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Danville

WEEKLY

Mailed free to homes in Danville, N.C., and Alamo

Scouting for Food

Council collects 151,000 pounds of nonperishables

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Takin' THE trophy

Wolves reclaim bragging rights in 26-7 football victory

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Q: Do you plan to do your holiday shopping on the day after Thanksgiving?



No way. There's a reason they call it "Black Friday." I worked in retail for years and it's just too busy with too many people. I am doing my shopping before the holiday rush.

Sharon Neves
mom



No, I have a soccer tournament that day. I am a coach for the San Ramon Valley women's soccer team. My wife will be at the stores though! I plan to shop for my holiday gifts after Dec. 1st when the lights are on and there is a holiday feel around me.

Mark Jones
soccer coach



No, I will be driving home from Los Angeles so my daughter can sing at the Tree Lighting ceremony.

Dana Cohn
accountant



You bet! I will go to San Francisco to see all of the Christmas decorations with my whole family. We love to see the puppies in the Macy's window, they are so cute! It's an annual shopping tradition.

Lisa Jordan
accountant



No. My wife likes to do that. I am a last minute shopper. You can find me out there on Christmas Eve or a few days before. It's great because I only have to buy my wife a present and she handles the rest.

Dennis Purpura
executive recruiter

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ABOUT THE COVER

The San Ramon Valley High School Wolves celebrate their victory Friday night over cross-town rivals Monte Vista. The annual contest drew about 8,000 fans this year. Photo by Chris Scott/www.calsportsphoto.com.

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QUOTE OF THE WEEK

“ The recyclables that are coming in from the 680 corridor are piling up. ”

— Paul Moreson, executive director of the Solid Waste Authority, about dropping prices being paid by China for materials to recycle. See story, page 5.

Kicking off the Christmas season

Danville residents will gather downtown on Diablo Road the day after Thanksgiving for the annual Lighting of the Old Oak Tree. Festivities begin at 5:15 p.m. as neighboring businesses open their doors to serve hot drinks and cookies. Music will be provided by the San Ramon Valley High School Chorus and the Danville Girls Chorus under the direction of Ken Abrams from 5:15-6:15 p.m.

Father Christmas and the Snow Angel will join in the festivities and help light the tree at approximately 6:30 p.m. The magic continues downtown afterward as the merchants welcome residents to enjoy refreshments and view their wares. Musical entertainment will also be featured downtown.

Shannon B. Jones, this year's chairwoman for the Danville Tree Lighting, has offered her law offices at 300 Diablo Road as a designated drop-off location for Toys for Tots. Toys for children in need can be left the night of the tree lighting or any time through Dec. 21.

Street closures for Diablo Road will begin from 2-2:30 p.m. and on Prospect and Hartz and part of Front Street from 3:30-4 p.m. Time limits for parking will not be enforced this evening.

Calendars make good holiday gifts

Tony La Russa's Animal Rescue Foundation, which is headquartered in Walnut Creek, is selling its 2009 Celebrity Pet Calendar to raise money for the foundation. Through La Russa's leadership, ARF has found homes for 17,206 dogs and cats in the last 17 years.

The calendar features celebrities with their pets, including comedians Adam Sandler and Rob Schneider, Dilbert cartoonist Scott Adams, news correspondent Barbara Walters and NASCAR driver Kasey Kahne.

Calendars are for sale at www.arf.net for a donation of \$15, sponsored by Nestle Purina PetCare Co.

ARF also has People Connect programs, which strengthen the human-animal bond for the elderly, residents of assisted living centers, teens at juvenile hall, high school students, grade school students and young children. Call 256-1ARF (256-1273).

'Peace on Earth' concert on Pearl Harbor Day

The Danville Community Band will present its seventh annual Christmas concert, "Peace on Earth," on Sunday, Dec. 7, with joyous Christmas music and a salute to those who lost their lives on the same day in 1941, when Pearl Harbor was attacked.

A special guest of honor will be Herb Jorgensen, 89, of Danville, who was a young seaman in the U.S. Navy at Pearl Harbor on that fateful day.

The band will perform Christmas and Hanukkah music, including traditional songs and guest vocalists.

"We are so proud of this band as we enter our eighth year together," said Conductor Larry Anderson. "The community has been so loyal in their attendance at our concerts."

He recommends getting to the holiday concert early to get good seats. The performance begins at 3 p.m., at the East Bay Fellowship, 2615 Camino Tassajara, next to the post office.

Another special visitor in a red suit might also make an appearance, organizers said.

Corrections The Weekly desires to correct all significant errors. To request a correction, call the editor at (925) 837-8300 or e-mail: editor@DanvilleWeekly.com

Thefts on the rise in Danville

Police warn residents to lock up

by Geoff Gillette

The early evenings that come with the transition into fall and winter are having an unintended and unpleasant byproduct. Thieves are operating throughout the area in greater numbers under cover of night.

Danville police Sgt. Dan Hoffman said that the department is currently investigating a number of burglaries to homes and vehicles throughout the town.

"It's a noticeable increase over last year. Historically we see an ebb and flow in property crimes and as we ramp up towards Christmastime we always see an increase. This is much earlier than we've seen in the past," Hoffman explained.

Statistics from the Danville Police Department show that in the first two weeks of November, the town experienced 19 incidents where items were taken from a home or a car. During the same time last year, the town had only six incidents reported.

The value of the items taken has varied but there has been one common factor uniting the majority of these crimes: Hoffman said that in 80 percent of the incidents the houses or cars were unlocked.

"In two of the residential burglaries, people left their garage doors open all night." He added, "We strongly recommend people lock

"In two of the residential burglaries, people left their garage doors open all night."

— Danville police Sgt. Dan Hoffman

up their cars and houses. It's crime prevention. It's difficult to prevent these thefts when the homes and vehicles are unlocked."

The unincorporated areas around Danville have not been hit as hard as the town. Contra Costa Sheriff's spokesman Jimmy Lee said that they have seen fewer thefts than last year at this time. During the last four weeks, Lee said that those areas saw 15 thefts, down from 18 during the same period last year.

Lee and Hoffman both noted that residents can take strong precautions to keep themselves from being the victims of thieves.

"We encourage people to take valuable items out of vehicles or get them out of plain view," Hoffman said. "So many times we'll see a petty theft or burglary where someone has left a purse or a laptop out on the seat."

Lee said another way to prevent

► Continued on page 6

Danville company to auction off new homes

Properties include Estates at Tassajara Lane development

by Geoff Gillette

Developers from throughout Northern California are joining together with a Danville-based firm to hold a massive auction this weekend of new home properties both in the Bay Area and beyond.

Accelerated Marketing Partners co-founder Ken Stevens said the event will feature 150 new homes in more than a dozen communities.

"These are all brand new homes with warranties. They've never been lived in and in some cases are set up where the buyers can still pick out options," he said.

Homeowners looking for a deal in the Danville area can find six properties in the Estates at Tassajara

Lane development. Stevens said there are units up for auction there that were initially priced at \$2.4 million, and will be up for a minimum bid of \$1.5 million.

With the collapse of the housing market over the past two years and the subsequent economic downturns, Stevens said it was important for companies to get more creative in moving their wares. The home building industry is no different, and Stevens said the auctions are working.

"People want to be able to get a deal on whatever it is they're buying," he said. "That brings people out to the auction."

Homes will be sold throughout the Bay Area, including San Jose,

► Continued on page 6



Danville area recycling goes to Pacific Rim company in Benicia, where a mountain of goods waits to be sorted since many folks put non-recyclables into their recycling containers.

Economy impacts waste-recycling companies

Homeowners could see curbside effect in the near future

by Geoff Gillette

Downturns in the economy are having far-reaching impacts, some coming all the way to the curb outside your home.

Waste authorities are being hard pressed to find a home for the waste left in the burgundy recycling bins as the market for such products is drying up world wide.

"The recycling market has been moved up to the front burner of our stove," said Paul Moreson, executive director of the Central Contra Costa Solid Waste Authority.

The CCCSWA serves the towns of Danville, Lafayette, Orinda, Moraga, Walnut Creek and unincorporated Contra Costa County. The authority works with waste haulers to provide

garbage service to the residents of those areas. It also has made arrangements with two recycling processing plants to handle the waste that can be diverted from the landfill.

In the past several weeks as the economy has been hitting the skids so, too, have businesses both here and abroad. This is having a direct effect on the recycling centers' ability to process the waste coming in.

"The recycling market is down," Moreson said. "The recyclables that are coming in from the 680 corridor are piling up. With the downturn in the market the processors are warehousing the stuff. That adds to the cost, which increases the difficulties they are having in selling it."

One of the processors used by the CCCSWA is Pacific Rim

recycling in Benicia. CEO Steve Moore said that six weeks ago they could have gotten somewhere in the area of \$200 per ton for mixed paper. But as of last week, Pacific Rim was selling off a mountain of surplus recyclable paper for only \$10 per ton.

This has made for a real hardship for Pacific Rim. "The cost to process it is more than we can sell it for."

Moreson said the market for recyclables has always been volatile but the complete slowdown is something they've not seen before. Much of the problem comes from the economic meltdown affecting China. "There are ships sitting offshore in China bringing loads of fiber in that have no market."

► Continued on page 7

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Thefts

► Continued from page 5

more of these incidents is by people keeping an eye on their neighborhoods. "If you see someone suspicious, let us know. We want to hear about these things."

Danville police are continuing to perform burglary suppressions throughout the area, with additional personnel on the streets to show they have a presence in the community. Hoffman said they do the suppressions a few times a month and try to vary the location and the time so that criminals cannot plan around the events.

Hoffman said that it boils down to using common sense and keeping one's eyes open. "With the economy slumping and an increase in crime during the holidays we just encourage people to be safe and protect their property." ■

Auction

► Continued from page 5

Vallejo, Hayward, Martinez and Walnut Creek. In most cases, the opening bid is 50 percent of the original asking price or less.

Vacation homes will also be on the docket. Stevens said they have homes in a golf community in Copperopolis with two to four bedrooms that will have opening bids of \$295,000.

Stevens said that developers and new homebuilders are hard hit by the slow housing market, and that putting the properties up for auction is preferable to carrying the cost of building and holding the new homes.

"The construction loans the builders are facing are very onerous," he noted. "It's better for the builders to sell at a discount and cut into those loans."

The auction will be held Saturday, Nov. 22, at the Marriott Hotel in San Ramon. Sessions will be held at 1 p.m. and 4 p.m. Stevens said that interested buyers will need to be pre-qualified in order to bid on the properties.

"We ask that everyone be pre-qualified before they enter the room. That's why we have a 98 percent closing rate," he said.

Stevens' company has done around 25 of these auctions in Northern California this year and expects to hold at least that many next year. Any person interested in seeing the properties being auctioned off can go to www.auctionnorcal.com, the company's Web site. ■



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The Wine Guy

Danville Weekly uncorks its new column. Next week, Nov. 28.



Area Scouts help replenish food banks

Annual event brings in 75 tons of food to be given to people in need

by Geoff Gillette

Last weekend's excellent weather provided a gorgeous backdrop for the thousands of Cub Scouts, Webelos and Boy Scouts throughout the area who pounded the pavement Saturday as part of their annual Scouting for Food event.

During the previous week, Scouts went door to door throughout hundreds of neighborhoods leaving sacks or notices of the upcoming drive to benefit area food banks.

The Mt. Diablo/Silverado Council, which serves Contra Costa, Northern Alameda, Napa, Solano and Lake counties, had around 16,000 Scouts on the streets over the weekend picking up food and bringing it to designated drop off points, said Assistant Scout Executive Valerie Ridgers.

She said they are still tallying the results, but they believe the Scouts will have amassed 151,000 pounds of food.

"That is down a little," she noted. "It's down 6 percent from last year, but there were three other food drives before ours and we think that may have affected things."

The council's goal for this year was 220,000 pounds, the most ambitious goal it has set since the inception of Scouting for Food in 1997. Scouts came close to that number in 2006 when they brought in 209,088



MICHELLE MILLS

Grant Mills (front) pulls mightily on a wagon containing fellow Den 10 Scout Conner Lucey while Seamus Aparacio and Grant Garrahan follow behind. The boys from Pack 815 were just some of the many Scouts who took to the streets Nov. 15 collecting non-perishable supplies for area food banks as part of their annual Scouting for Food event.

pounds of food. Last year the number dropped to 184,067.

Ridgers said she was very pleased by the efforts put forth by the Scouts and said she feels the

response from the households in the area was excellent.

Scouts who participate each year receive a patch that commemorates the event. ■

Recycling

► Continued from page 5

Many consumer products purchased in the U.S. and other countries are manufactured in China, which buys mixed paper being recycled from all over the world to reprocess and make into packing materials. But the market for packing materials has declined along with the manufacturing.

How will this affect consumers locally? Moreson said the revenues from the recycling go into the authority's Diversion Incentive Fund.

"That's the portion of the budget that we use to make diversion or recycling programs," he explained.

Two programs currently being developed by the authority would take medical waste out of the landfills, as per state mandate. Another would divert food waste from restaurants.

"Almost 20 percent of the total waste stream is restaurant food waste," Moreson said. "We are developing a program where the restaurants don't contaminate the food with paper and other waste and we send it to the East Bay Municipal Utility District to put in their digesters."

In normal economic times, the fund receives from \$1.2 million to \$1.8 million annually. Moreson said he is not expecting to see revenues come in at that level if the market stays down.



GEOFF GILLETTE

Recyclables at right are bundled and ready to be shipped to China to be made into packing; the pile on the left cannot be recycled and is going to a landfill.

This leads to a serious question that will affect the authority: If no one is buying the recyclable waste, where can it go? Moreson said they are meeting with waste haulers and processors to try to find a way to keep the recyclables moving.

"We're trying to develop a response to this that will keep this stuff out of the landfill," he said. "If we have to start paying to landfill

it, it will just exacerbate the issue."

Moreson added that state law mandates that 50 percent of waste be diverted. "If there's no market there's no way to do that, it's a perfect storm," he said. "The economy leaves us with nowhere to send the solid waste, the state says it can't be landfilled. We're trying to put together processes to weather this storm." ■

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Vacationing with the neighbors

Joaquin Drive neighbors in Danville—the McClaughrys, the Richeys and the Yarwoods—included the Weekly when vacationing together in Cabo San Lucas in June 2007.



Jewel of the Adriatic

Suzanne and Conrad Figueroa walk along the medieval fortress wall of Dubrovnik, Croatia, with their Weekly.

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Diablo Views

BY DOLORES FOX CIARDELLI



The latest scoop

We have a new Wine Guy at the Danville Weekly—a columnist who will share his love of wine and the insights he has gained from drinking it. I shared a glass of wine with him the other day.

Well, actually we had coffee at Peet's. But we talked about wine. He knows a lot more than I do about wine, loves to host tasting parties, and gave me advice about what to buy for my wine rack at home.

I have trouble with my wine rack. I cannot seem to keep it respectably stocked, much less full. The more I buy, the faster it seems to go. (I have the same problem with cookies.) But I try to keep something appropriate for any type of meal on hand. Since my husband has taken over the cooking, it seems the least I can do.

I never even meant to have a built-in wine rack. My daughter gave us a lovely teak and stainless steel 12-bottle rack for Christmas many years ago. Then when we had our kitchen remodeled in 2001, the contractor was unloading the new cupboards into our garage and shouted out, "You guys like wine?" He'd brought along a combination cookbook shelf/wine rack to form one end of our new kitchen island.

Unfortunately we had to consign our teak/steel rack out to the garage but it still serves a purpose—it holds cans of tennis balls. My daughter keeps hinting that it might look nice in her kitchen but

We hear that rumors are being spread that the Danville Weekly has left town for good and also that we are going to be available only online. Wrong. And wrong.

we kind of like the way it serves in the tennis corner of our garage next to the hanging rackets.

Anyway the new Wine Guy's column starts next week. We're letting him remain anonymous because as much as he loves wine and writing about it, he's not ready to quit his day job.

Stop the presses! Or, I should say, stop the rumors.

We hear that rumors are being spread that the Danville Weekly has left town for good and also that we are going to be available only online. Wrong. And wrong.

As explained in a recent story, we are currently publishing our newspaper out of the offices of our sister paper, the Pleasanton Weekly. Our production department—the art director, four designers and ad services—has always been in Pleasanton for economies of scale.

The plan was to move the Danville

Weekly into a smaller office in town and move more of our production activities to Pleasanton. This happened sooner rather than later when our computer server died, right when the Oct. 31 issue was deadlining. I can tell you now: It's a minor miracle that paper got out at all. We quickly moved what we needed down to Pleasanton and left what we could in the old Danville office on Diablo Road, where it remains. We are currently negotiating for a smaller Danville office so we can finish our move. I'll keep you posted.

Our print edition will remain the same—that's our first love!—although we are enhancing our online edition at the same time for those who prefer to get news online. But we feel strongly that a community newspaper should come out in print, to be savored tactilely, to be put aside to be read at your leisure, or to be shared with friends. And give your eyes a rest from the computer screen.

We are also trying to mail the paper only to those who want it since the cost of newsprint has risen 30 percent during the last year. But we are committed to getting it into the hands of everyone who wants it—so be sure to request it if you aren't receiving it. Go to www.DanvilleWeekly.com or call 837-8300.

See you next week—in your mailbox, inbox or both.

—Dolores Fox Ciardelli
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Perspective

EDITORIALS • LETTERS • OPINIONS

EDITORIAL • THE OPINION OF THE WEEKLY

Lock your doors

We've said it before but the Danville police have asked us to say it again: Lock your cars—and your houses.

The Danville Police Department reports that thefts are up in town, with 19 incidents of items taken from homes or cars during just the first two weeks of November. This is up from six incidents during the same time period last year.

Equally alarming is the fact that in 80 percent of these thefts, the houses or cars were unlocked. In the residential burglaries, two of the homeowners even had left their garage doors open all night. It's nice that people here feel safe enough not to worry about locking their doors but if they want to protect their possessions, they should secure their homes at night.

It may not be fair to blame the victim for the crime but why make yourself a target by leaving your doors unlocked? Or by leaving a laptop computer, iPod or other tempting expensive electronic goods within sight and within reach in your car? Theft is usually up during the holidays so we are entering a risky time of year. Also, police say the bad economy is adding to an increase in crime.

Police Chief Chris Wenzel says arrested thieves have told officers that Danville has a reputation as easy pickings, which is passed on at the County Jail. So consider yourself a target. Assume the bad guys are going to look into your car windows and help themselves to whatever they want. If nothing is on view in your car, they'll probably move on to the next one.

Police also ask people to keep an eye on their neighborhoods and to report suspicious-looking people to the authorities. If everyone could be alert—and start locking their cars and homes—perhaps a new reputation for Danville will be passed along, a reputation as a community that keeps its possessions safe and secure.

LETTERS TO THE EDITOR

No on Alamo cityhood

Dear Editor:

It is unbelievable that a City of Alamo is being pushed! The economy is questionable and Helen Allen is the sole commissioner since the beginning who has pointed this out: that the funds are all for the feasibility of a city for Alamo.

With 10,619 registered voters this is not possible to finance a city. Allen has been the mayor of Concord and has the experience to see what these low population figures can accomplish. Most voters realized from the beginning this was unreasonable. Also the police, fire protection, low-cost housing, and roads issues have been so vague that all their claims make them suspect. It is amazing that this Incorporation business has gone so far.

Talk to anyone from these cities that have incorporated: Lafayette, Moraga, Orinda and Moraga. They are all disgusted with what has happened and many have moved here to Alamo because they disliked what happened, the expense and ambiance.

Alamo Incorporation Movement (AIM) and its funding source Alamo Community Foundation (ACF) are driven by one goal—creation of the Town of Alamo—ramrodding this bad deal through LAFCO and the Board of Supervisors, which means a contract city run by local bureaucrats that will cost the taxpayers plenty and ruin our area.

Is this what you want to live in and pay for, especially with the economy in such a mess? Please give it careful thought.

Please vote NO this coming spring.

Mrs. S.C. Thompson, Alamo

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Community Pulse

POLICE BULLETIN & LOG • OBITUARIES • BIRTHS & WEDDINGS

POLICE BULLETIN

Alamo teen arrested after accident at country club

An 18-year-old Alamo woman is facing multiple charges after an October incident where she struck several vehicles at the Diablo Country Club.

California Highway Patrol reports say the incident occurred Oct. 22 in the cart barn parking lot at the country club. Officials say Skye Marie Martin was driving a 1996 Jeep Cherokee and struck four parked vehicles. Neither she nor an unidentified

male passenger were injured in the accident.

CHP said Martin fled the scene and was arrested later. She has been charged with driving under the influence, being under the influence of a controlled substance and hit-and-run. Police say Martin had been partaking of alcohol and other controlled substances prior to the accident. When arrested, Martin said she had no recollection of striking any automobiles, according to the reports.

Martin remains free on bond at this time.

—Geoff Gillette

POLICE LOG

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

Thursday, Nov. 13

- Accident, major injuries, on Diablo Rd. and Green Valley Rd. at 9:33 p.m.
- Vandalism on El Dorado Ave. at 11:38 p.m.

Friday, Nov. 14

- Vehicle stop, arrest, on Hartz Way and Laurel Dr. at 2:17 a.m.
- Vandalism on Thornhill Rd. at 2:26 a.m.
- Vandalism on 300 block of Hartz Ave. at 7:46 a.m.
- Auto burglary on St. Christopher Dr.

- at 8:17 a.m.
- Terrorist threats on Navajo Pl. at 9:03 a.m.
- Suspicious subject stop, arrest, on 3100 block of Stone Valley Rd. at 9:29 a.m.
- Grand theft on Verona Ave. at 11:11 a.m.
- Vandalism on Valley Creek Lane at 5:05 p.m.
- Drugs violation on Fawn Pl. at 9:01 p.m.
- Petty theft on 3400 block of Camino Tassajara at 9:50 p.m.

Saturday, Nov. 15

- Vehicle traffic stop, arrest, on Danville Blvd. and La Gonda Way at 12:22 a.m.

- Suspicious vehicle stop, arrest, on Franciscan Ct. and Franciscan Dr. at 1:33 a.m.
- DUI, arrest, on McCauley Rd. at 4:32 a.m.
- Accident, property damage, on Diablo Rd. and northbound I-680 off ramp at 10:03 a.m.
- Battery on Mission Dr. at 12:51 p.m.
- Auto burglary on Diablo Rd. at 1:01 p.m.
- Strong-arm robbery on 300 block of Hartz Ave. at 4:59 p.m.
- Promiscuous shooting on Alta Vista Way at 9:47 p.m.
- Vandalism on Bolero Dr. at 11 p.m.
- Misdemeanor hit-and-run on San Ramon Valley Blvd. at 11:15 p.m.

OBITUARIES

Marvin Francis DeBernardi

Danville resident Marv DeBernardi died Sept. 26 at the age of 68. He was born Feb. 29, 1940, in Douglas, Ariz., to Frances and Michael DeBernardi.

He was preceded in death by his son David DeBernardi. He is survived by his wife Lil; son Jeffrey Debernardi; step-son Christopher (Leslie) Mehigan; three grandchildren; brothers Mike (Betty) DeBernardi and Don (Carma) DeBernardi; nephews and many other family and friends. A celebration of his life was held at his son's home in Pleasanton on Oct. 19.

Anita Nelson

Anita Nelson, a resident of Alamo, died Sept. 29 in Alamo at the age of 89.

She was born July 26, 1919, in New Mexico. She met her late husband Harry in Panama while working as a nurse during World War II. They were married in New Mexico and moved to Berkeley to be near her sister and brother-in-law. In 1950, Anita and Harry moved to Alamo, and she became an active parishioner of St. Isidore Catholic Church in Danville where she and Harry celebrated their 50th wedding anniversary.

She was preceded in death by her husband Harry C. Nelson in 1997, and her daughter-in-law Julie Roberts-Nelson in 2000. She is survived by her daughter and sons, Suzanne (Dan) Cockrum of Modesto, Gregory Nelson of

Orinda, Harry Carlos (Jana) Nelson of Newport Beach, and Steven Nelson of Hollywood; sisters and brother Stella Montaya of Santa Fe, Monica Halford of Santa Fe, and Gus Sosaya of San Diego; three grandchildren and one great-granddaughter. A Memorial Mass was held Oct. 11 at St. Isidore Church in Danville with inurnment at the Alamo Cemetery. Memorial contributions may be made to Hospice of the East Bay, 3470 Buskirk Ave., Pleasant Hill 94523.

Leonard 'Bob' R. Swartz

Leonard "Bob" R. Swartz died Oct. 10 at the age of 80.

He was born Sept. 30, 1928, in Oakland, and graduated from Fremont High School. He married and raised his family in the Redwood Heights district until he moved to Danville in 1994.

He was preceded in death by Doreen, his wife of 33 years; and sisters Lorraine VanDerHagen and Bernice Lewis. He is survived by long time companion and love, Norlene Hunt; four children, John Swartz of Oakland, Christine Swartz of Oakland, Jennifer Foss of Danville, and Martin Swartz of Oakland; six grandchildren and four great-grandchildren; brother Cliff Swartz of Napa; and many nieces, nephews and loving friends. A memorial service was Oct. 26 at Oak Hill Park in Danville. Remembrances may be made in his memory to Hospice of the East Bay or the American Cancer Society.

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PHOTOS BY CHRIS SCOTT/WWW.CALSPORTSPHOTO.COM

San Ramon Valley High School quarterback Joe Southwick goes to pass against Monte Vista High for a win of 26-7. "We were ready to go tonight," Southwick said after the game.

TAKIN' THE TROPHY

Wolves reclaim bragging rights in 26-7 football victory

by Geoff Gillette

A full moon lit up the sky Friday night, nearly outshining the massive light towers at Monte Vista High School's Sam Zackheim Stadium as the Mustangs prepared for their annual match-up with cross-town rival San Ramon Valley High.

Though the game didn't start until 7 p.m., students began arriving more than an hour earlier, eyes bright with excitement. Many of the Wolves faces were painted green and gold, while Mustang fans sported red and black. Flags and banners waving, they filed into the stadium.

By 6:30 p.m. both the main and overflow parking lots were filled, and cars began spilling out onto Stone Valley. By game time, people were parking more than four blocks away, clogging residential streets, laughing and cheering as they walked the distance to be there for the big game.

There are 42,000 people who call Danville home, and on Nov. 14 almost 8,000 of them jammed into bleacher seats, stood along chain link fences or sat high on the hill above the stadium, all to watch the Wolves and the Mustangs battle over who will display the Jim Geldermann Perpetual Trophy.

For the students at these two high schools, this is the most important game of the season.

"I don't care if this is the only game we win this season, it's the biggest," said MVHS sophomore Tate Meyers. With a grin he added, "We know the kids there. We can rub it in if we win."



Mustang junior fullback/linebacker David Wilkerson (14 carries, 86 yards) also lunged from the one-yard line over the goal line in the second half to score Monte Vista's touchdown.

The feelings were similar on the San Ramon Valley side. Senior Jessica Walsh said she thinks the Wolves have had a great season so far but this is the game where she wants to see a win. "I would rather win this game than any other game in my four years of high school."

The friendly rivalry between these two teams has persisted for more than 20 years, with the trophy moving back and forth as each team waxed and waned. Last year, behind the strength of SRVHS quarterback Joe Southwick fans, expected to see a rout of the Mustangs, but were surprised to see the

Monte Vista team come out on top, 20-14.

This year's game showed almost exactly the same situation, only in reverse. MVHS has had a stellar year in the East Bay Athletic League, amassing a record of 8-1 on the skills of quarterback Brett Nottingham. The Wolves, with Southwick still at the helm, were behind in the record, dropping three games in a row leading up to the match with Monte Vista.

As the game began, the Monte Vista side of the field was lively and raucous, as fans cheered each play and catcalled the Wolves. SRVHS fans cheered, too, but with some cautiousness. That balance changed when Southwick fired two passes over several plays to Bryce Peterson to put the Wolves on the scoreboard six minutes into the first quarter.

A missed field goal kept the score at 6-0 through the remainder of the quarter. In the second quarter, the Mustang's Nottingham marched his team down the field, brooking no opposition until a run up the middle devolved into a tug of war that ended with the Mustangs pushing into the end zone for a touchdown. A solid kick for the extra point put Monte Vista on top, 7-6.

At that point it seemed the tide was turning against the Wolves as the Mustang defense came on line, sacking Southwick for a nine-yard loss. But the Wolves rallied, held strong by Southwick's ability to scramble out of tight spots and still throw passes that found their mark.

A combination of passing and running plays brought the ball downfield and into the red zone when Southwick, unable to



Monte Vista High fans, with the school band in front, around 8:15 p.m., see that the San Ramon lead is likely to hold. Some 8,000 spectators were estimated to be at the game.

find an open man, spotted a hole and ran the ball downfield before being knocked out of bounds on the one-yard line. On the next play, running back Brett Trimble bulled his way up the middle and into the end zone.

A failed attempt at a two-point conversion left the score 12-7, SRVHS, with six minutes left in the quarter. Neither side was able to score before the half was called.

In the second half, the Wolves came out strong while the Mustangs and Nottingham just weren't able to close the deal. Several bullet passes to tight end Zach Ertz and wide receiver Tom Hemmingsen moved the ball down field but just couldn't get it across the goal line.

By contrast, San Ramon's offense seemed to keep finding holes in the Mustang defense. Four minutes into the third quarter it paid off as Trimble scored again. With the extra point made, the score now stood at 19-7.

San Ramon's defense forced turnovers and broke up plays. Defenseman Garrison Goodman intercepted two Nottingham passes and batted down several others to keep the Mustangs from scoring.

SRVHS fans spent most of the fourth quarter on their feet, cheering the Wolves on, and the sound was nearly deafening when a handoff to Trimble led to another score, bringing the tally to 26-7 with 11 minutes to play.

One group of San Ramon High students held up letters to spell out "We Believe" while another began chanting "Overrated."

The clock ran down with no answers from Monte Vista and when the final whistle blew, over a thousand screaming, laughing,



San Ramon Valley cheerleaders celebrate at the end of the game as fans pour onto the field.

weeping San Ramon students climbed the fences surrounding the field and ran out onto the grass to celebrate with their winning team. Geldermann trophy firmly in hand, the Wolves gathered in the middle of the field beaming with joy.

San Ramon Coach Dave Kravitz said he was proud of his team's performance on the field. "They played the consistent, executed

game that we've been talking about all season. We've been telling them all season that they're a good team and they can be a great team. And they showed us that out on the field tonight."

Asked about quarterback Southwick's performance, Kravitz said, "Joe wanted this bad, and he delivered out there."

A grinning Joe Southwick agreed with

Kravitz' comment. "We were ready to go tonight." He added, "We got together and went after it."

Monte Vista Coach Craig Bergman gave credit to the Wolves for a great game. "I thought they thoroughly outplayed us. They were very prepared for us." He added, "We certainly didn't help things by turning the ball over."

While the Mustangs gained 427 yards over the course of the game, that didn't offset four turnovers. "We had four turnovers in the red zone which shut four drives down. We moved the ball well to the red zone then we stopped."

Bergman and his Mustangs may get another shot at their rivals in the upcoming North Coast Section championship. The Wolves, seeded seventh in the championship, will face off against the San Leandro Pirates at Burrell Field on Saturday. If they win that game, they will go up against the Mustangs on Nov. 28. For more information about the championships, visit www.cifnsc.org.

Making their way back to their cars after the game ended, fans from both sides grouped together, talking about the game. No longer divided by a football field, Green and Gold mixed with Red and Black. Friends, many who have known each other since childhood, chatted about the game, the big plays, the final score, enjoying the camaraderie of a shared experience.

Because it is a rivalry, of course, many of the San Ramon fans crowded over the victory and their possession of the coveted trophy, while those on the Monte Vista side uttered the familiar refrain: "Wait 'til next year." ■

Parent photographers

Send a jpeg to Editor@DanvilleWeekly.com of the best action shot from your child's game for consideration for our Sports page. Remember to include caption information: who, what, when, where—and the score.



SAN RAMON VALLEY HIGH SCHOOL SPORTS WRAP-UP

by Kaity Ferretti

San Ramon Varsity Football

Underneath the bright lights of Monte Vista's football field Friday, Oct. 14, the San Ramon Wolves played a game they will never forget. SRVHS demolished the Mustangs, 26-7, in an action-packed game. The Wolves (7-3, 4-3 EBAL) were the underdogs going into the game against Monte Vista (8-2). MV, unlike SRVHS, had previously beaten Cal, Foothill, and almost De La Salle and was the predicted winner of Friday night's game.

However, San Ramon had different plans. The seventh-seeded Wolves started the game out strong, preventing second-ranked Monte Vista from making any big plays. Quarterback Joe Southwick performed well on offense, completing 16-for-23 passes for 253 yards. He even got to see some playing time on defense, as he was put in

as safety to help prevent Monte Vista's passing attack. Wolves running back Brett Trimble scored a total of three touchdowns during the game, one of which was a 69-yard drive off Southwick.

San Ramon's defense played incredibly and withstood any MVHS attempts at scoring. San Ramon linebacker Garrison Goodman was easily the MVP of the game, coming up with two interceptions both deep in Mustang territory, and tipped a pass that allowed SRVHS lineman Cole Huntley to intercept.

San Ramon is now seeded seventh and tomorrow, Nov. 22, marks the start of the North Coast Section playoffs. The Wolves will be playing 10th-seeded San Leandro away. The winner of that game goes on to compete against Monte Vista the following week.

"We control our own destiny and if we play like we did against Monte Vista we will be tough to beat," said senior linebacker Garrison Goodman.

U10 Mustang Teams Sweep Harvest Cup

The Mustang Magic gold and Mustang Velocity silver swept the U10 Division 1 Girls bracket in the 2008 Puma Harvest Cup in Sonoma, on Sept. 27-28, taking first and second place.

The Magic, coached by Jeff Land, went undefeated throughout their five games in the tournament with a total of 20 goals scored, securing them the championship. The Velocity, coached by Jaime Maldonado, fought hard through double over-times and penalty kicks in the semis, to advance and face the Magic in the final game. The Velocity finished with an amazing 15 goals for the weekend.



Mustangs face Mustangs

The championship game at the Puma Harvest Fest Soccer Tournament held in Sonoma on Sept. 27-28 came down to a contest of Gold vs. Silver. In a hard fought battle between the (2) D1 U10 Mustang Girls Soccer Teams, the Magic Gold Team defeated the Velocity Silver A Team, 3-2. To reach the championship game, Velocity beat three Gold Teams and tied one, giving up only three goals while scoring 12 themselves.

Velocity players (front row, l-r) Melissa Hookey, Kenzie Stubbs, Nicole Rivas; (back) Shelby Bertolozzi, Mikayla Rosaia, Erin Ospeck, Reagan Waidelich, Whitney Lincoln, Kendall Bean, Brie Bybee, Alley Vella, Riley Moore and Coach Jaime Maldonado.

MONTE VISTA HIGH SCHOOL SPORTS WRAP-UP

by Lizzy Hearn

Women's tennis

After wrapping up an undefeated season in East Bay Athletic League, the Monte Vista women's tennis team headed to North Coast Section this past week. In their first round, they challenged Eureka High School, winning, 7-0. Next they played Redwood High School of Marin County, beating them, 6-1. In their third round, the Mustangs faced Northgate, also defeating them, 6-1.

After all their hard work and dedication, the varsity tennis team played Foothill High School in the NCS championships. Unfortunately, Monte Vista lost, 2-5, to the Falcons. Elena Cadet was able to pull out a win in singles, while Jackie Murray and Amanda Kelly dominated in the doubles. The players were excited to hear they would attend the state NCS tournament along with Foothill High this year.

Men's Water Polo

After a tough but successful season, the Monte Vista men's water polo team was seeded sixth in NCS. They came third in EBAL, behind De La Salle and San Ramon Valley High School.

The boys came out full force, defeating Marin Catholic High, 9-5. Next they played De La Salle, one of the most skilled teams in Northern California. They lost 8-4, but fought hard the entire game. They were only behind by 1 at halftime and came so close to win-

ning.

"This year we worked harder than we ever had as a team and made some huge strides, which I expect the returning guys will build upon in the future," said Mike Millstein, one of the captains and seniors on the team.

Other key players throughout the season included Kevin Hsiue, the starting goalie, Brian Snapp, Alan Robertson, Spencer Peugh and Matt Rahn.

The Mustangs ended the season with an 18-8 record.

Women's Water Polo

The Monte Vista women's water polo team has yet another NCS title, after winning four out of the last five years. They ended their season with a perfect record, 27 to 0.

In their first game, the Mustangs outscored Sir Francis Drake, 22-5. Next, they beat Northgate, 13-3, then Campolindo, 14-6, which advanced them to the Championships where they played their cross-town rivals, San Ramon Valley High. With the help of their skill and determination, they defeated the Wolves, 11-3.

When asked about the 2008 season, captain Teresa Steffens, a four-year varsity player and ASB president spoke up. "I'm so proud of the team," she said. "We worked hard the entire season, and it paid off."

All three captains, Steffens, Kirsten Golden and Bari Cappelletti, led their team to victory this season. Other top players were Kylie Fahey, Kelly Mendoza, Maggie Steffens and Brittany Davison.

Calendar

WHAT'S HAPPENING IN OUR COMMUNITY

Art

Art and Champagne Client

Party Come and enjoy an Art and Champagne Client Party from 5-9 p.m., Friday, Nov. 21, at 360 Hartz Ave., Danville. For information, call Cynthia Silva at 580-1430.

Concerts

Danville Band's 'Peace on Earth'

Danville Community Band presents its seventh annual Christmas concert, "Peace on Earth," at 3 p.m., Sunday, Dec. 7, at the East Bay Fellowship, 2615 Camino Tassajara, Danville. This free event is a collection of joyous Christmas music and a salute to those who gave their lives at Pearl Harbor. Call 736-1673.

Events

Open Houses at the Flower Shop

The Alamo Flower Company is holding Holiday Open Houses to benefit the Alamo Tree Lighting Fund, by donating 10 percent of all pre-holiday orders placed during the Open Houses. The open houses will have good cheer, holiday libation, refreshments and drawings, from 4-7 p.m., Fridays, until Dec. 19, at the shop, 3000 Danville Blvd., #1, Alamo. The events are free and open to the public. Call 836-1456.

Exhibits

Christmas Memories Exhibit

Christmas Memories are on display at the Museum of the San Ramon Valley, 205 Railroad Ave., Danville, from Nov. 28-Jan. 7. The exhibit includes trees from bygone days with toys, gingerbread houses, a train and antique dolls. New this year is an American Girl doll display. Santa Claus will make an appearance Dec. 13 and Dec. 20. Call 837-3750.

Fundraisers

Fabric and Craft Sale Walnut Creek United Methodist Church is having a fabric and craft sale, 1-4 p.m., Saturday, Nov. 22, 1543 Sunnyvale Ave. Low prices on fabric, craft and sewing supplies and magazines. Visit www.asgwalnutcreek.org or call 798-4026.

Save Darfur Benefit Show The third annual benefit produced by the junior class at the Athenian School for savedarfur.org, will take place 6-9 p.m., Wednesday, Dec. 3, at 2100 Mt. Diablo Scenic Blvd., Danville. Music, dance and poetry performances by Athenian students will be featured, as well as a Sudanese survivor of the genocide who will speak. Cost is \$5. Visit www.athenian.org.

Holiday

Alamo Tree Lighting Festival The Alamo Chamber of Commerce will present the Alamo Tree Lighting Festival, 5:30-8 p.m., Sunday, Dec. 7, at Andrew H. Young Park, 3000 Danville Blvd. Choirs from Alamo schools will present their Christmas programs. Santa Claus, storytelling, refreshments and more! This event is free.

Holiday Events at Blackhawk Plaza

Blackhawk Plaza will host numerous holiday events including Photos with Santa from 11 a.m.-7 p.m., Nov. 28-Dec. 23 and from 11 a.m.-6 p.m., Dec. 24; Live Holiday

Music from Dickens Carolers from 4-7 p.m., Thursdays and from 1-4 p.m., Saturdays, Nov. 29-Dec. 20; Pet Night with Santa from 5-7 p.m., Tuesdays, Dec. 2, 9 and 16; and a Holiday Open House on Dec. 4; all at Blackhawk Plaza, 3480 Blackhawk Plaza Circle, Danville. Call 736-2751.

Lighting the Old Oak Tree Join the Danville Area Chamber of Commerce for the 32nd annual Lighting of the Old Oak Tree, 5:15-8:30 p.m., Friday, Nov. 28. Gather on Diablo Road to hear the SRVHS Choral Singers and the Danville Girls Chorus and help Father



WEEKEND PREVIEW

An upbeat piece of Americana

Maryn Smyth as Marian the Librarian and Jacob McKay as Professor Harold Hill will lead the band in "The Music Man, Jr.," from 7:30-8:30 p.m., Friday, Nov. 21, and at 2 p.m., Saturday, Nov. 22, at the Village Theatre, 233 Front St., Danville. Tickets are \$7.50-\$9.50. Visit www.danvillechildrensmusicaltheater.com or call 314-3400.

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Christmas and the Snow Angel light the tree at 6:15 p.m. Visit www.danvilleeachamber.com.

Kids and Teens

Teen Paintball Come enjoy the rush and excitement of paintball with the Town of Danville, 9:30 a.m.-4 p.m., Monday, Nov. 24, at Sunol Paintball. Cost is \$80, which includes transportation, staff supervision, and rental equipment including marker, hopper, CO2 tank, all day air refill, and 500 rounds of paint. Find information about the field at www.sunolpaintball.com. Preregistration required; call 314-3400.

Lectures/Workshops

Jin Shin Jyutsu Learn to reduce stress, release anxiety and balance mind, body, and spirit through the ancient art of Jin Shin Jyutsu, 10 a.m.-noon, Saturday, Nov. 22, The Wellness Community, 3276 McNutt Ave., Walnut Creek. Visit www.twcba.org or call 933-0107.

Miscellaneous

Red Cross Blood Drive American Red Cross is holding a public blood drive, 11 a.m.-5 p.m., Friday, Dec. 5,

at the Grange Hall, 743 Diablo Rd., Danville. Call 1-800-GIVE-BLOOD or visit www.BeADonor.com.

Spiritual

Interfaith Thanksgiving Eve Worship Everyone is invited to an Interfaith Thanksgiving Eve Worship at 7:30 p.m., Wednesday, Nov. 26, at the Chapel of the Church of Jesus Christ of the Latter-day Saints, 655 Old Orchard Dr., Danville.

Support Groups

Addiction Counseling Narconon offers free counseling, assessments and referrals to centers nationwide to families in need of drug or alcohol addiction help. Call (800) 468-6933 or visit www.stopaddiction.com.

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

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

Blue Star Moms California Blue Star Moms is a support group for families of members of the U.S. Armed Forces. It meets at 7 p.m., the second Wednesday of the month, at the Danville Veterans Hall, 400 Hartz Ave. Call Peggy at 866-7035 or Patty at 838-9096 or visit www.bluestarmoms.org.

Cancer Support Groups Free support, education and stress management for cancer patients and their

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

Celebrate Recovery Celebrate Recovery is a forward-looking and balanced Christ-centered recovery program for people with hurts, habits and hang-ups. The group meets at 6:30 p.m. for dinner and the program starts at 7 p.m., every Friday, at East Bay Fellowship, 2615 Camino Tassajara, Danville. Childcare available for ages 5-11. Call 736-5100, e-mail celebraterecovery@eastbayfellowship.org or visit www.eastbayfellowship.org.

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

Volunteering

American Red Cross Volunteer Orientation The American Red Cross will be holding a volunteer orientation, 4-6 p.m., Thursday, Dec. 11, at its Pleasanton Donor Center, 5556-B Springdale Ave. Tour the center and learn about different ways to help greet, inform and thank our community's blood donors or help post fliers at key locations. Advanced sign-up required. Call (510) 594-5165.

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

vide the food, supplies and vet care; all you need to do is provide the love. Call 296-3173 or visit www.arf.net.

Anna's Program The specialized program of Hospice of the East Bay, Anna's Program, is looking for dedicated and caring volunteers to provide companionship and practical support for women with recurrent breast cancer. To apply for free training, contact Vicki Smith at 887-5675 or e-mail vickis@hospiceeastbay.org.

Assistance League of Diablo Valley This chapter of the National Assistance League seeks new volunteer members to help with a wide range of philanthropic service projects in many Contra Costa communities. These include vision screening in elementary schools, distributing clothing to school children in need, daily reassurance phone calls to homebound elderly and handicapped clients, and staffing the chapter's Lafayette thrift shop. Call 934-0901 or visit <http://diablovalley.assistanceleague.org>.

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

Bruns House In-Patient Hospice Bruns House In-Patient Hospice is seeking volunteers to fill two- to four-hour shifts during the weekdays and weekends. To apply for free training, call 887-5678 and ask for the volunteer department, or e-mail volunteers@hospiceeastbay.org.

California Independent Film Festival Association Support the Arts in the Tri-Valley by joining the California Independent Film Festival Association. The donation of the membership will support independent film events. For information, visit www.caindiefest.com.

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Sowing seeds

Parisa Ambwani translates 'humanity' as 'human unity'

by Dolores Fox Ciardelli

Parisa Ambwani loves swans. "They are very dedicated to their family," said the Blackhawk resident. "The swan is the bird who 'married' and was very devoted to his family."

For this reason, the swan graces many pages of her 2008 book, "Human-Unity (Humanity)." The cover shows swans approaching a sunset.

"With sunset, these swans are coming close to God, to the universe," said Ambwani.

Ambwani has recently completed her trilogy of books to promote her philosophy of life and health, helping other people, and everyone taking his or her place in the universe.

The first book, "Recipes from the Heart," incorporated nourishment for the body and sustenance for the soul. Ambwani, who has taught cooking classes for the Town of Danville, said she worked on the book tirelessly for 20 years.

She wanted to share her love of cooking and nourishment, which she learned from her mother, who also imparted her philosophy of life to her daughter.

"Good eating habits will enhance your physical, mental and emotional condition; it will also enhance your spirit," Ambwani remembered her mother saying as she was growing up in Iran, which she calls Persia.

The book was marketed largely as a cookbook and won the Cordon d'Or in two categories—Self Published Cookbooks and Culinary Entrepreneur—at the 2005 International Annual Cookbooks and Culinary Arts Awards.

The second book of her trilogy, published in 2007, is "Seeds of Celestial Love and Peace: Building Wisdom That Will Go The Distance." It is slightly more than 100 pages of philosophical sayings illustrated by photographs to help the reader

connect with the words.

The photos were taken around the world—including Iran and India—and from under the seas. A reef with fish illustrates the interconnectedness between food and spirit; a wide-eyed grouper illustrates the importance of surrounding ourselves with positive people who have realistic goals. A stunning sunrise accompanies, "Try to depend on God's harmonious rule for balance."

In the third book, "Human-Unity," Ambwani thanks her grandfather for planting seeds in her young mind of new interesting ideas. She recalled that when she was 5 years old her grandfather took a large book on astronomy from the shelf.

"He explained patiently to me how the stars and the planets are part of our vast universe and exert their influence on humankind," she wrote in the introduction. "They move according to the Master Plan of the Universe. We are connected to them and all are part of God's immense plan."

Throughout her life—majoring in fine arts at the University of Tehran to graduate in 1967; moving to the United States more than 30 years ago; raising her son; nursing her husband through his fatal bout with cancer; moving to Blackhawk; and welcoming her precious grandson into the world—Ambwani was developing her nurturing philosophy.

At a culinary conference she met Antonia Allegra of Napa who edited her books. Allegra said that she started as Ambwani's writing coach in the culinary field then continued to edit all three works.

"She sees them as a trilogy. She sees them as all important for a healthy, spiritual life," Allegra said. "I'm a coach for people in the culinary fields but I think that with this last book she's jumping really into where she feels the most interested."

"The message has been there but I think it has been floating in the side notes," she added. "This book is a pure philosophic book based on what she sees for the world."

Ambwani was keen to be reassured that her message was coming across to Allegra.

"She really wanted to know that I understood," said Allegra. "She's looking for a grander idea for a peaceful world."

She said Ambwani's philosophy is summed up at the back of "Human-Unity" in an illustration of her Tree of Serenity, which leads from meditation through the journey to serenity.

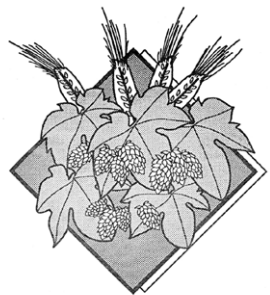
Ambwani said her books include everything about food for the body, food for the mind or philosophy, and food for the spirit.

"I believe life goes through circles, life is a journey," she said.

Now that she has completed her trilogy, which include everything she wants to share, Ambwani is going to devote herself to marketing her efforts. The books are available at Rakestraw in Danville.

"I'm not looking to be famous," she explained. "I'm looking to serve people. I wanted to be valuable to society." ■

Blackhawk resident Parisa Ambwani shares her philosophy of life with others in her trilogy of books, which include everything about food for the body, food for the mind, and food for the spirit.



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Epicure

BY JACQUI LOVE MARSHALL



Adults, eat your veggies

As children, we heard the chant from our parents: “Eat all your vegetables!”

As parents, teachers and relatives, we nag children and teens to eat healthy. We remind our parents in senior residences to eat healthy. We manage up, we manage down but, all too often, we are the ones who live on fast foods, granola bars, lattes and yogurt.

Fear not, there’s a way to practice what we preach.

Now is the perfect time to tap the bounty of fall/winter vegetables that provide high nutrients, antioxidants and other essential ingredients for a healthy diet. Cooking fresh vegetables need not be an ominous task, especially “root” vegetables like beets, brussels sprouts, etc.

With minimal effort, most cool-season vegetables will practically cook themselves, providing many options for mixing with other ingredients for a variety of dishes. In fact, the key to preparing vegetables is not to over cook them, making them soggy and destroying their valuable nutrients.

Once you master basic recipes for each vegetable, you can vary the recipes to add more spices

and complementary ingredients. Here and at DanvilleWeekly.com are simple recipes for my favorite cool-weather vegetables. Cook, eat and be healthy!

Sautéed Spinach and Garlic (serves 6)

4 Tbsp olive oil
8 medium sized cloves of garlic, thinly sliced
2 pounds of spinach
Salt and freshly ground black pepper to taste
1 tsp lemon juice
Toasted pine nuts

1. Wash spinach thoroughly and pat dry; remove stems.
2. Toast the pine nuts in a skillet and set aside. Watch the pine nuts carefully while toasting as they can quickly burn.
3. In a large skillet, heat oil until hot but not smoking. Add garlic and then spinach.
4. Sauté spinach until it is wilted but still bright green, about 2 min. Turn with tongs to cook evenly. Remove from heat and top with lemon juice and pine nuts.

**See more recipes
at DanvilleWeekly.com**

Presenting the Past

BY BEVERLY LANE



MUSEUM OF THE SAN RAMON VALLEY

This old school bell is at Alamo Elementary School on Wilson Road along with a plaque telling of its history dating back to the 1800s in other Alamo locations.

Pioneer school bell

On March 22, 1974, the San Ramon Valley Historical Society dedicated its second plaque, a historic school bell that called students to school in the village of Alamo from the 1890s to the 1920s. The old bell and new plaque were placed at the new Alamo Elementary School courtyard, located at 100 Wilson Road in Alamo.

Alamo pioneers established the first school in the San Ramon Valley in 1854, led by the indomitable pioneer Mary Ann Jones. She wrote about the school in her autobiography:

“People began to come in with their families and we began to think about having a school for our children. So we built a schoolhouse on the Hemme Place (near today’s El Portal and Danville Boulevard) and hired a teacher.”

She also boarded the teacher, Richard Webster. One of the students, Jimmy Smith, had compliments for teacher Webster, who was popular with the students. Smith said he had good discipline but never heard of him punishing students.

Later Alamo grammar schools were built closer to the village center on the west side of the County Road (now Danville Boulevard) on a 2-1/4-acre lot that was donated by Mary Ann Jones. Three different Alamo grammar schools served students on this property, built in 1876, around 1895 and in 1940. Trustees in those early years included J.M. Shuey, J. Thirston, L. Humburg, A.W. Stone and M.W. Hall. Miss Ida Sarah Hall taught at the school for years.

After the first school on this site was destroyed by fire in 1893, a new, very handsome school with a bell and belfry was constructed. Enrollment fluctuated from 61 students in 1904; to 68 in 1908; to 50 in 1911. Astrid Olsson Humburg taught at Alamo School in 1919 and 1920.

In 1921, the Alamo Community Club raised funds to build a large playground apparatus with swings, sandbox, basketball and handball courts, and mapped off a baseball diamond. Nevertheless, the school was beginning to show its age.

A new, modern Danville elementary school was built in 1922 not far south of Alamo near San Ramon Valley High School. Alamo residents discussed joining the new

Danville Union District but ultimately voted against it. Some of the parents decided to send their children to the Danville school.

Alamo’s grammar school was extensively remodeled in 1924. Possibly during this renovation, concerns were expressed about the stability of the bell during a large earthquake. The bell and belfry were removed from the roof and the bell was placed on a large post elsewhere on the site. Later the Alamo bell languished in a maintenance yard and some thought it was lost.

As Alamo’s population grew after the war, other elementary schools were built including Stone Valley (1952) and Rancho Romero (1959). From 1958-1959 the 20-year-old Alamo School had so many students that rooms were rented at the Methodist Church to accommodate the growth.

Today’s Alamo Elementary School was built in 1965. After re-discovering the original Alamo School bell, it was mounted on a concrete base surrounded by plants for the 1974 dedication, which was facilitated by Principal John Roberts.

It was quite a community effort, with the plaque paid for by the Historical Society and the base designed by Monte Vista student Bob Hetzog and built by Marshall Tuttle as part of his Boy Scout Eagle project. Others who helped were the Alamo School Parents Club, Broker’s Realty of Walnut Creek who paid for the base materials, the Ann Loucks Chapter of the DAR, which donated plants and flowers, and Cub Scout Pack No. 53, Den No. 2, which did the planting.

More than 100 people attended the dedication led by master of ceremonies Al Jones, president of the San Ramon Valley Historical Society. The bell is still a special feature of today’s Alamo School.

Sources: *Contra Costa History Center school notebooks, Vol. II; CC Gazette articles; interviews with Betty Dunlap; notes from Astrid Humburg; articles by Virgie V. Jones and Irma M. Dotson.*

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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12/06 - GAME NIGHT - Trivia any one? Test your Wine Knowledge

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11/22 Saturday - In Store Educational Tasting 1pm to 4pm

11/29 Saturday - In Store Educational Tasting 1pm to 4pm

12/02 Tuesday - Wine Club Pick Up Party

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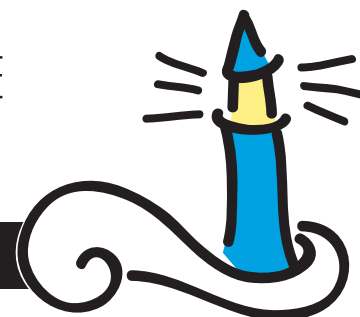
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Livermore, 980 Cromwell St, May 24
7-12

Pleasanton, 4684 Black Ave, Nov. 8,
8-1

Pleasanton, 5668 San Antonio St., Nov
21 & 22, 9-4

215 Collectibles & Antiques

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330 Child Care Offered

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Danville Drop-In Care

340 Child Care Wanted

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REAL ESTATE

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Pleasanton, 2 BR/1.5 BA - \$1465.00

San Ramon, 1 BR/1 BA
Live at Crestview at Canyon Lakes. A gated hilltop luxury Condominium home community with spacious 1 & 2 bedroom floor plans available for immediate occupancy. All condo homes have wood burning fireplaces, in-unit washer and dryers, central heat & air conditioning and two-tone paint; large patio or deck with separate storage. Some units have volume ceilings. Adjacent to Bishop Ranch Business Park. Walking distances to entertainment and restaurants like Whole Foods and Peet's Coffee. Other amenities include Resort-style Pools and Spa, Sun Terrace, Mini Putting Green, Fitness Center, Fireside Club Room, Resident BBQ area, easy access to I-680.

809 Shared Housing/ Rooms

ALL AREAS - ROOMMATES.COM
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San Ramon, 2 BR/1 BA
Two furnished bedrooms. Closet and tv in each. Shared bathroom. Kitchen and Laundry privileges. Rent includes utilities. Quiet South San Ramon neighborhood. Call 925-997-2723

825 Homes/Condos for Sale

Pleasanton, 4 BR/2.5 BA
Open Sunday 11/16/08 1-4. This home is priced to sell! Warm and cozy, 2209 sq ft., hardwood floors, tile and custom cabinets in kitchen, newer windows and doors, crown molding and baseboards. Expanded great room with wood burning fireplace, parklike yard with view of Pleasanton Ridge. Walking distance to award winning schools. Great location!!! www.3803MuirwoodDr.com Keller Williams Tri Valley Realty

Pleasanton, 4 BR/3 BA - \$848000

PET OF THE WEEK



CATHERINE HANSEN RUSH

Roxy's ready for a home

Meet Roxy, a 1-1/2-year-old spayed female Russian Blue housecat with beautiful green eyes and thick, dark gray fur. Roxy has always been an indoor-only pet and she wishes to remain safely inside a new home. Roxy is very friendly and she has lived with other cats and dogs in the past. Roxy is well-mannered inside the home and she uses a scratching post whenever she feels the need for a pedicure. Visit Roxy (pet # 81457), and her many friends, at the East County Animal Shelter, 4595 Gleason Drive in Dublin, open daily from 11:30 a.m. to 5:30 p.m. Call 803-7040. The animal shelter currently has a variety of animals available for adoption to loving homes.

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New Mexico Ranch Dispersal

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Real Estate

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5 Bedrooms
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Sun 1-4
Pacific Union GMAC Real Estate 997-3966

DUBLIN

4 Bedrooms
11120 Bay Laurel Street **\$1,299,000**
Sun 1-4 Keller Williams Realty 260-8883

LIVERMORE

3 Bedrooms
1054 Via Madrid **\$399,999**
Sun 1-3
Suzanne Dominguez, Keller Williams 596-1918

PLEASANTON

3 Bedrooms
4010 Francisco **\$578,000**
Sun 1-4 Alain Pinel 621-4064
3375 Harpers Ferry **\$645,000**
Sun 1-4 Alain Pinel 621-4064

4 Bedrooms
4576 Del Valle **\$1,075,000**
Sun 1-4 Alain Pinel 621-4064

3907 Arrowwood Court **\$1,399,999**
Sun 1-4 Hometown GMAC 899-4085

611 Merlot Court **\$629,900**
Sun 1-4 Jim Lavey, Allied Brokers 846-3755

5 Bedrooms
1368 Royal Creek Ct **\$1,288,888**
Sun 1-4:30
Brigitte Huntemann, Keller Williams 260-2508

2471 Silver Oaks Lane **\$1,899,000**
Sun 1-4 Alain Pinel - Blaise Lofland 846-6500

SAN RAMON

4 Bedrooms
30 Pamplona Ct. **\$689,888**
Sat/Sun 1-4:30
Brigitte Huntemann, Keller Williams 260-2508

5 Bedrooms
1346 Cedarwood Loop **\$550,000**
Sat/Sun 1-4 Keller Williams Realty 997-8267

SALES AT A GLANCE

This week's data represents homes sold during October 2008

Alamo

Total sales reported: 5
Lowest sale reported: \$515,000
Highest sale reported: \$1,990,000
Average sales reported: \$1,158,400

Danville

Total sales reported: 9

Lowest sale reported: \$500,000
Highest sale reported: \$1,125,000
Average sales reported: \$822,889

Walnut Creek

Total sales reported: 19
Lowest sale reported: \$315,000
Highest sale reported: \$955,000
Average sales reported: \$564,079

HOME SALES

Source: California REsource

This week's data represents homes sold during October 2008

Alamo

342 Alamo Square #22 Martin Trust to F. & P. Rollo for \$515,000
351 Golden Grass Drive Davidon Homes to W. & L. Ong for \$1,990,000
80 Lark Place Lark Place Development to Branagh Development for \$1,214,000
12 Oak Crest Lane Hanck Trust to M. & D. Shepherd for \$1,450,000
124 Sugarloaf Court Alamo Gardens to J. Walker for \$623,000.00

Danville

157 Briar Place L. Milsner to M. Leong for \$775,000
310 Culet Drive M. & D. Shepherd to L. Zhang for \$1,125,000
514 Fulton Way C. Steward to A. Rivera for \$1,011,000
15 Glen Valley Circle S. Cotta to E. Edmondson for \$500,000
88 Mariposa Court R. & S. Huber to A. Lukaszewski for \$935,000
137 Merano Street G. Damaschino to M. Blair for \$1,020,000
859 Redwood Drive F. & M. Heuze to M. & C. Parker for \$880,000
32 Velasco Court Bank of New York to A. Beatty for \$510,000
63 Woodvalley Drive M. & J. Wakin to L. Porras for \$650,000

Walnut Creek

1620 3rd Avenue Horton Trust to K. & L. Robinson for \$680,000

60 Adak Court Prentice Trust to I. & A. Lee for \$450,000
184 Arbolado Drive Granger Trust to Scipio-Forest Inc. for \$680,000
2095 Cactus Court #3 V. Hamrick to W. & H. Roosli for \$435,000
2438 Dapplegray Lane P. & S. Rock to A. & K. Lipman for \$955,000
11 Edmund Court Heinz Trust to NSHE Chagall for \$568,000
224 El Divisadero Avenue Deutsche Bank to Y. Jeon for \$480,000
312 Hamlin Loop Morgan Stanley to T. & L. Fast for \$374,000
157 Hilltop Cresent Pape Trust to B. & N. Landberg for \$635,000
298 Lakewood Road B. Ivy to M. Bouyea for \$675,000
933 Monet Circle M. & H. Dawud to S. & J. Reiss for \$740,000
2024 Norris Road Krause Trust to P. & L. Royere for \$810,500
2627 Oak Road #A Taylor Trust to V. Roberts for \$350,000
111 Paulson Lane Dietrich Trust to J. & V. Mahaffey for \$500,000
863 Savannah Circle Wells Fargo Bank to A. & F. Budomo for \$591,000
1560 Sunnyvale Avenue #2 CCRD Limited to E. Moore for \$419,000
1544 Sunnyvale Avenue CCRD Limited to L. Brown for \$475,000
5201 Terra Granada Drive #2A Roosli Trust to M. Siegel for \$585,000
1304 Walden Road #248 Citibank to J. Crane for \$315,000

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West Side Alamo Views!



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Read Joe and Nancy's Real Estate Column in Alive East Bay Magazine



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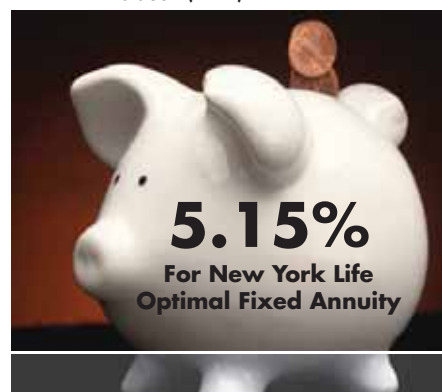
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