-2767 or go to www.redcrossblood.org, sponsor code InterfaithCommunity.

Exhibits

INSIDE AND OUT: PLEIN AIR AND

STUDIO WORKS See "Inside and Out," featuring works by seven Bay Area artists who paint together for inspiration and challenge, from Aug. 5-Sept. 12 at the Harrington Art Gallery at Firehouse Arts Center. Pieces are begun outdoors and completed in studio. An opening reception with the artists will be from 7-9 p.m. on Wednesday, Aug. 5. Light refreshments will be served. A Young @ Art event, "Art in the Park" will be from 4:30-5:45 p.m. on Thursday, Aug. 6 for ages 5-11 register at pleasantonfun.com code 60160. Call 931-4849.

SPECIAL ART EXHIBITS: WILLIAM

RUSHTON AND VICTORIA VEDELL Enjoy two unique exhibits, the dense oils of William Rushton and the atmospheric landscapes of Victoria Veedell. Rushton's pieces will be on display now-Aug. 26 in the Grand Atrium Lobby, and Veedell's will be on display now-Sept. 5 in the main floor gallery. A reception with the artists will be from 7-9 p.m. on Wednesday, Aug. 5, refreshments will be served. Contact the Gallery Director at 931-4849 or JFinegan@cityofpleasantonca.gov.

Film

'MESSAGE FROM HIROSHIMA' This film, narrated by George Takei and co-hosted by Tri-Valley CARES, with a guest speaker, is about a computer generated model of Hiroshima as it used to be with commentary by survivors. A meet and greet potluck will be at 6:30 p.m., followed by the film at 7 p.m., on Saturday, Aug. 1 at IBEW Hall in Dublin. Free, \$3 donations accepted. Contact 462-3459 or flickknight@gmail.com.

FREE MOVIES IN THE PARK: 'BACK

TO THE FUTURE' The City of Pleasanton presents free movies in the park for summer. See "Back to the Future," the classic family favorite story of time travel, showing at dusk on Thursday, Aug. 6 at Amador Valley Community Park. Rated PG. Call 931-4826.

Fundraisers

18TH ANNUAL POOCH PARADE The 18th Annual Pooch Parade will take place on Wednesday, Aug. 5 at Lions Wayside Park. This event runs in conjunction with the "1st Wednesday Street Party" sponsored by the Pleasanton Downtown Association. Registration and judging will be from 5:30-7 p.m., trick dogs will perform at 6:30 p.m. The parade begins at 7 p.m. Winners and raffle numbers will be announced at Lions Wayside

PET OF THE WEEK



TRI-VALLEY ANIMAL RESCUE

Loving Capri

Pit mix Capri has stolen the hearts of her shelter volunteer friends. She adores attention, gives plenty of kisses and appears to be good around other shelter dogs. Capri is available for adoption at the East County Animal Shelter, 4595 Gleason Drive in Dublin. For more information, call 803-7040.

Park starting at 7:45 p.m. Enter your pooch, any size 4 months or older, in any or all of the seven categories for great prizes. Entry fee is \$10 per category. All proceeds benefit the Tri-Valley Guide Dog Puppy Raisers. For information and registration forms, go to www.trivalleyguidedogs.org.

FABULOUS FINDS The American Cancer Society Discovery shop is requesting donations for the Fall Jewelry Event "Fabulous Finds" on Sept. 18-20. Take a moment to clean out your jewelry box and donate earrings, bracelets, pins, necklaces, and rings to benefit a worthy cause. Call 462-7374.

PACIFIC REPERTORY THEATRE FUNDRAISER GALA Pacific Coast Repertory Theatre will hold its annual PCRT Gala Fundraiser featuring wine, gourmet hors d'oeuvres and a silent auction, followed by vignettes from the upcoming 2015-16 season of professionally produced, Broadway musicals, from 4-7 p.m. on Sunday, Aug. 2 at the Firehouse Arts Center. Tickets are \$75. Call 931-4848. Go to www.firehousearts.org or www.pcrtproductions.org.

Kids & Teens

'FUN WITH SCIENCE' SUMMER SERIES Come explore the Discovery Center and take part in the "Fun With Science" program designed for 5th graders, a fun way to see and participate in science experiments that explain states of matter, air pressure, density, electricity, light and chemistry. Held from 1:30-3:30 p.m. on Wednesdays, Aug. 6, 12 at Lawrence Livermore National Laboratory's Discovery Center. Registration required. Children must be accompanied by an adult. Email completed registration form, found at <https://www.llnl.gov/sites/default/files/summerfunwithscienceform2015.pdf>, to superscience@llnl.gov.

Lectures/ Workshops

STARTING YOUR OWN BUSINESS WORKSHOP At this free educational workshop, Katin Fagan, MBA in Entrepreneurship and PhD in Mass Communications will discuss different small business ownership options, differences among starting a business from scratch, buying an existing busi-

ness and buying a franchise, and small business funding options. The workshop will be at 2 p.m. on Saturday, Aug. 8 at the Dublin Library, 200 Civic Plaza, Dublin. Free. Go to www.aclibrary.org.

On Stage

'THE KING AND I' See the classic musical "The King and I," the story of widowed Anna who accepts the position of live-in governess for the King of Siam's children, at 8 p.m. Fridays and Saturdays, 2 p.m. Sundays, July 18-Aug. 2 at the Bankhead Theater in Livermore. No Friday performance opening weekend. Tickets are \$20-\$39. Call 373-6800 or go to www.livermoreperformingarts.org/bankhead-theater.html.

STARSTRUCK PRESENTS 'MARY POPPINS' See the classic musical "Mary Poppins," the story of the "practically perfect" nanny Mary Poppins, who floats over London's chimneys into the lives of the Banks family. With beloved songs "A Spoon Full of Sugar," "Chim Chim Cher-ee" and more. The show runs at 8 p.m. on Fridays-Sundays, July 25-Aug. 9 at the Dublin Center for Performing Arts. Tickets are \$22-\$28. Go to <http://www.starstrucktheatre.org/>.

Spiritual

CONGREGATION BETH EMEK OPEN HOUSE Congregation Beth Emek is an inclusive Reform synagogue with an open and participatory atmosphere. We welcome all people on their Jewish journey. Drop by our Open House to learn about worship opportunities, our community, and educational programs for all ages, from 10 a.m.-noon on Sunday, Aug. 9 at Congregation Beth Emek, 3400 Nevada Court. Go to www.bethemek.org.

Support Groups

GRIEF SUPPORT GROUP Gentiva Hospice offers one-on-one grief counseling as well as small group support. Join a grief support group from 6-7:30 p.m. on the first Monday of the month at Gentiva Hospice, 6140 Stoneridge Mall Road, Suite 175. Groups are open to all and free of charge. Call 737-0203.

Pleasanton All-Stars fall in West Regional semis

Just miss out on spot in World Series hosted by Livermore

By JEREMY WALSH

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

The Pleasanton boys earned the NorCal division title earlier this month in Chowchilla with a 15-4 win over the Sacramento-area Sunrise Little League, giving them a berth in the West Regional for a shot at the World Series.

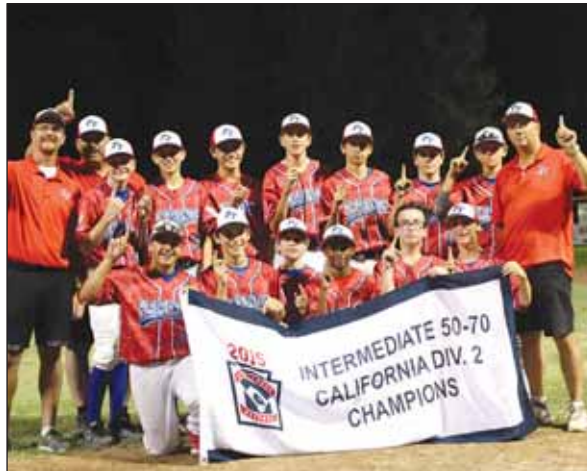
The regional tournament, held in Nogales, Ariz., featured 10 teams from Western states separated into two pools for round-robin play.

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

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

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

The local boys were set to square off against Nevada in a third-place consolation game, but it was canceled due to weather. The final



CONTRIBUTED PHOTO

The Pleasanton All-Stars, shown celebrating their Little League Intermediate NorCal division title, advanced all the way to the regional semifinal, where their run ended with a loss to Washington.



CONTRIBUTED PHOTO

Premier Rage take Showcase crown in penalty kicks

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

Green Gators claim Tri-Valley Swim title

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

The Green Gators finished the Saturday event at the Dolores Bengtson Aquatic Center with 2,395 points overall, 355 points ahead of the second-place ClubSport Tidalwaves.

The Ruby Hill Red Raiders came in third with 2,034.5 points, followed by Del Prado Stingrays (2,006 points), Pleasanton Meadows Sharks (1,840 points), Briarhill Barracudas (1,341.5 points), DBAC Pirahnas (1,321 points) and Foothill Area Swim Team (FAST) Dolphins at 1,112 points.

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

Red Raider Ryan Kobayashi set two 11-12 boys marks, with a 1:06.38 in the 100-yard individual medley and a 30.68 in the 50-yard backstroke.

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

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

between Washington and Hawaii was also delayed, with the result not available as of press time.

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

There's also a Tri-Valley team in the tournament. Danville won the World Series spot given to California District 57 as the event host. ■

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

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

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

—Jeremy Walsh

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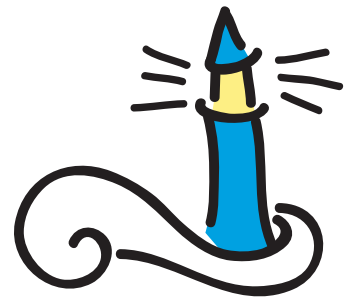
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Jobs

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Public Notices

995 Fictitious Name Statement

PLEASANTON ACADEMY OF MUSIC FICTITIOUS BUSINESS NAME STATEMENT File No.: 505990
The following person(s) doing business as: PLEASANTON ACADEMY OF MUSIC, 1024 SERPENTINE LANE SUITE 118, PLEASANTON, CA 94566, is hereby registered by the following owner(s): Tatiana Kubatina, 5200 Iron Horse Parkway Apt. 443, Dublin, CA 94568. This business is conducted by an Individual. Registrant has not yet begun to transact business under the fictitious business name(s) listed herein. Signature of Registrant: Tatiana Kubatina. This statement was filed with the County Clerk of Alameda on 06/17/2015. (Pleasanton Weekly, July 17, 24, 31, Aug. 7, 2015)

LNx ARCHITECTURE INC. FICTITIOUS BUSINESS NAME STATEMENT File No.: 507369

The following person(s) doing business as: LNx ARCHITECTURE INC., 6710 CORTE SANTA MARIA, PLEASANTON, CA 94566, is hereby registered by the following owner(s): LNx Architecture Inc., 6710 Corte Santa Maria, Pleasanton, CA 94566. This business is conducted by a Corporation. Registrant began transacting business under the fictitious business name(s) listed herein 06/24/2015. Signature of Registrant: Yuan Lin, CEO. This statement was filed with the County Clerk of Alameda on 07/20/2015. (Pleasanton Weekly, July 24, 31, Aug. 7, 14, 2015)

LUXE BEAUTY BAR FICTITIOUS BUSINESS NAME STATEMENT File No.: 507199

The following person(s) doing business as: LUXE BEAUTY BAR, 4713 FIRST ST. SUITE 240, PLEASANTON, CA 94566, is hereby registered by the following owner(s): Lisa Luna, 635 Des Moines Place, San Jose, CA 95133. This business is conducted by an Individual. Registrant has not yet begun to transact business under the fictitious business name(s) listed herein. Signature of Registrant: Lisa Luna. This statement was filed with the County Clerk of Alameda on 07/16/2015. (Pleasanton Weekly, July 24, 31, Aug. 7, 14, 2015)



Need to publish a fictitious business statement in an Alameda County newspaper of general circulation?

Just call
925-600-0840

Deadline: 5 p.m. the Friday before publication

Pleasanton Weekly



COURTESY OF CLCA

Work completed on the Lammler residence in Pleasanton earned a 2015 Beautification Award for Martinez-based landscape contractor Past the Gate.

East Bay landscaper recognized for work on Pleasanton home

Total of 25 awards presented by trade association

BY PLEASANTON WEEKLY STAFF

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

Past the Gate received a Judges Award for its large residential installation at the Lammler home in Pleasanton.

The award recognizes contractors for excellence in landscape installation and maintenance, and demonstrating the best quality, construction, originality and attention to detail on projects completed within the last year.

A total of 25 awards were presented in 15 categories from 42 entries, which included

residential and commercial landscape construction, maintenance and renovation, as well as water features, outdoor lighting and water-saving California-friendly landscaping.

Concord-based Allied Landscape Services received the Small Commercial Installation Award for its work on the Canyon Lakes-Lakemont Pool in San Ramon.

Other award winners included landscape contractors from Oakland, Pleasant Hill, Livermore, Menlo Park and Roseville.

Award entries were judged by a panel of expert CLCA members who inspected each nomination for the quality of workmanship and materials utilized. Each landscaping entry needed to adhere to industry standards and demonstrate proper execution. ■

HOME SALES

This week's data represents homes sold during May 29-June 30

Pleasanton

- 4127 Amberwood Circle** F. Faili to K. Ho for \$528,000
- 6570 Arlington Drive** Howard Trust to K. Russell for \$1,170,000
- 5220 Arrezzo Street** Ventura Trust to G. & L. Lock for \$725,000
- 1119 Baur Court** G. Kamarthy to Y. Chen for \$1,380,000
- 5324 Brookside Court** B. Towfighi to B. & L. Marquie for \$705,000
- 6910 Calle Altamira** W. & T. Sullivant to E. & K. Cheng for \$1,080,000
- 6291 Calle Fuego** Neuschwander Trust to Rowson Trust for \$950,000
- 2229 Camino Brazos** Aitchison III to J. & D. Diaz for \$1,083,500
- 6725 Corte Del Vista** Cartus Financial to J. Xiang for \$1,040,000
- 4796 Corwin Court** M. Park to R. & S. McWilliams for \$810,000
- 2872 El Capitan Drive** Brown Trust to Z. Dooley for \$711,000
- 3576 Florian Street** T. Xu to U. Das for \$858,500
- 1354 Galanti Court** W. & V. Butcher to Harkness Trust for \$3,100,000
- 6266 Garner Court** D. & K. Lee to G. & E. Lombardi for \$796,000
- 2327 Goldcrest Circle** T. Javidi to H. Zhang for \$710,000
- 34 Golf Road** D. Thayer to A. Ahluwalia for \$2,575,000
- 3751 Kamp Drive** D. Mermelstein to S. Gurumoorthi for \$780,000
- 3183 Lansdown Court** E. Baumann to F. Peng for \$950,000
- 1120 Mills Court** Pirilampo Limited to Y. Pang for \$1,160,000
- 959 Mingoia Street** W. Battaligello to E. Shaw for \$1,737,000
- 722 Montevino Drive** Y. Lin to C. & P. Suggala for \$1,332,000
- 7655 Olive Drive** R. & B. Ryan to C. & T. Wood for \$860,000
- 4158 Parma Court** D. & B. Ross to L. Wu for \$2,580,000
- 3066 Paseo Granada** C. Andrews to S. Qian for \$1,275,000
- 3752 Platt Court #N** S. Canio to K. Sanghavi for \$730,000
- 3727 Raboli Street** N. & H. Fallgren to Silva Trust for \$2,120,000
- 4868 Saginaw Circle** D. Vittaldevara to Y. & J. Chen for \$470,000
- 5770 San Antonio Street** F. & L. Wagner to K. & M. Tamasu for \$930,000
- 3588 Touriga Drive** G. & M. Noland to KRBC Limited for \$700,000
- 3835 Vineyard Avenue** Pleasanton 10 to D. & B. Woods for \$725,000
- 3586 Whitehall Court** Milton Trust to S. Chen for \$960,000

- 6101 Augusta Way** G. & C. Hazelhofer to V. Keshavan for \$650,000
- 5359 Azalea Court** G. Zanin to W. Murphy for \$655,000
- 161 Bellington Common #3** J. & E. Filliater to G. Purdy for \$502,500
- 5102 Bianca Way** M. & H. Chartier to K. & A. Chapman for \$777,000
- 5109 Bianca Way** Termini Trust to B. & V. Nagy for \$525,000
- 850 Bower Court** Grist Trust to S. Price-Thomas for \$545,000
- 2629 Briarwood Drive** P. & H. Wong to J. & J. Matthews for \$855,000
- 1826 Broadmoor Street** F. & A. Gagliardi to Purves Trust for \$647,500
- 4152 Camrose Avenue** L. & K. Soler to R. & D. Gill for \$875,000
- 3661 Carrigan Common** J. Watkins to N. & L. Drake for \$385,000
- 5749 Cherry Way** V. Roth to C. Finney for \$358,500
- 1122 Coronado Way** J. Cosman to C. & L. Herrera for \$629,000
- 260 Covellite Lane** D. Labat to R. & A. Oberg for \$626,000
- 510 Curlew Road** M. & R. Gonzalez to J. Doyle for \$605,000
- 1154 Del Norte Drive** D. Jacobson to B. Torok for \$442,000
- 807 Del Norte Drive** M. Dasilva to Y. Bhat for \$476,000
- 1220 Diamond Court** Grove Trust to J. & G. Solorzano for \$730,000
- 4348 East Avenue** R. & T. Andre to J. & K. Oakgrove for \$550,000
- 4330 Golf Drive** Purves Trust to K. Trefethen for \$530,000
- 5576 Greenwich Avenue** Wilson & Spence Trust to D. Siler for \$599,000
- 2267 Hampton Road** A. & B. Fox to W. & K. Rudder for \$920,000
- 970 Hanover Street** Mega Pro Capital to M. & J. Davidson for \$676,000
- 555 Hazel Street** B. Lorimer to J. Galbraith for \$378,000
- 486 Kent Court** P. & C. Fried to D. Urrutia for \$810,000
- 373 Knottingham Circle** Schumacher Trust to C. & R. Romero for \$905,000
- 2071 Lawson Circle** J. & D. Velasquez to R. & M. Gausman for \$1,030,000
- 5821 Lobelia Way** H. & B. Badhwar to E. Dimitropoulos for \$790,000
- 537 Loyola Way** R. & J. Maxey to E. Suggs for \$690,000
- 3857 MacGregor Common** Next Generation Capital to J. Williams for \$604,500
- 6458 Magnolia Common** M. Khuu to P. Vipranarayanan for \$620,000
- 1375 Melanie Way** T. & S. Olsen to S. & S. Leathers for \$885,000
- 32 Meritage Common #106** Lefort Trust to D. Shah for \$525,500
- 1456 Morning Glory Circle** Ponderosa Homes to G. Crabb for \$740,500
- 1459 Morning Glory Circle** Ponderosa Homes to M. & A. Bindra for \$753,000

Source: California REsource

OPEN HOMES THIS WEEKEND

Castro Valley

- 4 BEDROOMS**
- 7920 Pineville Circle** **\$979,000**
Sat/Sun 1-4 DeAnna Armario & Liz Venema
260-2220/413-6544

Dublin

- 2 BEDROOMS**
- 11854 Kilcullin Court** **\$530,000**
Sat/Sun 1-4 John Ledahl 989-4994

Livermore

- 3 BEDROOMS**
- 1721 Morning Glory Road** **\$659,000**
Sat/Sun 1-4 Karen Muccio 548-8641
- 1594 Calle Del Rey** **\$667,500**
Sun 1-4 Diane Smugeresky 872-1276
- 577 Everglades Lane** **\$670,000**
Sat/Sun 1-4 Leslie Faught 784-7979
- 1158 Dublin Ave.** **\$625,000**
Sun 1-4 Moxley Team 600-0990
- 1379 Buckhorn Creek Drive** **\$859,000**
Sat/Sun 1-4 Coldwell Banker 847-2200
- 1080 Apache St.** **\$554,950**
Sat/Sun 1-4 Cindy & Gene William 918-2045

- 4 BEDROOMS**
- 1113 Heather Lane** **\$735,000**
Sun 1-4 Fabulous Properties 980-0273/519-8226
- 1534 Pyrite Place** **\$1,095,000**
Sun 1-4 Coldwell Banker 847-2200
- 1786 Vancouver Way** **\$799,888**
Sat 1-4 Coldwell Banker 847-2200

Pleasanton

- 2 BEDROOMS**
- 4138 Amberwood Circle** **\$579,000**
Sat 12:30-3:30/Sun 1-4 Lisa Sterling-Sanchez 980-9265

- 1868 Harvest Road** **\$659,000**
Sat/Sun 1-4 DeAnna Armario & Liz Venema
260-2220/413-6544

- 3 BEDROOMS**
- 356 Trenton Circle** **\$719,000**
Sun 1-4 Doug Buenz 785-7777
- 4592 Carver Court** **Call for price**
Sun 1-3 Dave & Sue Flashberger 463-0436

- 4 BEDROOMS**
- 5117 Liveoak Court** **\$948,000**
Sat/Sun 1-4 Louise Davis 200-2457
- 1563 E. Gate Way** **\$1,050,000**
Sat/Sun 1-4 Doug Buenz 785-7777
- 3404 Ashton Court** **\$1,780,000**
Sat/Sun 1-4 Cindy Gee 963-1984
- 5576 Jacqueline Way** **\$759,900**
Sun 1-4 Cindy & Gene Williams 918-2045

- 5 BEDROOMS**
- 2688 Becard Court** **\$1,375,000**
Sun 1-4 Doug Buenz 785-7777
- 3099 East Ruby Hill Drive** **\$3,135,000**
Sun 1-4 Fabulous Properties 519-8226/980-0273
- 9608 Crosby Drive** **\$1,900,000**
Sun 1-4 Joyce Jones 998-3398

- 6 BEDROOMS**
- 3891 Hot Springs Court** **\$1,250,000**
Sun 1-4 Janna Chestnut 876-6105

San Ramon

- 3 BEDROOMS**
- 965 Durant Ave.** **\$449,000**
Sun 1-4 Coldwell Banker 847-2200
- 113 Rosario Court** **\$639,000**
Sun 1-4 Mia & Beverly Team 463-9500

Find more open home listings at pleasantonweekly.com/real_estate

Livermore

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

OPEN Sat. and Sun. 1-4

3404 Ashton Ct.

JUST LISTED IN LAGUNA OAKS
RESORT STYLE LIVING

GORGEOUS executive home with VIEWS of the ridge! Updated and ready to move in!! 4 bed 3.5 bath bonus/5th bedroom office. 3853 sq ft. Huge gourmet Kitchen with Granite, Plantation shutters, opening to extended family with view of large Park-like yard flat! Must see!...Quiet court!

Offered at \$1,768,000

Cindy Gee

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Gail Boal
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www.gailboal.com

2 bedroom/2 bath, 1104 sq ft lovely remodeled condo in Fremont. Laminated floors, white cabinets/granite cabinets. One car garage. Walking distance to BART — fabulous location! **OFFERED AT \$489,000**

DeAnna Armario
925.260.2220

DeAnna@ArmarioHomes.com
REALTOR® LIC # 01363180



Liz Venema
925.413.6544

Liz@VenemaHomes.com
REALTOR® LIC # 01922957

ArmarioVenemaHomes.com

SOLD



3785 SMALLWOOD COURT, PLEASANTON

VIEWS! Stunning hill-top home with panoramic views! 5800+/- sq. ft. Huge 24,436+/- sq. ft. lot backs to open space.
SOLD FOR \$2,420,000

OPEN SAT/SUN 1-4



1868 HARVEST ROAD, PLEASANTON

Great location! 2BR, 2 BA, 1471 +/- sq. ft. Updated kitchen & baths. 2 master BR suites. New flooring. 2 car garage. Walking distance to schools. **OFFERED AT \$659,000**

OPEN SAT/SUN 1-4



7920 PINEVILLE CIRCLE, CASTRO VALLEY

Stunning Shapell hill-top home with panoramic views! 4BR, 3 BA w/ loft among 2535 +/- sq. ft. Main level BR and full BA. Backs to open space. **OFFERED AT \$979,000**

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944 CURLEW STREET, LIVERMORE
Sunny 3 bdrm, 2 bath home with a granite kitchen.
PRICED IN THE LOW \$600,000'S

1ST TIME OPEN SUN 1-3



4592 CARVER CT., PLEASANTON
One level home! 3 bdrms, 2 baths and a sparkling pool!
PRICED IN THE HIGH \$700,000'S

COMING SOON!



3908 MT. RAINER CT., PLEASANTON
Totally remodeled 3 bdrm, 2 bath w/ pool and spa! Detached workshop.
PRICED IN THE HIGH \$700,000'S

SALE PENDING!



1003 ZINFANDEL CT., PLEASANTON
OFFERED AT \$1,180,000

SALE PENDING!



2453 MIKEMARY CT., CASTRO VALLEY
OFFERED AT \$628,000

SALE PENDING!



4135 VENETO CT., PLEASANTON
OFFERED AT \$645,000



Just Sold

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OPEN SUNDAY 1-4



5576 JACQUELINE WAY, LIVERMORE
Beautiful 4 bedroom, 2.5 baths, 1,858 sq feet of living space. Remodeled gourmet kitchen. Private backyard with in ground Pool. Lot size: 9,001 sq ft. Side yard access with RV.
OFFERED AT \$759,900

OPEN SATURDAY/SUNDAY 1-4



1080 APACHE ST., LIVERMORE
Nice quiet street. 3 bedrooms, 2 baths, 1,200 sq ft. Remodeled kitchen with beautiful hardwood floors. Great room including kitchen, living room and dining area.
OFFERED AT \$554,950

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warren@TheDemarinisGroup.com
BRE#01861944



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



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

WINDERMERE REAL ESTATE 4637 Chabot Drive, Suite 108, Pleasanton, CA 94588



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6010 ALISAL ST.
PLEASANTON

Single story home offers 3,961 SF of living space on 3.5+ acres. 4 bedrooms, 3.5 baths, formal dining room with the kitchen opening to the grand family room. Home offers panoramic views of the Pleasanton Valley and Calliope Golf Course. City sewer and water, solar, a private well, a detached RV garage with potential for an in-law unit and geo-thermal heating system are additional features of this home.
OFFERED AT \$2,590,000



2020 MARTIN AVENUE
PLEASANTON

Located in the private Mohr Estates Neighborhood this home offers 4 BD, 3 BA and 3,107 SF on a 26,932 SF lot. Home features a gourmet kitchen with granite, wood floors, cooking island & opens to great room. 1 BD / office on main level. Detached 1,023 SF guest house with kitchenette, 1 BD & 1 full BA. Private yard with pool, 3 large patios, bocce court and fire pit.
OFFERED AT \$1,799,000
SOLD \$1,783,800



1850 HALCYON CT.
PLEASANTON

Pleasanton Valley Neighborhood. 4BD, 2.5BA 2,706sf.. Offering an Expanded gourmet kitchen with cherry cabinets, cook & prep island with a breakfast bar overlooking the family room. The Master bdr & bath have been expanded with a walk in closet, soaking tub and separate shower. The homes 11,721 sqft yard offers a wraparound cover deck, pool with a safety fence, double gated side yard access. Close to award winning schools, park and downtown.
OFFERED AT \$1,290,000
SOLD \$1,352,000



5279 RIDGEVALE WAY
PLEASANTON

Pleasanton Valley Neighborhood. 3BD, 2BA 1,854sf. Single level move in ready! Walk to K-12 Schools. Hardwood flooring, updated kitchen w/ breakfast nook, formal living & family room. Hall bathroom remodeled. Master suite offers HUGE walk-in closet, wood flooring & updated bath w/ new cabinets, quartz counters & travertine tile. Sparkling pool.
OFFERED AT \$935,000



4022 SILVER ST.
PLEASANTON

Jensen Neighborhood. 3BD, 2BA 1,740sf. Single level charmer with an open floor plan in the heart of town. Open floor plan - updated kitchen with pendant & accent lighting, glass cabinet doors, gourmet cook island with a breakfast bar & prep area. Updated baths, a formal dining, a living room and family room, original wood floors, recessed lighting, ceiling fans in each bedroom. Walk to Downtown & K-12 schools.
OFFERED AT \$825,000
SOLD \$880,000



4106 ALVARADO ST.
PLEASANTON

Jensen Neighborhood. 3BD, 2BA 1,236sf. Single level in the heart of town. Offering an updated kitchen with granite counters & tile floors. An open floor plan offers a family room & living room complimented with a newer roof, dual pane windows, central air & a vaulted ceiling in the master BD. Side yard access, extended outdoor living space with a solid roof patio cover & fountain. Walk to Downtown & K-12 schools.
OFFERED AT \$745,000
SOLD \$825,000



1158 DUBLIN AVE.
LIVERMORE

Located in the Sunset Neighborhood. 3BD, 2BA 1,510sf. Single level with wood flooring, Updated kitchen with large serving bar, granite and travertine tile. Formal dining room opens to living room with custom fireplace mantle. Backyard with covered patio, pool w/ solar and large deck. Walk to award winning schools.
OFFERED AT \$625,000

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2 Sky Castle Road | Castlewood Pleasanton | \$3,480,000
Magnificent Hilltop Mediterranean Estate in the hills of Castlewood, Pleasanton! Enjoy panoramic views from this incredible 5 bedroom, 7 ½ bath custom home, with Office, Media/Bonus Apartment and 6,400 sq ft of living space plus an additional 500 sq ft of covered outdoor entertaining area, on over 1 acre of manicured grounds.
www.SkyCastleEstate.com



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



1717 Courtney Avenue Pleasanton | Call for Price
Stunning home in the desirable Chain of Lakes neighborhood. Outstanding floor plan with exceptional custom upgrades throughout. Features 4 bedrooms, 3 baths and huge private lot with a pool, spa and fire pit. Over \$500,000 in remodel upgrades to include kitchen with custom cabinetry, plantation shutters and owned solar system, 220V service for electric vehicle charging.



SOLD OVER LIST PRICE OF \$924,800
6930 Corte Mateo | Pleasanton
Exceptional home on a court, no rear neighbors, in the desirable Ponderosa community. Home features 3 bedrooms and 2 ½ baths with an open floor plan. Large, spacious family room opening into the dining room and lots of natural light. Backyard is perfect for entertaining or just enjoying your beautiful pool. Perfect location near parks, shopping and freeway access.

PHYLLIS WEINER, REALTOR®
PWEINER@VENTURESIR.COM
925.872.1416 | weiner mcdowell.com
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Open Sat & Sun 1-4



Cindy Gee

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



Bobbie Lacanlale

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



Mia & Beverly Team

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

Open Sat & Sun 1-4



Pilar Jacobo

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



Bill Wells

230 W Hunter Ln. - Fremont - \$1,750,000
Minutes to Mission San Jose & award-winning schools, this lovely home has been meticulously cared for by the original owners. New carpet in LR/DR, custom built-in cabinets in master & den/office, 3 fireplaces & hardwood floors. Lush landscaping w/many fruit trees, Trex deck/pergola & side patio.



Meraj Khan

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

Open Sun 1-4



Mia & Beverly Team

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



Julia Korpi

37 Shetland Ct. - San Ramon - \$1,027,000
Location, location, - this fabulous court is right next to the greenbelt & the kids can walk to school. Full bath & bedrm on lower floor. Remod kitchen w/granite counters & stainless steel appliances w/dbl ovens. Crown molding, formal dining & a master suite w/sitting area.

PLEASANTON | 4733 Chabot Drive, Suite 100 | 925.463.9500 | www.bhghome.com/pleasanton

Coldwell Banker #1 IN CALIFORNIA



LIVERMORE
Open SUN 1-4 1534 PYRITE PLACE
RARELY AVAILABLE SINGLE STORY \$1,095,000
4 BR 2.5 BA S. Livermore Lot! Court Location! Open Flrpln w/volume ceilings. Lots of light.
Kathleen Waelde Cal BRE#00885285 925-847-2200



LIVERMORE
Open SAT/SUN 1 - 4 1379 BUCKHORN CREEK DR
CHARMING AND IMMACULATE \$859,000
3 BR/ 3 BA Open flrpln.Kit,dining & family rm combo. Gourmet kit.Custom blinds.Low maintenance bcklyrd.
Lori Kriens, Cal BRE#01899795 925.847.2200,



SAN RAMON
Open SAT/SUN 1:30 - 4 220 LASSO CIRCLE
UPDATED SINGLE LEVEL \$840,000
3 BR 2 BA Highly Desirable! Granite kitchen,Wood Floors, Freshly Painted, New Carpet & More! Must See! Shannon Arvig, CalBRE #01350212 925.847.2200



TRACY 483 RILEY CT
PRICE REDUCED DESIRABLE W.SIDE \$510,000
5 BR 3.5 BA Marble Tiled flrs. SS Appl. Kit w/center island/breakfast bar. Main flr bd/ba. Close to FVY.
Sharon Paulson, CalBRE #00467347 925.847.2200

DUBLIN
1634 PLACER CIRCLE
SPACIOUS 1-STORY LIVERMORE HOME! \$669,000
3 BR 2 BA 1 blk frm prk, fwy loc, dwntn/winries. Kit/ fam comb, vlted cngs, Indscpd bkyrd, 2car grg.
Suzanne Bieser, CalBRE #01355940 925.847.2200

275 NORTHWOOD CMN \$510,000
CLOSE TO DOWNTOWN!
3 BR 2.5 BA Dining rm w/fireplace. 2-car garage. New paint, carpet, fireplace mantle. Close to FWY/Schools
Lucy Lizarraga, CalBRE #01393413 925.847.2200

SAN LEANDRO
Open SUN 1-4 965 DURANT AVENUE.
NEEDS WORK ASKING \$449,000
2 bedrooms 1 bath Side access. Hardwood floors. Expanded bedroom. Deck in backyard.
Laurie Pfohl, Cal BRE#00866660 925.847-2200

4061 RENNELLWOOD WAY \$780,000
COMING SOON
3 BR/ 2 BA Updated kitchen w/Corian counters. Downstairs master: Dual pane windows. Bcklyrd w/ patio/roset
Nancy Sutorius, Cal BRE#00628232 925.367.7414

HAYWARD
18011 INCLINE PLACE
DESIRABLE TOWNHOME \$425,000
Walk to Park, Golf Course, Transportation, & Shopping. UPG Kit & Ba. End Unit w/2-car garage
Sean Leggat, CalBRE #01280186 925.847.2200

4221 LAS POSITAS ROAD \$1,650,000
COUNTRY PROPERTY
4 BR/ 2 BA Endless Possibilities.Private Country Property across from shopping center.
Nancy Terpening, Cal BRE# 00380392 925.847.2200

MOUNTAIN HOUSE
503 WEST CANCION COURT
Open SAT 12-3/SUN 1-4
GORGEOUS HOME W/UPGRADES \$600,000
4 BR 3 BA Distressed wd flrs. Granite counters. SS Appl. Plantation shutters. Custom paint. Must See!
Sean Leggat, CalBRE #01280186 925.847.2200

SAN RAMON
564 SANTANDER DRIVE
BEAUTIFULLY UPDATED! \$849,000
4 BR 2.5 BA Kit w/granite counters, SS Appl, NEW Flrs, Fresh paint, & dual pane windows.
Daisy Ng, CalBRE #01311067 925.847.2200

LIVERMORE
4779 CROSS ROAD
EXCEPTIONAL LAND/LOCATION \$2,099,800
3 BR 2 BA Single level.Views. Kit w/storage/counter space. Mstr w/Sliding door. Barn/Shop. 84.19 ACRES
Kay Stromgren, CalBRE #00890095 925.847.2200

Open SAT 1 - 4 1786 VANCOUVER WAY
OPEN FLOORPLAN \$799,888
4 BR 2 BA Remodeled w/lovely upgrades. Hdwd Flrs,Vaulted Ceiling. Kitchen that is a Chefs dream!
Susan Sue Williams, CalBRE #01035942 925.847.2200

PLEASANTON
4298 ASTOR HOLLOW STREET
GORGEOUS GALE RANCH HOME! \$895,000
3 BR 2.5 BA Kit Grnit cnter, ss appl & chry cab Hardwdflrs dwnstrs. crpt upstrs Marbl BA. Patio. 2Grg.
Suzanne Bieser, CalBRE #01355940 925.847.2200

TRACY
460 POMBO SQUARE DR.
NEWLY REMODELED HOME! \$379,000
4 BR 2.5 BA Washer, Dryer, & Refrig Stay. Granite ctrs, SS appl. Securty sys. Beautiful pool w/waterfall.
Suzan Gladieux, CalBRE #01245705 925.847.2200

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BlaiseLofland.com | PLEASANTON 900 Main Street



260 EAGLE COURT, ALAMO \$2,999,950

Gorgeous Stone Valley Oaks Home with Quiet Hilltop Court Location and Panoramic Views! Private .57 Acre Lot is Adjacent to Oak Studded Hills. Includes: Main House—5214 Square Feet with Five Bedrooms, 5½ Bathrooms, Bonus Room and Library/Office. Detached Guest House is 400 Square Feet and a Four Car Garage is Included. This Property is Beautifully Landscaped with In-Ground Pool & Spa. The Location is Excellent and Within Desirable School Attendance Areas. For a Private Showing Call the Blaise Lofland Real Estate Group. For More Information and Photos Visit 260eagle.com



1871 ZENATO PLACE, PLEASANTON \$2,395,000

Custom Home in Ruby Hill on .80 Acre Premium Lot at the Top of Vineyard Bordered Zenato Place. On Quiet Court Protected by Oak Studded Hills Behind the Property. Exceptional Location Provides Privacy, Views and is Convenient to the Nearby Clubhouse, Pool & Tennis Courts. Generous Professionally Landscaped Grounds, Includes: Outdoor Pavilion, for Poolside Entertaining, with Fireplace, Flat Screen Television and Kitchenette, Newly Refinished Mini Tech Pool/Spa and a BBQ Area. Five Bedrooms (Downstairs Master), Hobby/Upstairs Office Room, Four and a Half Bathrooms and Bonus/Game Room. Approximately 5,320 Square Feet. Oversized Four Car Garage Including Detached Boat/Workshop/Extra Large Garage (4th). For a Private Showing Contact the Blaise Lofland Real Estate Group. For More Information and Photos Visit 1871zenato.com.



3379 MONAGHAN STREET, DUBLIN \$599,888

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



4376 2ND STREET, PLEASANTON SOLD AT \$1,465,000

The Blaise Lofland Real Estate Group represented the buyers in the purchase of this beautiful downtown home. This historic residence offers three bedrooms, three bathrooms, 2,623 square feet (of which 540 sq. ft. is a partially finished attic and 120 sq. ft. is an unfinished basement). This home has been restored from an old train depot. It has also been expanded and remodeled throughout with new plumbing, electrical, and HVAC. The custom kitchen offers granite counters, stainless steel stove and hardwood floors. In addition there is a detached oversized three-car garage and a 120 square foot utility building. Enjoy the wrap around porch on the private 1/4 acre lot, which is just a short walk to Main Street! This home and property is truly one of a kind and special!



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

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



2753 WHEATMAN COURT, PLEASANTON SOLD AT \$829,500

Upgraded 3 Bedroom, 2½ Bathroom Single Family Detached Home with 1536 Square Feet in Stoneridge Place. Property is in Excellent Condition and is in a Preferred Quiet Location. Remodeled Kitchen with Refinished Cabinets, Stainless Steel Appliances and Quartz Countertops, Updated Bathrooms, New Downstairs Carpet, New Windows Upstairs, Finished Two Car Garage, Located Near Award Winning Mohr Elementary School & Park. Just Minutes to San Francisco Premium Outlet Mall, the BART Station, ACE Train, Downtown Pleasanton and the Livermore Valley Wine Country. Enjoy the Community Pool too! For a Private Showing Call the Blaise Lofland Real Estate Group. For More Information and Photos Visit 2753wheatman.com



3875 LITTLE VALLEY ROAD, SUNOL SOLD AT \$2,250,000

Beautiful 12 year old completely rebuilt single level custom home on 4 acre country estate. Total square footage of 4175 includes 4 beds, 4½ baths and 540 square foot guest house/casita on hilltop with gorgeous panoramic views. Bonus/game room, 6-car garage(s), also included is a 1035 square foot caretakers quarters (2 bed/loft, 1-bath), 100+ year old historic winemakers storage barn, separate workshop building, 6-stall MD horse barn, separate MD hay barn & fenced pasture. www.3875littlevalley.com



4075 WLAKESHORE DRIVE, SAN RAMON SOLD AT \$845,000

"Don't Miss this Highly Upgraded Tuscan Villa in Canyon Lakes! Single Family (attached) Home with Premium Location Adjacent to Lake & Greenbelt. Remodeled Kitchen with Stainless Steel Appliances & Remodeled Bathrooms with Granite Countertops, Three Bedrooms, 2½ Remodeled Bathrooms, Wine Cellar Room, Fireplace, Generous Patio, Custom Painted Doors, Crown Molding, Venetian Plaster Finish, All New Window Coverings Throughout, Tile Flooring, 2-Car Garage, Views of Lake & Greenbelt, Conveniently Located Near Community Pool/Spa & Tennis Courts!" For a Private Showing Call the Blaise Lofland Real Estate Group. For More Information and Photos go to www.4075wlakeshore.com



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

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

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OPEN SAT & SUN 1-4

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



OPEN SAT & SUN 1-4

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



OPEN SAT & SUN 1-4

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



OPEN SAT & SUN 1-4

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



OPEN SUNDAY 1-4

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



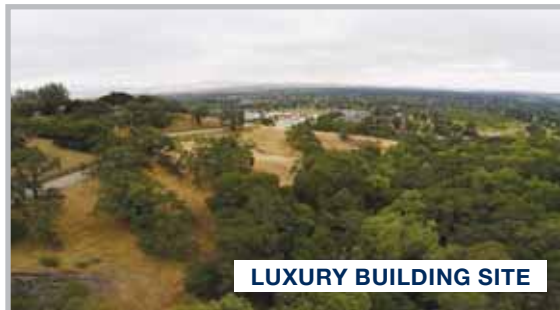
OPEN SUNDAY 1-4

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



DUPLEX

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



LUXURY BUILDING SITE

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



SPECTACULAR ESTATE

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



VINEYARD ESTATE

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



COMING SOON

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



COMING SOON!!!

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



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HOME STARTS HERE



PLEASANTON \$2,590,000

6010 Alisal St. | 4bd 3(2)ba
Moxley Team 925.251.1111
By Appt



PLEASANTON \$2,395,000

1871 Zenato Place | 5bd 4(1)ba
Blaise Lofland 925.251.1111
By Appt



PLEASANTON \$1,900,000

9608 Crosby Drive | 5bd 4(1)ba
Joyce Jones 925.251.1111
Sun 1:00-4:00



PLEASANTON \$1,429,000

2106 Palmer Dr | 5bd 3ba
Tim McGuire 925.251.1111
By Appt



PLEASANTON \$1,250,000

3891 Hot Springs Ct | 6bd 4ba
Janna Chestnut 925.251.1111
Sun 1:00-4:00



PLEASANTON \$1,189,000

2820 Longspur Way | 6bd 3ba
Tim McGuire 925.251.1111
By Appt



LIVERMORE \$670,000

577 Everglades Ln | 3bd 2ba
Leslie Faught 925.251.1111
Sat&Sun 1:00-4:00



LIVERMORE \$667,500

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



DUBLIN \$530,000

11854 Kilcullin Ct | 2bd 2ba
John Ledahl 925.251.1111
Sat&Sun 1:00-4:00



PLEASANTON \$504,950

3122 Pawnee Way | 3bd 1(1)ba
Maureen Nokes 925.251.1111
By Appt



DUBLIN \$494,000

3290 Maguire Way #220 | 2bd 2ba
Moxley Team 925.251.1111
By Appt



BRENTWOOD \$364,900

4568 Poe Ct | 3bd 2ba
Robin Young 925.251.1111
By Appt

See it all at
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