

★ **Zero tolerance for footbridges** ★  
County cracks down on private access to Iron Horse Trail > page 5

Vol. III, Number 31 • November 30, 2007

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**Friends and business partners**

Two Danville moms start body care line

> page 16

# Danville

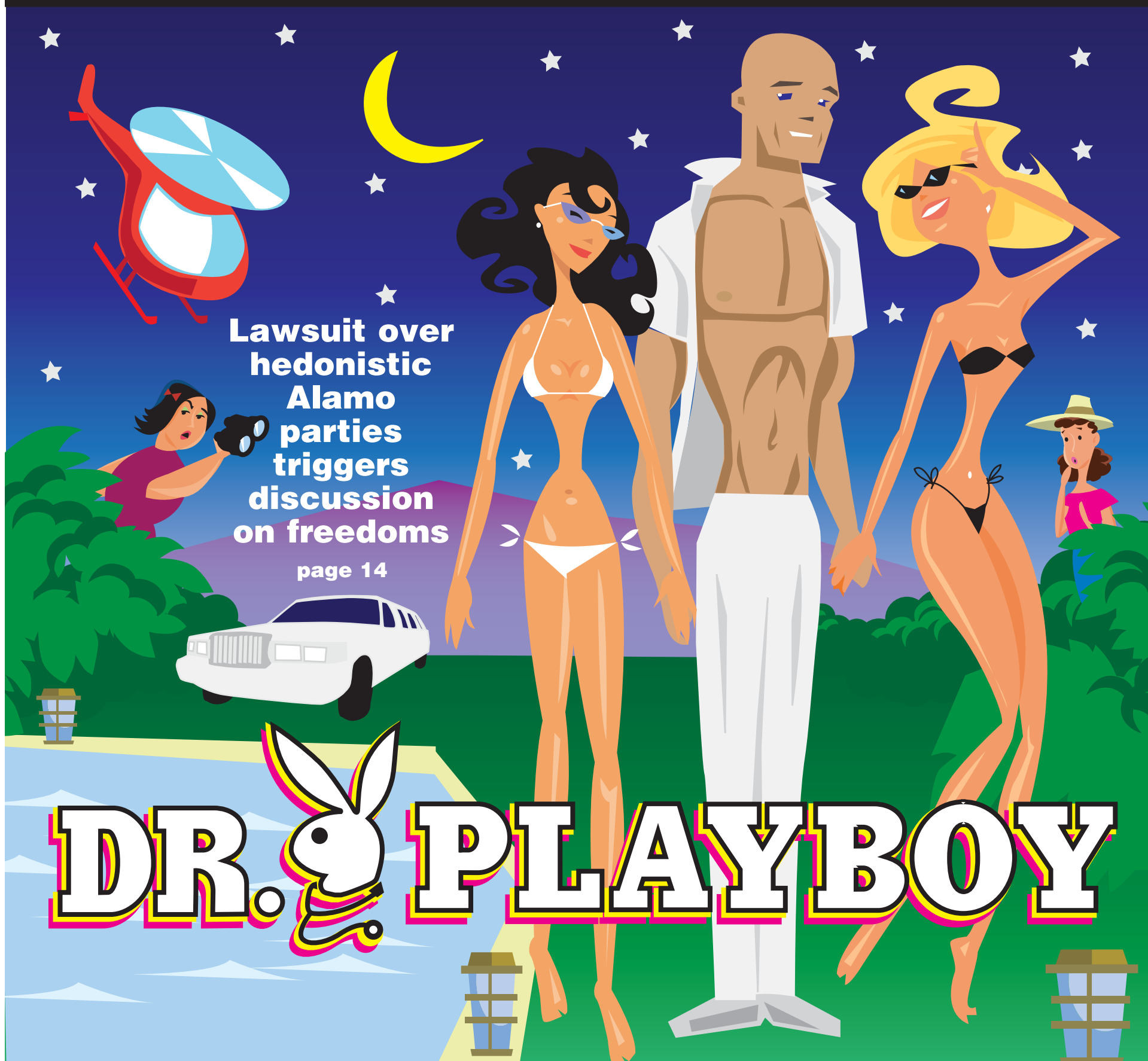
W E E K L Y

**Town helps out preschool**

Danville Childcare Fund financed by developers

> page 7

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# Streetwise

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## Q: What superpower would you like to have?



I'd be a mind reader because I want to understand my wife.

**Joe Olson**  
sales



I want the power to heal because I am in healthcare. It's where my heart is. It's an honor to help people with problems.

**Peggy Ross-MacDonald**  
healthcare provider



Superpower to me is the power to choose and control. I would like to have the political power to choose who's in power. Then I get to pick the one who would do things.

**Bob Pinsus**  
retired sales manager



X-ray vision. Because of all the beautiful women in Danville.

**Jack Robinson**  
businessman



Teleporting. Because I don't have enough money to travel. It saves gas. It's getting expensive these days. It saves a lot of time.

**Sarah Peglow**  
student at Diablo Valley College

COMPILED BY DANVILLE WEEKLY STAFF

### ABOUT THE COVER

Kevin Degnan, an Alamo plastic surgeon who throws glamorous large-scale parties at his home in the hills, is being sued by his neighbors. He says it's a case about personal freedoms. Cover illustration by Shannon Corey.

Vol. III, Number 31

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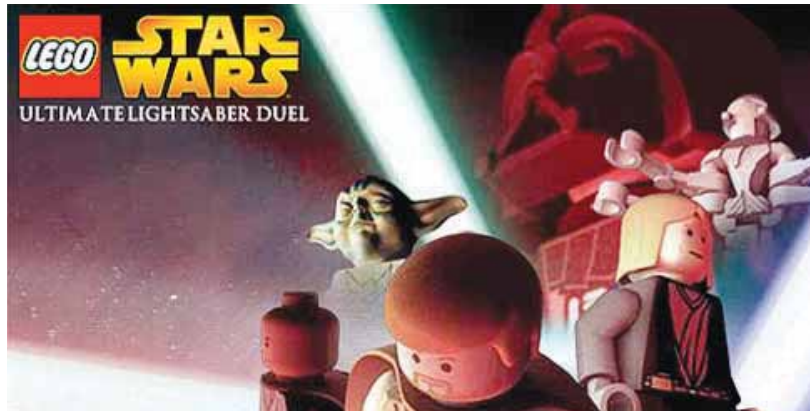
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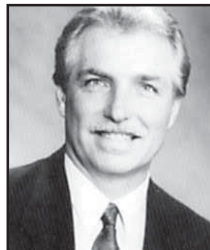
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20937 (09/07)



### QUOTE OF THE WEEK

“ I ended up gifting 100 sugar scrubs. ”

—Danville resident Wendy Visculgia recalling her early interest in creating luxurious body care products.  
See story, page 16.

### Alamo to light Big Oak Tree on Sunday

The fifth annual Alamo Tree Lighting Festival will take place at 5:30 p.m., Sunday, Dec. 2, at the Andrew H. Young Park, presented by the Alamo Merchant and Professional Association. The electrical outlets have been upgraded and new lights have been added, say organizers, to make the Big Oak Tree glimmer as never before.

Carolers from local schools will perform Christmas programs, with a grand finale combining everyone's voices into one. The San Ramon Valley High School freshmen cheerleaders will give a rousing welcome to Santa Claus, and children will have the chance to tell him whether they have been naughty or nice. He will also gather the unwrapped toys donated to the Sheriff's Toy Drive in the barrel provided that evening. Entertainment for the younger children will include face painting, crafts and story telling. There will be beverages and cookies and other treats for everyone, and hay bales placed around the park for seating.

### Danville to install new mayor

The Town of Danville will hold its annual Mayor's Installation and Community Service Awards event at 7 p.m., Tuesday, Dec. 4, in the Danville Community Center, 420 Front St. Councilwoman Candace Andersen will be sworn in as the new mayor and outgoing Mayor Mike Shimansky will resume his role as councilman.

Andersen will continue having the mayor's monthly first Friday coffee morning at Father Nature's on Prospect Avenue, starting at 7:30 a.m., Friday, Dec. 7. Shimansky began the monthly gatherings for residents to meet with him informally and voice their concerns.

### New company presenting 'La Boheme'

"La Boheme," an opera about four starving Parisian artists, will debut at Danville Congregational Church at 4 p.m., Saturday, Dec. 1. Produced and performed by the new Danville Lyric Opera, this concert performance stars Blackhawk resident Elena Yakoubovsky as Mimi and Jorge Gomez as Rodolfo. The opera will run about one hour 15 minutes and will be performed in a family-oriented style.

The story is about love and loss, set in 1830, and written by Italian composer Giacomo Puccini. Tickets are \$25 general admission; \$18 for students and seniors; and \$30 for reserved seating. To buy tickets, call 964-9994. The church is located at 989 San Ramon Valley Blvd.

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## Danville kicks off holiday season

Let there be light! And there was, as Father Christmas and the Snow Angel lit up the Danville Oak Tree on Diablo Road on Friday evening, sponsored by the Town of Danville and the Danville Area Chamber of Commerce. The celebration included carols by the Danville Girls Chorus (left), led by Ken Abrams. A full moon contributed to the setting, as residents, including Evelyn and Mary Morehead (above), filled the streets to enjoy the holiday cheer that downtown has to offer.



Save Mount Diablo map committee members include (l-r) Seth Adams, director of Land Programs; cartographer John Kelly; and Ken Dyleski.

## Putting Mount Diablo on the map

New waterproof map details 520 miles of hiking trails

by Dolores Fox Ciardelli

Save Mount Diablo announced Friday that its new map is hot off the presses—the first comprehensive trail map of the Diablo region. A hundred trailheads and staging areas are shown, detailing nearly 90,000 acres of protected land throughout Central and Eastern Contra Costa County.

“We walked 520 miles of trails,” said Seth Adams, director of Land Programs for Save Mount Diablo.

Adams worked with a volunteer committee for two-and-a-half years to produce the double-sided map, which is full color, waterproof and tear-proof. It is titled “Mount Diablo, Los Vaqueros & Surrounding Parks, Featuring the Diablo Trail.”

The cost was \$9,000 to print 3,500 copies of the map. “It was paid for completely with grants from REI,” Adams said. “It’s available online and at Forward Motion in Danville.”

It sells for \$9.95 or \$13.50 online for tax and postage through Save Mount Diablo.

► Continued on page 8

## Footbridges must go

County cracking down on Iron Horse Trail access

by Natalie O’Neill

Homeowners along the Iron Horse Trail in Alamo and Danville were irritated to find yellow laminated signs stapled to their footbridges last week—a message from the county that the bridges must be removed.

County officials say the small bridges, used to navigate over a gutter-like dip separating residents’ property from the trail, are a safety issue and liability for the county.

Many of the footbridges stretch over the three-foot wide, two-foot deep ditches and are poorly constructed, said John Pulliam, who manages the trail through county public works.

This creates potential flooding problems and unnecessary injury and risk, he said. If someone falls on one, the county would be responsible.

“Some of those people have had bridges out there 10-plus years... No one inspects them and some are rotting,” Pulliam said.

Fifty to 60 footbridges were tagged in Alamo and Danville last Friday and all must be removed by Dec. 7. If they aren’t taken away by that date, public works will dispose of the footbridges and charge owners the fee.

Residents aren’t happy. They say removing the bridges are an un-



A footbridge near La Serena Avenue in Alamo allows its owners to maneuver over a dip in the landscape from their home to the Iron Horse Trail. It was yellow-tagged by the county as an illegal encroachment.

necessary inconvenience and that there’s no real hazard in the first place.

“I think they are being a little bit overzealous. The ones built properly should be granted a permit. There’s no way anyone is going to trip on it,” said Bob Myhre, an Alamo resident who lives along the trail.

Officials, however, explained that even well-constructed bridges can cause clogging from branches and eventually flooding.

“During a rainstorm, debris could get caught,” said Chris Lau, county civil engineer.

With no footbridges, neighbors would either have to enter the trail at a cross street, climb down into the gutter, or jump across. During the winter and spring months, the gutter collects rain and is often damp.

► Continued on page 7

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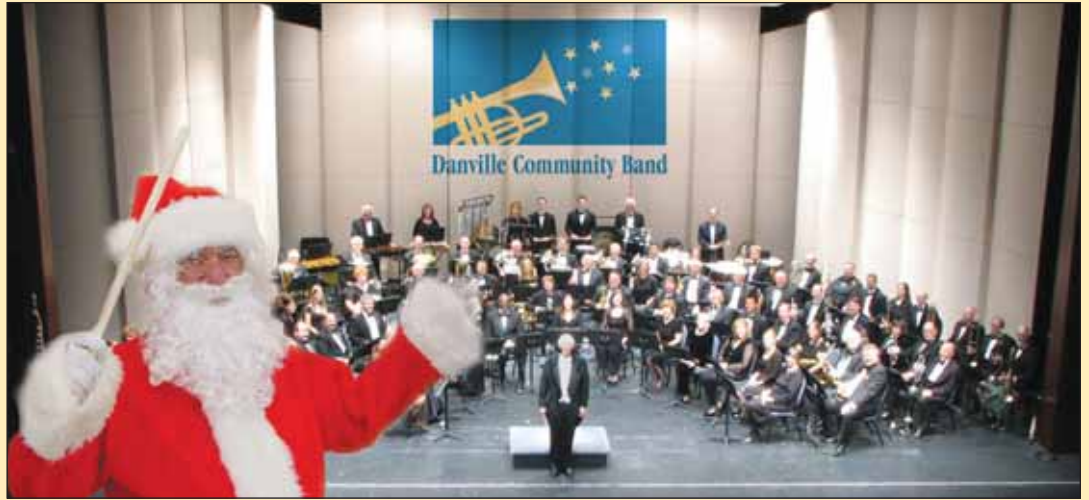
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**Guest conductor rehearses**

Santa Claus (aka Mayor Mike Shimansky) practices for his appearance as a guest conductor with the Danville Community Band at its seasonal family concert, "A Jubilant Holiday," at 3 p.m., Sunday, Dec. 2, at East Bay Fellowship, 2615 Camino Tassajara. The program

will include Victor Herbert's "Babes In Toyland," the holiday favorite "Greensleeves," "An olde English Christmas," "A Chanukah Celebration" and many other familiar and exciting Christmas songs, including a Christmas Brass Quintet. The 85-member concert band

is led by Dr. Lawrence Anderson but he will step aside to let the guest conductor in his red suit lead at least one piece. The concert and parking are free but last year the performance drew a full house so concertgoers are advised to arrive early.



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**Predawn crash kills horse**

A truck traveling north smashed into a roaming black horse on Camino Tassajara near Highland Road at 6 a.m. Tuesday morning. The horse died after the collision, police said.

A man driving a Ford F150 pickup crashed into the horse, which was trotting on Camino Tassajara in the dark, said California Highway Patrolman Steve Creel. The driver glimpsed the horse and braked to avoid it—but he was too late.

The accident caused minor to major damages to the driver's truck, which had to be towed away. There were no injuries to the driver.

The area is filled with horse pastures and equestrians, said Creel. "There are numerous horses," he

said, speculating this one may have wandered out of its pasture.

County maintenance officials showed up at the incident and cleaned the bloody mess, driving the horse carcass away in a truck. The road and traffic were cleared by 7:20 a.m., Creel said.

Creel noted that daylight hours are shorter during the winter and people should be familiar with the roads they travel.

"Just be highly aware," he said. "Know where the animals tend to hang out."

Police said Wednesday morning that Animal Control had contacted someone they believed to be the owner of the horse. ■

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**GREAT GIFTS**

# Danville extends preschool loan

Childcare funds helped parent co-op buy a home

by Jordan M. Doronila

The Town of Danville earlier this month extended the loan repayment time for the Valley Parent Preschool—the only parent cooperative preschool in Danville—for another five years.

“It’s a hidden jewel,” said Tina Eplin, director of the preschool. “A lot of people don’t know about us.”

The Town Council approved the loan extension at its meeting Nov. 6. Danville had allocated the \$93,000 loan in 1996 from its Childcare Fund so Valley Parent Preschool could purchase a new facility at 935 Camino Ramon.

The preschool is a co-op where staff is paid and parents volunteer their time.

“It’s such a wonderful resource in the community,” Eplin said. “When parents come in with their children, it’s an instant family.”

The town previously had extended the loan repayment period in 2002. Now, the school’s second extension gives it the opportunity to repay the original principal loan.

“The challenge is owning our own facility and making those mortgage payments,” Eplin said.

Valley Parent Preschool has made all its payments on time, said



Teaching aide Angie Cryar shows 4-year-old Aidan Campbell and another student how to husk corn at Valley Parent Preschool.

Town Manager Joe Calabrigo.

“I’ve heard positive things from people involved in that particular school,” said Calabrigo. “It’s relatively unique. It’s been around a long time.”

The town’s Childcare Fund, which collects money from developers’ fees, started 20 years ago. “The town identified that there was a childcare shortage in Danville, and the time coincided with the population booming with young children,” Calabrigo said.

The town designed the fund to finance potential childcare services including but not limited to shelter, food and education. There is currently \$65,000 in the fund, Calabrigo said.

Valley Parent Preschool operated out of St. Timothy’s Church at that time and had to relocate because the church needed its space. The school needed help to finance its new facility, and it approached the town in 1996, Calabrigo said, so the council helped, using the Childcare Fund. ■

## Footbridges

► Continued from page 5

Walkers on the trail Monday afternoon said the encroachment crackdown wouldn’t affect them or their use of the trail. They noted they had never seen the gutters full of rainwater.

“I’ve lived here 22 years and I’ve never seen it flood ... It’s ridiculous,” Myhre said.

He said he removed his footbridge over the weekend.

Since the county began an effort to remove illegal encroachments in April 2006, the number of footbridges in Alamo and Danville has increased by about 10.

“It’s harder for crews to go out there and clean,” Pulliam said.

The Iron Horse Corridor is the county right of way and most violations are happening in Alamo and Danville, where the trail runs through residential neighborhoods. The most rural part of the trail is in these two communities.

Pulliam said he’s gotten mixed feedback from residents about the effort. One trail user said he understood the county responsibility to do the cleanup and another called him and left an angry voicemail.

Other encroachments can include benches, statues and other items, but for now, the county is focusing on the footbridges. The county is

not targeting encroaching fences as part of the crackdown.

To gain an encroachment permit, call John Pulliam at 313-

2165. Permits are granted for homeowners for landscaping and utilities. Footbridges cannot receive permits. ■

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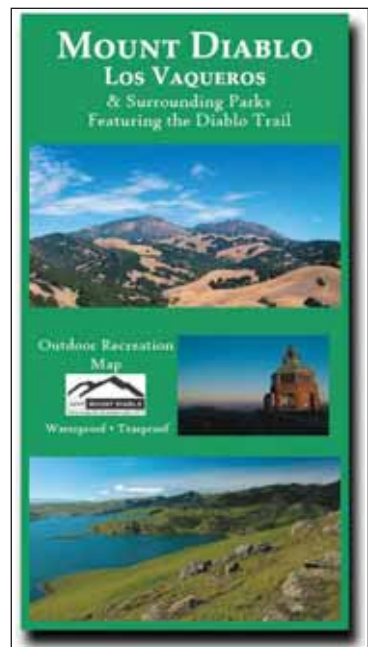


**Down Mexico way**

Megan, Brian and Ashley Scott celebrate New Year's 2007 at the beach in Ixtapa, Mexico—with the Weekly.

**Map**

► Continued from page 5



"No other map shows all of the Diablo parks in a unified design and in regional context," stated a Save Mount Diablo press release. "The map, which includes hill shading, illustrates what has been accomplished and what private lands still need to be protected."

The volunteer committee mapped out all of the open space's trails, access points and facilities, as well as relevant cultural features. Members walked the hundreds of miles of trails with GPS units to locate trails, mileages, elevation and other features. They also used more than 400 aerial photos to create the most accurate map ever produced. Cartographer John Kelly volunteered 2,000 hours.

Other maps show some of the Diablo parks but they each use different scales and do not show all of the regional trail connections to the mountain and between

the various state, regional and local parks.

For more information or to purchase a map, visit [www.save-mountdiablo.org](http://www.save-mountdiablo.org).

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# GOP Assembly candidates press their cases

*Blackhawk Republican Women present five hopefuls from District 15*

by **Jordan M. Doronila**

Fiscal health. No new taxes. Self-reliance. These are three qualities lacking in Sacramento, said Republican political candidates.

Five candidates for Assembly 15 presented their ideas and solutions at a forum held at Blackhawk Country Club on Nov. 15, sponsored by the Blackhawk Republican Women's Club. Dozens of people attended.

The candidates in the forum were Judy Lloyd, former President Reagan cabinet member; San Ramon Mayor Abram Wilson; businessman Robert Rao; Alamo resident Joe Rubay; and Livermore optometrist Scott Kamena. Rubay has since dropped out of the race.

"They are interesting candidates," said Tracy Wheeler, a Blackhawk resident.

District 15 includes Danville, Alamo, San Ramon, Livermore, Walnut Creek, Brentwood, Discovery Bay and a part of Pleasanton, as well as portions of Stockton, Galt, Tracy and Elk Grove. Current Republican Assemblyman Guy Houston will be termed out in 2008.

At the forum, Rao, who operates an auto business and lives on a ranch in Livermore, spoke first.

"As a businessman, I have some insight to the problems in this state," he said. "There is a \$6 billion deficit in the state in 2008. I believe we are entering into an era of a budget nightmare—not a budget crisis."

"I'm totally opposed to raising taxes," he added.

He noted he wanted to use the market system to develop a cost efficient and effective healthcare system. He said entrepreneurs—by nature—would demand the best in their services. If healthcare is run like a business, it would be successful.

Wilson talked about building trust and communication with everyone. He noted that to reach Gov. Schwarzenegger, one has to do his homework and know the issue at hand. Then he would sit down with the governor and show how an issue would benefit him. Wilson said Sacramento needs constraints on its spending.

"I'm financially conservative," Wilson said. "We don't spend what you don't have."

Lloyd said Republicans need to find themselves.

"I really feel that we have lost our way in the Republican Party," she said. "We need to equate Reagan's legacy to what the future holds for us."

Rubay said the state needs structure.

"I want to make sure California has a little bit of a plan," he said.

Kamena, a director with Livermore Parks and Recreation and son of Livermore Mayor Marshall Kamena, said giving children a strong foundation of



Republican candidates for the state Assembly Joe Rubay (left), a resident of Alamo, and San Ramon Mayor Abram Wilson exchange pleasantries at the Blackhawk Republican Women's Forum on Nov. 15. Rubay has since dropped out of the race.

values and direction will help immensely in alleviating many of their problems.

"They don't know why they are here," he said.

He, like most of the candidates, noted that youths should learn to be self-reliant.

"All kids should be self-sufficient by the age of 22," he said, which resulted in the crowd chuckling.

"You're all laughing," he responded. "I see 28-year-olds still living at home. We have too many giving and too many taking. Let's figure out what really works." ■

JORDAN M. DORONILA

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# Diablo Views

BY DOLORES FOX CIARDELLI

## Don't spend the day in your nightgown



Don't you just love those lists of "tips" that are published frequently to help people improve their lives? Newspapers get a lot of them in press releases. Tips to stay healthy, mentally and physically; tips to have happy children/pets/spouses/neighbors; ways to keep teenagers safe; healthy eating tips; how to beautify the wood in your home.

We try not to insult our readers by passing on obvious suggestions such as this car travel safety tip: "Remember to always roll up the windows and lock the car doors before leaving the car." Although the second part wasn't bad: "If you are stopping at a hotel for the night or for a meal, park the car where you can keep an eye on it and your possessions."

I remember feeling completely overwhelmed right after my second child was born. Would I never get enough sleep? Would I never feel attractive and healthy again? A magazine called to me with its "Tips for New Mothers." Even after 28 years, I remember two. One was: Don't worry about keeping your fingernails polished. The other was: Get dressed each morning; staying in your nightgown all day will cause you to feel depressed.

I was amazed to think there might be new mothers who worried about their manicures. I'd figured out this time-saving tip when I was busy going to school and working.

After reading the tips that afternoon, I quickly got dressed. Time does go quickly when caring for a

demanding newborn. Before that, my goal had been to be dressed before my son got home from school or, if I couldn't manage that, definitely to be dressed by the time my husband arrived home from work. But I soon realized it was easy to pull on my jeans—who knew I couldn't button them up?—and it did make me feel better to be dressed. I also discovered it was just as easy to put on an attractive top as an old sweatshirt. Hey, this is a good tip! Why schlep around in ugly old clothes when it's just as easy to put on something flattering?

At the beginning of this summer, I received tips to help save on gas after AAA released a survey showing that gasoline, lodging and restaurants were expected to be 3.7 percent more expensive than the year before. Then a few weeks ago, I got the aforementioned car travel safety tips with an admonition to remember the dangers of the open road.

Both sets of tips started off the same: Have your car serviced. This tip might be obvious but it was also a nice nudge to spend the money needed to keep my car running optimally.

The second car travel tip was to travel during the daytime hours if at all possible. Well, ye-ah! It's not just fear of the bad guys loitering at the roadside rests that keeps me off the Interstate at night, it's my progressively worsening night vision—driving at night is for the young. The next tips are to always carry a cell phone in case of an accident or breakdown, and to keep your gas tank at least half full at all

times to avoid running out of gas in a desolate area. These two are fairly obvious, although the half-full gas tank (or half-empty if you are a pessimist) sounds like a bit of overkill. Let's just say keep an eye on the gas gauge, plan ahead, and don't count on a service station appearing just because you need one.

Hey, this is a good tip! Why schlep around in ugly old clothes when it's just as easy to put on something flattering?

The other tips to save gas were to check tires; combine trips; remove heavy objects from the car; drive gently; check around for the cheapest gas; avoid peak driving times; and find alternative modes of transportation. All good ideas but really, are they anything you hadn't figured out on your own?

Nonetheless, tips make easy reading and a list of 10 usually yields at least a few worth thinking about. This week in the Danville Weekly, Epicure Jacqui Love Marshall gives Tips for Managing Holiday Calories (page 17). Now how did she know those were just what I needed?

—Dolores Fox Ciardelli  
can be e-mailed at  
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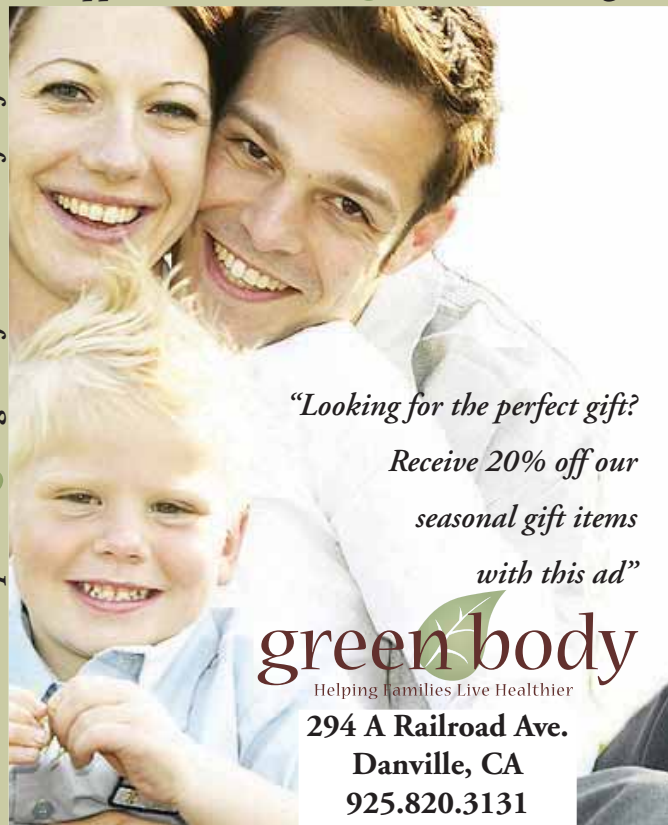
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# Community Pulse

POLICE BULLETIN & LOG • OBITUARIES • BIRTHS & WEDDINGS

## POLICE BULLETIN

### Spousal battery at hotel

Police arrested a 43-year-old man for allegedly striking his wife at the Best Western Hotel in Danville the night before Thanksgiving.

The incident occurred around 10:30 p.m., Wednesday, Nov. 21, at the Best Western Hotel on Camino Ramon, said police Sgt. Troy Craig. The suspect threw a glass of water at his wife, 38, twice and then hit her, according to reports.

She retaliated by pushing and hitting him in the mouth, police said. Her husband had her on the bed but she was able to dial 911 for help, according to

reports. Their two children were present at the hotel room where the altercation occurred.

Danville police officers Kevin Briggs and Lance Wallace arrived at the scene and arrested the suspect on charges of spousal battery, according to reports. The troubled family was from Monrovia in Los Angeles County.

"The victim took the appropriate action," Craig said. "As soon as you dial 911, it's going to dispatch and someone is going to investigate the call."

—Jordan M. Doronila

## POLICE LOG

The Danville Police Department made the following information available from its incident summary report:

### Tuesday, Nov. 20

- Vehicle stop, arrest, on Camino Tassajara and Diablo Rd. at 1:55 a.m.
- Auto burglary on Devonshire Ct. at 7:12 a.m.
- Auto burglary on Rainbow Cir. at 9:27 a.m.
- Auto burglary on Ramona Rd. at 9:39 a.m.
- Accident, property damage, on Camino Tassajara and Conejo Dr. at 12:51 p.m.
- Accident, property damage, on San Ramon Valley Blvd. at 1:08 p.m.
- Vandalism on Jewel Terrace at 4:13 p.m.
- Accident, major injuries, on Camino Tassajara and Crow Canyon Rd. at 6:19 p.m.
- Petty theft, shoplift, arrest, on San Ramon Valley Blvd. at 7:53 p.m.
- Unwanted guest, arrest, on 300 block of Hartz Ave. at 9:32 p.m.
- Misdemeanor hit-and-run on Cedar Hollow Dr. at 9:37 p.m.
- Vandalism on Everett Dr. at 9:38 p.m.

### Wednesday, Nov. 21

- Vehicle traffic stop, arrest, on Diablo Rd. and southbound I-680 on ramp at 1:14 a.m.
- Vandalism on El Capitan Dr. at 8:53 a.m.
- Fraud on El Rio Rd. at 10:49 a.m.
- DUI, arrest, on San Ramon Valley Blvd. and Sycamore Valley Rd. W. at 12:20 p.m.
- Petty theft on Dana Highlands Ct. at 12:39 p.m.
- Vandalism on Everett Dr. at 2:07 p.m.
- Auto burglary on San Ramon Valley Blvd. at 4:28 p.m.

- Misdemeanor hit-and-run on Camino Tassajara and Crow Canyon Rd. at 10:34 p.m.
- Disturbance, arrest, at Tower Grill at 10:59 p.m.

### Thursday, Nov. 22

- Drunk in public on 300 block of Hartz Ave. at 1:10 a.m.
- Investigation, arrest, on 300 block of Hartz Ave. at 1:12 a.m.
- DUI, arrest, on 100 block of Hartz Ave. at 1:55 a.m.
- Vehicle traffic stop, arrest, on Adobe Ct. and El Cerro Blvd. at 2:01 a.m.
- Vehicle traffic stop, arrest, on Camino Tassajara and El Rincon Rd. at 2:57 a.m.
- Vandalism on Stone Valley Rd. at 10:10 a.m.
- Battery on La Gonda Way at 3:52 p.m.

### Friday, Nov. 23

- Drunk in public on 100 block of Hartz Ave. at 2:51 a.m.
- Misdemeanor hit-and-run on Crow Canyon Rd. at 12:10 p.m.
- Misdemeanor hit-and-run on E. Prospect Ave. at 12:27 p.m.
- Vandalism on Barrett Cir. at 6:26 p.m. and 6:50 p.m.
- DUI, arrest, on Camino Tassajara and Rassani Dr. at 8:07 p.m.
- DUI, arrest, on Camino Tassajara and Crow Canyon Rd. at 9:00 p.m.
- Vehicle traffic stop, arrest, on Camino Tassajara and Sycamore Valley Rd. at 9:54 p.m.
- Petty theft on Love Lane at 10:26 p.m.
- Drunk in public on 100 block of Hartz Ave. at 10:32 p.m.

### Saturday, Nov. 24

- Accident, major injuries, arrest, on Camino Tassajara and Glasgow Dr. at 12:07 a.m.
- Vandalism on Barrett Cir. at 8:32 a.m. and 8:54 a.m.

- Petty theft on Fostoria Way at 11:13 a.m.
- Vandalism on Ynez Cir. at 1:01 p.m.
- DUI, arrest, on Camino Tassajara and Mansfield Dr. at 1:04 p.m.
- Petty theft, shoplift, arrest, on Fostoria Way at 3:06 p.m.
- Vandalism on Quintrera Lane at 4:04 p.m.
- Suspicious vehicle stop, arrest, on Danville Blvd. at 5:20 p.m.
- Vandalism on Love Lane at 6:42 p.m.
- Drunk in public on Clydesdale Dr. and Diablo Rd. at 9:37 p.m.
- Suspicious vehicle stop, arrest, on Camino Ramon at 10:47 p.m.



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## OBITUARIES

### Michael John Grady

Michael John Grady, a resident of Danville, passed away Nov. 2 at the age of 62 after a brave battle with lung cancer.

He was born Jan. 14, 1945 in Kansas City, Kan. He earned his B.S. degree from the University of Kansas in 1968, and achieved his Juris Doctorate from the University of Kansas School of Law in 1972.

After practicing law for 24 years, he retired to the Ozark mountains in Garfield, Ark., where he enjoyed sailing on Beaver Lake and serving

as fireboat captain with the NEBCO Volunteer Fire Department.

He is survived by his daughter and son-in-law, Kerry and John Sullivan of Weymouth, Mass.; his sister Margaret Grady Davis of Danville; and niece and nephew. He was preceded in death by his son, John M. Grady, and the mother of his children, Mary L. Beavin. A memorial service was held in Topeka, Kan., on Nov. 16. Contributions can be made to Bruns House, Hospice of the East Bay, 3470 Buskirk Ave., Pleasant Hill 94523.

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*Serving the communities of Danville, Blackhawk, Diablo and Alamo*

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# Perspective

EDITORIALS • LETTERS • OPINIONS

## EDITORIAL • THE OPINION OF THE WEEKLY

# Computers arrive

Everyone knew from the beginning that computers would have many wonderful applications. But they had to reach a certain state and be interconnected before we could begin to take advantage of the possibilities.

The San Ramon Valley Unified School District is going state-of-the-art by trying out School Loop, an online community in which students have access to "virtual lockers," and teachers and parents can stay connected. Students are able to get any homework assignments they may have missed, plus School Loop is a place to ask each other questions. Teachers can provide a by-assignment grade report to be checked out by both students and their parents. With teachers, students and parents all logging in, computers and the Internet will help bring the school community into the 21st century, communication-wise.

Congratulations to the school district for piloting this program, which everyone is working to fine-tune. One suggestion by a school board member was not to put grades at the tops of e-mails. They pop out at parents, who could quickly respond (by e-mail) before looking at the entire communication, which might explain the grade or put it into perspective.

Another concern was families who do not have computers at home or the Internet. Fewer than 5 percent do not have Internet access from home, said district spokesman Terry Koehne. Hopefully some program could be initiated to get these families into cyberspace at their homes unless, of course, they do not choose to participate.

People in their personal lives are finding technological breakthroughs indispensable. Businesses, including schools, have been adapting to the computer and Internet usage as it becomes available. But School Loop goes beyond installing e-mail; it is the type of innovation that was envisioned in the early days of computers. And if it eventually eliminates the need for paper progress reports, it will be a step toward the paperless society that was once predicted.

Congratulations to the school district for School Loop. It is the type of innovation that was envisioned in the early days of computers.

## LETTERS TO THE EDITOR

### Attacks on Monte Vista

Dear Editor:

I have a problem with the Nov. 16 story, "Bragging rights." The person who wrote this is obviously a sore loser fan of San Ramon Valley. Stories like this should be told as a neutral bystander simply telling the story as it really was.

Here are a few quotes: "Some Mustang fans continued yelling, 'Wolves \*#@!' as they drove away on Hartz Avenue." And "However, there were few friendly moments between the two schools after the game's end. Mustang fans gloated after their team's victory and sang: 'Nah, nah, nah, nah ... nah, nah,

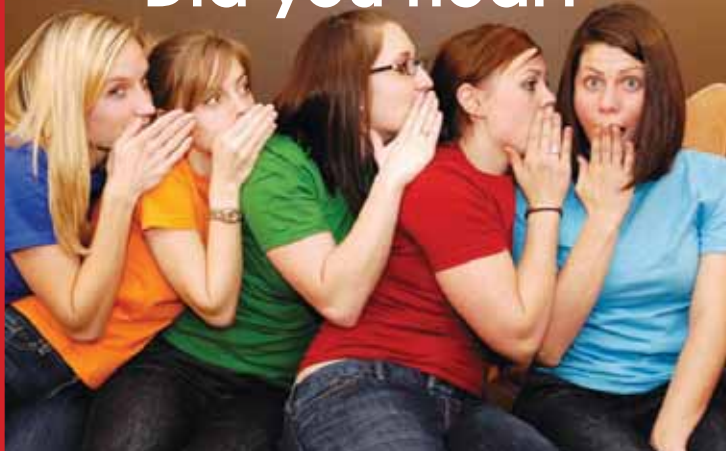
nah, nah ... yea, yea, yea ... say good-bye!'" Also, "Cheerleaders wearing black lined up together on the football field, waved their pom poms, and chanted 'Go Monte Vista' in front of Wolves fans."

These are simply attacks to the Monte Vista student body, trying to make us look like jerks. One more thing, this was a football game, right? There were maybe three short paragraphs that actually talked about the game and the most important part of the event, the players.

I'm a member of the Monte Vista

➤ Continued on page 13

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## Letters

► Continued from page 12

varsity football team, and I think that whoever wrote this should stop wasting paper talking about how "bad" Monte Vista students are and focus on the players and how much hard work and preparation they put into this season. I know that it must be frustrating that you couldn't keep that trophy for one more year, and that it must stink that MV ended your first perfect season since the mid '60s, but take care of those issues with yourself, and not in the paper.

Mike Gailey,  
Monte Vista High School

### Mona Lisa memories

Dear Editor:

I am trying to find the name of the artist and any pictures of the Mona Lisa made of wildflowers that was once on the Alamo hillside. Does anyone out there have any information about the person who did it? Someone said his name was "Will," either Ashley or Ashton.

Philip Hellston, Danville

*Editor's note: We're also interested. Please e-mail information to Editor@DanvilleWeekly.com or telephone 837-8300, ext. 29.*

### The Christmas season

Dear Editor:

Right above the publisher's comments on there being two sides to every story is the editorial for the Nov. 23 issue of the Danville Weekly, "'The Season' Arrives." Where are the two sides to this story? The "season" you talk about is Christmas, but you break a cardinal rule of composition: redundancy. "Holiday" is used five times. "Christmas" is used only once and that because you were forced to—the title of the Museum of the San Ramon Valley's special

exhibit is "Christmas Memories." Hurrah for the Museum for having the courage to buck the anti-Christmas trend in publishing.

This is the Christmas season, for Pete's sake!

Joan Hamblin, Danville

### Running Alamo

Dear Editor:

Alamo residents, you have only seen the precursor of a true election campaign deluge and those preparing to "run" our Alamo. Many more "fundraiser" pamphlets, phone calls, solicitations, donations, etc., will take place "if" the funds (25K) are raised for LAFCO presentation. Then another round of the same to raise 250K-plus for the feasibility study which would either end with a yes or no approval for cityhood. Then an actual election if the state says yes.

It is my understanding anyone can donate to these causes whether they have Alamo's best interest or other potential reasons in mind.

If I were the type and interested in a city job, I would use signs, pamphlets, meetings, etc., to stir up controversy now so I could hone my skills on answers, spins, possibilities, side steps, misleading information, etc., "if" the time comes for a vote on cityhood and its city management and planning commission.

The Brown Act is no guarantee of catching me if I did it secretly enough. Influence pedaling very often is hard to spot or prove. The same as personal preference or feelings versus what is best for all.

One thing I will tell everyone, your taxes cannot be raised without a vote. However, I've been told by different city residents how their yearly costs to the city have risen thousands of dollars. I won't tell you at this time how it's done, as I may change my mind and run for office "if."

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# DR. PLAY

Lawsuit over hedonistic  
triggers discussion

When the limo rolled up, the model-hot 20-somethings were wearing only tiny pieces of lingerie. The scene was straight out of a Victoria's Secret catalog—or Hustler, depending whom you ask—and as the night began, families in the sleepy Alamo Plaza were doing double-takes.

The girls were just a few party guests of "Dr. D," also known as Kevin Degnan, a muscle bound 46-year-old plastic surgeon with a passion for throwing big glamorous parties for young socialites at his mansion in the Alamo hills.

Degnan has managed to create a fantasy world high on Via Romero, where the wealthy and the beautiful can see and be seen, where the culture behind plastic surgery is in full swing. He even has his own unusual set of party rules.

The rules go like this: If you are a man, you must bring two ladies with you. If Dr. D doesn't know you, you must send a photo of yourself before your RSVP will be approved. Guys get to enjoy the phenomenal ratio. Girls get a sense of validation. And Degnan gets to run the show.

"I think he just wants to feel like he's 'King of the Hill,'" said one former patient and partygoer, who asked to remain nameless.

On that warm Indian summer night in September, the ladies were donning body paint and underwear in preparation for "A Midsummer Night's Dream" bash. They were told to wait at the plaza, where they would be picked up by Degnan's personal limousine and shuttled up a long windy driveway to the event.

Only this time, the scantily clad caught the attention of the wrong neighbors.

Police were eventually called and the gathering—which had reached 800 people by 4:30 a.m.—was broken up shortly after, according to police reports.

Degnan is no stranger to complaints about his parties, which he's held about two to three times a year since 2003. In the past three years, he's acquired a bible-thick stack of court papers in his name. They stem from a lawsuit filed by the Jones Ranch Home Owners Association—the gated community of about two dozen multi-million dollar homes where he lives.

Court records show the homeowners caught wind of one not-so-subtle get-together, after a series of low-altitude helicopter landings were used to transport some of his more extravagant friends from the party around 1 a.m.

The association then pushed to pass what Degnan's lawyers say are some very Dr. D-specific homeowner amendments—restrictions on private events.

Some of the amendments were reasonable; others tested the limits of what an HOA should be able to dictate. But you be the judge.

One rule forbids running hot tubs after 10 p.m., due to noise. The next forbids helicopter landings and light aircraft take-offs. Another mandates that in order to have more than 100 guests in your home, residents must clear it with the HOA six weeks in advance. And the final amendment limits parking in the common area to 10 vehicles.

For the regulations to pass, over 75 percent of homeowners needed to approve them, which was not a problem in Jones Ranch. During the trial, a county judge found all but one of the amendments were common courtesy. The judge found a rule raising the penalty for violations from \$50 to \$25,000 unenforceable.

After Degnan voted against the amendments, the homeowners sued him saying he planned to break the rules. And they won.

But the verdict treads onto some dangerous territory, says Degnan's attorney, Paul B. Justi.

It threatens to turn Jones Ranch into a "Stepford community," where no one is allowed to have opposing opinions without getting sued. The real issues here are about invasion of privacy, personal freedom and forced conformity, he says.

Sure, this is Alamo—not L.A. Neighbors are lawyers and businessmen, not playboy bunnies and Hollywood hotshots. But once you start passing tailored laws about what people can do on their property, where does it end?

Could there be a rule forbidding Harley-Davidson use? Those are noisy. Or one that limits impromptu soccer-team barbecues to 20 persons?

What would the businessman with a motorcycle do? And what about the soccer mom who wants to celebrate a victory?

"Like it or not, in a free society, you cannot control people's lives down to the most minute detail and occasional ruffled feathers are the price we pay for those freedoms," Justi wrote in Degnan's post trial reply.

In general, cases like these rarely make it to court, since the losing party must pay the winner's attorney fee. Homeowners associations are usually able to split those fees among several

members, while the person opposed must bear the financial weight himself.

Most individuals don't have the money or the energy to take on a lawsuit like this. Degnan has both.

Ultimately, he says, it's his way of life that bothers the neighbors more than anything.

"Nobody has ever complained to me about the noise. I really believe I have neighbors who are much more concerned about my lifestyle—what the girls were wearing," he said.

He thinks it's difficult to hear or see anything on his isolated 13-acre property from the Jones Ranch Estates, located below and to the right of his hilltop. He says the HOA has singled him out in the mostly family-oriented community, for living a single, sometimes flamboyant lifestyle.

The current president of the HOA declined to comment because the case is now being appealed.

But neighbors even further down the hill from the parties, outside Jones Ranch, had a lot to say. They were quick to explain that the parties do affect them personally. The events

disrupt their rest—and that's where the line should be drawn, one neighbor said.

Joan Parodi lives directly down the hill from Dr. D and says the parties keep her up all hours of the night. Her bedroom window and back yard face his home and when the sound echoes off the hillside, it goes right through her single-paned windows.

"I'm sitting here listening to people scream until 5 in the morning," she said. "They're all underage, drinkin' and havin' sex up there... They're running around in their underwear." She



On a warm September night, guests of a "Midsummer Night's Dream" party mingle by the pool. The yard faces downhill, where neighbors complain about party

said she hears them a couple times a year.

She and her husband have considered a lawsuit as well, namely because it affects their quality of life. But as long as Dr. D keeps it quiet at a reasonable hour, she said she doesn't mind that the parties happen.

"There's a DJ that comes on and yells, 'Go, go, keep it going,'" she said. "I don't care if he has them, just keep it down after 2 a.m."

Degnan acknowledged the possibility of sound from his shindigs traveling downward, in the direction of Parodi's home. But his back yard faces away from Jones Ranch and is separated by several acres, he said. In his mind, the people who are suing him are less affected.

Partygoers recalled the events include dancing, sometimes white drugs like ecstasy, swimming, free booze and several beds around the house to encourage public sex.

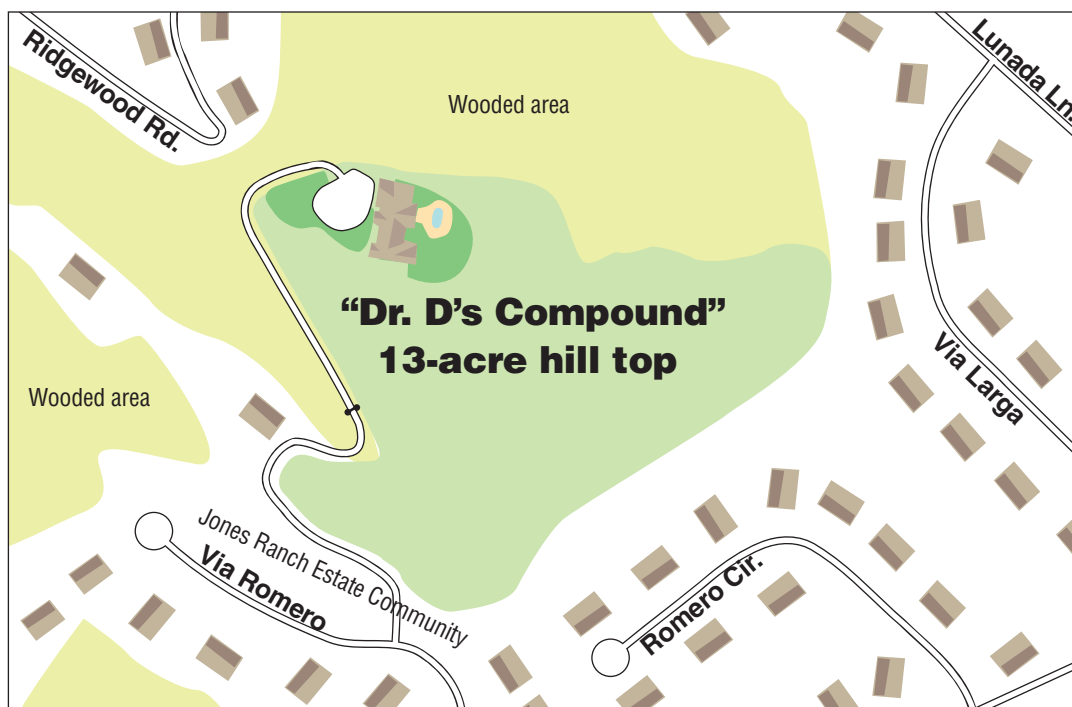
To be fair, though, rumors about the parties have been known to fly, even among party-goers themselves. For a while there was word Degnan keeps live white tigers in cages outside. (Not true, but he gives the originators points for creativity.)

"I call them 'pedophile parties,'" said the woman mentioned above who is a former patient and partygoer.

She used the phrase as a joke, but said there was some truth to it since her 17-year-old daughter attended one party without her permission. She suspects Dr. D throws the bashes as a way of making plastic surgery look attractive to the younger crowd—then to nab

**"They're drinkin' and havin' sex up there. They're running around in their underwear."**

—Neighbor Joan Parodi



## Alamo parties on freedoms

# 'BOY

em as clients.

Degnan is one of the only plastic surgeons in the Bay Area that doesn't advertise. He finds clients completely by referral. "My guess is that's how he markets himself, how he brings younger girls," the woman said. "He's a nice person, he's never done anything mean. He just needs to grow up."

Photos of guests from the elite social networking site, eVen-Rope.com, show a mostly gorgeous female crowd at his sherings, along with some male body-builder types.

Every now and then, a celebrity like Sean Penn will show up and professional athletes almost always do. Up there, sweeping views of Mount Diablo are as good as they get.

On an unannounced visit to Degnan's home, after a long trek up his driveway late one afternoon, this reporter was greeted by a shapely, tan young woman in blue medical scrubs. She answered the door, then called for Kevin. The burly doctor was welcoming and warm, but quick to go off the record.

He called later to set up an interview—to explain his side of things in more depth.

At Uptown Cafe in Danville, over a couple glasses of ice water, the subject of the lawsuit caused a deep wrinkle in Degnan's brow.

There are a slew of things that upset him about the situation. He explained it took him years to find the secluded property and he bought it because he enjoys being a host and sharing what he has. The amendments intrude on the enjoyment of his private property, he said.

"I've never asked them what they do inside their homes. I like being with a group of people and I really do think of these parties as being harmless," he said.

When neighbors complained of the noise and "riffraff" at Degnan's events brought into Alamo, originally, they explained there was more potential for theft, DUIs and crime on the nights they occurred.

But reports from his last two romps show the only directly party-related crimes happened on Degnan's property and were relatively minor.

The alleged violations included theft of a wallet, resisting arrest by a drunken guest, and disturbing the peace. Degnan is cooperative when police arrived and said he hadn't expected that many people to attend, reports show.

Next, he explained he feels this is an issue about personal freedoms. He says he shouldn't have to ask his neighbors permission to throw a party, like some grounded teenager.

"It's like free speech. You're going to hear things you don't agree with. But if you are really a believer in it, you tolerate it for a free society," he said.

In the wealthy Jones Ranch Estates, it's not unheard of for residents to be targeted for opposing viewpoints. Court papers indicate leaders of the vote encouraged residents to "put up about it" if they didn't agree with the amendments. In Degnan's case, he feels targeted because he's different—because he doesn't have two kids and a mini-van.

Initial complaints were about the way his guests looked and the fact that he was bringing his black friends into Jones Ranch, according to Degnan and his attorney.

Michael Moody, then Home Owner Association president, testified at a meeting that having Degnan's black guests in the neighborhood made him nervous, Degnan said. (Moody resigned as president shortly afterward.)

A deposition shows Moody ordered Degnan to tell his friends to "go back to Oakland." That was the conversation which Degnan threatened to make Moody's "life hell"—evidence used against him to show he did plan to break the new amendment rules.

Several Jones Ranch homeowners did side with Degnan on those issues of personal freedoms and have even attended parties. But they didn't return calls by press time to comment.

There is a mold to fit in at Jones Ranch, Degnan said. He explained that husbands spend a little more time taking out the trash to snoop on party nights—because his friends aren't the norm in Jones Ranch. Instead of knocking on his door or picking up the phone, he said, the neighbors, headed by a retired attorney, went straight for the legal documents.

Down the hill, outside of Jones Ranch, one younger neighbor said it's difficult to want to side with a hedonistic multi-millionaire—but that Degnan raises some good points. The neighbor recalled hearing party noise once.

"Go anywhere in Jones Ranch and see if you can hear my home. I am incredibly respectful of other people," Degnan said.

The word "respect" kept popping into the conversation, as Degnan detailed his party philosophy.

"Yeah, there are more women than men, but it's really more respectful than disrespectful to women," he said.

His rational goes like this: Fewer men equal less trouble.

"Guys are on their best behavior. There is nothing to argue over. There's no need to be macho. The women tell me they feel comfortable, that it's a safe environment," he said. And the policy to send photos ahead of time was to keep out people that he and his friends don't know, he explained.

Today, Degnan's approximately \$4 million, three-lot home is in danger of foreclosure. He has spent over \$400,000 on attorney fees and has "basically become a lawyer" in the past few years.

Currently the case is being appealed. This time Degnan hopes the judge will require the HOA prove he planned to break the amendments or has ever broken them.

Looking back, he says he would have done things differently. No regrets about the girls or the parties. Just about taking on a group of people with so much time and money on their hands, he says.

"I'm stubborn. When someone pushes me, I push back," he said. ■

**"I really do think of these parties as being harmless."**

**—Dr. D**

Kevin Degnan lifts up his friend at a "White Pajama Party," where no guests were admitted without proper attire. He says the events are relatively innocent fun, but homeowners who filed a lawsuit disagree.



le in Degnan's back noise.





Danville friends and entrepreneurs Laura Albin (left) and Wendy Viscuglia recently launched Chloe & Jane, a business of all natural body care products.

by Jordan M. Doronila

Opposites attract. Laura Albin is an extrovert with moxie. Wendy Viscuglia is an introvert with structure. Together, the Danville moms formed a business—an extension of their 10-year friendship.

The entrepreneurs have started Chloe & Jane Inc., a brand of all-natural, luxurious body care products. They recently joined the Danville Area Chamber of Commerce, and they plan to launch their Web site Dec. 1.

“It’s exciting that we are starting this company,” said Albin, 40.

Their products include lotions, creams and body wash. Some of them are scented in lavender and chamomile. Chloe & Jane have short columns on the packaging that expose their eccentric habits, hopes and fears. Topics range from first dates to waxing and highlights.

Albin grew up in Lafayette but went to school in Martinez. “It’s pretty suburban,” she said about her childhood environment.

She has traveled around the world, doing charity work in Africa, Europe, the Netherlands and Great Britain.

“I did a lot,” she said. “I was a bit wild. It’s not unlike me to take giant risks.”

When she returned from her travels, she earned an English degree from California State University, Hayward and a master of fine arts in creative writing from St. Mary’s College in Moraga. She taught writing classes and worked on her first novel.

She was married while going to school, and her first child was born in 1997, her second in 2000.

Viscuglia, 36, went to Sacramento State University and received a business degree.

“I put myself through school,” she said.

She worked for several companies in sales, including Nordstrom and high-tech firms. She married and became a stay-at-home mom five to six years ago, and is raising three children.

Albin and Viscuglia met through their children, who attended the same daycare center. However, the two women were different.

“We are opposites,” Albin said.

Albin is extroverted. She likes to go to Berkeley and watches television programs such as “Desperate Housewives,” “Boston Legal” and even “Private Practice.” She prefers wearing jeans and a plain top. She noted that in the past she was not much into beauty care products. Additionally, she enjoys reading Nick Hornby novels.

Viscuglia likes reading stories about redemption, forgiveness and transformation. She likes the popular novel, “The Kite Runner.” She used to live in Fremont, and she recalled her naiveté in her interaction with a large African community. After reading the novel, she felt a great deal of compassion for people living in different worlds.

On the other hand, she enjoys accessorizing, shopping and buying high-end products.

“Wendy loves to shop,” said Albin. “Department stores make me crazy.”

Viscuglia is an introvert and prefers predictability.

“I like structure,” she said. “I like being productive.”

But they both said they shared common values: family,



## Inventing chloe & jane

New body care products reflect friendship of the founders

Danville businesswomen Laura Albin (left) and Wendy Viscuglia prepare a sample body care product from their Chloe & Jane line.

marriage, children and friendships.

Moreover, their differences complement each other.

“Wendy keeps me grounded,” Albin said.

Viscuglia said Albin’s penchant for taking risks attracts her.

They said their friendship is a vital part of their lives. Female friendships, they noted, are complex. Women tend to be empathetic, understanding and open.

“Women relationships can run deep,” Albin said.

“Women are into relationships,” added Viscuglia. “Women are complicated.”

Albin said there’s a payoff at the end of a quality female friendship. Their new business—Chloe & Jane—is one example of fruit harvested from their relationship.

Viscuglia came up with the product after returning from the spa—relaxed—last winter. She also returned from the spa with a Christmas gift list that topped 100, and she found herself compelled to bring her spa experience to others.

“I wanted to share this amazing, relaxing spa experience with my friends and family,” she said. “I didn’t know the first thing about making body care.”

“Next thing, I’m in the kitchen mixing batches of sugar with pure essential oils, Shea butter and natural oils,” she added. “I ended up gifting 100 sugar scrubs and creating a product I can’t live without.”

Albin tried her friend’s body care mix and enjoyed it. They began discussing creating a business selling body care products in March. Viscuglia developed the product line, and Albin came up with the marketing plan.

“There was a light,” Albin said. “This could be something.”

“I’ve been longing for a sense of adventure,” Viscuglia said. They developed the brand Chloe & Jane based on their friendship. Chloe represents Viscuglia, the fashion expert. And Jane symbolizes Albin’s logical side. They target people from their late 20s to their 40s.

Their husbands, who are involved in the software business, helped support the venture for the stay-at-home moms. The women are also developing a marketing strategy.

“We are in the infancy stages,” Albin said.

The Danville mothers hope their business venture will mirror their friendship—and grow over the years. ■



BY JACQUI LOVE MARSHALL

## Managing the holiday calories

From Thanksgiving to New Year's, 'tis the season of good cheer, gratitude, generosity ... and indulgence. We celebrate with friends and family and share freely with others. We give thanks, we give gifts, and we give toasts many times over. We wine and dine our way through holiday parties, staff luncheons, potluck dinners and "just a taste" of everyone's favorite holiday dish.

No matter how we've managed our eating and dieting all year long, once Thanksgiving rolls around, we're all mesmerized into a 40-day-plus zone of non-stop feasting. We treat ourselves to rich foods and drinks, convinced that we are in tune with the universe as we munch, devour, guzzle and graze from one year's ending to another's beginning. And it's no wonder—all the holiday images we see on television, in magazines and on billboards show pictures of beautiful (thin) people having the merriest of times with no regard for health or weight. And, certainly, Santa's not the best role model with his "broad face and a little round

belly," per "'Twas the Night Before Christmas."

But come Jan. 2, we are amazed when, according to one friend: "My favorite winter pants fit like a sausage casing!" In fact, the average person gains one to three pounds over the holidays—but some of us gain into the double digits. So, what's a "foodie" to do, when all around us people are losing their heads to visions of sugarplums and other delightful treats?



Epicure has compiled a list of helpful hints and suggestions. Don't adopt them all—after all, you want to enjoy yourself and create some real holiday cheer—so select one or two tips you know you can abide by and let them help you modulate your holiday intake.

### 10 Tips for Managing Holiday Calories:

• **Pay attention to your consumption.** Sometimes our eyes tell us what to eat before we think. Avoid eating with wild abandon. No meal

will be your "last supper" and pecan pie will still exist after Dec. 25.

• **Make a list and check it twice.** List the holiday events you've been invited to, noting what the fare is likely to be—cocktails, snacks, full dinner, desserts, etc. Decide ahead of time which events you'll attend—for example, Christmas Dinner at your daughter's home and your new boss' open house—making those your primary events. Weigh everything else as secondary indulgences. Eat and drink (or not!) accordingly.



• **Have a strategy.** Consider one of these:

- Limit yourself to X number of sweets and drinks per holiday week. Stick to your guns once you have hit your self-imposed limits.
- Select one food category to abandon during an activity so you can be guilt-free about another—pass on alcoholic beverages in lieu of desserts, eliminate breads in lieu of second helpings, etc.
- At a potluck, avoid getting

► Continued on page 19

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# The 411



BY KATHARINE O'HARA

## Getting the most from college tours

With college application season in full swing, seniors have undoubtedly begun to narrow down their list of potential schools; information gleaned from campus visits factors in to the process. I have done my share of college tours in the last year, from large, 30,000-plus student universities, to small colleges boasting 1,500 students in the middle of Podunk, Ohio. Having just returned from touring four Midwest schools, I am reminded of the widespread faux pas college-touring students and their parents make, time and again. With the process fresh in mind, I am providing some advice on how to make the most of campus visits.

The most important tip of all is to *do* the campus visits in the first place. After all, there is only a limited amount of information that can be learned about a school from its Web site, view book, or mailed pamphlets. While holiday breaks and summer vacation are convenient, in order to get the best feel for a school, prospective students should try to visit colleges when students are on campus.

During campus tours, presentations and student panels, I found time after time that college students and admissions officers were baraged with questions whose answers can easily be found on the school's Web site. Information like statistics about a school's number of students or offered majors should be researched before visiting campus. Students should instead be asking questions about life on campus: what kinds of students attend the college; the prevalence of drugs and alcohol; what students do for fun; the school's political climate; the importance of athletics on campus, etc.—all questions that will help students better assess the college as an option for them, personally. Students should not be hesitant to ask their tour guide questions either—that is what they are there for.

Ask about the campus facilities, the quality of food, how late places on campus are open, and if the campus has wireless Internet access. Sitting in the college's student center or campus coffee shop, and stopping to look at posted fliers, is certainly helpful to get an idea of the kinds of activities and functions going on around campus.

In addition to asking the right questions, students and parents should save extremely personal questions for after a formal presentation. I add this simply due to my pure annoyance at this practice. "If I'm a transfer student, and I have 40 credits..." Or, the infamous, "If my daughter has taken seven AP classes..." You begin to wonder if such questions have any purpose other than to allow parents to boast about their progeny's brilliant accomplishments.

During the process, students should think about what they want out of their college experience, *before* visiting. When listening to student or faculty presentations, students should try to discern whether the college is able to fulfill their own needs and goals, and whether it will nourish their personality and interests. Students should always carry a pad of paper with them to jot down noteworthy observations or questions that might arise. Also, something I am often guilty of, but which should certainly be avoided, is assessing the tour guide and not the college.

Students should always call ahead to see what kinds of opportunities will be available to them when they visit—is it possible to sit in on a class or stay overnight? Are there special visitation days for prospective students? Most colleges also require advance notice—sometimes two or three weeks in advance—for tours and information sessions, and especially for sitting in on a class.

I strongly suggest attending the information sessions offered before or after campus tours—I found

these extremely helpful in clarifying what I had seen on the tour or preparing myself for what to look for. Additionally, visit the bookstore and the library, and try to see a dorm room—the smallest type if possible, in order to prepare yourself for the worst-case scenario (and hope for the best).

One of the most helpful aspects of the college visits for me is sitting in on a class. The two times I have done this, I have been able to really grasp the dynamic of the school's academic environment—the level of coursework, whether the learning atmosphere is competitive or laid-back, and a sense for the kinds of students and professors at the school. If you can't shadow a class, at least see a typical classroom. Many admissions officers also strongly advise prospective students to stay overnight with a current student, to better understand not just academics, but all aspects of the school atmosphere.

As secondary information, always leave extra travel time, wear comfortable clothing and shoes, and be prepared for unexpected changes in weather—I was forced to purchase an emergency umbrella when it started pouring at Northwestern.

On this last set of tours, my dad consistently reminded me (sometimes to my chagrin) to remember that there is no such thing as a perfect school. To the other extreme, students should not go on a tour with rose-colored glasses either. Though sometimes difficult, it is important to maintain a balanced outlook in assessing various schools. In the end, there is a place for everyone—probably three or four.

*The 411 offers information and insight on the teen scene by Katharine O'Hara, a senior at San Ramon Valley High School who spends her free time going to concerts, enjoying her friends, and playing the piano. E-mail her at ohara5@comcast.net.*

## Presenting the Past

BY BEVERLY LANE



### Home sweet home in Rough and Ready

This original watercolor was painted by Henry Walton in 1853. It portrays William D. Peck of Rough & Ready, Calif., in his cabin.

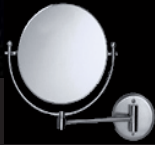
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## Epicure

► Continued from page 17

everything. Check out all the dishes first, make a few mental notes, circle back to the dishes you are most eager to taste.

- If it's hard for you to "just say no," limit your portions. Use a salad plate instead of a dinner one and cut your normal serving size in half for every dish. Alternate your favorite cocktail with a glass of calorie-free tonic or water.

- Select the smallest glasses for your drinks. Use a napkin to minimize your grazing selections. Carry a purse and a beverage to keep your hands from grabbing at every option.

- **Don't go famished, don't leave stuffed.** It's dangerous to go to a holiday dinner with a voracious appetite. Take the edge off your hunger by eating a small container of low-fat yogurt, a piece of fruit or a handful of nuts before you go.

- **Indulge selectively.** Save your everyday calories for meaningful ones.

- **When traveling long distances or shopping in the malls, you'll work up an appetite.** Take healthy snacks and bottled water to satisfy your hunger; otherwise, all fast foods businesses within a 10-foot perimeter will call out your name.

- **If you'll be having a hearty meal that evening, sip on a cup of hot tea or broth in the afternoon instead of snacking on office treats.** Mint or green tea (and chicken broth) are the best options.

- Whether barhopping or working at the office, sit farthest away from the snacks at hand. It's been proven that if a candy bowl is more than 6 feet away from you, you'll eat half as many pieces as when it's right in front of you.

- Pass on ordinary dishes to splurge on extraordinary ones. You can get peppermint candy

any time but a well-made trifle should be tasted.

- Relax and renew. Stress lures us to eat and drink more so high stress levels mean more weight gain. In the midst of the holiday frenzy, find time to exercise, meditate or just chill.

- It's your strategy (not everyone's) to know. Don't advertise that you're watching your intake and don't whine about passing on holiday treats. Overeaters love company and others, including your Aunt Sarah who says "Eat, eat!" to everyone, will shamelessly tempt you into eating more.

- **Give yourself permission to crash.** At least once during the holidays you will fall off the wagon and overindulge. Beating yourself up only cancels out the pleasure of the indulgence. Just go easy on the next round ... or try a different strategy.

- **Get lots of sleep.** As we overindulge, we also tend to keep longer hours. However, we need extra sleep in the winter months and studies show that people who are sleep-deprived are apt to gain more because of hormonal offsets.

- **Toast to a Better Future.** If life in general or the holidays specifically bring extra challenges this year—loss of a job, a messy divorce, an evil mother-in-law coming to visit—don't get lost in your misfortunes by over-eating or over-drinking. Hangovers or stomach issues will only add to your gloom. Think of the holidays as a time to get ready for the exciting opportunities coming your way in 2008.

Have a jolly good time but take care of yourself so you're ready to move into the 2008 with less guilt and fewer pounds to shed.

*Jacqui lives in Danville with her pug, Nina Simone, and volumes of cookbooks and recipes. Her column runs every other week. E-mail her at jlovemarshall@yahoo.com.*

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# Sports

A LOOK AT THE LOCAL SPORTS SCENE



CHRIS SCOTT/WWW.CALSPORTSPHOTO.COM

## De La Salle, Wolves advance in NCS championships

De La Salle quarterback Mike MacGillivray of Alamo, No. 17, evades a Mustang in Friday night's defeat of Monte Vista, 59-7. The first half was close, but De La Salle came back strong in the second to win the North Coast Section playoff game. De La Salle will face California High for the Division 4A championship at McAfee Coliseum at 7 p.m., Saturday, Dec. 8.

MacGillivray, a senior, is one of the nation's top high school quarterbacks in average yards per completion; he was named Sports Illustrated Player of the Week in 2006 and First Team All League

Quarterback on Nov. 12 by the Bay Valley Athletic League, among many other honors. MacGillivray plans to play baseball in college, said his mother, Robin, but has not yet decided where. "He is talking with a number of baseball coaches at a variety of colleges here on the West Coast and will probably make a decision sometime this spring," said Robin MacGillivray.

San Ramon Valley High trounced College Park in the 3A playoffs Friday, and now advances to the regional recognition game against Pinole Valley being played at Dublin High School at 7 p.m., Saturday, Dec. 1. The winner goes to the championship at McAfee Coliseum at 3:45 p.m., Saturday, Dec. 8, to face the top team from the Redwood Empire Region.

### PREP SCHEDULE

**Thursday-Saturday, Nov. 29-Dec. 1**

**Women's Basketball**  
Irvington Tournament  
Alhambra Tournament

**Friday, Nov. 30**

**Women's Soccer**  
San Ramon Valley vs. Newark, 7 p.m.

**Saturday, Dec. 1**

**Women's Soccer**  
San Ramon Valley vs. Santa Barbara, Newark, 1 p.m.

**Men's Soccer**  
Monte Vista at Richmond High, 2 p.m.

**Wrestling**  
Falcon Invitational Dual Meet at Freedom High, 9 a.m.

**Monday, Dec. 3**

**Women's Soccer**  
Monte Vista at Castro Valley, 6 p.m.

**Men's Soccer**  
Monte Vista at Antioch High, 6 p.m.

**Tuesday, Dec. 4**

**Women's Basketball**  
San Ramon Valley at American High, 7:30 p.m.

Monte Vista at Hayward, 6 p.m.

**Wednesday, Dec. 5**

**Men's Soccer**  
Monte Vista vs. Berkeley, 5:30 p.m.

**Wednesday-Saturday, Dec. 5-8**

**Women's Basketball**  
Alhambra Tournament

**Thursday, Dec. 6**

**Women's Soccer**  
San Ramon Valley vs. Washington, 5:45 p.m.

**Thursday-Saturday, Dec. 6-8**

**Men's Basketball**  
Northgate Tournament, Walnut Creek

Montgomery Tournament

**Women's Basketball**  
Santa Rosa Tournament  
Merced Tournament

**Colt .45 tryouts tomorrow**

Tryouts for the Danville-based East Bay Colt .45s spring/summer U13 and U14 teams will be held from 9 a.m.-noon tomorrow, Saturday, Dec. 1, at the Monte Vista High School JV field. Cost is \$25. Info packets will be available at the tryouts. Wear proper baseball attire. Contact Coach Jason Brosnan at jbroz1@aol.com.

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# Calendar

WHAT'S HAPPENING IN OUR COMMUNITY

## Art

### Wine Sale & Art Gallery Event

View fine art paintings by local artist Kevin Barry Dever from 9 a.m.-9 p.m., Friday-Saturday, Nov. 30-Dec. 1, at Renaissance Club Sport, 2805 Jones Rd., Walnut Creek. This event is free, but there is an optional wine dinner for \$25. Call (650) 515-9663.

## Author Visit

**Rakestraw Books Author** Rakestraw Books will host Penny Warner, author of "Official Nancy Drew Handbook: Skills, Tips and Life Lessons" at 7 p.m., Friday, Nov. 30, at Rakestraw Books, 409 Railroad Ave., Danville. Call 837-7337.

## Class Reunions

**Monte Vista High School 20 Year Reunion** The Monte Vista High School Class of 1987 are seeking members for its 20 year reunion. The reunion is planned for February 2008. To receive your invitation, e-mail monte\_vista\_1987@yahoo.com.

## Clubs

**Alamo Women's Club** This club will host a brunch for its Holiday Program featuring the "Beauty Shop Quartet" from Monte Vista High School at 11:30 a.m., Wednesday, Dec. 12, at the Alamo Women's Club, 1401 Danville Blvd. This event is free. A boutique will be set up with a white elephant sale and special sweets. Reservations are required, call 837-6548.

**Danville Book Club** Danville Book Club meets at 11 a.m., the second Thursday of every month, at the Danville Library, Mt. Diablo Room, 400 Front St. December's book selection is "The Other Boleyn Girl" by Philippa Gregory. Call 837-4889.

**Veterans of Foreign Wars, Post 75** The organization meets at 7:30 p.m., every second Thursday of the month (except December), at Danville Veteran's Hall, 400 Hartz Ave., Danville. For information, call Post Commander Tony Carnemolla at 932-4042 or visit www.vfw.org.

**Vietnam Veterans of Diablo Valley** This club will host their monthly meeting starting at 5:30 p.m., Thursday, Dec. 6, at Crow Canyon Country Club, 711 Silver Lake Dr., Danville. Dinner will be served at 6 p.m. Cost is \$25. Visit www.vnvdv.com.

## Concerts

**'A Jubilant Holiday'** Danville Community Band presents "A Jubilant Holiday" concert at 3 p.m., Sunday, Dec. 2, at East Bay Fellowship, 2615 Camino Tassajara, Danville. The concert will feature Victor Herbert's "Babes in Toyland," "Greensleeves," "An Olde English Christmas," "A Chanukah Celebration" and other Christmas songs. This event is free. Visit www.danvilleband.org.

**'Festival of Carols'** Contra Costa Children's Chorus and Diablo Symphony Orchestra presents the "Festival of Carols" concert at 7:30 p.m., Tuesday, Dec. 18, at the Leshner Regional Center for the Arts, 1601 Civic Dr., Walnut Creek. Tickets are \$20 for adults, \$18 for seniors and \$12 for youth. Call 943-7469 or visit www.dlrca.org.

**'La Boheme'** Danville Lyric Opera presents a highlights concert of the opera "La Boheme" at 4 p.m., Saturday, Dec. 1, at Danville

Congregational Church, 989 San Ramon Valley Blvd., Danville. General admission is \$25, reserve seating is \$30, and seniors and students are \$18. Call 964-9994 or (650) 533-8939.

**Double Beauty Shop Quartet** Yellow Wood Coffee and Tea will host Monte Vista High School's Double Beauty Shop Quartet at 10 a.m., Saturday, Dec. 15, at Yellow Wood Coffee and Tea, 215 Alamo Plaza, Suite E, Alamo. This event is free. Call 837-1175.

**Holiday Season Favorites** Contra Costa Wind Symphony presents "Carols and Holiday Season Favorites" sing-along concert at 7:30 p.m., Monday, Dec. 17, at Lafayette-Orinda Presbyterian Church, 49 Knox Dr., Lafayette. This concert is free. Visit www.ccwindsymphony.org.

**San Ramon Valley Chamber Singers Concert** Yellow Wood Coffee and Tea will host the San Ramon Valley High School Chamber Singers in concert at 10 a.m., Saturday, Dec. 8, at Yellow Wood Coffee and Tea, 215 Alamo Plaza, Suite E, Alamo. This event is free. Call 837-1175.

**Songs of the Season** Danville Girls Chorus will be performing festive, holiday songs from around the world from 11 a.m.-1 p.m., Saturday, Dec. 8, at Canyon Creek Presbyterian Church, 9301 Bollinger Canyon Rd., San Ramon. Tickets are \$10 for adults, \$5 for children. Call 837-2624.

## Events

**ADAS Annual Holiday Party** Alamo-Danville Artists Society will host their annual holiday party celebrating fundraising efforts for arts educators in the San Ramon Valley from 6-9 p.m., Tuesday, Dec. 11, at Congregational's Social Hall, 989 San Ramon Valley Blvd., Danville. After dinner, checks are presented to teachers who share personal stories about using these funds. This event is free. E-mail artpromoter@sbcglobal.net.

**Beacon Lighting Atop Diablo** The Pearl Harbor Survivors Association, every year, memorializes Pearl Harbor Day by turning on the summit Beacon atop Mt. Diablo. This year they will gather at 3:45 p.m., Friday, Dec. 7, and the "Eye of Diablo" will be lit at sunset and will shine all night. Call 947-3535.

**Mayor's Installation and Community Service Awards Ceremony** Town of Danville will host the Mayor's Installation and Community Service Awards from 7-9:30 p.m., Tuesday, Dec. 4, at the Danville Community Center, 420 Front St. Call 314-3401.

## Exhibits

**'Christmas Memories'** Museum of the San Ramon Valley will host its "Christmas Memories" exhibit until Jan. 5, at the Museum of the San Ramon Valley, at the corner of Railroad and Prospect avenues in downtown Danville. Admission is free, but donations are welcome. The museum is open 1-4 p.m., Tuesday-Friday and 10 a.m.-1 p.m., Saturday. Call 837-3750.

**European Train Exhibit** Blackhawk Museum will host the layout of HO-scale European model trains, track layout and scenery from 10 a.m.-5 p.m., until Jan. 6, at the Blackhawk Museum, 3700 Blackhawk Plaza Circle, Danville. Call 736-2751 or visit www.blackhawkmuseum.org or www.theshopsatblackhawk.com.

## Fundraisers

**16th Annual Santa and Pet Photos** Begin the holiday season with great pictures of your pets with Santa from

10 a.m.-2 p.m., Saturday-Sunday, Dec. 1-2, at Alden Lane Nursery and Garden Center, 981 Alden Lane, Livermore. Cost is \$20 for two 4x6 photos in a holiday folder. Proceeds benefit the Valley Humane Society. Call 426-8656.

**Holiday Charities** Tucker Associates will host their annual fundraiser from 4-7 p.m., Friday, Nov. 30, at Tucker Associates, 4185 Blackhawk Plaza Circle, Danville. They will be collecting donations and items for Shepherd's Gate and the Tri-Valley Animal Rescue. Enjoy food, wine, live music and a holiday boutique. Call 580-2777.

**Holiday Pet Photos with Santa 'Paws'** Scoops Pooper Scooper Service presents "Holiday Pet Photos with Santa Paws" from 10 a.m.-1 p.m., Saturday, Dec. 1, at Pet Food Express, 609 San Ramon Valley Blvd., Danville. Cost is \$10. Proceeds will benefit Tri Valley Animal Rescue. Participants will be entered into a drawing for a chance to win one free month of Pooper Scooper Service. For information, call (888) 736-7667 or visit www.scoopsca.net.

## Holiday

**3rd Annual Chanukah on Ice** Walnut Creek Chamber of Commerce and the City of Walnut Creek presents the third annual Chanukah on Ice, a community night skate, from 7:30-10 p.m., Sunday, Dec. 9, at the downtown Walnut Creek Ice Rink, Civic Park. Visit www.jewishcontracosta.com.

**3rd Annual Holiday Home Tour** Danville-Alamo Branch of American Association of University Women

## WEEKEND PREVIEW



DANVILLE COMMUNITY BAND

### 'A Jubilant Holiday'

The Danville Community Band will present "A Jubilant Holiday" concert at 3 p.m., Sunday, Dec. 2, at East Bay Fellowship, 2615 Camino Tassajara, Danville. The concert will feature Victor Herbert's "Babes in Toyland," "Greensleeves," "An Olde English Christmas," "A Chanukah Celebration" and other Christmas songs. This concert is free. Visit www.danvilleband.org.

(AAUW) will host the third annual Holiday Home Tour from 11 a.m.-4 p.m., Friday-Saturday, Dec. 7-8. Five homes will be open in the Danville and Alamo area. Tickets are \$30. Mail SASE to Danville-Alamo AAUW, 255 Morris Ranch Ct., Danville, CA 94526. Call 837-0826 or visit www.aauw-da.org.

**Alamo Tree Lighting Festival** Alamo Merchant and Professional Association presents the Alamo Tree Lighting Festival at 5:30 p.m., Sunday, Dec. 2, at the Andrew H. Young Park, at the corner of Danville Blvd. and Jackson Way in Alamo. Activities include a visit from Santa,

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**Beth Chaim Chanukah Lighting**  
Beth Chaim Congregation will gather on the First Night of Chanukah, Tuesday, Dec. 4, at its new temple, at 1800 Holbrook Dr., Danville. On each night of Chanukah, the community will light the Menorah. Call 736-7146 or visit [www.bethchaim.com](http://www.bethchaim.com).

**Breakfast with Santa** Danville Job's Daughters will host its 14th annual Breakfast with Santa from 8-11 a.m., Saturday, Dec. 8, at the Danville Grange Hall, 743 Diablo Rd., Danville. Breakfast includes choice of pancakes or crepes, eggs and sausage, as well as a complimentary picture with Santa. Bring your camera. Cost is \$8. Call 989-4325.

**Celebration of Christmas** Come and enjoy the music of Christmas featuring local high schools, middle schools and other performers at 7 p.m., Sunday, Dec. 16, at the Church of Jesus Christ Latter-Day Saints, 655 Old Orchard Dr., Danville. Sing-alongs will be included. Call 743-1547.

**Lights of the Valley Illumination Ceremonies** Join Hope Hospice as they light the Tree of Life at different locations: Blackhawk at 5 p.m., Friday, Nov. 30, at the corner of Blackhawk Rd. at Blackhawk Dr.; San Ramon at 6:30 p.m., Thursday, Dec. 6, at San Ramon Medical Center, 6001 Norris Canyon Rd.; and Alamo at noon, Wednesday, Dec. 12, at Alamo Women's Club, 1401 Danville Blvd. Remember or honor someone special with the purchase of a symbolic light, star, angel or name on a memorial wreath. Call 829-8770 or visit [www.hopehospice.com](http://www.hopehospice.com).

**Menorah Lighting** Chabad of Contra Costa and Broadway Plaza will host the annual Contra Costa Grand Menorah Lighting from 4-6 p.m., Sunday, Dec. 9, at Broadway Plaza Shopping Center, Promenade Fountain (across from Nordstrom). Visit [www.jewishcontracosta.com](http://www.jewishcontracosta.com).

**Santa Claus at the Blackhawk Plaza** Santa Claus will be at the Blackhawk Plaza every weekend throughout the season to pose for photos with children. Specific times include: 1-7 p.m., Thursday-Sunday, Nov. 29-Dec. 2; 10 a.m.-3 p.m., Wednesday, Dec. 5; 1-7 p.m., Thursday, Dec. 6; 10 a.m.-3 p.m., Wednesday, Dec. 12 and noon-7 p.m., Thursday-Monday, Dec. 13-24, at Blackhawk Plaza. Additionally, Santa will take pictures with pets from 10 a.m.-5 p.m., Saturday, Dec. 9. Call 736-2751 or visit [www.theshopsat-blackhawk.com](http://www.theshopsat-blackhawk.com).

**Sing-Along Messiah** San Ramon Arts Foundation presents the "San Ramon Sing-Along Messiah" at 7:30 p.m., Saturday, Dec. 8, at Dougherty Valley Performing Arts Theater, 10550 Albion Way, San Ramon. Tickets are \$5-10; visit [www.sanramonperformingarts.com](http://www.sanramonperformingarts.com).

## Kids and Teens

**"Mountain Musers" from Montana**  
Danville Library Foundation will host Harry and Lela's dog sled team,

"The Mountain Musers" at 4 p.m., Tuesday, Dec. 18, at the Danville Library, 400 Front St. The program will include learning about sled dogs, sledging safety and courtesy, and the job of the sled dog. Call 837-4889.

**Elf Workshop** Town of Danville will host Elf Workshop for children ages 1-12 from 9:30-11 a.m. or 11:30 a.m.-1 p.m., Saturday, Dec. 8, at Veteran's Memorial Hall, 400 Hartz Ave., Danville. Cost is \$5 for residents, \$6 for non-residents. Pre-registration is required; call 314-3400 or visit [www.ci.danville.ca.us](http://www.ci.danville.ca.us).

**Sticky Fingers Workshop** Lindsay Wildlife Museum will host a series of Sticky Fingers Workshops from 10-11:30 a.m., Tuesday-Friday, Dec. 18-21, at Lindsay Wildlife Museum, 1931 First Ave., Walnut Creek. Cost for each class is \$10 for museum members; \$15 for non-members. Each day will have a different theme, activities and live animal encounters. To register, call 935-1978.

## Lectures/ Workshops

**Mindful Chi Kung** Chi Kung means energy cultivation and it can greatly improve your sense of well being. The Wellness Community will host Mindful Chi Kung from 10 a.m.-noon, Saturday, Dec. 8, at the Wellness Community, 3276 McNutt Ave., Walnut Creek. This event is free for cancer patients, their families, and friends. call 933-0107.

**Nutrition and Cancer Treatment**  
Cancer patients can learn what to eat (even when you don't feel like it) and ways to hydrate from 10 a.m.-1 p.m., Saturday, Dec. 1, at the Wellness Community, 3276 McNutt Ave., Walnut Creek. This event is free. Call 933-0107.

**Stress Reduction and Guided Imagery** This workshop will help those with cancer and their caregivers learn to focus and relax the mind and body to experience relief from negative emotional states from 6-8 p.m., Tuesday, Dec. 4, at the Wellness Community, 3276 McNutt Ave., Walnut Creek. This event is free. Call 933-0107.

## Literary Events

**Danville Library Book Club** Danville Library hosts a book club that meets at 11 a.m., on the second Thursday of every month, at the Danville Library, Mt. Diablo Room, 400 Front St. Book selection is The Other Boleyn Girl by Philippa Gregory for Dec. 13. Call 837-4889.

**"North Pole Review"** Danville Library will host Fratello Marionettes' "North Pole Review" at 4 p.m., Tuesday, Dec. 11, at the Danville Library, 400 Front St. The show will feature a skating Brazilian snowman, a juggling penguin and the singing Hawaiian sisters. Call 837-4889.

**Holiday Music and Books** Friends of the Danville Library and Kiwanis of San Ramon Valley will host their First Wednesday at the Library at 1 p.m., Wednesday, Dec. 5, at the Danville Library, Mt. Diablo Room,

400 Front St. San Ramon Valley High School Chamber Singers will sing holiday songs and Michael Barnard of Rakestraw Books will talk about books for holiday giving. This event is free. Call 837-4455.

## Miscellaneous

**Bay Area Crisis Nursery Drive**  
Junior League of Oakland-East Bay Inc. is holding a drive to support the Bay Area Crisis Nursery during November by collecting large and extra large diapers, good night diapers, training diapers and infant formula. You can drop off these goods from 8:30 a.m.-5:30 p.m., Monday-Friday, at the Danville Weekly, 315 Diablo Rd., Suite 100, Danville. Call 284-3740 or 837-8300.

**One Warm Coat** San Ramon Valley Rotary Club is hosting its 12th anniversary of One Warm Coat until Dec. 15. They are collecting coats, sweaters and blankets for men, women, children and infants in clean and good condition. Drop-off points include: Diablo Lodge, 950 Diablo Rd., Danville; Curves, 9500 Crow Canyon Rd., Danville; Moda Mi, 140 E. Prospect Ave., Danville; Pascal's French Oven, 155 Railroad Ave., Danville; ReMax Accord, 313 Sycamore Valley Dr. W., Danville; Heritage Bank, 387 Diablo Rd., Danville and Oscar's Jeweler, 15 Alamo Square, Alamo. For information, contact Elizabeth Forth at 820-4077; Dany Gregory at 838-9110 or Mark at 552-9900.

**Toys for Tots and Food Bank Giving** Countrywide Home Loans is a drop-off location for toys for the Toys for Tots program and filled Food Bank brown bags until Dec. 15. The offices are open from 9 a.m.-5 p.m., Monday-Friday and 10 a.m.-2 p.m., Saturday; located at 7 Railroad Ave., Danville. Call 314-7003.

## On Stage

**"A Christmas Carol"** Center REPeritory Company presents "A Christmas Carol" Dec. 6-16, at Center REPeritory, 1601 Civic Dr., Walnut Creek. Tickets are \$38; family four packs are available for preview performances at 2 p.m., Dec. 6-8. Call 943-7469 or visit [www.centerrep.org](http://www.centerrep.org).

**"Wigged Out!"** Hair on Stage (formerly Victoria's Hair on Stage) presents "Wigged Out!" playing until June 21, at Hair on Stage, 520 San Ramon Valley Blvd., Danville. The box office is open from 11 a.m.-4 p.m., Monday-Saturday. Call 855-SHOW (855-7469) or visit [www.wiggedout.org](http://www.wiggedout.org).

## Recreation

**Cowell Ranch State Park** Join Ken Dyleski to preview the new 4000 acre Cowell Ranch State Park, not yet open to public, at 9 a.m., Saturday, Dec. 1, meeting at Round Valley Regional Preserve Staging Area, Marsh Creek Rd., Clayton/Brentwood. This is a 4-hour moderate hike, 4-5 mile loop. Bring lunch, liquids and sunscreen. Rain cancels. Call 947-3535 or visit [www.save-mountdiablo.org](http://www.save-mountdiablo.org).

## PET OF THE WEEK



CATHERINE HANSEN RUSH

### Meet Santa!

It's beginning to look a lot like Christmas! Has your pet met Santa yet? This loving, 3-year-old neutered male housecat named Darryl is dressed and ready for this weekend's Santa and Pet photo event at Alden Lane Nursery, 981 Alden Lane in Livermore. The photo event will be held from 10 a.m. to 2 p.m. Dec. 1-2. All pets are welcome (dogs on leash and cats in carriers please). Two holiday photos cost \$20 and the proceeds benefit Valley Humane Society. Darryl is available for adoption at the East County Animal Shelter, 4595 Gleason Drive in Dublin, open daily 11:30 a.m. to 5:30 p.m. Call 803-7040. Darryl is very friendly and loves everyone he meets. He is an indoor-only pet but we bet he's willing to venture out to meet with Santa!

## Seniors

**Bridge** Seniors meet to play bridge from 10 a.m.-2 p.m. every Friday at the Danville Veteran's Memorial Hall, 400 Hartz Ave. Experienced players only. Cost is \$1. Reservations are required. Call Jerri Kaldem at 837-6283.

**Buzz Sessions** Town of Danville presents Buzz Sessions for seniors from 1-2:30 p.m., each fourth Tuesday of the month, at Danville Library, Mt. Diablo Room, 400 Front St. These events are free, but register to reserve your place by calling 314-3400.

**Danville Senior Citizens Club** The club meets from 9:30 a.m.-2 p.m., every Monday at the Danville Veterans' Memorial Hall, 400 Hartz Ave., for line dancing exercise, bingo, mah jong and more. New members are welcome. Membership is just \$12 a year. Call Fran Britt at 743-4026.

**HICAP Appointments** The Health Insurance Counseling Advocacy Program (HICAP) offers its services free to anyone on Medicare or at least 60 years old with questions about health insurance coverage. Appointments are available the second Wednesday and the fourth Tuesday of every month by appointment; call 314-3400.

**Laugh Club** Research has shown increased levels of endorphins, neurotransmitters, immune system cells, and decreased levels of stress hormones. This club meets at 10:30 a.m., every Tuesday, at San Ramon Senior Center, 9300 Alcosta Blvd. Cost is \$1 facility use fee and is open to the public. Call Fred Turner at 216-4590.

**Prime Time** Prime Time for seasoned citizens meets from 9 a.m.-1 p.m., every Tuesday, at Community Presbyterian Church, 222 W. El Pintado, Danville. Activities include line dancing, English handbells, ceramics, wood carving and more. A home-cooked meal is served at noon for \$4. Rides are provided by County Connection Link for \$3.50 round trip; call Gloria at 837-5229. For information, call 820-6387.

**Senior Sneaker Trips** Town of Danville hosts Senior Sneaker Trips to different attractions throughout the area. For a list of dates, go to the Danville Community Center at 420 Front St., call 314-3400 or visit [www.ci.danville.ca.us](http://www.ci.danville.ca.us).

**Seniors Program** Danville Veterans' Memorial Hall Lounge hosts a senior drop-in program from 10 a.m.-2 p.m., Monday-Friday, at Veterans' Memorial Hall, 400 Front St., Danville. Activities include playing cards and board games, visit with friends and meet new people. Call 314-3400.

**St. Isidore's 'Young at Heart'** Join this group for a meeting from 11:15 a.m.-2 p.m., the third Tuesday of every month at St. Isidore's Ministries Center, 440 La Gonda Way, Danville. Optional Mass starts at 11:15 a.m.; lunch starts at 11:45 a.m.; bring brown bag lunch from until August, beverage, fruit and dessert are provided. Nonprofit bingo follows. This event is free, but reservations are appreciated by calling 820-4447.

**Valley Oak Respite Center Activities for Seniors** Valley Oak Respite provides an interactive program for frail seniors and those afflicted with Alzheimer's or related dementias and physical disabilities, from 10:30 a.m.-2:30 p.m. Mondays, Wednesdays and Fridays, at Danville Congregational Church, 989 San Ramon Valley Blvd., Danville. The cost is \$30 per session, which includes a morning snack and beverage; participants should bring a bag lunch. For information or an application, call Carmen McCarthy at 945-8040, ext. 53.

## Sports

**Get Fit in 2008** Town of Danville will host "Get Fit in 2008" with My Own Marathon from Jan. 1-May 3. This marathon is designed for individuals who like to complete a marathon at their own pace. Participants will walk a total of 26.2 miles. To register, visit the Danville Community Center, 420 Front St., call 314-3400 or visit [www.ci.danville.ca.us](http://www.ci.danville.ca.us). The final mile will be completed on May 3 at Spring Fest.

## Support Groups

**American Chronic Pain Association** The ACPA group meets from 11a.m.-1 p.m. every second and fourth Monday at the Community Presbyterian Church Library at 222 W. El Pintado Rd., Danville.

**Bipolar Support Group** The Tri-Valley Support Group provides free peer support for people with mood disorders. It meets from 7:15-8:45 p.m., every Wednesday, at St. Clare's Episcopal Church, 3350 Hopyard Road, Pleasanton. Call 560-0842

**Blue Star Moms California** Blue Star Moms is a support group for families of members of the U.S. Armed Forces. It meets at 7 p.m., the second Wednesday of the month, at the Danville Veterans Hall, 400 Hartz Ave. Call Peggy

at 866-7035 or Patty at 838-9096 or visit [www.bluestarmoms.org](http://www.bluestarmoms.org).

**Cancer Support Groups** Free support, education and stress management for cancer patients and their loved ones, including general support groups for all types of cancer patients as well as cancer specific groups for breast cancer, colorectal cancer, ovarian cancer, lung cancer, prostate cancer, brain tumor, support groups for caregivers and life after cancer. Groups meet at the Wellness Community, 3276 McNutt Ave., Walnut Creek. For times and days, call 933-0107.

**Celebrate Recovery** Celebrate Recovery is a forward-looking and balanced Christ-centered recovery program for people with hurts, habits and hang-ups. The group meets at 6:30 p.m. for dinner and the program starts at 7 p.m., every Friday, at East Bay Fellowship, 2615 Camino Tassajara, Danville. Childcare available for ages



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|  <p><b>Dec. 28th Issue</b><br/>Ad copy due<br/>Dec. 14 at 10am</p> <p><b>Jan. 4th Issue</b><br/>Ad copy due<br/>Dec. 21 at 10am</p> |  <p><b>Dec. 28th Issue</b><br/>Ad copy due<br/>Dec. 17 at 10am</p> <p><b>Jan. 4th Issue</b><br/>Ad copy due<br/>Dec. 26 at noon</p> |
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# November is National Hospice and Palliative Care Month



Love is... Hospice **Hope Hospice**

HOPE HOSPICE in Dublin HOPES to raise AWARENESS for the COMPASSIONATE CARE available to people LIVING with life-limiting illnesses in the Tri-Valley & San Ramon Valley Communities. While providing DIGNITY and timely SOLUTIONS to one of life's most difficult challenges, the Hope Hospice Team offers the highest level of QUALITY medical care with the emotional and spiritual SUPPORT needed. When you embark on your end-of-life JOURNEY, let Hope Hospice enable you to LIVE all of your life to the fullest! For more information, contact us at: 925-829-8770

5-11. Call 736-5100, e-mail [celebratercovery@eastbayfellowship.org](mailto:celebratercovery@eastbayfellowship.org) or visit [www.eastbayfellowship.org](http://www.eastbayfellowship.org).

**ClutterLess Self Help Group** Is clutter stressing you out? Cluttering is a psychological issue, not just an organizing issue. Join the group at their meeting from 7-8:30 p.m., Mondays, at Pleasanton Presbyterian Church, 4300 Mirador Dr. Optional \$2-5 donation. Call 297-9246 or visit [www.clutterless.org](http://www.clutterless.org).

**Danville TOPS** The Danville chapter of Take Off Pounds Sensibly (TOPS) meets at 9 a.m., every Tuesday at St. Timothy's Episcopal Church, 1550 Diablo Road. Call Bob Blendow at 935-9344 or Rosemarie at 838-7870.

**Find Help For Addiction** Problems with drug or alcohol addiction in a loved one? Don't know whom to turn to for help? Contact Drug Rehab Resource for a free confidential consultation to find the help you need. Call (866) 649-1594 or visit [www.drughabresource.net](http://www.drughabresource.net).

**Food Addicts in Recovery Anonymous** Are you having trouble controlling the way you eat? There is a solution to weight and diet obsession. This effective 12-step program has proven results. There are no dues, fees or weigh-ins. This group meets from 7-8:30 p.m., every Wednesday, at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. For a complete listing of East Bay meetings, call 838-1837 or visit [www.foodaddicts.org](http://www.foodaddicts.org).

**Hospice Offers Support** Hospice and Palliative Care of Contra Costa offers a variety of support groups and workshops for people experiencing grief and loss after the death of a loved one. Individual grief counseling for Hospice families is also available. Groups are offered from 7-9 p.m., Friday evenings at the San Ramon Valley United Methodist Church in Alamo. All groups and workshops are offered without fee and require preregistration. For a schedule of groups in the Pleasant Hill area, for additional information and/or to register, call 887-5678.

**Man to Man Prostate Cancer** San Ramon Regional Medical Center offers "Man to Man Prostate Cancer Support Group" from 7:30-9 p.m., the second Tuesday of every month, at San Ramon Regional Medical Center, South Building, West Day Room, 7777 Norris Canyon Road. Call 933-0107.

**Newly Formed Proactive Group for Women** Support Group for FIBRO, CFF and Chronic Pain meets 12:30-2:30 p.m., every other Wednesday. Call 234-5621 or e-mail [dsashby@msn.com](mailto:dsashby@msn.com).

**Overeaters Anonymous** The group offers a 12-step approach to issues around food, overeating, anorexia and bulimia. There are many different groups that meet at different times and places, visit [www.dvig.org](http://www.dvig.org).

**PFLAG** The Danville/San Ramon Valley Chapter of Parents Families and Friends of Lesbians and Gays (PFLAG) is a support group that meets at 7:30 p.m., every third Monday at the Danville Congregational Church, 989 San Ramon Valley Blvd. Call 838-8632.

## Volunteering

**Animal Fosters Urgently Needed** Animal Rescue Foundation (ARF) is looking for short-term fosters for dogs, puppies, cats and kittens. ARF will provide the food, supplies and vet care; all you need to do is provide the love. Call 296-3173 or visit [www.arf.net](http://www.arf.net).

**Anna's Program** Hospice of the East Bay is asking for volunteers to help with Anna's Program, a program which provides support to women diagnosed with recurrent breast cancer. Volunteers provide companionship and practical assistance. To apply, call 887-5678 and ask for the Volunteer Department or e-mail [volunteers@hospiceeastbay.org](mailto:volunteers@hospiceeastbay.org).

**Assistance League of Diablo Valley** This chapter of the National Assistance League seeks new volunteer members to help with a wide range of philanthropic service projects in many Contra Costa communities. These include vision screening in elementary schools, distributing clothing

to school children in need, daily reassurance phone calls to homebound elderly and handicapped clients, and staffing the chapter's Lafayette thrift shop. Call 934-0901 or visit <http://diablovalley.assistanceleague.org>.

**Blackhawk Museum Docent Training** If you are interested in becoming a much appreciated part of the Blackhawk Museum family while contributing to your community, making new friends, learning new things, and having fun, become a docent! Call 736-2280, ext. 238.

**California Independent Film Festival Association** Support the Arts in the Tri-Valley by joining the California Independent Film Festival Association. The donation of the membership will support independent film events. For information, visit [www.caindiefest.com](http://www.caindiefest.com).

**CCI Volunteer Puppy Raising Program** Canine Companions for Independence (CCI) are looking for special volunteers interested in raising a CCI puppy for 15-18 months and are now accepting applications. For information, call 1-800-572-BARK (572-2275) or visit [www.cci.org](http://www.cci.org).

**Child Abuse Prevention Council** The Contra Costa County Child Abuse Prevention Council needs volunteer speakers for the community education program. Volunteers must complete a mandatory 24-hour speaker's training course. For information, call 946-9961.

**Contra Costa Academy of Fine Art** Volunteers are needed with secretarial skills for the Contra Costa Academy of Fine Art. For information, call Beth Batchelor at 837-5654 or Nana Dicta Graves at 777-1717.

**Contra Costa Academy of Fine Art** The academy seeks new volunteers and members to help with tasks ranging from bookkeeping to recruiting instructors. The group meets noon-1 p.m., the second Friday of the month at Richard's Art & Craft Store, 225 Alamo Plaza, Alamo. Call Beth Batchelor at 837-5654.

**Friends of Discovery** Discovery Counseling Center has received more than \$5 million, thanks to Friends of Discovery. The organization is looking for volunteers who can commit eight hours per month in the Thrift Station, 486 San Ramon Valley Blvd., Danville. Call Le Anne, 837-7998.

**Handbell Choir Seeks Ringers** The Agape Ringers are seeking teens and adults with musical backgrounds to rehearse from 7-9 p.m., Thursdays, in Danville. For information, call Margaret at 837-6371.

**Help Your Senior Neighbors** A lot of Danville seniors need rides to their appointments, stores or to special events. The Seniors' Club at Veterans Memorial Hall is looking for volunteers to provide rides on an "as-needed basis" on one or more Mondays a month. Call Jenn Overmoe at 314-3476 for more information.

**Hometown Holiday** City of Pleasanton is looking for volunteers to help with Hometown Holiday from 1-8 p.m., Saturday, Dec. 1. Many positions are needed to help with this event. Applicants should be 18 years of age or older and should apply by Nov. 21st. Call 931-3432 or visit [www.hometownholiday.com](http://www.hometownholiday.com).

**Hospice and Palliative Care of Contra Costa** This organization is looking for volunteers to help serve in East Contra Costa County. Positions open are: men and women to provide companionship and practical support for terminally ill patients and families, licensed hair stylists and certified massage therapists. Call 887-5678 or e-mail [volunteers@hospicecc.org](mailto:volunteers@hospicecc.org).

**Hospice and Palliative Work at Bruns House** Hospice and Palliative Care of Contra Costa Bruns House In-Patient Hospice is looking for volunteers to fill two- to four-hour shifts during the weekdays and weekends. For an application, call 887-5678 or e-mail [volunteers@hospicecc.org](mailto:volunteers@hospicecc.org).

**Lindsay Wildlife Museum** Docents are needed to lead class tours, teaching children and others about our important connection with wildlife and the world we share. No experience needed. Call 627-2444 or visit [www.wildlife-museum.org](http://www.wildlife-museum.org).

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### Writers Wanted

The Academy for Alternative Journalism, established by papers like this one to promote diversity in the alternative press, seeks talented journalists and students (college seniors and up) for a paid summer writing program at Northwestern University's Medill School of Journalism. The eight-week program (June 22 - August 17, 2008) aims to recruit talented candidates from diverse backgrounds and train them in alt-weekly style feature writing. Ten participants will be chosen and paid \$3,000 plus housing and travel allowances. For information and an application visit <http://aaaj.aan.org>. You may also email us at [altacademy@northwestern.edu](mailto:altacademy@northwestern.edu). Applications must be postmarked by February 8, 2008. Northwestern University is an equal opportunity educator and employer. (AAN CAN)

### Artisan Affaire

**Artisan Affaire Holiday Boutique**  
Sunday Dec. 2 Veterans Memorial Hall 301 Main Street. 10-4pm FREE ADMISSION Find great gifts; Pottery, Vegan Spa Products, Stained Glass & more. 28 raffle pulls; need not be present to win. Portion of proceeds to UCSF Comprehensive Cancer Center. (925) 922-1750 [www.ArtisanAffaire.com](http://www.ArtisanAffaire.com)



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Get paid to shop! Retail/Dining establishments need undercover clients to judge quality/customer service. Earn up to \$150 a day. Call 800-901-9370. (AAN CAN)

### Post Office Jobs Available.

Avg. Pay \$20/Hour or \$57K annually including General benefits and OT. Paid Training, Vacations. PT/FT. 1-866-616-7019 USWA (AAN CAN)

### 560 Employment Information

#### Awesome 1st Job!

Now hiring motivated sharp individuals to work and travel entire USA. Paid training. Transportation, lodging furnished. Call today, Start today. 1-877-646-5050. (Cal-SCAN)

#### Driver

Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! [www.JoinCRST.com](http://www.JoinCRST.com) 1-800-781-2778. (Cal-SCAN)

#### Driver \$5K Sign-on Bonus

For Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

#### Driver - CDL Training

\$0 down, financing by Central Refrigerated. Drive for Central, earn up to \$40k+ 1st year! 1-800-587-0029 x4779. [www.CentralDrivingJobs.net](http://www.CentralDrivingJobs.net) (Cal-SCAN)

#### Drivers

DRIVE for the INDUSTRY LEADER! Great Pay, Benefits. Weekly Home Time. Top of the line equipment. No CDL? No Problem! Apply online [www.CREngland.com](http://www.CREngland.com) Call 1-866-917-7396. (Cal-SCAN)

#### Drivers - Don't Miss This!

Special Sign-On Bonus. 36 - 43 cpm/ \$1.20pm. \$0 Lease w/ Teams Needed. Class A + 3 months recent OTR required. 1-800-635-8669. (Cal-SCAN)

#### Firefighter Trainee

Openings for high school grads ages 17-34. Must be in good physical condition and willing to relocate. Good pay/benefits. Call today for interview 1-800-345-6289. (Cal-SCAN)

#### Get Crane Trained!

Crane/Heavy Equipment Training. National Certification Prep. Placement Assistance. Financial Assistance. Nevada School of Construction. [www.Heavy6.com](http://www.Heavy6.com) Use Code "NCCNH" or call 1-888-879-7040. (Cal-SCAN)

#### Sales

Are your weekends too short? Tired of living paycheck to paycheck? Work from home and Love it! Commission Only Sales Reps. FT/PT. Huge Income Potential. 1-866-323-5036. (Cal-SCAN)

#### Sales - Able to Travel

Hiring eight people, no experience necessary, transportation and lodging furnished, expense paid training. Work / travel entire U.S. Start immediately. [www.ProtexChemical.com](http://www.ProtexChemical.com) Call 1-888-921-1999. (Cal-SCAN)

#### Sponsored CDL Training

No Experience Needed! Earn \$40k-\$75k in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! No Money Down! No Credit Checks! EOE. Call Now! 1-800-333-8595, 1-800-358-9512. [www.BecomeADriver.com](http://www.BecomeADriver.com) (Cal-SCAN)

## Business Services

### 601 Accounting/Bookkeeping

**NEED HELP WITH QUICKBOOKS?**  
Over 18 years experience in all aspects of bookkeeping.  
No job too big or too small!  
Call Linda at 925-918-2233

### 605 Antiques & Art Restoration

A Labor of Love  
**Antique Furniture Restoration & Repair**  
925-462-0383  
Impeccable Quality & Integrity of Workmanship

### 615 Computers

#### FAST-TEKS ON-SITE COMPUTER SERVICE

- We Come Directly To You
  - Repairs • Upgrades • Networking
  - Virus & Spyware Removal
  - Serving the tri-valley area
- 925-875-1911

**FastTeks**  
On-Site Computer Services  
[www.local.fastteks.com/trivalley](http://www.local.fastteks.com/trivalley)

#### Computer Help Tri-Valley PC MEDIC

2007 Pleasanton Weekly "Best Computer Repair"  
2006 Diablo Magazine "Best of the East Bay"  
**Ken Cook**  
"I Make House Calls!"  
Tune-up/Repair/Upgrade/Training  
More info/rates: [www.trivalleypcmedic.com](http://www.trivalleypcmedic.com)  
M-F 8a-8p / Wknds & Hols 9a-6p  
Lic #011068 - PCC, PDA & BBB  
Call 485-9040 or 989-7722

### 624 Financial

**SCASHS**  
Immediate Cash for Structured Settlements, Annuities, Law Suits, Inheritance, Mortgage Notes & Cash Flows. J.G. WENTWORTH #1  
1-800-794-7310 (AAN CAN)  
**Credit Repair!**  
Erase bad credit legally. Money back Warranty, FREE Consultation & Information: 1-866-410-7676 <http://www.nationalcreditbuilders.com> (AAN CAN)

**Medical Bills Making You Sick?**  
Save money! Reduce medical bills through our proven Mediation System. Financing Available. No Rise. Free Live Chat. 1-800-837-2416 <http://www.BillMediation.com> (AAN CAN)

### 628 Graphics

**Sign Painting**  
Hand-painted and vinyl lettering  
Vehicles, wood, windows, murals, banners and more.  
**Art Works for You**  
Melissa  
925-580-2810  
Pleasanton

### 645 Office/Home Business Services

**Advertise!**  
Newspaper advertising works! Reach 6 million Californians! 240 newspapers statewide. \$550 for a 25-word classified ad. Call (916) 288-6019 [elizabeth@cnpa.com](mailto:elizabeth@cnpa.com) [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**Display Advertising**  
Reach over 3 million Californians in 140 community newspapers. Cost \$1,800 for a 3.75"x2" display ad (Super value that works out to about \$12.86 per newspaper). Call (916) 288-6019 [elizabeth@cnpa.com](mailto:elizabeth@cnpa.com) [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**News or Press Release Service?**  
The California Press Release Service is the only service with 500 current daily, weekly and college newspaper contacts in California. Questions call (916) 288-6010. [www.CaliforniaPressReleaseService.com](http://www.CaliforniaPressReleaseService.com) (Cal-SCAN)

### 650 Pet Care/Grooming/Training

**Fabulous Friends**  
A Pet Sitting Service  
Licensed & Bonded  
Serving Pleasanton/Dublin  
[sbnbart@comcast.net](mailto:sbnbart@comcast.net)  
Nicki Bartels  
925.989.4586

## Home Services

**703 Concrete**  
DANVILLE CONCRETE  
Stamped Concrete, Patio, Sidewalk, Driveway, Pool Deck, Retaining Wall.  
Any concrete finishing  
(925) 736-8042

### 715 Cleaning Services

#1 For Homes, Apts & Offices  
SARA'S CLEANING SERVICE  
~ Professional & Affordable ~  
Free Est/Supplies/Lic#071380  
\$25 off 1st & 2nd cleaning  
Call (925) 339-2193  
**A+/ ISABEL'S HOUSECLEANING**  
Local business since 1980  
Residential is our specialty  
925-846-9603

**BE READY FOR THE HOLIDAYS!**  
Get your home deep & sparkling clean.  
Licensed, Insured, Bonded.  
**E.C. Cleaning Service**  
925-339-6411 or 640-3845

**CONVENIENT CLEANING**  
Residential / Commercial  
\$55-1st 3 hrs min/\$15 after  
Move Outs \$20 hr/3 hr min  
12yrs exp~Refs~Lic#060612  
Call M-F 9:30am-6:30pm  
925-371-6842 or 922-2981

**Housekeeper Needed**  
Housekeeper needed for Pleasanton Home 18 hours per week. Pay \$300/week. Duties: Laundry, Cleaning, Experience. (925) 484 2045.

**JOSIE'S CLEANING SERVICE**  
Houses, Apts, Condos, Offices & More  
Good prices ~ Good Refs  
(510) 234-1827  
Mon-Sat / Free Estimates

### 719 Remodeling/Additions

**PROFESSIONAL**  
Kitchen & Bath Remodeling  
925 216-8163  
Serving Pleasanton & Danville  
CA Lic# 805208

### 722 Decks

**CUSTOM DECKS**  
■ Custom Redwood & Brazilian Hardwood (IPE) Decks  
■ Fences • Patio Covers Arbors • Trellises  
Quality Workmanship & Reasonable Rates  
25 Years Experience  
FREE ESTIMATES  
Tom Burkett  
925-875-0844  
License #771446

### 726 Decor & Drapery

**COMPANY'S COMING!**  
Get an Interior Redesign, Design or Color Consultation B4 the holidays. CHANGING SPACES  
[www.jilldenton.com](http://www.jilldenton.com)  
(925) 998-7747

### 737 Fences & Gates

**Borg Redwood Fences**  
Fences • Decks • Retaining Walls  
Arbors • Heritage Vinyl Fencing  
**RESIDENTIAL & COMMERCIAL**  
"Unsurpassed Quality at Reasonable Prices"  
Insurance Work  
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www.borgfence.com  
Fully Insured P.L. & P.D. • State Lic. #771763

### 748 Gardening/Landscaping

**VALLEY GREEN LANDSCAPING**  
Cement, Brickwork, Sod & Sprinkler Installation, Fence & Deck Repair, Waterfalls & Fountains  
~ All Driveways \$8 sq ft ~  
Call 925-285-3891  
licensed & bonded  
[www.valleygreenlandscaping.com](http://www.valleygreenlandscaping.com)

**WISTERIA GARDEN DESIGN**  
is a quality design Co. serving CCC for 16 yrs. We provide Custom Landscape Designs, Planting Plans & Hrly Consultations. CONTACT OUR OFFICE AT 925-935-3105

### 751 General Contracting

**RAPID RESPONSE**  
■ New Construction  
■ Interior/Exterior Remodeling  
■ Kitchen/Bath  
■ Electrical/Plumbing  
■ Hardwood Floors  
■ Granite & Tile  
■ Stucco/Foundations, etc.  
**ARCO WEST CONSTRUCTION**  
510-357-7980 • 925-727-8158  
FREE ESTIMATES • LIC. #679016

## fogster.com

### 757 Handyman/Repairs

Pleasanton Home Repair  
Dependable ~ 35 Yrs Exp  
Call 925-577-0542

### 759 Hauling

**HAULING & TREE SERVICE**  
Yard & Garage Clean-Up / Dump Runs / Appliance & Furniture Removal / Tree and Shrub Trimming & Removal -Tree Experts! Low Rates / Free Estimates  
925-899-5655

### 771 Painting/Wallpaper

#1 JOE'S PAINTING & HANDYMAN  
Free Est / Reasonable Prices  
No Job Too Small!  
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Interior • Exterior  
Cabinets, Kitchens & Bath  
FREE ESTIMATES / GREAT REFERENCES!  
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Satisfaction Guaranteed Lic #546713

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by CAMBRIDGE  
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\* Fall Special \*  
10% Off  
Lic # 747906

**PERFECTION**  
Painting & Wallpaping  
Free Estimates & Low Rates  
(925) 485-3545 or 699-5800  
CA Lic# 040142

### 790 Roofing

**ATTENTION HOME OWNERS!**  
\* Are you 100% waterproof?  
\* Do you have dry rot?  
\* Need repairs?  
You may have rodents, birds or debris that will damage your roof & gutters.  
We can save you BIG MONEY - don't delay!

RESIDENTIAL & COMMERCIAL  
36 Years Expert Roofing  
~ Family Owned & Operated ~  
FREE EST/ SENIOR DISCOUNTS  
**Roof Inspection \$100 until 12/2007**  
Leak Detection / Tile / Gutters  
Skylights / Fire-safe Wood  
Shingles, Shakes & Siding

**ALTAMONT ROOFING DESIGNS**  
925-460-0500  
925-339-4084  
Member BBB Lic# 360176

## Real Estate

### 805 Homes for Rent

Pleasanton, 2 BR/2.5 BA  
Lease to own townhome  
Call Garret 408-398-1099  
Pleasanton, 4 BR/3 BA - \$3900/mo

### 809 Shared Housing/Rooms

**All Areas - Roommates.com**  
Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: [www.Roommates.com](http://www.Roommates.com). (AAN CAN)

### 825 Homes/Condos for Sale

**Bank Foreclosures!**  
Homes from \$10,000! 1-3 bedroom available! HUD, Repos, REOs, etc. These homes must sell! For Listings Call 1-800-425-1620 ext. 3241. (AAN CAN)

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

**Manufactured Homes**  
New, Wholesale Homes direct to the public are now approved in California and immediate surrounding states. Call for free and comprehensive information packet. 1-866-467-8811. (Cal-SCAN)

**DANVILLE - Original owners in one of the most sought-after communities!**

Adjacent to prestigious Diablo Country Club. New England charm. Nicely updated throughout. 4Bd/2Ba. Large living room, great family room and kitchen that overlooks the fabulous pool and spa. Arbor with built-in BBQ and sink, microwave and refrigerator. Master bedroom downstairs. Hardwood floors and plantation shutters throughout.  
\$927,500 (925)820-3816

Danville, 3 BR/2 BA - \$789000

Danville, 4 BR/3 BA - \$1375000

### DON'T MISS THE BOAT!

Buyers and Investors  
**Foreclosures**  
up to 25% Below Market Value  
925 / 872-1601 CB

Pleasanton, 2 BR/1.5 BA - \$399,960

Pleasanton, 3 BR/2.5 BA - \$820000

Pleasanton, 4 BR/3 BA - \$1275000-\$

Pleasanton, 4 BR/3 BA - \$1275000-\$

Pleasanton, 4 BR/3 BA - \$1275000-\$

Pleasanton, 4 BR/3 BA - \$1275000-\$

Pleasanton, 4 BR/3 BA - \$1275000-\$

San Ramon, 4 BR/3 BA - \$999999

### 840 Vacation Rentals/Time Shares

**RedWeek.com**  
#1 TIMESHARE MARKETPLACE. Rent, buy, sell, reviews, New full-service exchange! Compare prices at 5000+ resorts. B4U do anything timeshare, visit [www.RedWeek.com](http://www.RedWeek.com), consider options. (Cal-SCAN)

**Timeshare!**  
Paying Too Much 4 maintenance fees and taxes? Sell/rent your timeshare for cash. No Commissions/Broker Fees. 1-877-868-1931. [www.VPResales.com](http://www.VPResales.com) (Cal-SCAN)

**Oceanview Maui 4Bed Near Beaches**  
Visit [www.vrbo.com](http://www.vrbo.com) and See #75494

**Sunny Westshore Tahoe**  
Rent in Tahoe from a local owner! 3 bedrooms, 2 1/2 bath, fully furnished and close to all major ski resorts. [www.sunnypinecabin.com](http://www.sunnypinecabin.com)

### 845 Out of Area

**FOR SALE OR RENT**  
Spectacular new home in Truckee on a golf course with views of the mountains. 4 bedrooms (3 bedrooms and den), bonus room, 3 baths. Approx. 3,700 sq ft. Upgrades! [www.44theridge.net](http://www.44theridge.net) [sbj@sbjlaw.com](mailto:sbj@sbjlaw.com)

### 850 Acreage/Lots/Storage

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

**Closeout Sale**  
36 AC - \$29,900. Price is drastically reduced by motivated seller. Beautiful setting with fresh mountain air. Abundant wildlife. Secluded with good access. Financing available. Eureka Springs Ranch is offered by AZLR. ADWR report avail. Call 1-877-301-5263. (Cal-SCAN)

**New Mexico Sacrifice!**  
140 acres was \$149,900, Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power and year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

**Priced for Quick Sale**  
Nevada 5 acres - \$19,900. Beautiful building site with electric & county maintained roads. 360 degree views. Great recreational opportunities. Financing available. Call now! 1-877-349-0822. (Cal-SCAN)

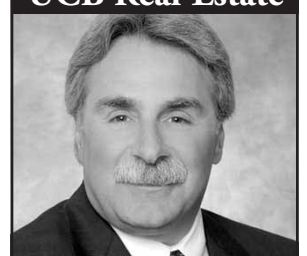
**So. Colorado Ranch**  
Sale 35 Acres- \$39,900. Spectacular Rocky Mtn. Views Year round access, elec/ tele included. Excellent Financing available w/ low down payment. Call Red Creek Land Co. Today! 1-866-696-5263 x3155. (Cal-SCAN)

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

**Washington:**  
1ST TIME OFFERED. Old Farm Liquidation. River access & views. 5-15 AC for \$69,900. Recently annexed into city of Colfax allows subdivision of enchanting old farm. Gorgeous land & setting. Limited available. EZ Terms. Call WALR 1-866-836-9152. (Cal-SCAN)

### 855 Real Estate Services

#### UCB Real Estate



**Ed Antenucci**  
owner/broker  
Buying, Selling or Investing?  
Let's Talk, I'll Listen!  
Real estate advisor with over 22 years experience & over 3,700 homes sold!  
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Sponsored by Pacific Union GMAC Real Estate  
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Pet Sitting Services  
Trained professional, daily visits, basic home care, reliable & caring.  
—Serving Pleasanton / Livermore Only—  
Call Monika Harris 417-0424  
Registered Veterinary Nurse

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# Real Estate

OPEN HOME GUIDE AND REAL ESTATE LISTINGS

## SALES AT A GLANCE

This week's data represents homes sold during November 2007

| Alamo                               | Danville                           | Walnut Creek                       |
|-------------------------------------|------------------------------------|------------------------------------|
| Total sales reported: 2             | Total sales reported: 18           | Total sales reported: 8            |
| Lowest sale reported: \$931,000     | Lowest sale reported: \$456,000    | Lowest sale reported: \$290,000    |
| Highest sale reported: \$1,650,000  | Highest sale reported: \$1,985,000 | Highest sale reported: \$1,015,000 |
| Average sales reported: \$1,290,500 | Average sales reported: \$986,167  | Average sales reported: \$674,688  |

## HOME SALES

Source: California REsource

This week's data represents homes sold during November 2007

**Alamo**

**2890 Danville Boulevard**  
Rogers Trust to S. & T. Alavi for \$931,000

**407 Red Wing Drive** M. & M. Wenzel to S. & L. Gold for \$1,650,000

**Danville**

**254 Abigail Circle** R. Taguinod to J. Angeles for \$895,000

**3177 Blackhawk Meadow Drive** D. Holdt to S. & L. Sanchez for \$1,985,000

**503 Blackstone Court**  
Mazzetti Trust to R. Sinohue for \$860,000

**135 Briar Place** S. & K. Pope to K. & M. Harandi for \$1,143,000

**344 Casablanca Street** S. & S. Wilcox to A. Chauhan for \$800,000

**114 Channi Loop** Shapell Industries to M. & K. Redford for \$492,000

**118 Channi Loop** Shapell Industries to J. Liu for \$465,500

**122 Channi Loop** Shapell Industries to P. Tran for \$456,000

**1548 Colchester Street**  
Lennar Homes to P. & M. Dabke for \$1,196,500

**40 Country Hills Court**  
Citibank to S. & J. Matherson for \$1,005,000

**231 El Sobrante Drive**  
Pauley Trust to J. Amarant for \$750,000

**251 Fairway Drive** G. & D. Schramm to Mazzetti Trust for \$1,399,000

**824 Griffon Court** Shapell Industries to D. Lee for \$962,000

**168 Harianna Loop** Shapell Industries to J. Atwal for \$502,000

**312 Jacaranda Drive** Rehrig Trust to L. Fleming for \$960,000

**2208 Lusitano Street** Shapell Industries to R. & S. Wong for \$1,498,500

**2506 Montreux Street** Lennar Homes to T. & N. Lee for \$1,081,500

**4140 Whispering Oaks Lane** Mangiola Trust to J. & S. Isaacson for \$1,300,000

**Walnut Creek**

**654 Center Street** M. Guinon to J. & M. Forester for \$1,015,000

**1411 Creekside Drive #34**  
D. Johnson to M. Delarima for \$290,000

**1140 Glengarry Drive** US Bank to J. Hogan for \$582,500

**427 North Villa Way** Anderson Trust to J. Gordon for \$375,000

**913 Oakbrook Lane** R. & S. Guadagni to Tallmadge Trust for \$840,000

**2640 Ptarmigan Drive #2**  
Padilla Trust to L. Deck for \$365,000

**60 Royal View Drive** D. & R. Perry to K. Cervenka for \$1,000,000

**441 Wimbledon Road** C. & J. Parkhouse to C. & D. Wong for \$930,000

## OPEN HOMES THIS WEEKEND

### DANVILLE

**4 Bedrooms**

**842 Matadera Cir.** \$1,282,888  
Sat/Sun 1-4 Keller Williams 260-2508

**200 Alicante Pl.** \$1,375,000  
Sat/Sun 1-4 Keller Williams 800-816-4974, ext. 4003

**423 Sutton Cir.** \$644,950  
Sun 1-4 Prudential 858-4384

**20 Monaco Ct.** \$875,000  
Sun 1-4 J. Rockcliff Realtors 963-6300

**611 Derbyshire Pl.** \$915,000  
Sun 2-4 Re/Max 989-6086

### SAN RAMON

**4 Bedrooms**

**2748 Mohawk Cir.** \$889,000  
Sun 1-4 Coldwell Banker 785-9373

**5 Bedrooms**

**3526 Sandalford Wy.** \$999,000  
Sun 2-4:30 Coldwell Banker 785-9373

### DUBLIN

**3 Bedrooms**

**4631 Sandford Ct.** \$569,000  
Sun 1-4 Coldwell Banker 847-2258

**4 Bedrooms**

**3120 Colebrook Ln.** \$1,150,000  
Sun 1:30-4:30 Alain Pinel 791-2648

**8633 Briarwood Ln.** \$679,000  
Sun 1-4 Coldwell Banker 847-2258

**7823 Crossridge Rd.** \$799,000  
Sat/Sun 1-4 Hometown GMAC 997-2411

### PLEASANTON

**2 Bedrooms**

**4536 First St.** \$739,000  
Sun 1-4 Investment RE 963-0569

**3 Bedrooms**

**844 Division St.** \$1,195,000  
Sun 1-4 Investment RE 963-0569

**1037 Hometown Wy.** \$749,900  
Sun 1-4 Alain Pinel 447-2723

**4 Bedrooms**

**1397 Whispering Oaks Wy.** \$1,049,000  
Sun 1-4 Alain Pinel 846-6500

**5218 Muirwood Dr.** \$849,950  
Sat/Sun 1-4 Hometown GMAC-Delores Gragg 989-6500

**540 San Gabriel Ct.** \$914,000  
Sun 1-4 Allied Brokers 872-8286

**5 Bedrooms**

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

### SUNOL

**4 Bedrooms**

**2858 Kilcare Rd.** \$899,000  
Sat/Sun 1-4 Assist 2 Sell 200-2602

### LIVERMORE

**1 Bedrooms**

**1087 Murrieta, #337** \$279,950  
Sat/Sun 1-4 Assist 2 Sell 200-2602

**3 Bedrooms**

**1165 Marigold Rd.** \$494,950  
Sun 1-4 Henderson Properties 888-505-5033

**1548 Calle Del Rey** \$620,000  
Sat/Sun 1-4 Assist 2 Sell 200-2602

**4 Bedrooms**

**6608 Tiffany Cmn.** \$569,000  
Sun 1-4 Hometown GMAC 963-8322

**819 Wall St.** \$598,999  
Sun 1-4 Alain Pinel 583-1121

**1657 3rd St.** \$649,950  
Sat 1-4 Alain Pinel 583-1121

Open Sat & Sun 1-4 pm



### Remodeled One Story Danville Home with European Flair!

Gorgeous home has everything... 4 Bedroom, 3 bath, 3 car garage with 2760 sq ft of living space on a 12,100 sq ft lot with beautiful landscaping, swimming pool, Jacuzzi & redwood deck. This home features an oversized Family Room, with stacked flagstone fireplace, 52" plasma TV on the wall, Surround system, office nook including built-in work station and cabinets. This huge great room also has a gourmet kitchen with a 9 foot island, cherry cabinets, granite slab counters, stainless appliances including built-in refrigerator, and wine frig. With aged pecan hardwood floors, crown molding throughout, new carpet in the bedrooms, new baseboards, new light fixtures, flash water heater, new furnace, new air conditioning, new tile roof, Anderson windows & sliders, retextured walls and ceilings, and all baths have been beautifully updated. The Master Bath has an oversized Italian Travertine shower with 2 shower heads, dual vanity. This is the home you have been waiting for. Offered at \$1,375,000 [www.200AlicantePlace.com](http://www.200AlicantePlace.com)

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Nancy P. Combs

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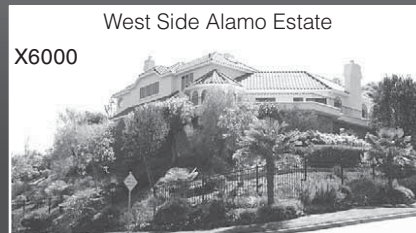
Call Joe and Nancy  
**925-989-6086**

Visit [www.thecombsteam.com](http://www.thecombsteam.com)

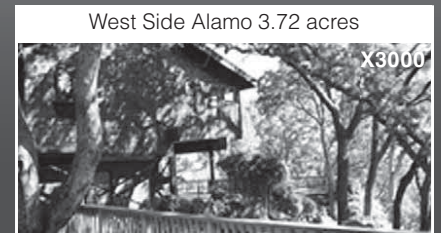


Joe Combs

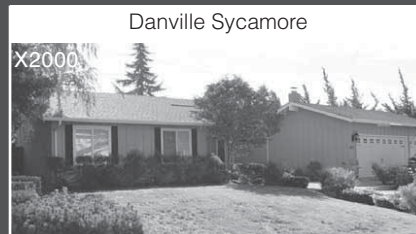
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