Triathlon training

Danville couple meets challenge for a good cause ➤ **page 16**

Vol. IV, Number 20 • September 19, 2008 www.DanvilleWeekly.com

Danville WEEKLY

Mailed free to homes in Danville, Blackhawk, Diablo and Alamo

Kicking off the season

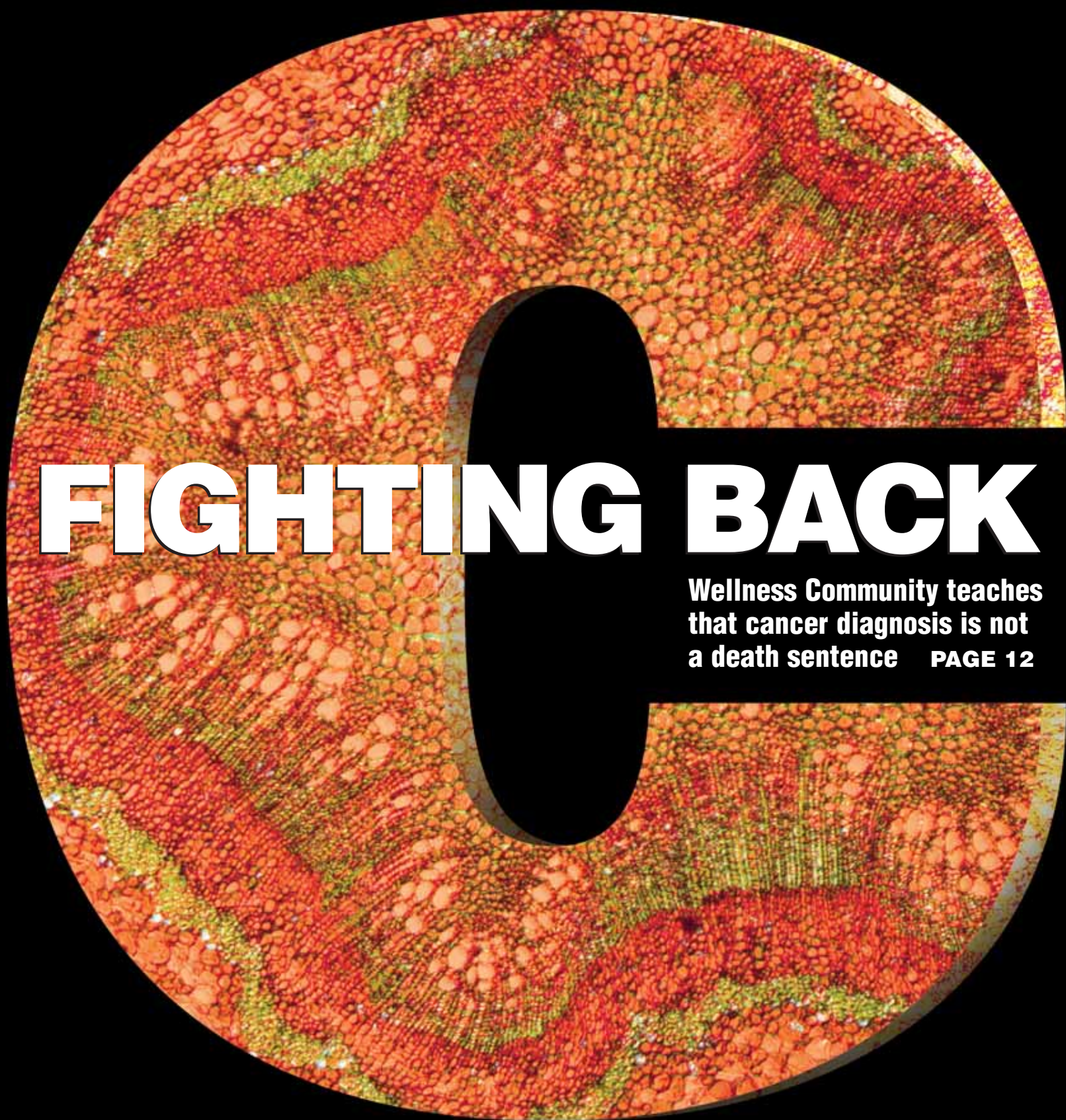
Danville varsity football teams score wins in first game

➤ **page 20**

After the conventions

Both parties working feverishly toward November

➤ **page 5**



FIGHTING BACK

Wellness Community teaches that cancer diagnosis is not a death sentence **PAGE 12**

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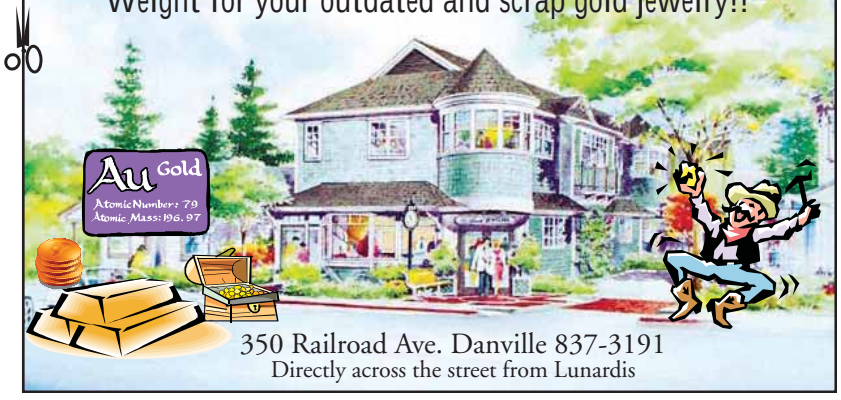

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Streetwise

ASKED AT OSAGE STATION PARK IN DANVILLE

Q: What does happiness mean to you?

My two boys. I love spending time with them. We especially like to go on vacations and do a lot of sports.

Tricia Facteau
teacher

I am Dave Land, the happiest person on earth! I am also a musician and I love jamming with the band but I really like it when my kids come up on stage and sing with me and the special look my wife gives me when I am playing a song just for her.

Dave Land
musician

Spending time with my family. We do family dinners, Scouting, sports, everything ... I especially like to play tennis with my wife, Ann.

Steve Miller
Realtor

Getting one of my students to have an "ah ha" moment. When they get it, their eyes light up. It makes teaching all worthwhile. Also, playing tennis pain-free because I have a torn knee right now.

Wayne Hagstrom
second-grade teacher

I am happiest playing with my best friend Christian at school. We slide down the slide together. Having a best friend is really fun.

Ethan Brown
4-1/2 years old

COMPILED BY PATTY BRIGGS

ABOUT THE COVER

One of 26 such facilities around the U.S., the Wellness Community in Walnut Creek provides support, guidance and hope to patients with cancer and their families. Statistics show the Wellness Community serves around 450 people per month. Cover design by Rick Nobles.

Vol. IV, Number 20

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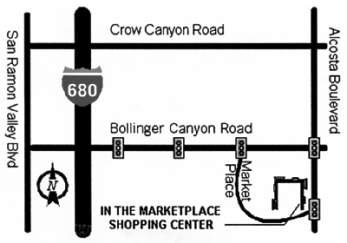

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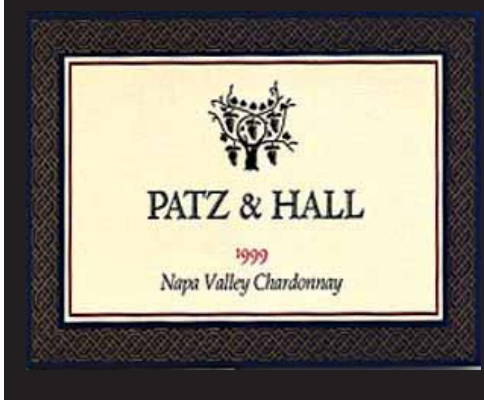

NEWS DIGEST

QUOTE OF THE WEEK

"It's like being in a pond full of fish but it's people swimming on top of each other."

—Kerry Clark, describing the Kelp Crawl part of a triathlon. See story, page 16.

Say hello to the new superintendent

The Danville Area Chamber of Commerce is hosting a welcome luncheon to introduce Steven Enoch, the new superintendent of schools for the San Ramon Valley Unified School District, on Monday, Sept. 29, at Crow Canyon Country Club.

"At the risk of sounding trite, I have always believed that serving in public education is a special privilege as those of us in such roles have an opportunity to help shape the lives of students," Enoch wrote in a letter to parents last month.

To register for the lunch, call 837-4400. Cost is $35.

Blood still needed urgently

For the third time in as many weeks, the American Red Cross is appealing to residents to donate blood.

"We are reaching the point where we will have to transfer blood from hospital to hospital to meet patients' needs for life-saving transfusions," said Jay Winkenbach, CEO, American Red Cross Northern California Blood Services Region.

While blood is often needed in the ER, people newly diagnosed with cancer and receiving chemotherapy or related therapy also need blood or blood products during their treatment. Call 1-800-GIVE-LIFE (448-3543) or go to beadonor.com.

Danville and San Ramon present a new Joint CityRead

The Danville and San Ramon Library Foundations are holding the fifth annual Joint CityRead from Sept. 22 through Oct. 27. This year's selection is the first non-fiction book, "Kabul Beauty School," by California author Deborah Rodriguez. Free copies are at the libraries and participating businesses for people to read, discuss and pass on to friends.

The book is a "witty and intelligent account of one woman's journey into Afghan culture and the bonds she shares with the women and men of this often closed society." A slide-show will preview the Asian Art Museum's upcoming exhibit, "Hidden Treasures from the National Museum, Kabul," at 7 p.m., Thursday, Oct. 9, at the San Ramon Library. And the author will speak at the Danville Village Theatre, 233 Front St., at 7 p.m., Wednesday, Oct. 29. Seating is available on a first-come, first-seated basis.

Call the Danville Library at 837-4889.

Eugene O'Neill to lead walking tour

Eugene and Carlotta O'Neill, played by docents Stan Wharton and Sonia Seyler, will lead a walking tour focusing on Danville as it was in the late 1930s, early 1940s when they lived here. The tour begins at 10 a.m., Saturday, Sept. 20, in front of the Museum of the San Ramon Valley and ends at the O'Neill Commemorative on Front Street around 11:15 a.m. Call 837-3750 or go to www.museumsrv.org for more information.

Do you get your Weekly?

Anyone who has stopped getting home delivery of the Danville Weekly should go to www.DanvilleWeekly.com and click on "Request the Danville Weekly," which is right on top. It will then give you the option of free delivery, voluntary subscription or out-of-town subscription. This is also the place to stop the paper arriving while you vacation. For more information, call the Danville Weekly at 837-8300.

KAREN STEPPER

DOLORES FOX CIARDELLI

Remembering Sept. 11

At right, Members of the Monte Vista Chamber Singers listen to speeches at a Sept. 11 remembrance held last week at the All Wars Memorial at Oak Hill Park. Above, a wreathe of flowers donated by Brian Cameron is laid at the memorial, then given to the Kyle Crowley Gold Star Family, by Marine Corps Lt. Jason Giannini, who is on his way to a second tour in Iraq; Isaac Jenkins, a combat veteran now on Army Reserve; Capt. Jim Martin of the San Ramon Valley Fire Protection District; and Danville Police Officer Paul Murphy.

Scouts marched in bearing American flags to begin the ceremony and stood holding them throughout the remembrance. Speakers included a Ground Zero responder and U.S. Air Force Brig. Gen. Nickolas Tooliatos. Three gold-star service families were in attendance bearing photos of their loved ones who died in service to their country.

Danville Mayor Candace Andersen spoke briefly about Sept. 11 now being "Patriot Day" in the United States. "This is the day the country came together as patriots," she said.

Moving musical numbers were performed by the Monte Vista Chamber Singers and bagpiper Nicholas Theriault. The event was concluded with taps played by VFW Commander Tony Carnemolla and a 21-gun salute by the 75th Division Salute Battery on the hill overlooking the park.

"We Remember Sept. 11" was sponsored by the Exchange Club of the San Ramon Valley and the Town of Danville.

For more photos, visit www.DanvilleWeekly.com.

District students move up in state ranking

Latest API shows scores among top 3 percent in California

by Harry Stoll

District students continued to raise their scores on state-mandated tests, according to the San Ramon Valley Unified School District, which cited a report from the California Department of Education on the Academic Performance Index (API).

"These results place SRVUSD as the sixth highest unified school district in the state," said district spokesman Terry Koehne.

The API is a numerical scale ranging from a low score of 200 to a high score of 1000 and measures and compares the academic performance and growth of schools on a variety of academic measures. Koehne reported that San Ramon Valley students had the highest average score in the state among unified districts with more than 9,000 students. District elementary and high school students' scores were among the top 3 percent in the state, and they increased their 2007 scores from 893 to 904. The state goal is 800.

"Eighteen of the 20 elementary schools in the district scored higher than 900 on the Index and nearly every high school and middle school in the district saw improvement," said Koehne.

"Quail Run Elementary School showed the greatest gain, 48 points over the previous year. At the middle school level, Pine Valley increased by 19 points. California High School showed the largest increase among high schools, 15 points."

The district also said scores for every ethnic subgroup improved significantly. Students classified as "English learners" improved 38 points to 872; students with disabilities improved by 30 points; and students classified as "socioeconomically disadvantaged" improved by 18 points.

"We teach to the standards," said teacher Kathy Moore, when asked if the improvement was due to "teaching to the test." She is on special assignment to coach and support teachers in the district's Reading and Writing Program. The standards are set by the state in what is known as the Language Arts Framework, which contains details about what a student should know when.

Moore said that through the program students are taught how to think. They have book clubs and work together. In class, teachers go over with students what

➤ Continued on page 7

Political parties have post-convention fervor

Both sides voice optimism over November elections

by Geoff Gillette

The conventions have ended, the delegates have gone home. Now it falls to the candidates to secure electoral and popular votes over the next seven weeks.

As the dust settles from the furor of nominations and vice presidential picks, how are local politicos feeling about the November elections?

Judy Link, head of the San Ramon Valley Democratic Party, said she feels things are looking very good for November. "We were ecstatic and pleased with the Democratic convention. And we really like the (Obama/Biden) ticket."

Link initially supported Hillary Clinton for president and voted for her in the primary, but with the nomination going to Barack Obama she said he has her full support. "I loved Obama, too, so it wasn't hard to switch. I think Hillary would have been a good pick. I'm sure she'll do great things. We need her energy and her intelligence."

When asked about support for an Obama/Clinton ticket, Link said it wasn't the right time for that and would have worked against the Democrats in the long run. "Picking her would have mobilized the Christian right. So many people hated the Clintons, the Republicans would have gained ground by having the Clintons involved."

She added that not having Hillary Clinton on the ticket does not mean disenfranchised Clinton supporters will be massing behind Republican vice presidential nominee Sarah Palin. "There's no comparison between Hillary and Sarah. They're total opposites. I can't believe the Republicans think they can substitute one woman over another. The California women are incensed over this."

Contra Costa County GOP Executive Director Mike Caparusso disagrees. "Gov. Palin's story resonated well with the average American, Republican or Democrat. Starting out at the PTA level and working her way into the governor's office. She's not your traditional politician, not a Washington insider."

Caparusso said excitement was building among the local Republicans even before the nomination was announced. "We had convention watching parties all throughout Contra Costa County. We wanted to hear what Sen. McCain had to say. And the announcement of Gov. Palin on the ticket just energized our base."

Many local Republicans support the choice of Palin not only because of her relatability, but also because she appeals to their sense of values. "Politically she lines up well with some of our values-oriented Republicans and renewed their excitement about the ticket," Caparusso said.

He added, "The other reason I think people like her is she draws a clear contrast between the McCain and Obama campaigns."

One area of difference he feels is important is national security. "We feel the McCain party provides the correct point of view to deal with threats both abroad and at home."

While much of the buzz coming out of the conventions has been about Sarah Palin, Caporusso said he does not feel she's taking the spotlight away from the presidential candidate. "The base is energized, absolutely, but has that overshadowed Sen. McCain? No, not a bit. She's brought more attention to the candidate. The ratings got a big bump when Gov. Palin spoke to the convention, but when Sen. McCain spoke the next night, it was even higher."

Both parties say change and reform will be keywords in the weeks ahead. Both also reported an influx of supporters and campaign donations since the conventions. ■

TAKE US ALONG

North to Alaska

Ron, Anntoinette and Alexandra Fuentes, who was then a seventh-grader at St. Isidore School, visit the Davidson Glacier in the Chilkat Peninsula on their voyage on the Dawn Princess in June 2007 from San Francisco to Alaska.

Italian holiday

Laurie and Glen Robins enjoy their Weekly while visiting Italy's Amalfi Coast in July 2007.

Incorporation proponents in Alamo call for a dialogue

Both sides say others' minds are made up

by Geoff Gillette

Those in favor of the ongoing effort to incorporate Alamo have issued a call to those residents against incorporation: Let's get together and talk this out.

Alamo resident Chris Kenber said pro-incorporation forces were somewhat surprised by the opposition's stance that the information on incorporation isn't out there. "We had meetings, we invited people, we got petitions signed. I think we've been extremely open."

Kenber said he feels that in order to get people to understand the issues it is necessary to open a dialogue. He added that those in favor of incorporation have held meetings and demonstrated a willingness to meet with people to get the word out. "We've consistently been open to go anywhere, talk to anyone before the election."

When he heard about the recent meeting held to organize the opposition to incorporation, Kenber said he would have liked the opportunity to speak to them. "I would have taken five minutes to explain why we think incorporation's a good idea and then taken questions."

When asked about complaints regarding pro-incorporation meetings where opponents did not feel heard he said he didn't feel anyone was shut out, but he did point out, "If we could tell that someone was just adamantly against it, we didn't want to debate it. I think having a debate when their minds are made up is not a productive use of time."

The Local Agency Formation Commission (LAFCO) was set to make a decision Sept. 18 on whether the incorporation of Alamo will be on the ballot.

Kenber said members of the Alamo Incorporation Movement have information from the Comprehensive Fiscal Analysis that they are willing to discuss, information is posted on their Web Site www.alamoinc.org, and proponents are ready and willing to talk.

"Let's get the facts out and talk about them," he said, "but if we're going to have that conversation all I ask is that we come into the conversation with minds at least partially open."

Resident Tony Carnemolla, one of those who stands against incorporation, said he understands what Kenber is saying, but doesn't feel that closemindedness is limited to just the anti-incorporation folk. "When this started, we did get together with a few of their people. It was like knocking our heads together and nothing came out of it. We were set in our ways and they were set in their ways."

Carnemolla said that despite those doubts he is not opposed to having an exchange of ideas with the pro-incorporation residents and would suggest it at a future meeting. ■

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GEOFF GILLETTE

Preparing for disasters

Kendall Thornton tries out a fire extinguisher on a propane blaze while sister Mia and their friend Eva Kortiziga look on, at the annual Emergency Preparedness Fair held Saturday in Danville. The exhibit was one of many set up to give residents firsthand experience dealing with a crisis situation. Left, Robert and Celina Renderos show some trepidation as the Quake Cottage starts rocking, but their 9-year-old daughter Celina hardly seems concerned.

Vets set $3 million goal for hall

Consultant lauds joint efforts of town and community for veterans building

by Geoff Gillette

Plans by the Danville Town Council to put $5 million into the Veteran's Hall may be getting some help from a citizen's committee. At the Sept. 10 meeting of the Exchange Club, members of the Veterans Memorial Building Development Committee of San Ramon Valley announced that they would be embarking on a fundraising effort to bring in an additional $3 million for the project.

Of that, $2 million will go toward the construction; $500,000 to furnish the new hall; and $500,000 as an endowment to pay for programming and operations. It's been estimated that the reconstruction will cost $7 million to $8 million.

At the meeting, consultant John Lind gave members an update on the ongoing plans for the hall, located at the corner of Hartz and Prospect avenues.

Recently Contra Costa County approved the sale of the hall to the Town of Danville for $200,000. Town officials along with the committee have been working on ways to upgrade the outdated facility, with the town laying out $5 million for its renovation.

"It's been here since 1925 and it's seen better days. As our town manager says, it has outlived its useful life," Lind said.

Lind complimented the town on its willingness to work on upgrading and improving the Vets Hall.

"This is the greatest town council you could have." He added, "The town has really stepped up big time."

Many ideas have been tested in determining what to do with the facility, from completely renovating the existing structure, to tearing the whole thing down and building a completely new hall on the site.

Town officials have agreed to help in maintaining the historical aspects of the building. Lind said keeping it in the downtown is something that would also preserve one of the key aspects of the current hall.

"The special thing about the hall is that it's downtown, so when people leave they get to come out to this vibrant downtown area, with all its restaurants and shops."

Lind said the support they have received thus far has been phenomenal. "One of the things that makes this project so unique is the partnership with this new nonprofit group, the town and the county. My experience is these projects work best when the community and government work together."

Fundraising for the hall will be achieved through a combination of efforts that will include a capital campaign, corporate and business donations. Lind said there is no timetable for when they are expecting to raise the $3 million but he is hopeful they can reach their funding goal within two years. ■

Scores

➤ Continued from page 5

a proficient adult would do when reading. Typically, a teacher will present a section of text and examine it with the students.

When teachers are hired by the district, said Moore, they are assured of support in teaching reading and writing.

Joan Buchanan, school board vice president, said the hard work of the district continues to pay off. She praised the Reading and Writing program and pointed out that during the past summer many teachers attended workshops without pay.

There was no increase in the ratio of teachers to students, said Koehne, who also said it's difficult to improve when the scores are already high. He credits the district's relentless focus on improvement as one factor for the increase. Another is parents who are intelligent and highly involved.

To view individual school's results, visit www.cde.ca.gov. ■

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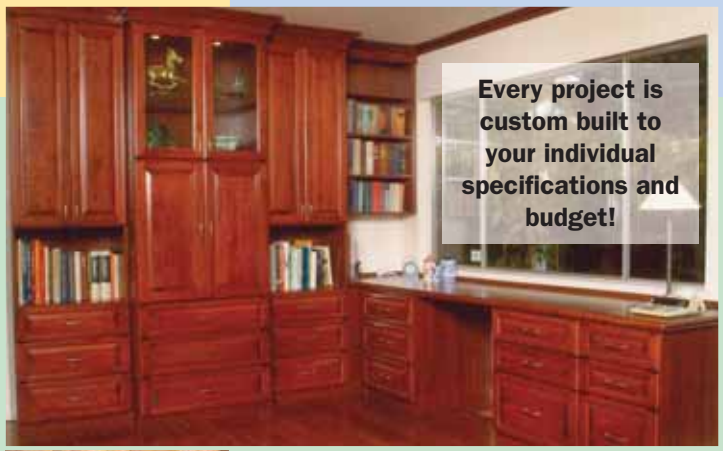

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Rancho Romero launches healthy fundraiser

Event promotes health plus global and environmental awareness

by Michelle Olson

FILE PHOTO

Fitness Instructor Christine Lane helped start a Student Body Campaign Wellness Event at her daughters' school, Rancho Romero Elementary.

Fitness and tools for healthy living. That's what Christine Lane is striving to give her daughters and all the children at Rancho Romero Elementary School in Alamo.

Last school year her oldest daughter, Ainsley, now in second grade, brought home a pamphlet for the annual cookie dough fundraiser. Lane, a certified personal trainer and fitness instructor, thought there must be a healthier way to raise money for the school.

It was too late for last year, but since then she has been working with the Rancho Romero Education Fund to replace the cookie dough sales with a Student Body Campaign Wellness Event. It's scheduled for 11 a.m. to 2 p.m., Wednesday, Sept. 24, on the school field.

"If I can raise at least $10,000 then I would have reached the goal and been able to replace (the cookie dough drive) with something the kids can really learn from—and give them life tools," Lane explained. Her younger daughter Olivia is now in kindergarten.

The event will include a walkathon around the school's field during different times depending on grade levels and each classroom's P.E. time. Parents and other supporters can pledge per lap or any amount to sponsor a child or classroom for the total endeavor.

On the field will be Clif Bars, and a book fair on subjects around healthy eating. The occasion will also be used to teach children about global charity efforts. Volunteers will be in attendance from Children of Grace, a Danville-based organization that helps orphans and widows of the AIDS/HIV epidemic.

"They will be talking about their work in Africa," said Lane.

Healthy Starts Make Healthy Hearts, a program developed by a Pleasanton mother for her children's classroom, will give a health presentation using a seven-foot doll named "Stuffee." The body opens, allowing students to remove the anatomically correct organs, which are the size of an average adult's. This teaches students about the heart, lungs and digestive system while explaining three basics of healthy living: eating five fruits and vegetables a day; exercising for one hour a day; and never ever smoking.

"Teaching them younger maybe will make a little more of an impact on their health," said Siah Fried, founder of Healthy Starts. "It's how to get them excited about their health."

Lane also wants to implement environmental awareness as a component of the fundraiser. For one thing, she is hoping the majority of parents will go online to sponsor their children so it can be almost "paperless." And, at the event, she wants the chance for students to learn about recycling.

Lane said she has been receiving $200 donations from businesses to sponsor a class. Then the class makes a poster touting the business that will be displayed at the walkathon. Also the students will be able to choose a charitable organization to receive a portion of the contribution.

This type of fundraiser is also better than the cookie dough sales, Lane noted, because it doesn't require the kids or the parents going door to door. And with the dough sales, after the shipment came in, the parents had to organize the items and pass them out.

"This will simplify the process of donating for the parents," Lane said.

She hopes this event will lead to more activities that will keep students active, such as yoga, bike-to-school days, or an after-school boot camp. Things that will be fun for the kids and will translate into their daily lives, she said.

Lane has turned Student Body Campaign Wellness Event into a nonprofit organization that she wants to take to other schools, districts and states to share the "wellness policy."

While making money for the school is important, Lane considers it secondary to extending the message of life tools and healthy living to the kids.

"I want to emphasize it's about giving kids the tools to live life: recycling, environmental issues and the giving back to charity," she clarified. "I want to see wellness implemented."

To make a donation to the walkathon, call Lane at 788-1111. ■

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Diablo Views

BY DOLORES FOX CIARDELLI

Danville rejects women's vote

Did you know that California gave women the right to vote in 1911, nine years before the United States passed the 19th Amendment? Good for us. Except the majority of the men in Danville voted against it. Boo.

It's all in the current exhibit at the Museum of the San Ramon Valley: We the People: A Century of Political History in the Valley, 1900 to 2000.

Museum docent June Hannon, the one in charge of gathering all the material, gave me a personal tour last Friday. June, who was raised in Oakland and moved to Contra Costa County in 1962, is well-known as an enthusiastic Republican, but where the exhibit is concerned she's strictly nonpartisan.

The room off the main entrance holds information on the 20th-century presidents. June tried to display informal photographs of each one: Theodore Roosevelt and John Muir are shown hiking in Yosemite; Woodrow Wilson is tossing out a baseball to open the season, the president who began this tradition. Calvin Coolidge stands next to a car, since he was the first president to campaign by car; President Truman poses with the Chicago Daily Tribune declaring "Dewey Defeats Truman." Richard Nixon is escorting his daughter Tricia as a bride in the White House; Ronald Reagan is on a horse.

Gen. Eisenhower is shown speaking to troops about to launch the D-Day invasion. "Dwight David Eisenhower was more proud of being a general than of being president," said June. She was an "I Like Ike" girl, and a mannequin displays her "I like Ike" dress, which she wore along with a group of girls to campaign all over Alameda County on the back of a flatbed truck. "There were thousands of 'I like Ike' girls around the United States," she told me.

Another wall shows the First Ladies in the formal portraits they themselves chose to hang in the White House. We had fun chatting about why each First Lady chose to portray herself as she did; we agreed that Eleanor Roosevelt's was the nicest. Edith (Mrs. Woodrow) Wilson chose to show herself at a tea party.

Jack Hamel, whose father was a state senator in Ohio, did some of the displays. He recalled that as a boy he'd always wanted to go inside a voting booth so he managed to borrow one from the 1930s-40s. He also came up with the idea of kids voting for their favorite ice cream, made the ballots, and put up campaign signs reading "Kids love strawberry!" and "Vote for change, vote rocky road." When County Clerk Steve Weir visited the exhibit he noted that campaign signs weren't allowed that close to the polls—but in this case he made an exception.

June Hannon loaned her "I Like Ike" dress to the current exhibit on politics at the Museum of the San Ramon Valley.

A young and dapper looking Mike Doyle (now a Danville council member) with JFK.

The exhibit in the main room has a table setting from the Sacramento governor's mansion, which was vacated by the Reagans and is now the Governor's Mansion Museum. After much finagling it loaned our Museum the place setting. Perhaps it helped that the china had been made in a factory owned by June's father, Frank Ransom, who made it for Gov. Goodwin Knight in 1958.

The display includes details of Danville and San Ramon's many attempts at incorporation. It also highlights our early Congressman John Baldwin, who was born and raised in Danville, and displays a gown worn by his wife to a White House dinner honoring the Shah of Iran in 1962. Some fun photos show local folks with former presidents, including a young and dapper looking Danville Councilman Mike Doyle with JFK. A 1904 Contra Costa County Index to Voters shows an array of names we recognize as our major streets; these voters were, needless to say, all men.

As June said, "Politics is in the air—and at the museum." The display comes down Sept. 28 for the Indians of the Valley exhibit that gets visited by every fourth-grade class in the school district. So hurry down to the Museum (in the old train depot, on the corner of Railroad Avenue and Prospect in Danville) to learn about the history of politics locally, statewide and nationally—in a nonpartisan way.

—Dolores Fox Ciardelli can be e-mailed at editor@DanvilleWeekly.com.

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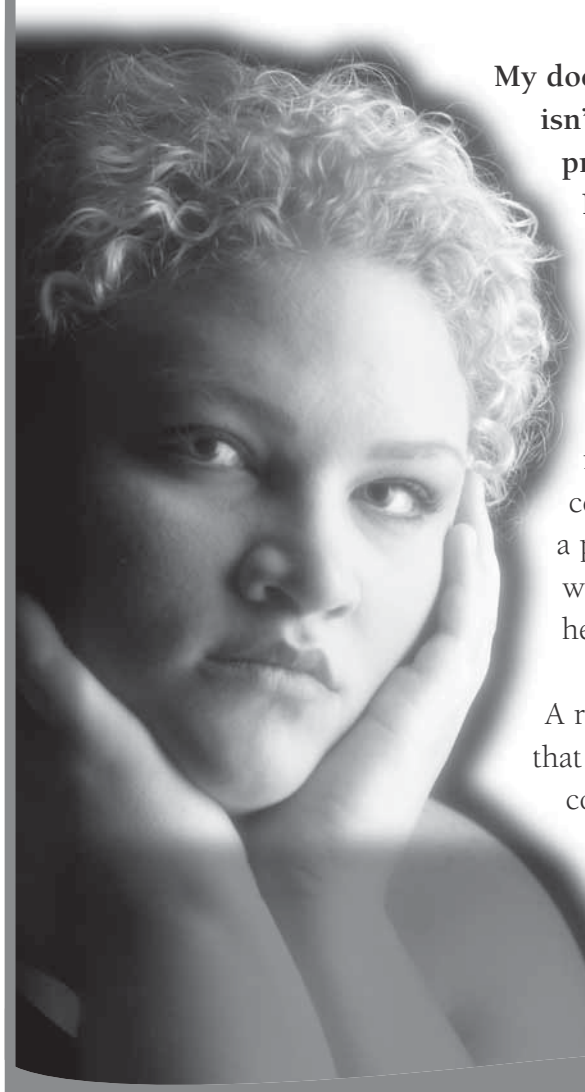

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Perspective

EDITORIALS • LETTERS • OPINIONS ABOUT LOCAL ISSUES IN OUR COMMUNITY

EDITORIAL • THE OPINION OF THE WEEKLY

The future of the Vets Hall

Danville assumed ownership of the Veterans Memorial Building yesterday, Sept. 18, taking it over from Contra Costa County. Negotiations for the change in ownership moved slowly but surely forward, thanks to the agreement of officials that it made sense for the town to own the old Vets Hall on Hartz Avenue and Prospect.

Veterans buildings blossomed under a 1921 federal mandate to build facilities to honor and host veterans of the Great War, and the Danville hall was dedicated in 1925. It has served many purposes over the decades, hosting lively American Legion shows during the 1940s and 1950s, and acting as the library and even as a courthouse. The veterans had been subleasing the building to Danville since 1983 for a senior center and other civic uses.

As the veterans buildings began to age, communities made different decisions on what to do with them. Some cities, such as Pleasanton, renovated them completely, dedicating millions of dollars to bring them up to earthquake and Americans with Disabilities Act standards. Walnut Creek and Lafayette razed their old buildings to free up the prime downtown real estate, and their veterans groups joined to build a state of the art facility in Lafayette. The veterans of the San Ramon Valley explored similar venues with an eye toward a new building to serve them as well as related groups such as veterans' services and the Blue Star Moms. But the historic central location in downtown Danville won out.

The town has committed $5 million toward design and construction, and the Veterans Memorial Building Development Committee of San Ramon Valley has pledged to raise another $2 million. This week the town approved appointing a steering committee to develop a consensus on how to reconstruct the building, with two members each from veterans groups; the Town Council; the senior subcommittee of the Parks and Leisure Services Commission; the Heritage Resource Commission; and the Planning Commission/Design Review Board. The goal is to create a first class facility to serve our veterans, and the needs of the seniors and the greater community.

Now the debate begins as to what can be saved of the old building, what needs to be changed, and how best to serve all the vested groups. Anyone with an interest may want to attend the meeting of the steering committee. After all, the building now belongs to Danville.

YOUR TURN

The Danville Weekly encourages comments on our coverage or on issues of local interest. The deadline is 5 p.m. Monday for that Friday's edition.

Submit Letters to the Editor of up to 250 words to editor@DanvilleWeekly.com. Include your name, address and daytime phone number so we can reach you. We reserve the right to edit contributions for length, objectionable content, libel and factual errors known to us. Anonymous letters will generally not be accepted.

Submitting a letter to the editor or guest opinion constitutes a granting of permission to the Danville Weekly and Embarcadero Publishing Co. to also publish it online, including in our online archives and as a post on Town Square.

For more information, contact Dolores Ciardelli, editor, at 837-8300, ext. 29.

LETTERS TO THE EDITOR

Dogs add to Danville's charm

Dear Editor:

I read your article, "Is Downtown Danville going to the Dogs?" (Sept. 12) and I agree dogs should not be banned from these events but rather dog owners should use common sense when deciding to bring their dog. I raise puppies for Canine Companions for Independence, an organization that provides highly trained assistance dogs to the disabled, and have frequently brought my dogs to events. This is good socialization for the dogs, which is key in their development. I would be very disappointed if dogs were banned because of a few irresponsible dog owners and/or parents. I have seen both. Dog owners who have dogs that can't be trusted in stressful situations should leave their dogs at home. Parents—and I have three children—should also teach their children to ask before petting any dog.

As for the person who was bitten by a Chihuahua, I am sorry that happened but this is a breed whose tendency is to be temperamental, has a reputation for being suspicious of everyone but his owner, and a clannish dislike of any breed but his own. At Danville's Doggie Night where one can view a large variety of breeds, it is the small ones who are typically the feistiest. It is important for ALL dogs to be properly trained from the time they are puppies and this includes socialization with other dogs and people. This is one of the key ways to prevent negative incidents relating to dogs and the public.

I do hope that Danville continues to be as dog friendly as it has been in the past. It is just one of the many things that make this town as charming as it is.

Kristen Trisko, Danville

Danville's bridge to nowhere

Dear Editor:

On Sept. 2, I appeared before the Danville Town Council to express my dismay with the massive shade structures that have been built over the bocce ball courts at Sycamore Valley Park. The huge pergolas on each end are supported by 13 steel reinforced concrete columns, almost four feet in circumference. And at one end, the structure obscures the lights.

Town Manager Joe Calabrigo said the structures cost a little over $100,000. They took so many months to complete that for about 400 players, the spring league was lost, the summer league was delayed for over a month, and the fall league has been shortened to five weeks. Incidentally, San Ramon provides fully adequate shade at its senior center bocce courts with attractive and inexpensive shade umbrellas and seems to have no problem with vandalism, which Mr. Calabrigo cites as a reason for our mega-structures.

But the most ironic aspect of this wasteful project is that there was no need for shade structures to begin with. Except for one group that plays on Thursday mornings and is finished before noon, the courts are used exclusively for league play in the evenings.

I realize the structures are now there, but it would have been refreshing if a council member or the town manager had acknowledged this project may have been a mistake instead of trying to justify it by saying it was approved by various town departments and commissions. Mr. Calabrigo mentioned that the applications of 50 teams were denied because of the limited number of courts. It's a shame the money wasted on the shade structures was not used to build more courts.

Burt Bassler, Danville

Keep council incumbents

Dear Editor:

I want to speak out on behalf of the incumbents who are running for reelection: Candace Andersen, Newell Arnerich and Mike Doyle. I have interacted with the Danville Town Council very closely over the last few years as a senior advocate and as a board member of Discover Danville Association. When the seniors raised issues two years ago, our council members listened carefully, authorized a study, and voted for the substantial increase it would take to fund a senior center, more staff and more programs. They continue to work toward purchasing and renovating the Veteran's Hall to serve both veterans and seniors. The Town Council unanimously approved more than $5 million toward the revitalization of this building, the biggest single renovation project for the town.

Though the dollar amount is impressive, what is more impressive is that we do not have to borrow this money to do this project. This Town Council has run Danville so effectively that it is financially sound. There is no reason that we should make any change in our council members when they have demonstrated their expertise in running this town well when other towns not far away are failing.

I have watched the choices that our council members have made to insure that we are not spending sums of money needlessly. I have gone to Town Council meetings, listened to the issues, and seen the decisions of this group working for the good of the town. We need their experience more than ever. Now is not the time to make a change in Danville!

Linda Stolow, Danville resident; treasurer, Discover Danville Association

Danville WEEKLY

Serving the communities of Danville, Blackhawk, Diablo and Alamo

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Community Pulse

POLICE BULLETIN & LOG • OBITUARIES • BIRTHS & WEDDINGS

POLICE BULLETIN

False alarm ends in arrest

Being in the wrong place at the wrong time ended in arrest for a 40-year-old Danville man.

Danville Police Lt. Mark Williams said the incident occurred at 12:23 p.m., Thursday, Sept. 11, when officers were called to the 700 block of Morninghome Road.

Williams said an audible alarm had been triggered and the alarm company contacted the police. Dispatchers sent an officer to the scene where he noticed a man identified as Gregory Hradowy in the area.

After determining that Hradowy was not a resident of the address, he ran the man's name through the department's computer system and learned that he was wanted on a warrant out of Walnut Creek for burglary. Hradowy was taken into custody and transported to the Martinez Detention Facility on a $5,000 bond.

Williams said the alarm at the residence on Morninghome turned out to be unfounded. No signs of forced entry were found and the home appeared to be undisturbed.

—Geoff Gillette

POLICE LOG

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

Sunday, Sept. 7

- Party disturbance on 400 block of La Gonda Wy. at 12:20 a.m.
- Vehicle traffic stop on 300 block of Railroad Ave. at 9:36 a.m.
- Vehicle accident with minor injuries on Camino Tassajara and Rassani Dr. at 2:08 p.m.
- Auto burglary on 800 block of Brookside Dr. at 4:10 p.m.
- Stolen vehicle on 500 block of La Gonda Wy. at 8:35 p.m.

Monday, Sept. 8

- Threat disturbance on 3100 block of Stone Valley Rd. at 10:01 a.m.
- Public nuisance at Liverpool St./Sutton Cr. at 3:09 p.m.
- Fraudulent document forgery on 1900 block of Rancho Verde Cr. W. at 4:11 p.m.
- Suspicious circumstance at Old Orchard Dr./Old Orchard Ct. at 9:47 p.m.
- Residential burglary on 100 block of Lawnview Cr. at 10:29 p.m.

Tuesday, Sept. 9

- Public nuisance at Camino Ramon/El Capitan Dr. at 7:09 a.m.
- Reckless driving at Camino Tassajara/Crow Canyon Rd. at 7:52 a.m.
- Vandalism on 200 block of Jasmine Wy. at 10:35 a.m.
- Suspicious circumstances at El Cerro Blvd./El Pintado Rd. at 8:25 p.m.
- Drunk in public, arrest, on 200 block of Boone Ct. at 11:06 p.m.

Wednesday, Sept. 10

- Suspicious vehicle stop at Ashely Cr./Hartley Dr. at 10:03 p.m.
- Grand theft on 3400 block of Camino Tassajara at 12:01 a.m.
- Petty theft on 500 block of Danville Blvd., SRVHS, at 12:14 p.m.
- Court order violation on 500 block of La Gonda Wy. at 1:02 p.m.
- Police needed for medical on 200 block of Royal Palm Pl. at 2:17 p.m.
- Battery on 500 block of Danville Blvd. at 3:30 p.m.
- Driving under the influence, misdemeanor, at El Cerro Blvd./I-680 at 7:27 p.m.

Thursday, Sept. 11

- Vandalism on 200 block of Viewpoint Dr. at 8:20 a.m.
- Service warrant on 200 block of Via Cima Ct. at 10:26 a.m.
- Audible alarm on 700 block of Morninghome Rd. at 12:22 p.m.
- Vehicle accident with major injuries on 600 block of Hartz Ave. at 4:58 p.m.
- Noise disturbance at Brookside Dr./Princeton Ln. at 9:32 p.m.
- Party disturbance on 500 block of Morninghome Rd. at 11:52 p.m.

Friday, Sept. 12

- Arrest for vehicle traffic stop at El Cerro Blvd./La Gonda Wy. at 12:58 a.m.
- Animal control needed at Blackhawk Rd./Crow Canyon Rd. at 6:07 a.m.
- Drugs violation at Northview Ct./Woodranch Cr. at 8:45 a.m.
- Hit-and-run misdemeanor at Blackhawk Rd./Maplewood Dr. at 12:09 p.m.
- Auto burglary on 500 block of Verona Ave. at 4:36 p.m.
- Unwanted guest disturbance on 700 block of Merrimac Pl. at 6:04 p.m.
- Loitering disturbance on 100 block of Hartz Ave. at 10:19 p.m.
- Suspicious subject stop at San Ramon Valley Blvd./Town and Country at 11:12 p.m.

Saturday, Sept. 13

- Defrauding innkeeper on 100 block of Carlyle Ct. at 12:22 a.m.
- Stolen vehicle on 100 block of Soda Pl. at 6:38 a.m.
- Auto burglary on 400 block of Alamatos Dr. at 8:58 a.m.
- Noise disturbance on 500 block of Danville Blvd. at 1:54 p.m.
- Drunk in public at Camino Ramon/Joaquin Dr. at 5:37 p.m.
- Driving under the influence, misdemeanor, at Camino Tassajara/Crow Canyon Rd. at 7:18 p.m.
- Promiscuous shooting at El Capitan Dr./Greenbrook Dr. at 11:12 p.m.

OBITUARIES

Janet Lee Baker Chenoweth

Janet Lee Baker Chenoweth died suddenly and peacefully Aug. 29 after a long illness.

She was born and raised in Parkersburg, W.V., graduating Parkersburg High School in 1955. She and her family settled in East Longmeadow, Mass., and she was an active member of St. Paul Lutheran Church. Later they moved to Northern California, where she made many new friends in Danville. She was an active member of the Danville-Alamo Newcomers Club and very involved in the Diablo Cotillion, chairing the event one year.

When her daughters were grown, she went back to school, earning a bachelor's degree in psychology and graduating with highest honors from UC Berkeley. She was an avid bridge player and was a bright woman with a sharp wit, who loved to debate controversial subjects such as politics and religion.

She is survived by her brother Michael Baker of Parkersburg, W.V.; three daughters, Rebecca Sudtell, Jennifer Lahl and Susie Scarth, all of northern California, their respective spouses, along with eight grandchildren, four step-grandchildren, and one step-great-grandchild. No services were held per her request. Donations may be made to the Pulmonary Hypertension Association; 801 Roeder Road, Suite 400; Silver Spring, MD 20910.

.Arthur H. Dougherty

Arthur H. Dougherty, a resident of Danville since 1962, died Sept. 2, surrounded by his loving family at the age of 80.

He was born Sept. 25, 1927, and was active as a musician and music educator his entire life.

He is survived by Mary Jane Dougherty, his wife of 51 years; daughter Kate Altieri; son and daughter-in-law William and Leslie Dougherty; daughter Janet Dougherty Pagano and son-in-law Frank Pagano; sister Annabelle Thompson of Naples, Fla.; and five grandchildren.

A Memorial Service and Celebration will be held from 2-6 p.m., Monday, Oct. 6, at the Brazilian Room in Tildon Park. Musicians are encouraged to bring their horns. Donations may be made to the Art Dougherty Memorial Fund, c/o Musicians Local 6, Attention Maria Kozak, 116 Ninth St., San Francisco, CA 94103-2603. Call (415) 575-0777.

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FIGHTING

Wellness Community teaches that cancer diagnosis is not a death sentence

by Geoff Gillette

Stacey Hartmann's life changed July 7, 2000. The 39-year-old mother of three went into the hospital for surgery on what was believed to be an ovarian cyst.

"It turned out to be a lot more," she said. "It turned out to be cancer."

Surgery revealed that Hartmann, a Danville resident, suffered from ovarian cancer, and doctors suggested she begin chemotherapy almost immediately. She said the diagnosis shocked her and her family and left her face to face with her own mortality.

"Of course, the first thing anyone thinks when they hear that is, 'It's a death sentence.' That's what anyone thinks when they hear about cancer."

Those feelings changed when a social worker visited her in the hospital armed with resource materials about the disease that had invaded her life and how best to treat it.

Among the pamphlets and brochures was literature about a facility in Walnut Creek called the Wellness Community.

A month and a half later she finally went to see what the Wellness Community had to offer.

"I had been through two courses of chemo and I seemed to be responding so I was feeling good. I went for a 'newcomers meeting' and I went with my Mom," she recalled.

"We were in a meeting with one or two other cancer survivors who described the community and the programs. After that meeting I decided I wanted to attend a weekly support group. I started in August 2000 and have been there every Tuesday morning since."

COURTESY THE WELLNESS COMMUNITY

Chau Yoder leads a class in Chi Kung at the Wellness Community. Chi Kung is a gentle movement class that helps to restore physical function and increase energy. It is one of the many classes offered at the Walnut Creek facility.

What she learned is that a cancer diagnosis affects everything. How you live, how you eat, sleep, even how you react to others. If left unchecked, the social and psychological components of the illness can do as much damage as the disease itself.

That's where the Wellness Community comes in. The Walnut Creek facility, one of 26 such centers nationwide, works with cancer patients to teach them survival skills, both physical and psychological.

Susan Wichmann, president of the board of directors for the facility, said the goal of the Wellness Community is to teach people that a diagnosis of cancer is not a death sentence.

"We believe that the Wellness Community is able to provide hope, support and education that is needed in a time of crisis, and the things we offer will help improve the quality of life of someone with cancer."

Wichmann said the idea is for people afflicted with cancer to feel comfortable and to know the people there have an understanding of what they are going through. She added that part of her training was to go to one of the support group sessions.

"I didn't want to do that," she said. "I thought it would be depressing, sad. I procrastinated but finally I went. I think it was the most invigorating two hours I've ever spent. There was no sadness, there were no tears. This was a group of incredibly vitalized women dealing with the reality of their life."

Hartmann said one of the things that helped her in the group sessions was the sense of no boundaries.

"We talk about anything," she said. "Cancer touches every aspect of your life. Sometimes there's sadness and fear and tears. Other times we're laughing. The group each week reflects what is going on in our lives each week."

One of the unique aspects of the Wellness Community is that the group facilitators really don't "lead" the group.

"Basically it's the group members who decide what we're going to talk about each day," Hartmann said, adding, "What the facilitator does is help us identify the emotions we're feeling and deal with them. Help us learn to be 'patient active.'"

Patient Active is part of the core of the philosophy at the Wellness Community. Right in the foyer at the Walnut Creek facility hangs a quote from founder Harold H. Benjamin summing up that credo: "Cancer patients who participate in their fight for recovery, along with their healthcare team, will improve the quality of their lives and may enhance the possibility of their recovery."

That idea, along with the support of her group, helped Hartmann keep hope alive when, in 2002, she received an additional diagnosis of breast cancer. Having the resources of the Wellness Community kept her fighting.

In the second case, the cancer was caught early. Hartmann said that a lumpectomy showed the cancer to be metastatic but incurable.

"I'm still in treatment. Over the last eight years I've had three major abdominal surgeries and over 100 chemotherapy treatments," she said.

The support and assistance of the group have allowed her to continue on with her life, instead of allowing her disease to take over. She continues to work part time for the Town of Danville and has even taken an active role in helping to find a cure.

"I stage a comedy benefit show at the Lesher in Walnut Creek," she explained. Hartmann and co-producer Charleen Early put on a comedy show each year with the proceeds going to the National Ovarian Cancer Coalition.

Susan Wichmann said stories like Stacey Hartmann's are a large part of why the Wellness Community is there and the effect it has.

"People need to know that it is survivable. While cancer scares us—even the mention of the word—many people not only survive cancer but thrive and learn to live with cancer as a chronic disease."

Erika Maslan is one of the Wellness Community's facilitators. A licensed therapist, she has devoted a great deal of time to the psycho-social aspects of disease management and she said that what the Wellness Community does is key for patient survival.

Cancer patients discuss the issues facing them and their families at t
helping members to come to grips with the feelings they are experier
and hope.

"The most important part of our name is 'community.' Part of community is getting rid of that aloneness that so many people feel." She added, "When a person is diagnosed, friends withdraw, family relations can become strained. People don't know what to say. That changes the moment they walk into group. They no longer feel alone."

Maslan said groups are generally made up of eight to 10 people. There are general groups with varying diagnoses and stages of disease and there are also support groups specifically for one type of cancer. What they all have in common is that they provide a means for cancer patients to reach out to one another.

"The people who come here are survivors, looking for other survivors to connect with and find ways of dealing with the disease," she explained.

Groups are part of what the Wellness Community

BACK

COURTESY THE WELLNESS COMMUNITY

he Wellness Community. Topics are set by the members of the group and a facilitator helps to guide the discussion in healthy directions, ncing. Some 450 cancer patients and families per month go through the doors of the Wellness Community, seeking counseling, education

offers but not everything. Program Director Margaret Stauffer welcomes everyone to check its calendar at www.twcba.org. Cancer 101 includes understanding your diagnosis and navigating the health care system. African Drumming is offered because drumming has been shown to boost the immune system functions and metabolism for cancer patients.

"There is always something going on here," Maslan said. "This is a busy, busy place."

The Wellness Community serves around 450 people each month and offers 50 different groups or classes each week. Groups are held for those trying to cope with a loved one's illness, even programs for children with a parent who has been diagnosed.

"It's a place not just for the person with cancer, but the support people, the family and caregivers," Stauffer said.

The Wellness Community does not charge for services; it subsists on individual contributions, corporate donations and special events. It has about three full time staff, and its annual budget is around $1 million per year.

Each year the group holds a gala fundraiser, to help meet those financial needs. Volunteer Lori Wilcoxson is one of those who has stepped up for the past three years and offered to help organize the annual event, which takes place tomorrow at Diablo Country Club.

For Wilcoxson, helping the Wellness Community has a personal side to it.

"When I was 14 my Mom was diagnosed with breast cancer and she died when I was 17. If there had been this kind of support in the late '60s and early '70s the whole experience would have been different."

Susan Wichmann said that is the thing about the Wellness Community—the commonality of purpose.

"I don't know a family that hasn't been touched by cancer. That's why we want to help, so others don't face the same struggles." She added, "We haven't won all the battles with cancer, but we're going to." ■

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Calendar

WHAT'S HAPPENING IN OUR COMMUNITY

Auditions

'The Underpants' Audition for Steve Martin's adaptation of "The Underpants," at 7 p.m., Oct. 6, 201 Front St., Danville; and 7 p.m., Oct. 7, Hap Magee Ranch Park, 1025 La Gonda Way, Danville. Callbacks are at 7 p.m., Oct. 8. Looking for two females and four males, ages 25-60. Prepare two-minute comic monologue.

Classes

Drought Tolerant Plants for Yards Come and learn about drought tolerant plants for yards from 10:30-11 a.m., every Saturday, at Sunset Color, 1435 San Ramon Valley Blvd., Danville. These classes are free. Call 914-0035 or visit www.sunsetcolor.com.

Parent Project/Loving Solutions Loving Solutions is an educational activity-based curriculum for parents of challenging, strong-willed children, ages 5-11. Parents will meet for eight consecutive weeks and learn to sidestep arguments/temper tantrums, use timeouts properly, create cooperation, learn what is negotiable, and much more. Classes are from 6:30-9:30 p.m., Sept. 25-Nov. 13, at SRV School District Office, 699 Old Orchard Dr., Danville. Cost is $75 per person, or $140 per couple. Call 743-3059, ext. 328.

Winter Veggies Class Navlet's Garden Center hosts free gardening classes to the public. Winter Veggies will be presented at 11:30 a.m., Sunday, Sept. 28. All classes are at Navlet's Garden Center, 800 Camino Ramon, Danville. Call 837-9144.

Clubs

Alamo 'Woman of the Year' The Alamo Women's Club is proud to announce its first "Woman of the Year" award, being given to Alisa Corstorphine, owner and editor of "Alamo Today," for being the voice of Alamo, at its luncheon from 11:30 a.m.-1 p.m., Wednesday, Sept. 24, at 1401 Danville Blvd. Cost is $24. Call 837-8530.

Pi Beta Phi Alumnae Club of Contra Costa The club invites all alumnae to its first event of the year at 6 p.m., Wednesday, Sept. 24, at Dragon 2000 Restaurant, 1650 Botelho Dr., Walnut Creek to mingle and meet sister alums over drinks and dinner. Featured speaker is Joan Buchanan, SRVUSD school board member and candidate for state assembly. Dinner is $20. Call 872-1478.

Republican Women Feature Speaker Dr. Bill Wattenburg will speak at the San Ramon Valley Republican Women's Club's annual Barbara Olson Memorial meeting, from 6-8:30 p.m., Tuesday, Sept. 23, at Crow Canyon Country Club; 711 Silver Lake Dr., Danville. Social hour starts at 6 p.m., dinner at 6:30, and Wattenburg will speak at 6:45. Cost is $30 per person; call 314-9129. 6-8:30 p.m. $30 per person

Events

American Business Women's Day 2008 The American Business Women's Association will honor three outstanding women from the Bay Area, from 9 a.m.-3 p.m., Sunday, Sept. 21, at Castlewood Country Club, 707 Country Club Circle, Pleasanton. The keynote speaker will be Pat Mayfield on "Negotiating Your Pesonal Success." It is also a chance to enjoy new contacts and tradeshow booths. Must reserve early. Cost is $45. Call (209) 839-0889 or visit www.bayareacouncil.net.

Bedford Gallery Volunteer Recruitment Day Visit the Bedford Gallery to meet its volunteers and staff and find out about volunteer opportunities, at 10 a.m., Monday, Sept. 22, at the Lesher Center for the Arts, 1601 Civic Dr., Walnut Creek. Coffee and pastries will be served. Call 295-1418.

Car Seat Safety Inspection The Danville Police Department along with Contra Costa Child Passenger Safety Coalition and the Dublin California Highway Patrol will host an annual Car Seat Check-Up from 10 a.m.-noon, Wednesday, Sept. 24, at the Train Depot, 345 Railroad Ave., Danville.

Contra Costa GOP Red, White and Blue Ball The black tie-optional gala will begin at 6 p.m. Saturday, Sept. 20, at the Blackhawk Museum, 3750 Blackhawk Plaza Circle. It will include a silent auction, cocktails, dinner, dancing, live auction and special guest speaker Lt. Col. Buzz Patterson, author of "Dereliction of Duty." Cost is $140 per person. For reservations, call 837-8393.

Play Day In the Park The San Ramon Valley YMCA will be hosting a free Play Day at Hap Magee Ranch Park, which will include a jumpy house for children, from 10 a.m.-noon, Saturday, Sept. 20. The YMCA is hosting this event to promote its Adventure Guides and Trailblazers program for fathers and children. Everyone welcome.

Sesquicentennial Ball Discover Danville is hosting a Sesquicentennial Ball at 6 p.m., Saturday, Oct. 4, at Bridges Restaurant and Bar, 44 Church St., Danville. The night will include live music, dancing and a silent auction. Cost is $125 per person. Call 339-8330.

Tri-Valley Mayor's Summit Join the mayors of Danville, Dublin, Livermore, Pleasanton and San Ramon for an annual luncheon and panel discussion from 11:30 a.m.-1:30 p.m., Tuesday, Sept. 23, at Bridges Golf Club, 9000 S. Gale Ridge Rd., San Ramon. This event is hosted by the Danville, Dublin, Livermore, Pleasanton and San Ramon Chambers of Commerce. $35 for chamber members and $45 for non-members. Call 242-0600.

Victorian Tea A Victorian Tea is being held in honor of Ruth Quayle Boone, 1-4 p.m., Sunday, Sept. 28, at the San Ramon Community Center, 12501 Alcosta Blvd. Cost is $35; space is limited and pre-registration is required. Call 828-0586 or visit www.srhf.org.

Viva Las Vegas Viva Las Vegas Fundraiser is being held this year from 6:30-10:30 p.m., Saturday, Sept. 27, San Ramon Senior Center, 9300 Alcosta Blvd. Cost is $25, $30 at the door. Call 973-3253.

Film

'Iran (is not the problem)' Come to a free screening of "IRAN (is not the problem)," 7-9 p.m., Wednesday, Sept. 24, Mt. Diablo Peace and Justice Center, 55 Eckley Lane, Walnut Creek. Donations accepted. Call 933-7850.

Lectures/ Workshops

'Awakening the Mystic Author David Richo teaches what mysticism is, how mystical consciousness can lead to inner serenity, and how mindfulness can add to mental health, from 9:30 a.m.-4 p.m., Saturday, Sept. 27, at San Damiano Retreat, 710 Highland Ave., Danville. Cost is $95 for CE units, $75 without. Call 837-9141, ext. 315.

Cancer 101 Topics include: understanding your diagnosis, what cancer is, navigating the health care system, using the Internet as a research tool, locating resources, being a well-organized patient, and how to be an effective advocate. This workshop will take place from 4-6 p.m., Tuesday, Sept. 23 at The Wellness Community; 3276 McNutt Ave., Walnut Creek. Patients and support people are welcome. This event is free. For more information call 933-0107.

Faith Communities Facing Financial Challenges "Hard Times: We're All in this Together Folks," a one-day conference for faith communities and nonprofit organizations in Contra Costa County, invites all concerned faith groups to share their experiences and ideas for programs to help the rising number who face financial challenges. From 9 a.m.-4 p.m., Saturday, Sept. 20, at Mt. Diablo Unitarian Universalist Church, 55 Eckley Ln., Walnut Creek. Cost is $5-$10. Call 385-0037.

Parent Lecture on Relational Aggression in Children The Seven Hills School hosts a workshop for parents, educators and the public at large with a panel presentation: "It's Not Just 'Mean Girls'—Understanding Relational Aggression, a Toolkit for Parents" with Seven Hills' faculty. The panel will help parents recognize and alleviate social aggression. This workshop will take place from 6:45-8:30 p.m., on Tuesday, Sept. 30, at The Seven Hills School, 975 N. San Carlos Dr., Walnut Creek. $15 per person, educators admitted free. Call 974-4981.

Literary Events

'Two Cities, One Tale' Danville and San Ramon residents are joining in a six week, book-sharing event to read one book together from Sept. 22-Oct. 27. Pick up a free copy of "Kabul Beauty School" by Deborah Rodriguez, to read, discuss and then pass along to friends. Then attend a slide show preview of "Hidden Treasures from the National Museum, Kabul" at 7 p.m., Thursday, Oct. 9, at the San Ramon Library. CityRead concludes with a special presentation featuring the

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author at 7 p.m., Wednesday, Oct. 29, at Danville Village Theatre, 233 Front St. Call 837-4889.

AAUW Book Signing The Danville-Alamo Branch of AAUW will have a book signing for Paula Boswell, author of "No Ordinary Life: The True Story of a Dutch Girl and an American Marine," 3-5 p.m., Tuesday, Oct. 7, Shadow Hills Cabana, 1001 El Capitan Dr., Danville. For information e-mail president@aauw-da.org, or call Tena at 837-0826.

Miscellaneous

SMC Alumni Golf Tournament St. Mary's College sixth annual Graduate Business Golf Tournament, 11:30 a.m.-5:30 p.m., Tuesday, Sept. 23, Diablo Country Club, 1700 Clubhouse Road, Danville. Cost is $150 per golfer and includes awards/networking dinner. All St. Mary's College alumni and guests are invited. Register at www.stmarys-ca.edu/mba. Call 631-4653.

On Stage

'All God's Chillun Got Wings' The ninth annual Eugene O'Neil Festival is presenting one of his plays, "All God's Chillun Got Wings," at 7:30 p.m., Thursday, Sept. 18, and at 8 p.m., Friday and Saturday, Sept. 19-20, at Village Theatre, 233 Front St., Danville. This performance depicts the physical affection between a white woman and an African American man. Cost is $30 for all performances; $10 for students. Call 820-1818 or visit www.eugeneoneill.org

'Will Rogers Follies' Will Rogers, the American folk hero who claimed, "I never met a man I didn't like," is being celebrated by Diablo Light Opera Company starting Friday, Aug. 29, for 18 performances continuing through Sept. 27 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $34-41. Call 944-1565, or visit www.dloc.org.

Greek Shadow Puppets A legendary Greek character gets in and out of trouble in this free, visually stunning show of shadow puppetry presented by Leonidas Kassapides, co-presented by the Town of Danville and the Danville Library Foundation, from 3-4 p.m., Wednesday, Sept. 24, at the Village Theatre, 233 Front St., Danville. Call 837-4889.

Spiritual

High Holy Day Services Beth Chaim Congregation in Danville issues a warm invitation to all who wish to experience the profound spirituality of the Jewish High Holy Day Services. We welcome Jews from all backgrounds and interfaith families from Monday, Sept. 29, to Thursday, Oct. 9, at Beth Chaim Congregation, 1800 Holbrook Dr., Danville. Call 736-7146 for details or visit www.bethchaim.com.

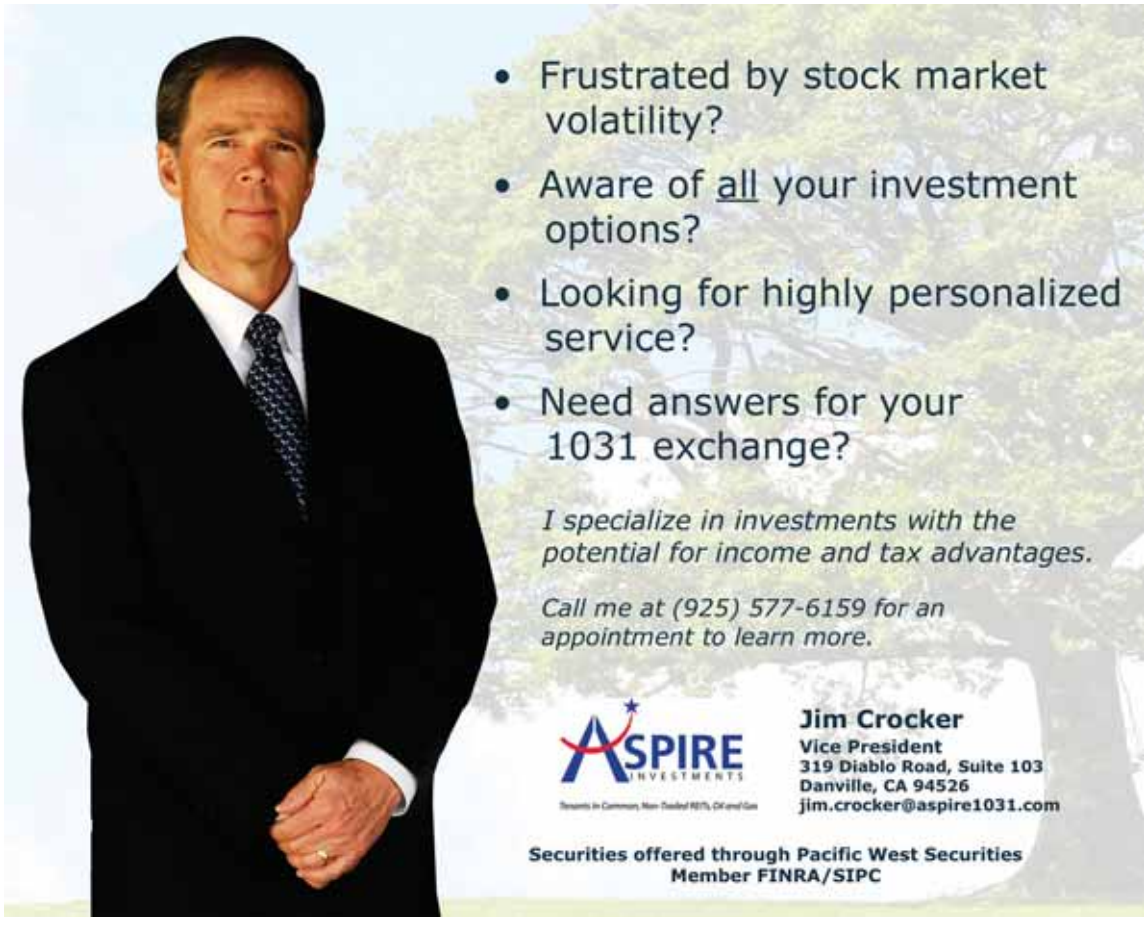
Interfaith Festival Everyone is welcome to join in an interfaith celebration presented by Interfaith-San Ramon Valley, 2-5:30 p.m., Sunday, Sept. 28, at Peace Lutheran Church, 3201 Camino Tassajara Road, Danville. For information visit www.peacejourney.org.

Personal Growth workshop San Damiano Retreat, 710 Highland Drive, Danville, is presenting "Awakening the Mystic," with David Richo from 9 a.m.-4 p.m., Saturday, Sept. 27. Richo is the author of "The Power of Coincidence: How Life Shows Us What We Need to Know and How to Be an Adult in Relationships." Cost is $95 for CE Units, $70 without. Call 837-9141, ext. 315.

Whirlwind Bible Tour Steven Mosley will take people on a dramatic whirlwind, one-hour tour of the entire Bible that's both humorous and deeply moving, from 10:45 a.m.-12:15 p.m., Sunday, Sept. 28, at Gatetree Church, 101 Gatetree Dr., Danville. This single free preformance has limited seating on a first come basis. Visit www.stevenmosley.com.

Volunteering

Community Sew The American Sewing Guild-Walnut Creek invites everyone to join its members to sew bibs for babies, wheelchair bound children and adults and for seniors, from 9 a.m.-4 p.m., Saturday, Sept. 27, at the Odd Fellows Building, 4349 Cowell Road, Concord. Bring a sewing machine and/or serger, thread for both (light gray is the best), extension cord, light, walking foot, binding foot, scissors, seam ripper, rotary cutter and mat and pins. There is no cost and lunch is provided. Call 933-4065.



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The RIGHT STATE of MIND

Couple overcomes handicap to complete triathlon for a good cause

COURTESY OF KEIRON MCCAMMON AND KERRY CLARK

Keiron McCammon prepares for the Leukemia & Lymphoma Society Triathlon by riding 25 miles on his new carbon fiber bike customized by Jose Gutierrez, owner of Danville Bike, to accommodate his missing left hand.

by Susan Astbury

Competing in a grueling triathlon is daunting for even the strongest athletes, but imagine the challenge if you are missing a hand.

Husband and wife team Keiron McCammon and Kerry Clark, who are from England but now live in Danville, dedicated themselves to the Leukemia & Lymphoma Society Team in Training program, two years after McCammon, 37, lost his hand in a paragliding accident in South America. As part of that program, the couple was on the Monterey Peninsula on Sept. 13, participating in the Triathlon at Pacific Grove.

"This gave me the perfect excuse to get back in shape and rebuild my left arm, shoulder and legs after my accident while competing in this event in honor of all individuals who are battling blood cancers," said McCammon. "These people are the real heroes, and they need your support to cross the ultimate finish line—a cure."

The Team in Training is the largest endurance sports training program in the world. For the past three months, McCammon and Clark trained to participate in this, their first triathlon, and along the way, they raised more than $11,000 in donations for blood cancer research and patient services.

Before the competition at Pacific Grove, McCammon and Clark visited to preview the triathlon course. The competition was going to begin with a .93-mile swim through cold water at the first stage of the race aptly named "The Kelp Crawl."

"Swimming the freestyle with one hand and without a prosthetic aid, I could somehow swim better now than before," said McCammon. Once out of the water, McCammon and Clark competed in a 26-mile bike ride. After that they had to run a grueling 6.2 miles.

For the bike ride, McCammon had to remove his wet suit, attach his prosthetic hand, and jump on a customized bike

COURTESY OF KEIRON MCCAMMON AND KERRY CLARK

Danville couple Kerry Clark and Keiron McCammon are suited up to swim in the Monterey Bay for the triathlon.

designed by Jose Gutierrez, the owner of Danville Bike.

"Keiron and Kerry came to my shop and were trying to find bikes for both of them to ride in the race," recalled Gutierrez.

"Jose was willing to work with me to design a bike with a single brake lever for the front and rear brakes, and both gear levers are on the right hand side," McCammon explained.

"McCammon is proving that anyone can still do what they want to do, and not be afraid of taking chances," Gutierrez said.

McCammon lost his left hand after a near-fatal paragliding accident in Colombia, where the couple, married for eight years, traveled on a vacation that included 10 days of paragliding. On his last day of flying, McCammon lost sight of where his companion had landed and found himself in unfamiliar territory. While trying to land, he hit two electrical power lines, suffering severe burns to his left hand and arm, and right leg.

"It's strange, that still all I can remember prior to the accident was the moment I saw the power lines in front of me as I headed to land," McCammon said recently. "I can't recall the 10 minutes or so that it must have taken to fly from where I last remembered being in the air to this precarious location."

He was rushed to a hospital in Colombia, where he spent five days and endured three surgeries to his arm. But his condition grew worse, and it was determined he should return to the United States. After contacting the Divers Alert Network for emergency medical evacuation assistance, the couple was flown to a hospital in Miami.

McCammon was hospitalized for six weeks and underwent numerous surgeries. His doctor continued in efforts to save his hand but given the extent of the damage, it was uncertain how functional it would be. Reconstruction would have been risky and would have left McCammon susceptible to fatal infections. So he made the decision to have the surgeon amputate his damaged hand.

Losing his hand has not affected McCammon's zest for life and his passion for sports, whether it's scuba diving, playing golf, snowboarding or participating in a triathlon.

"Losing a limb doesn't need to be the end of your life, and how you handle it is up to you," he said. "You decide the meaning, the significance you attach to a situation. It's all about your state of mind, and the state it's in is up to you."

One thing he recalls about that fateful last day of flying was that he realized when he was in the air that he'd forgotten to give Clark his customary kiss prior to take-off.

Team in Training head coach Paul Kinney worked with McCammon and Clark since the beginning of June.

"They are a remarkable and outstanding couple who are an inspiration to everyone on the team," Kinney said. "Not only are they athletes, but they are raising money for blood cancers."

McCammon is equipped with the i-Limb Hand, a device he uses every day when driving 80 miles round trip to work from Danville to his office in Sunnyvale.

"It's a state-of-the-art bionic device, and I'm one of only 200 people in the world with one," he said.

They successfully completed the triathlon over the weekend, even beating their best training times.

"Once you start the race, the preparation and training takes over and all the hard work pays off," said McCammon. Someone presented them with British flags at the finish line.

"In the Kelp Crawl, it's like being in a pond full of fish but it's people swimming on top of each other," said Clark. "The kelp actually gave me time to rest and see where I was going. It was really quite fun and exciting."

"The nicest part of the race was that there were beautiful views and people cheering you on along the course," she said. "Just when I started feeling tired, I'd hear the Team in Training people shout my name and I could push on a bit more."

"Part of the run went through residential areas and people were sitting on their lawns yelling for us. That kept us going," she added.

What's next for this adventurous couple?

"We're going to take some time off, and are thinking about doing another triathlon next year," McCammon said. "We'll continue to travel around the world. Who knows, maybe you'll see us climbing Mount Everest." ■

Presenting the Past

BY BEVERLY LANE

Creating today's Fire District

by Beverly Lane

The years leading up to the creation of the San Ramon Valley Fire Protection District (SRVFPD) can only be described as turbulent. Providing services for the burgeoning population was the major challenge. The valley had 2,120 people in 1940; 12,700 in 1960; and 57,307 in 1980.

Consolidation of the Danville and San Ramon Fire Districts had been discussed for some time. The San Ramon Valley Chamber did a study on whether or not the districts should join the County Consolidated FPD in the early 1970s. In 1977 the county grand jury recommended that the two districts consolidate and, after Proposition 13 passed in 1978, merger talks began in earnest.

The status of South San Ramon was another issue. The Dublin San Ramon Services District (DSRSD) provided fire, parks, sewer and other services for South San Ramon. In 1979 the DSRSD had even sponsored a vote on incorporation that failed in San Ramon and passed in Dublin.

The Local Agency Formation Commission (LAFCO) was in charge of district consolidations. LAFCO's Executive Director Dewey Mansfield pronounced, "There's a built-in LAFCO outlook for consolidation." He outlined the process but found it was a little like herding cats with strong opinions.

MUSEUM OF THE SAN RAMON VALLEY

Fire chiefs from the past (l-r) Bill Fereira, Roy Asmundsen, Mel Deardorff, Rick Probert, Mike Blodgett and Bill Dutcher gather to talk over memories.

In March 1979, a San Ramon-Danville Joint Study Committee was set up to study fire service consolidation composed of board members Howard Wiedemann, Lou Sylvia, Larry Davidson, Armand Borel and Don Miladinovich. All four valley fire districts in the valley were discussed: Danville, DSRSD, San Ramon and Tassajara.

That May the committee approved consolidation and asked the Danville and San Ramon boards to prepare merger applications for LAFCO. Led by Miladinovich, Danville was ready to go. They were worried that County Con Fire would annex the districts, which would create reductions in emergency services and loss of local control. But the San Ramon board pulled back, saying that more time and details were needed. Sylvia said, "Why is Danville in such a

➤ Continued on page 18

Presenting the Past

(continued from page 17)

hurry to do this?"

Mel Deardorff, an assistant fire chief for Danville at the time, was very involved in the proposed merger. "Don Miladinovich was the spark plug for this merger, for sure. He was a board member for Danville Fire. He thought it made sense and was involved in a lot of behind-the-scenes politicking to make it happen and talked to others on the fire boards," said Deardorff. "In 1978 Bill Fereira retired as chief in San Ramon and he had really started that district. Bill was not happy about the prospect of a merger at first. It was hard for him to see the district change that way. Richard Schuller became chief next and then the San Ramon board hired Roy Asmundsen as chief; he had been Danville's fire marshall and was near retirement himself."

After more discussion and no resolution, the Danville board brought out two plans and pledged to take one to LAFCO by the end of the year. One would consolidate Danville, San Ramon and South San Ramon. If San Ramon didn't want this plan, the board would go to LAFCO and propose that San Ramon and South San Ramon be annexed to Danville. Neither plan called for an approval by the DSRSD board, which sent board president Joe Covello into what one newspaper called "paroxysms of outrage."

The San Ramon board offered an alternate plan and continued to worry about the implications. Director Ben Clark said there are "just so many unanswered questions...." The valley's County Supervisor Eric Hasseltine finally said, "Nowhere is the provincialism more rampant than it is in the fire boards. You talk consolidation and they go nuts."

All agreed that a new district should be called the San Ramon Valley Fire Protection District. But there were differences over emergency services, with Danville having its own ambulance and San Ramon contracting with an ambulance service. Who would be chief? How should they go about selecting a new fire board? What about seniority, retirement equity, salary differences?

To make a really long story short, the two districts combined on March 18, 1980. Both boards endorsed it unanimously (with San Ramon's Armand Borel an initial hold out), and it sailed through LAFCO hearings. The name was changed, Danville's Mike Blodgett became chief with Roy Asmundsen as assistant chief, pay scales were equalized, and Danville's ambulance was kept, with a study set up to address the valley's emergency needs. By late spring the board included both San Ramon and Danville representatives Don Miladinovich, Lou Sylvia, Al Houvenin, Robert Ingram and Sam Pappalardo. The San Ramon Valley Unified Fire District was firmly in place.

Sources: Valley Pioneers July 13, 1977; August 29, Sept. 12, Oct. 3, Nov. 21, Dec. 5, 12, 19, 26, 1979; March 19, April 9, May 7, 1980; Contra Costa Times Dec. 13, 1979; Tri-Valley News Dec. 19, 1979; Fire Line; interviews with Mel Deardorff, Bill Fereira, Rick Probert

Beverly Lane is curator of the Museum of the San Ramon Valley and co-author of "San Ramon Valley: Alamo, Danville, and San Ramon" and "Vintage Danville: 150 Years of Memories."

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OF NOTE

Penico attains Eagle Scout status

WENTLING'S STUDIO

Edward Parnell Penico

Edward Parnell Penico of Alamo, a June graduate of Athenian Upper School, attained Eagle Scout ranking in August. His project was a concrete cinderblock planter box at Alamo Elementary School, where he attended until 2001. He was a senior patrol leader of Troop 236 his sophomore year and awarded the Order of the Arrow, Scouting's highest honor, in 2004, under Scoutleader Jeff Eid.

Penico is now attending University of Rochester in New York, majoring in physics.

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The Y Files

BY MARIA SHEN

Sleep? What's that?

by Maria Shen

Holy mother of yellow pencils, it's the start of school! We're all getting into the swing of things—waking up early, not eating breakfast, sleeping in the car ride to school, and speed reading before class.

All right, all right, maybe things aren't all that hectic, but I can confidently say that most high schoolers have been losing quite a substantial amount of sleep since the first day of class. Before pointing fingers at teachers and their special breed of academic cruelty (death by calculus), we should all take a moment to search for the alternative culprits.

We live in a fast-track world of instant-everything. In theory, things should be getting done a lot quicker. Unfortunately, that's not always the case. There are so many gadgets nowadays that we're always getting distracted.

When I turn on my computer to do my homework, I can't help but check my e-mail first. Come on, something important might have been sent to me! That's when I notice on my gmail sidebar that several of my friends are online. That little voice in my head is telling me that I should probably move the mouse away from the friendly little green dot next to my best friend's name, indicating that she's available online.

Little by little, I'm inching my mouse away. But that is when an instant messaging window pops up—she decides to message me, first. And, of course, it would be rude not to reply...

My greatest downfall should be instant messaging. Nowadays, I've uninstalled all those programs on my computer, and I've learned to put my time to better use.

Sadly, not everyone can boast a phenomenal success story like me. (I am even considering writing a book about my journey toward Instant Messaging Sobriety). A friend at Monte Vista, who wishes to remain anonymous, intermittently spends more than nine hours chatting each day. If she is out of the house, she'll use her iPhone to talk to all her friends.

Scarily enough, there's more than just instant messengers distracting high school students. There are the obvious culprits, closely linked with the aforementioned instant messaging epidemic like Facebook, MySpace and YouTube. Less obvious culprits include news and commentary sites like Economist.com. OK, so I only know one kid who puts off homework to read the Economist, and I've yet to judge whether this is a good or bad thing. Gossip sites like PerezHilton.com, which promises "celebrity juice, not from concentrate," get a much larger following.

The Internet is making our entire lives easier (hello, Wikipedia!), but it's also breaking up the traditional rhythms of life. Armand, a graduate of Monte Vista High, tells me that he's stopped having meals at the dinner table. Always, it's in front of his computer screen.

Eric Jensen, a local 12th-grader, likes to go on digg.com. It's a Web site where users can share Web content from the most popular places to the most obscure corners of the Internet. "Sometimes, I'll just eat at my computer," he tells me.

How much time are teens really spending on homework? The general consensus seems to be—not nearly as much time as they're spending doing other things.

When I asked other students how much sleep they got the night before (mind you, I asked on a Monday), the answers were nowhere near the suggested 10 hours of sleep ... not that it should come as a surprise.

I asked a slew of seniors: Anastasia Radchenko, Alex Morris, Percia Safar, Bailey Meyers, Eric Jensen and Jeff Chen, among others...

Most reported six hours of sleep on Sunday night. Eric Jensen reported the most hours: seven. The rest attested to sleeping only five hours. One told me, bleary-eyed, that he'd only slept four hours the night before.

Personally, I can report a whopping six hours. I had stayed up reading articles on New York Magazine and searching for Sarah Palin's convention speech on YouTube. Perhaps these were not the most worthless things to do, but they were nevertheless cutting into my sleep time. And they had absolutely nothing to do with homework or school.

But before I write off all teens as late-night procrastinators, I must point out the exception: Shahryar Abbasi, the friend who only had four hours of sleep. When I asked what he did the night before, he groaned and said, "I had to study for five tests the next day."

Well, there you have it. Whether or not we're actually doing homework, teens are just not sleeping enough.

Maria Shen, reporting on Generation Y, is a senior at Monte Vista High School. She founded Contra Costa County's Young Bohemians creative writing club and is editor of Voicebox, a literary magazine. E-mail her at youngbohemians@gmail.com.

OF NOTE

Achievement Award for Claudia Mauzy Nemir

Phi Mu Fraternity announced from its headquarters in Peachtree City, Ga., that Claudia Mauzy Nemir of Alamo is the 2008 recipient of the Alumnae Achievement Award. This prestigious award has been presented since 1982 to alumnae in recognition of their outstanding contribution to the organization.

Nemir received a bachelor's degree from UC Berkley where she served as president of the Eta Alpha chapter of Phi Mu. She has a long-standing record of service to Phi Mu including positions such as past National Council Member-at-Large and past Phi Mu Foundation President. Founded in 1852, Phi Mu Fraternity is a women's organization that provides personal academic development, service to others, commitment to excellence and lifelong friendships through a shared tradition.

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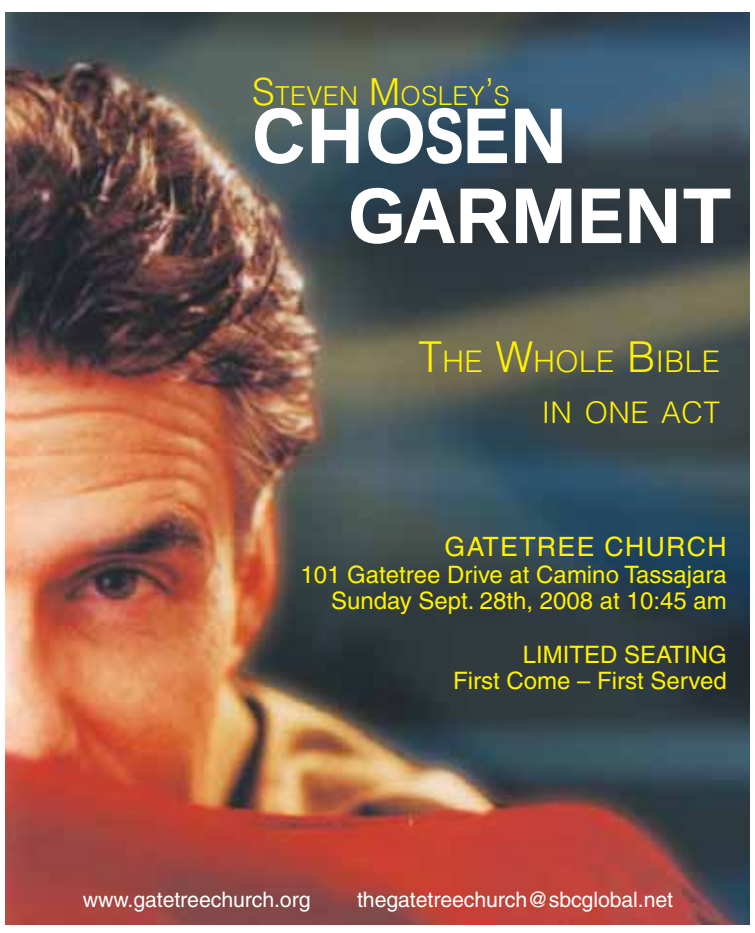

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Sports

A LOOK AT THE LOCAL SPORTS SCENE

Parent photographers

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CHRIS SCOTT/WWW.CALSPORTSPHOTO.COM

Let football season begin

Craig Lanza holds the ball for kicker Brendon Garcia as Monte Vista varsity football beats James Logan of Union City last Friday, 45-13. San Ramon Valley High beat West High from Tracy, 35-10. Tonight the Mustangs face Pittsburg High School in Pittsburg, and San Ramon Valley High plays San Leandro High in San Leandro. See more photos at www.DanvilleWeekly.com

PREP SCHEDULE

Friday, Sept. 19

Football
SRVHS at San Leandro
MVHS at Pittsburg

Saturday, Sept. 20

Cross Country
SRVHS-De La Salle/Carondelet Invite
MVHS-Nike Invitational
Women's Volleyball
MVHS- Albany Tournament

Tuesday, Sept. 23

Men's Water Polo
SRVHS vs. Granada
Women's Water Polo
SRVHS vs. Granada
Women's Tennis
SRVHS at Amador Valley
MVHS vs. Granada
Women's Golf
SRVHS vs. MVHS
Women's Volleyball
SRVHS vs. Livermore
MVHS at Foothill

Wednesday, Sept. 24

Men's Water Polo
SRVHS at De La Salle
Women's Water Polo
SRVHS at Campolindo

Thursday, Sept. 25

Men's Water Polo
SRVHS vs. Cal High
Women's Water Polo
SRVHS vs. Cal High
Women's Tennis
SRVHS vs. Granada
MVHS at Cal High

JEFFREY S. WEIL

United kick at Kick Off

Bradley Mori of Alamo kicks the ball for the United U12 Boys White Plus coached by David Langon of Alamo as it faces the Livermore FC at the San Ramon Kick Off Invitational held Aug. 23-24. United prevailed, 3-1.

BOB CHACE

Mavericks champs at kick-off

The Mustang U12 Mavericks won first place in the Tiburon/Mill Valley Fall Kick-off soccer tournament Aug. 23-24. During the tournament, the team scored 14 goals and held their opponents to 0.

Team members are (seated, l-r) Corinne Lafayette (holding baby Isabella Hansen), Piper Mik and Emma Gil; (middle) Madison Burroughs, Alexis Baillie, Sarah Wayland, Chloe Winn, Brianna Engle, Sophia Tomei, Kyndel Sidore; (back) Team Trainer Rob Hansen, Coach Chris Gil, Sabrina Chiang, Christina Chace, Jenna Chase and Coach Steve Sidore.

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Helping the Government PT. No Experience, No Selling. Call: 1-888-213-5225 Ad Code L-5. VOID in Maryland and South Dakota. (AAN CAN)

Awesome 1st Job!
Over 18? Join our travelling sales team! Great earning potential. 2 weeks paid training. Lodging, transportation provided. Return guaranteed. Call 1-877-646-5050. (Cal-SCAN)

Child Protective Service Unit
Arizona Dept. of Economic Securityseeking applicants for Child Protective Service Unit Supervisor, Bullhead City, Arizona. To apply, visit www.AZStateJobs.gov Click Search for Jobs, type keyword DES, select job title above. EOE. Persons with disability may request reasonable accommodation at 602-271-9596 or request alternative format: TTY/TDD 7-1-1. (Cal-SCAN)

DATA ENTRY PROCESSORS
Needed! Earn $3,500-$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Today! Register Online Now! http://www.DataPositions.com (AAN CAN)

Driver
Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 2 weeks. Must be 21. Have CDL? Tuition Reimbursement! 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. Company Drivers earn average of $40k/year. Owner Operators average $60k/Year. 1-800-587-0029 x4779. www.CentralDrivingJobs.net (Cal-SCAN)

Driver Teams
Look no further than Heartland! We have great miles, great pay, 1100 mile length of haul, Western freight, drop and hook, no touch, hometime and more. Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

Drivers - Immediate Openings
CDL A team & solo owner operators. $1.00 empty. Up to $2.45 loaded. OTR & regional positions. Ammo experience a plus. Sign-on bonus negotiable. 1-800-835-9471. (Cal-SCAN)

Drivers - Quit Long-Haul
Run regional and Have It All! $.41 per mile. Home weekly! Benefits! Stability for peace of mind! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

Drivers: Call ASAP!
$$ Sign-On Bonus. 35-41 cpm. Earn over $1000 weekly. Excellent Benefits. Need CDL-A and 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

Electrical Apprenticeships
Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High school grads ages 17-34. Paid relocation expenses. Call 1-800-345-6289. (Cal-SCAN)

EXECUTIVE DIRECTOR
The Oregon Country Fair is now hiring an ED. Complete job description available at:http://www.oregoncountryfair.org Consideration will be given to OCF participants. Salary commensurate with experience. Resumes due by 10/18/08. Oregon Country Fair, ED Hiring Committee, 442 Lawrence St., Eugene, OR 97402 or emailed to: pc@oregoncountryfair.org Phone: 541-343-4298, ext. 394 (AAN CAN)

Get Crane Trained
Crane/Heavy Equipment Training. National Certification Prep. Placement Assistance. Financial Assistance. Northern California College of Construction. www.Heavy4.com Use Code "NCPA1" 1-866-302-7462. (Cal-SCAN)

Owner/Operators
with own permits and insurance to pull our 53' refrigerated trailers. $1,000 Sign-On Bonus, weekly settlements, stop pay, fuel card program, 100% lumper reimbursement. Company driver positions also available. Brent Redmond Logistics. 1-800-777-5342. (Cal-SCAN)

Police Officers
Earn up to a $20,000 bonus. Train to protect your fellow Soldiers. Be a leader in the Army National Guard. 1-800-GO-GUARD.com/police (Cal-SCAN)

POST OFFICE NOW HIRING!
Average pay $20/hr or $57K/yr includes Federal Benefits and OT. Placed by adSource, not affiliated w/USPS who hires. 1-866-616-7019. (AAN CAN)

BUSINESS SERVICES

601 Accounting/ Bookkeeping

Job Offer
An established and expanding International company is seeking an Accounts Payable and Accounts Receivable specialists for an immediate start. The ideal candidates will have strong communication skills and be extremely detail oriented.Forward your resume

604 Adult Care Offered

ELDERLY CAREGIVER
Live In / Out. Light housekeeping, meal preparation, errands & personal care. **Call Kristi (925) 216-8718**

609 Catering/Event Planning

All Events Hosting
Need someone with a winning personality and great stage presence? I will be your announcer/emcee at your event: charity function, auction, talent show, wedding, school function, etc., any event that requires an announcer or presenter. I will travel anywhere in the Bay Area and my rates are very reasonable.

All Events Hosting
"A Professional, high quality experience."
tom.baxley@sbcglobal.net
Phone (650) 888-8979

624 Financial

I Buy Notes and Deeds of Trust
Call Frank 530-885-8032 or visit www.FGRealEstateInvesting.com for FREE information and quote. (Cal-SCAN)

636 Insurance

Life Insurance Services
Has Life Insurance been on your "To Do" list?Call today and get it "Done!" Tracy Tamura, Life Insurance Agent CA #0B20349
925-639-8889 tracy@tamurainsurance.com www.tamurainsurance.com

645 Office/Home Business Services

A Best-Kept Secret!
Classified Advertising! A 25-word ad costs $550, is placed in 240 community newspapers and reaches over 6 million Californians. Call for more information (916) 288-6010; (916) 288-6019 www.Cal-SCAN.com (Cal-SCAN)

Advertise Effectively
Reach over 3 million Californians in 140 community newspapers. Cost $1,550 for a 3.75"x2" display ad. Super value! Call (916) 288-6010; (916) 288-6019. www.Cal-SDAN.com (Cal-SCAN)

News Release
Looking for a cost efficient way to get out a NEWS RELEASE? 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 (Cal-SCAN)

695 Tours & Travel

10 days-Ireland/Mtn View Chamber
$2,779, by Oct. 1. chambermv.org

Professional Driver Services
Prompt, experienced driver to transport individuals or groups short/long distances, corporate or leisure travel to airports, proms, weddings, wine tours. Excellent references. Town Car. 925.395.8181

HOME SERVICES

703 Architecture/ Design

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

715 Cleaning Services

ANDREA'S CLEANING
Professional,Reliable,Affordable Ref's Avail/13Yrs. Exp.
925-339-2461

E.C. CLEANING SERVICE
Res/Com - 10 Yrs Local Exp Move In/Out, Weekly, Bi-weekly Licensed - Insured - Bonded
925-339-6411 or 640-3845

726 Decor & Drapery

CHANGING SPACES
by Jill Denton
Interior Redesign, Staging, Design & Color Consultations. www.jilldenton.com
(925) 998-7747

751 General Contracting

MAHDevelopment.com
Remodeling / Room Additions / Custom Homes / Outdoor Kitchens & BBQ's - Calif Licensed General Contractor (Lic #913049). 20 years experience. Member BBB, NARI & NKBA. Free estimates! Call 925-580-1673

757 Handyman/ Repairs

AAA COMPLETE HOME REPAIRS
Electrical- Security Lighting- Carpentry Drywall Texturing and Repairs- Insulating.
Jon 510-733-5582

759 Hauling

Myles Hauling

771 Painting/ Wallpaper

#1 JOE'S PAINTING & HANDYMAN
Free Est / Reasonable Prices No Job Too Small!
925-200-7333 lic# 624542

No phone number in the ad? GO TO fogster.com for contact information

PET OF THE WEEK

CATHERINE HANSEN RUSH

Sweet Annie

Looking like a little angel, Annie curls up on a bench inside Club Second Chance at the East Bay SPCA Tri-Valley adoption center in Dublin. Annie is FIV-positive and she shares her living space with two other FIV-positive housecats named Romeo and Candice. But there's no place like home! Annie hopes to find a caring, indoor-only home where she will be petted and pampered. Lounging in the sun is Annie's favorite pastime. Cats with FIV have suppressed immune systems and they benefit from balanced nutrition, stress free environments, and regular veterinary care to help them live long and healthy lives. For more information about FIV visit www.vet.cornell.edu/fhc/brochures/fiv.html Learn more about Club Second Chance by visiting www.eastbayspca.org and consider some ways you can help a special-needs animal. Visit Annie, Romeo, Candice and their many friends at the East Bay SPCA Tri-Valley Adoption Center, 4651 Gleason Drive in Dublin, open from 1 to 8 p.m. Wednesday and Thursday, and 11 a.m. to 5 p.m. Friday through Sunday. Call 479-9670.

REAL ESTATE

801 Apartments/ Condos/Studios

Pleasanton, 1 BR/1 BA - $1450/mo

805 Homes for Rent

Pleasanton, 5+ BR/4+ BA
New Executive Mansion: $4,950 5 Bd/4+ Bath 4382SF Backs to woods/lg private lot, den, gourmet kitchen, lg master. Call (925) 895-5008 also 2 bd guest house avail

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: http://www.Roommates.com. (AAN CAN

Pleasanton, 1 BR/1 BA - $525.00

825 Homes/Condos for Sale

Call Ella (650) 279-4007, 3 BR/2 BA
Remdled Mountain View Location

Dublin, 3 BR/2 BA - $495,950

Pleasanton, 3 BR/2.5 BA - $695,000

850 Acreage/Lots/ Storage

Arizona Land Bargain
36 Acres - $24,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good access & views. Eureka Springs Ranch offered by AZLR. ADWR report & financing available. 1-877-301-5263. (Cal-SCAN)

Lakefront Opportunity
Nevada's 3rd Largest Lake. Approx. 2 hrs. South of Carson City. 1 ac Dockable $149,900. 1 ac Lake Access $49,900. 38,000 ac Walker Lake, very rare. Home sites on paved road with city water. Magnificent views, very limited supply. New to market. www.NVLR.com Call 1-877-542-6628. (Cal-SCAN)

Montana
Best Ever Elk and Deer Hunters Land Deal. Book a trip- we'll prove it. Buy a lot, the trip's on us! 160-600AC Tracts Starting at $700/AC. 877-229-7840. www.WesternSkiesLand.com (Cal-SCAN)

Near El Paso, TX
20 acre ranches. Roads Surveyed. $15,900, $200 Down, $159/month, (10%/209 mths). Money Back Guarantee. Free Maps & Pictures. 1-800-343-9444. No Credit Checks!! (Cal-SCAN

New Mexico Ranch Dispersal
New to Market! 140 acres - $89,900. River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (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 & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

Priced to Sell!
Newly Released Colorado Mountain Ranch. 35 acres- $39,900. Majestic lake & Mountain views, adjacent to national forest for camping or hiking, close to conveniences. EZ terms. 1-866-353-4807. (Cal-SCAN)

Southern Colorado Ranches
35+ Acres from $34,900. First Come, First Served. Saturday, October 4, 2008. Southern Colorado ranches. Excellent financing available. Call for your private property tour. 1-866-696-5263 x4574. (Cal-SCAN)

Washington/Idaho Border
Almost Heaven. 6 ac just $49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

fogster.com

Real Estate

OPEN HOME GUIDE AND REAL ESTATE LISTINGS

Boost your curb appeal

Whether selling a home in today's tough real estate market or simply trying to beautify and protect your home, curb appeal should be very important to you. Home selling experts predict that as many as 40 percent of potential buyers reject a home based on their first impression of the front of the home. That makes curb appeal—the general appearance of the front yard—the single largest factor shaping impressions of your home.

After lawns, driveways often make up the largest area of the front yard, and can really affect opinions of your home. "Driveways and sidewalks are the entryways to the home. If they're in great shape, you've got a strong first impression. If not—you've said a lot about the quality of the home," says Gordon Blickle, a manufacturer of driveway, brick and patio sealers.

Unfortunately, driveways are often overlooked, spoiling an otherwise manicured landscape. Unless the drive is severely cracked, crumbling or poses a safety hazard, there's no need to spend thousands on removing and replacing it. There are easier options to makeover a tired driveway that boost the curb appeal of a home.

• Drive to impress: Create a great first impression and prevent expensive repairs by resealing your driveway. Renew the look of an old, worn blacktop driveway and fill in small cracks with flexible, long-lasting fillers and sealers.

• Light the night: Installing low-voltage or solar landscape lighting can create a softly lit path to border the driveway. In addition to creating a pretty landscaping effect, the lighting can improve visibility and decrease the chances someone will accidentally drive onto the lawn.

• Clean up that sidewalk: Frequently dirt, mold and algae settle on sidewalks due to their location, and that can create a really dismal first impression. Cleaners are available that attach to garden hoses. To protect stains from coming back, coat the sidewalk and adjacent pavers or edgers with a water-based clear acrylic sealer.

• Stop and smell the roses: Instead of having to keep the edge of the lawn trimmed against the driveway, create a "buffer" strip with a decorative rock garden or plant flowers along the path to create an inviting drive up to the home. If the driveway is shared with a neighbor, plant shrubs and flowers between them to create a small privacy wall.

• Get an edge: Edge the driveway with pavers in colors complementary to the home and pavement. Use pavers in different shapes and sizes to create an interesting focal point and frame the driveway.

"Consider your front yard the 'arms' that welcome visitors into a home," says Blickle. "Without a warm welcome, guests and potential buyers may just keep walking."

Courtesy of ARAcontent

OPEN HOMES THIS WEEKEND

DANVILLE

4 Bedrooms

1111 Country Ln. **$1,398,000**
Sun 1-4 Keller Williams 260-8883

5 Bedrooms

308 Sunset Dr. **$1,145,000**
Sun 1-4 Keller Williams 260-8883

16 Casolyn Ranch Ct. **$1,545,000**
Sun 1-4 Prudential CA 858-4198

SAN RAMON

4 Bedrooms

113 Barberry Ln. **$874,800**
Sun 2-4 Capri RE 989-1748

DUBLIN

1 Bedrooms

7086 Dublin Meadows St. **$299,500**
Sun 1-4 Coldwell Banker 336-1108

4 Bedrooms

11120 Bay Laurel St. **$1,324,500**
Sun 1-4 Keller Williams 260-8883

PLEASANTON

3 Bedrooms

4078 Cristobal Wy. **$599,000**
Sun 1-4 Alain Pinel Realtors 846-6500

246 Trenton Cir. **$614,900**
Sun 1-4 Keller Williams 596-1918

2695 Moreno Ave. **$699,000**
Sun 1-4 Keller Williams 766-8031

8080 Canyon Creek Cir. **$779,000**
Sun 1-4 Keller Williams 243-0900

447 Del Sol Ave. **$869,000**
Sat 10-1/Sun 1-4 Hometown GMAC 487-1427

210 East Angela **$949,000**
Sun 1-4 Investment RE 963-0569

404 Pine Hill Rd. **$999,979**
Sun 1-4 Alain Pinel-Andy Poryes 963-8871

4 Bedrooms

1332 Bordeaux St. **$1,249,000**
Sun 1-4 Alain Pinel Realtors 918-2425

900 Roselma Pl. **$2,189,000**
Sat 1-4 Investment RE 963-0569

3630 Pontina Ct. **$2,774,900**
Sun 1-4 Henderson Properties 918-0481

6522 Inglewood Dr. **$598,888**
Sun 1-4
Re/Max Accord Kathy Westernoff 577-2600

3625 Touriga Dr. **$700,000**
Sun 1-4 Allied Brokers 846-3755

5 Bedrooms

5058 Blackbird Wy. **$1,039,000**
Sun 1-4 Alain Pinel Realtors 846-6500

4931 Monaco Dr. **$1,094,900**
Sat/Sun 1-4 Keller Williams 577-4663

LIVERMORE

2 Bedrooms

1449 Hollyhock **$384,500**
Sat/Sun 1 - 4
Keller Williams-Sydney Haslam 510-701-8879

3 Bedrooms

1054 Via Madrid **$420,000**
Sun 1-4 Keller Williams 596-1918

590 South N St. **$550,000**
Sat 1-4 Keller Williams 216-1369

4 Bedrooms

93 Raccolio Wy. **$1,119,000**
Sun 1-4 Keller Williams 243-0900

SALES AT A GLANCE

This week's data represents homes sold during August 2008

Alamo

Total sales reported: 1
Lowest sale reported: $1,000,000
Highest sale reported: $1,000,000
Average sales reported: $1,000,000

Danville

Total sales reported: 12
Lowest sale reported: $345,000
Highest sale reported: $1,625,000
Average sales reported: $986,083

Walnut Creek

Total sales reported: 19
Lowest sale reported: $175,000
Highest sale reported: $1,260,000
Average sales reported: $600,395

HOME SALES

Source: California REsource

This week's data represents homes sold during August 2008

Alamo

2488 Royal Oaks Drive J. Cline to Royal Oaks Limited for $1,000,000

Danville

806 Ackerman Drive W. & D. Ashley to E. & D. Grove for $917,000

68 Alta Loma Court C. & J. Jursch to T. & K. Henderson for $1,190,000

11 Buchanan Lane Curran Trust to M. & D. Turqueza for $710,000

516 Buttonwood Drive Novelle Trust to L. & S. Johnson for $800,000

2175 Canyon Oak Lane Gedeon Trust to A. Power for $1,625,000

190 Cross Bridge Drive D. Tang to R. & D. Evans for $1,030,000

509 Garrigan Court P. & D. Gilbert to D. & M. Joglekar for $885,000

264 Jasmine Way Ferguson Trust to J. & D. Mummert for $875,000

211 Meadowside Place New Bay Area FI Limited to D. Spitz for $815,000

1374 Monterosso Street Lennar Homes to A. & M. Koo for $1,041,000

409 Sycamore Hill Drive Aurora Loan Services to K. Magna for $345,000

91 Wild Oak Court Perry Trust to D. & P. Ongman for $1,600,000

Walnut Creek

1511 Arbutus Drive Arbutus Group to M. & S. Buller for $1,260,000

1746 Candelero Court Lasalle Bank to A. Kidde for $420,000

1544 Candelero Drive S. & E. Simonich to J. & S. Houghton for $425,000

2607 Comistas Drive J. Rhodie to D. & H. Michels for $900,000

179 Foxglove Lane B. Ritchey to P. Drago for $550,000

1733 Geary Road Downey Savings to H. & D. Berisha for $469,500

111 Hillcroft Way P. Tumilap-Hall to R. Jones for $620,000

137 Lorie Court L. Scott to J. & G. Twibell for $635,000

1824 Magnolia Way D. & J. Sullivan to J. & C. Gomez for $577,000

2550 Oak Road #214 C. Lustgarten to L. Urrea for $320,000

2734 Oak Road #92 US Bank to R. Medalen for $175,000

2716 Oak Road #99 S. Winn to E. Lago for $290,000

1211 South Villa Way A. Bishop to R. Jimenez-Pons for $290,000

2389 St. Ashley Place Normandy Group to G. & D. Romano for $1,163,000

1434 Stanley Dollar Drive #2A Borus Trust to Peters Trust for $342,000

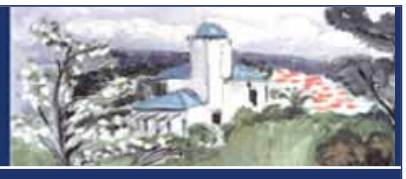
3100 Terra Granada Drive #1 Loya Trust to A. & D. Jaine for $425,000

3244 Terra Granada Drive #2B Gregory Trust to Alley Trust for $626,000

2726 Tumwater Drive Mettler Trust to E. Gustafson for $970,000

1004 Woodstock Court B. & R. Atkinson to C. & K. Stynes for $950,000

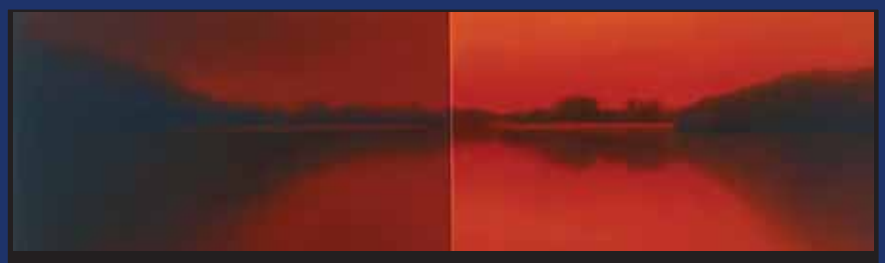
People & Properties | Sotheby's INTERNATIONAL REALTY



Art, Wine and Cheese

at 360 Hartz Avenue

Friday September 26th 5-8pm | Saturday September 27th 12-5pm | Sunday September 28th 12-5pm



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Robin Saler Briscoe
R.N.
Case Management

Alison Leung
PharmD
Pharmacy

Pam Robson
B.S., RHIT
Health Information

Marjorie Toreja
R.N., BSN
Definitive Care Unit
Employee of the Year

Mila Quilapio
R.N.
Medical/Surgical Unit

Bob Leek
PTA
Physical Therapy

celebrating

EXTRAORDINARY CARE

Bill Edwards
Patient Access
Support Services Hero

Ruth Burk
R.N.
Emergency

Alison Ozment
RT(R)
Diagnostic Imaging

Sharon Glover
R.N.
Endoscopy

Brooke Wales
R.N., BSN
Family Birthing Center

Ajay K. Jain
RDCS
Cardiology
Caregiver of the Year

Not shown: **Hawanda McCorley,** CNA, *Medical/Surgical Unit*

Everyone knows that it's not bricks and mortar, but great people who make you feel better. It's why we pause each year to celebrate the extraordinary people that make our hospital a remarkable place. From the emergency room, to the operating room, to your room, we're here for you.

awards

- *2007 American Heart Association Performance Achievements Awards for Coronary Artery Disease and Heart Failure*
- *2007 UnitedHealth Premium® Specialty Care Center designations for Cardiac Surgery, Interventional Cardiology, and Spine Surgery*
- *2008 Best Nursing Team runner up for 'Advanced for Nurses'*

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