



Above: A customer browses the gluten-free section at Whole Foods Market on El Camino Real.

The diet aisle

STORY BY KATHY SCHRENK • PHOTOS BY MARJAN SADOUGHI

DIETERS ON '21 DAY CLEANSE' ABSTAIN FROM CAFFEINE, SUGAR, ALCOHOL AND GLUTEN

Extrême diets come and go like *Baby Bullet* trains at rush hour, but when Oprah decides to endorse one, it stays around for a while.

That's been the case with the "21 Day Cleanse," a diet advocated in the book "Quantum Wellness." As part of a larger program of "conscious living," author Kathy Freston recommends going three weeks without eating anything containing caffeine, alcohol, refined sugar, gluten or animal products.

While this new diet may require some creativity when it comes to food choices, there's nothing dangerous about it, nutritionists say. But they caution that it's probably not going to do you much good, either.

The blogosphere has been awash with rants and raves about the good and bad of the diet. Oprah's blog detailed her travails in sticking to the plan. One popu-

lar blogging mom (www.dooce.com) claimed it gave her a sinus infection.

Mostly it just seems like a lot of work for not much reward, according to nutritionists like Ruth Spirakis, a registered dietitian at the Palo Alto Medical Foundation. "From a strictly nutritional standpoint, there is no need to eliminate specific foods or cleanse the body using a specific diet two or three times a year as [Freston] suggests," Spirakis said.

Kim Bandelier, chief clinical dietitian at El Camino Hospital, agrees. "Do you really need a 21-day cleansing? There's not evidence to support it," she said.

But it probably won't hurt anyone, they said, because there are enough foods the diet doesn't eliminate to meet nutritional requirements.

The cleanse certainly has its believers. Kelli Suchy of Redwood City followed the plan for

the recommended three weeks and said it made her feel great — so great that she's planning to start it again within the week, just a couple months after her first run.

Eliminating all the foods on the plan — including most breads, which contain gluten — was not too hard for Suchy. With the exception of sugar, she didn't miss any of the foods, and by the third or fourth day wasn't having any cravings, she said.

This wasn't the first diet Suchy has tried, by any stretch. And this one was actually easier because of its rigid restrictions, she said.

"It was very clear: These are the things I cannot have," she said. Point systems like Weight Watchers are too complicated, and the Atkins diet's meat-centered plan made her feel "terrible."

But on the cleanse, she felt "light"

► See **CLEANSE**, page 22

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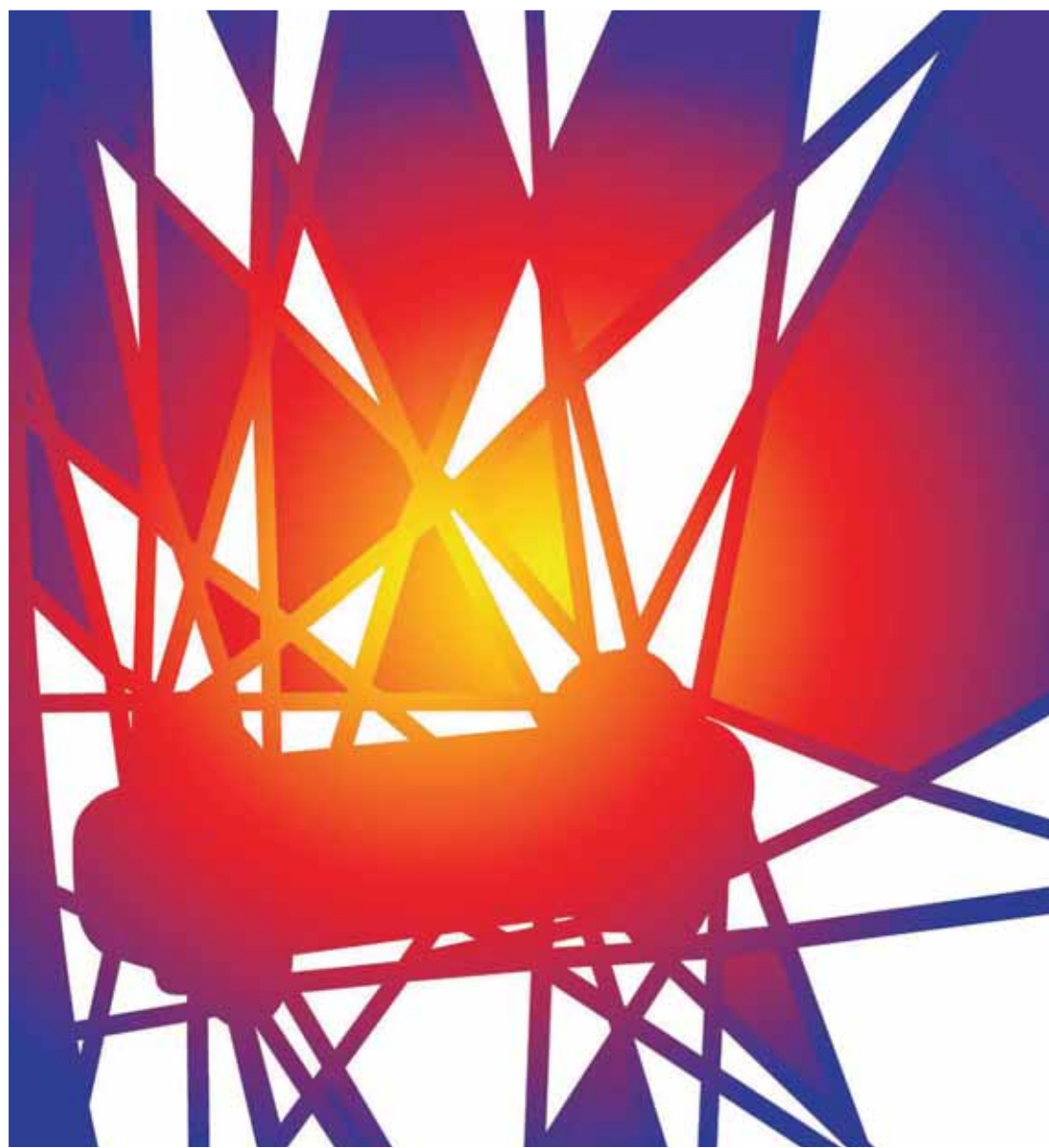
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CLEANSE

Continued from page 22

and energetic. And while Suchy wasn't looking to lose weight with the diet, she shed eight pounds during the three weeks.

Different people will likely have different experiences if they try the cleanse, Bandelier said. While some may feel energized, others may feel sluggish because of the lack of bread. Many might find it hard to cook using the limited ingredients called for by the elimination of gluten and animal products, which are often replaced with soy products like tofu.

"They have different flavor and different properties when they're cooked," Bandelier said.

The consensus among nutritionists seems to be that the cleanse isn't a great idea for everyone, but that just about everyone could stand to implement some ideas from the program. Most Americans could benefit, for example, from eating less high-fat animal products, less sugar and more vegetables.

"Avoiding excessive intake of sugar, caffeine and alcohol makes sense, but moderation, as opposed to elimination, is the key for most people," Spirakis said.

Suchy has continued many of the habits she learned while adhering to the cleanse for three weeks. She is over her sugar addiction and eats a lot less packaged and processed food, she said. She plans to do the three-week program every few months, with help from the gluten-free breads and sugar replacements, such as agave nectar, which she finds at Whole Foods and Trader Joe's.

She's convinced of the diet's benefits because of how she felt — after the initial shock of not eating sugary snacks or meat in her entrees.

"The longer I was into the cleanse," Suchy said, "the more it felt right, and I was able to stick with it without feeling deprived or that I was missing anything." ▣

Gut check

THE TRUTH ABOUT COLON CLEANSING

By Dr. Jay Ladenheim

Walk down the vitamin and health food aisle at your local pharmacy or grocery store lately, and it's likely that you'll see herbs, probiotics, special diets, enemas and laxatives promising to "cleanse" the colon of toxic waste matter. Consumers can even go into specialty holistic spas and clinics for colonic irrigation or hydrotherapy, where any debris in the colon is "flushed out." Proponents believe colon cleansing provides health benefits by removing toxins from their bodies, and boosting their energy and their immune systems.

Q: Are these products and techniques safe, and are they even necessary? Is there benefit to colon cleansing?

A: Almost universally, medical experts agree that there is no role for "colon cleansing." The colon doesn't require enemas or special diets or pills to eliminate waste material and bacteria. It knows how to do its job the way nature intended. In fact, trying to cleanse your colon can be harmful. The practice of "cleansing" can lead to colonic irritation, electrolyte imbalances, dehydration, kidney dysfunction and, rarely, heart problems.

Your colon "cleanses" itself on its own. Although doctors may recommend colon cleansing in preparation for a medical examination of the colon, the fact is that the colon is a waste receptacle. Its function is to absorb water and to let fecal material pass out of the body naturally.

Occasional use of over-the-counter laxatives for intermittent constipation is probably safe. However, a better choice is to follow a healthy lifestyle and take fiber supplements such as psyllium (i.e., Metamucil), which can be used on a daily basis.

In addition, the U.S. Food and Drug Administration

does not regulate colonics and other colon-cleansing products, and as a result, manufacturers can make health claims that aren't true. Be safe and avoid all of these products.

Q: What about probiotics? Are they safe? Even my doctor recommended them.

A: Your body contains billions of bacteria and other microorganisms. Probiotics are similar to the "good" bacteria found naturally in your body, and can be found in dietary supplements or certain foods (including yogurt, miso, fermented and unfermented milk, and some juices and soy drinks).

As probiotics become increasingly popular, researchers are studying whether they can be taken as supplements or foods to help treat or prevent conditions including diarrhea, irritable bowel syndrome (IBS), vaginal yeast infections and urinary tract infections, among others. At the present time, scientific studies are inconclusive. Yet probiotics do appear to be safe, well tolerated and efficacious in some individuals. Stay tuned.

A: Is there a natural way to ensure that my digestive system is in good shape?

Q: Instead of cleaning your colon on your own, start by increasing your fiber intake by eating more fruits, vegetables and whole grains. Check labels for fiber content. It is important to increase the amount of fiber in your diet slowly to avoid intestinal upset. Consider a low-fat diet and limit consumption of red meat and processed foods. And remember to drink plenty of water and exercise regularly to support optimal digestive health. ■

Jay Ladenheim, M.D., is a gastroenterologist at the Mountain View Center of the Palo Alto Medical Foundation.

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REPLACE A TORN BOOT OR THE WHOLE JOINT?

The ribbed rubber cover that protects the drive axle joint is called a constant velocity (CV) boot. In the event that it were to tear, the joint would be exposed to dirt and moisture where only lubricating grease should be. CV joints, which are found in all front-wheel drive vehicles and many rear- and four-wheel-drive automobiles, transfer the torque from the drive shaft to steered wheels. They must also accommodate the up-and-down motions of the suspension. As you might imagine, it is far less costly and problematic to repair the torn boot that protects the joint than to replace the joint itself. A clicking or popping noise when turning is the one of the indications of CV joint problems.

At Larry's AutoWorks, we can inspect your car for issues with its CV joints. By taking the time to have your car regularly inspected by our expert technicians you can save yourself the hassle and money that a complete CV joint replacement would cause. We are located off 101 Freeway on Leghorn between San Antonio and Rengstorff in Mountain View. While quick stop oil changing facilities recommend an oil change every 3,000 miles, your car only needs its oil changed every 5,000-6,000 miles.

HINT: A CV boot easily lends itself to visual inspection while an automobile is on a lift.

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Goings On

MOUNTAIN VIEW VOICE

■ HIGHLIGHT

"GREY GARDENS"

This Tony Award-winning musical brings to life an eccentric tale of fallen American royalty. Tue.-Wed. at 7:30 p.m., Aug. 20-Sept. 14, Thu.-Sat. at 8 p.m., Sun. at 2 p.m. and 7 p.m. \$21-64. TheatreWorks at the Mountain View Center for the Performing Arts, 500 Castro St., Mountain View. theatreworks.org

ART GALLERIES

"Beauty & the Beast" Silverback gorillas, tattooed ladies, soaring birds and happy dogs are some of the subjects featured in this group exhibit at Gallery 9 through Aug. 24, Gallery 9, 143 Main St., Los Altos. www.gallery9losaltos.com

Vases and Candle holders ACGA members are presenting a ceramic show. Barbara Brown, Babak Daleki, Jan Schachter, Bill Geisinger, Kathleen Hendig, April Zilber, Mary Dorsch, Swanica Ligtenberg, Terry Parker, Ericka Clark. Through Aug. 30, 6-8 p.m. Free. Coupa Cosas, 536 Ramona St., Palo Alto. Call 650-322-0193.

AUDITIONS

Peninsula Women's Chorus Auditions The Peninsula Women's Chorus, an award-winning choir of 50 women performing classical and contemporary music, is holding auditions Aug. 18, 19 and 20 for experienced singers. Second altos are particularly encouraged to audition, but all voice parts are welcome. Appointments are required. www.pwchorus.org

CLASSES/WORKSHOPS

Foothill College Fall Registration Runs July 28-Sept. 21 Apply for admission, register for classes, review the class schedule, complete the registration process, pay enrollment fees and purchase textbooks and parking permit online. Foothill College, 12345 El Monte Road, Los Altos Hills. Call 650-949-7325. www.foothill.edu

Great Mountain Bike Rides in the San Francisco Bay Area An avid mountain biker since age 12, Bay Area native Skye Kraft will give a slide presentation on some of his favorite off-road rides featured in his new guidebook, "Mountain Bike! San Francisco and the Bay Area." Wed., Aug. 13, 7-8:30 p.m. Free. REI Mountain View, 2450 Charleston Road, Mountain View. Call 650-969-1938. www.rei.com/mountainview

Light Upon Light Workshop In this presentation, Dr. Andrew Vidich will discuss the lives of some of the great spiritual masters. Mon., Aug. 18, 7:30 p.m. Free. East West Bookstore, 324 Castro St., Mountain View. www.eastwest.com

Photo Play, One-day Art Workshop Use inkjet prints and other types of originals to transform photo images into entirely new works of art without using Photoshop. Learn ways to combine the computer with hands-on art to create images to use alone or as part of mixed media. For teens and adults. Sun., Aug. 10, 10 a.m.-1 p.m. \$95. Community School of Music and Arts at Finn Center, 230 San Antonio Circle, Mountain View. Call 650-917-6800 ext. 308. www.arts4all.org/artworkshops

CLUBS/MEETINGS

Leads Club - Leads to Success Chapter Founded in 1978, Leads Club is a referral-based marketing organization for small businesses. Wednesdays, 7:30-8:45 a.m. \$5. St. Timothy's Church, 2084 Grant Road, Mountain View. Call 408-768-6000. www.leadsclub.com

COMMUNITY EVENTS

Chefs Who Care Monthly Dine-Out Dinner buffet at Amarin Thai. Fifty percent of the ticket price is contributed to Community Services Agency's Food & Nutrition Center, which helps minimize food insecurity for over 3,000 people in our community each year. Aug. 18 and 19, 5:30-7:30 p.m. \$24 in advance/\$26 at the door. Amarin Thai Cuisine, 156 Castro St., Mountain View. Call 650-968-0836. www.CSAcares.org

Women in Business Luncheon "Financial Intimacy and the Family." Guest Speaker: Helga Hayse, author of "Don't Worry About a Thing Dear." How to make marital finances transparent and understandable, how to plan for the unexpected, in case the marriage ends. Tue., Aug. 12, 11:30 a.m. \$28 members; \$33 non-members. Michael's at Shoreline, 2690 Shoreline Blvd., Mountain View. Call 650-968-8378. www.chambermv.org

CONCERTS

David Rovics in Concert David Rovics performs in Peace and Justice concert, 8-10 p.m. Free. Main Hall, Unitarian Universalist Church, 505 East Charleston Road, Palo Alto. Call 650-326-8837. peaceandjustice.org

Music For A Hot Summer's Eve Flutists Ai Goldsmith and Kathryn Peisert are joined by pianist Miles Graber. Fri., Aug. 8, 7:30-9 p.m. Suggested donation \$15 general, \$10 student. Unitarian Universalist Church of Palo Alto, 505 East Charleston Road, Palo Alto. Call 415-321-0028. www.flutebayarea.com

Peninsula Symphonic Band Summer Concert Peninsula Symphonic Band summer concert featuring classical music from around the world. Selections include works by Tchaikovsky, Sibelius, Wagner and more. Conducted by Dr. Norbert Molder. Sun., Aug. 17, 3-5 p.m. Free. Spangenberg Theatre, 780 Arastradero Road, Palo Alto. Call 650-873-0671. www.geocities.com/amiyada/psg

DANCE

Ballroom Dancing Salsa will be taught Fri., Aug. 8, 8 p.m. Lessons for beginning and intermediate levels, no experience and no partner necessary. General dance party 9



THE JOE SHARINO BAND is a mix of pop, rock, Motown, funk, country, disco, R&B, jazz, Latin and swing from six decades. Thu., Aug. 14, 6:30-8 p.m. Free. Civic Center Plaza, Located outside City Hall on Civic Center Plaza, Mountain View. Call 650-903-6331. www.mountainview.gov

p.m.-midnight. Singles and couples welcome. Free refreshments. Dressy casual attire. \$8. Cubberley Community Center Pavilion, 4000 Middlefield Road, Palo Alto. Call 650-856-9930. www.readybyte.com/fridaynightdance

Line Dance Summer Camp For Adults Eight-part lunch-time series with Hedy McAdams features three skill levels: basics 11:30 a.m.-12:15 p.m.; intermediate 12:25-1:05 p.m.; advanced workshop 1:15-2 p.m. Take series, partial series or drop-in. Includes swing, c/w, Latin, ballroom, urban and zydeco traditions. Full description and regular information on Web site. Singles welcome. Wednesdays, through Aug. 20, See site for fee information. All Saints' Episcopal Church, 555 Waverley St., Palo Alto. Call 650-325-3371. www.DanceAdventures.com

Vintage Dance Party The Varsity Dance Club presents its monthly vintage dance party, with live music by Paul Price's Society Orchestra. Music from 1900 to 1935, suitable for dancing or just listening. Refreshments, dance lesson included. Plenty of free parking. \$5 discount with Student ID. Sun., Aug. 17, 4-6:30 p.m. \$15. St. Mark's Episcopal Center, 600 Colorado Ave., Palo Alto. www.paulpriceorchestra.com

EXHIBITS

Anna Knapp Fitz: Portrait of an Artist Paintings by Anna Knapp Fitz depict life in

Santa Clara County in the 1920s, working on her family's walnut ranch, her converted tank house home, scenes of downtown Los Altos and Mountain View, local businesses, early pioneers, and much more. Through Oct. 12, noon-4 p.m. Free. Los Altos History Museum, 51 South San Antonio Road, Los Altos. Call 650-948-9427. www.losaltoshistory.org

Moffett Field Historical Society Museum Museum displays memorabilia, artifacts, photos and aircraft models; tours of museum and view of the exterior of Hangar One. 10 a.m.-2 p.m. Wed.-Sat. Admission fee charged. Moffett Field Historical Society Museum, Building 126, Moffett Federal Airfield, off Highway 101, Mountain View.

Rengstorff House Arts Festival Mixed media fine-arts exhibition of works by local artists including juried works by the Arts in Action students through the Community School of Music and Arts. Open every Tuesday, Wednesday and Sunday 11 a.m.-5 p.m. Through Aug. 31, Free. Rengstorff House, 3070 N. Shoreline Blvd., Mountain View. www.r-house.org

Spared from the Storm: Masterworks from the New Orleans Museum of Art The New Orleans Museum of Art has gathered approximately 80 works of European and American art from the late-16th to the mid-20th century for this exhibition at the Cantor Arts Center. Featured artists include: Claude Monet, Pablo Picasso and Georgia

O'Keeffe. Through Oct. 5, 11 a.m.-5 p.m. Free. Cantor Arts Center, Lomita Drive and Museum Way, Stanford. <http://museum.stanford.edu>

Spoil Me Art Bash Cubism, realism, impressionism. The art of Tanya Momi on display and for sale. Champagne and hors d'oeuvres will be served. Sun., Aug. 17, 2-7:30 p.m. Spoil Me Spa and Salon, 2290 W. El Camino Real #2, Mountain View. Call 650-961-5262. tanyamomi.com

FAMILY AND KIDS

Dogs & Kids: Making Friends "Learn how to approach a dog, what to do if a dog charges, and learn to read dog. By learning to read a dog, we can learn when not to approach. Learning the dos and don'ts of human/dog etiquette will help promote child safety around dogs and prevent dog bites." Elephant says. Fri., Aug. 8, noon-1 p.m. Elephant Pharm Los Altos, 4470 El Camino Real (near San Antonio), Los Altos. Call 650-472-6800. www.elephantpharm.com/los-altos/info/classes-and-events

Kindermusik Demo Classes Sing, explore instruments, and move to music in a group class with your child ages 0 - 7. Babies 0 - 18 months at 10:30 a.m. Aug. 14; ages 18 months - 3 years at 10 or 11 a.m. Aug. 13; ages 3 - 5 years at 1:30 p.m. Aug. 13 or 9:30 a.m. Aug. 14; entering K/1 at 1:15 p.m. Aug. 14. No charge, but RSVP required. Free. Nelson home, 1404 Bonita Ave., Mountain View. Call 650-968-4733. <http://wendyofmv.kindermusik.net>

FILM

"Someone to Run With" A teen-aged girl suddenly disappears, becomes one of Jerusalem's "throw away" children and falls into the clutches of a Fagin-like character. A teen-aged boy is assigned to track her down to serve a citation. As he realizes that she is in danger, it becomes his mission to rescue her. Sun., Aug. 17, 7-9 p.m. \$8/\$7, in advance - \$10/\$9 at the door. Cubberley Community Theater, 4000 Middlefield Road, Palo Alto. Call 408-833-9226. www.svjff.org

HEALTH

Russian Kettlebell Class Purported to improve posture, strength and burn off fat. Beginners are welcome. Ongoing, 6-7 p.m. \$25. Stevenson Park, San Pierre Way and San Luis Ave., Mountain View. Call 650-814-9615. <http://www.workoutiq.com/bootcamp>

Sweet Dreams Lullaby Workshop Learn simple lullabies from different traditions and create a lullaby using an existing tune. Please bring a notebook, pen, and water. Wed., Aug. 13, 10-10:45 a.m. Elephant Pharm Los Altos, 4470 El Camino Real (near San Antonio), Los Altos. Call 650-472-6800. www.elephantpharm.com/los-altos/info/classes-and-events

The Bipolar Advantage Tom Wootton, one of the leading consumer advocates for the mentally ill and author of two books, "The Bipolar Advantage" and "The Depression Advantage," will be giving free local talks. Tue., Aug. 19, 6-7:30 p.m. Free. Mountain View Public Library, 585 Franklin St., Mountain View. Call 415-992-5315. www.bipolaradvantage.com

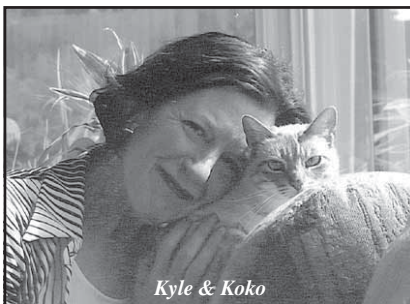
Women's Health Tips for handling PMS, menopause and weight loss. Sat., Aug. 9, 10-11 a.m. Free. Integrative Nutrition and Wellness Center, 277 Castro St., Mountain View.

LIVE MUSIC

Rengstorff House Arts Festival The Peninsula Banjo Band presents toe-tapping music in the gardens. Lawn seating. Sun., Aug. 10, 2-3 p.m. Free. Rengstorff House, 3070 N. Shoreline

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Rengstorff House Arts Festival Local jazz guru, Clint Baker and his ensemble perform in the gardens. Lawn seating. Sun., Aug. 17, 2-3 p.m. Free. Rengstorff House, 3070 N. Shoreline Blvd., Mountain View. www.r-house.org

ON STAGE

"Doubt, a Parable" John Patrick Shanley's Pulitzer Prize and Tony Award-winning play. Through Aug. 10, Tue.-Wed. at 7:30 p.m., Thu.-Sat. at 8 p.m., Sun at 2 p.m. and 7 p.m. \$21-64. TheatreWorks at the Lucie Stern Theatre, 1305 Middlefield Road, Palo Alto. theatreworks.org

"Grey Gardens" This Tony Award-winning musical brings to life an eccentric tale of fallen American royalty. Tue.-Wed. at 7:30 p.m., Aug. 20-Sept. 14, Thu.-Sat. at 8 p.m., Sun. at 2 p.m. and 7 p.m. \$21-64. TheatreWorks at the Mountain View Center for the Performing Arts, 500 Castro St., Mountain View. theatreworks.org

OUTDOORS

Docent-Led Hikes in Little Basin Hike the two-mile Tanbark Trail through mighty redwoods, peeling madrones, and primeval ferns. Explore the campground and trail before it becomes the newest addition to Big Basin Redwoods State Park. Sat., Aug. 9, 10 a.m.-12:30 p.m. \$6 parking fee. Sempervirens Fund, Drawer BE, Los Altos. Call 650-968-4509. www.sempervirens.org

RELIGION/SPIRITUALITY

Insight Meditation South Bay Shaila Catherine and guest teachers lead a weekly Insight Meditation sitting followed by a talk on Buddhist teachings every Tuesday, 7:30-9 p.m. Free. St. Timothy's Episcopal Church, 2094 Grant Road, Mountain View. Call 650-857-0904. www.imsb.org

SPECIAL EVENTS

Corporate Innovation and Research Fair SDForum applauds corporations in Silicon Valley. Global technology leaders: eBay, HP, Microsoft, Oracle, SAP and Sun will present learning lessons. Fri., Aug. 15, 8:30 a.m.-4 p.m. \$50 SDForum members., \$60 non-members, \$0 Platinum Pass Computer History Museum, 1401 N Shoreline Blvd., Mountain View. http://www.sdforum.org/research08

Mountain View High School 50th Class Reunion Looking for graduates of the 1958 Mountain View High School for a reunion. Fri., Oct. 3, Mountain View Hilton Garden Inn, 840 E. El Camino Real, Mountain View. Call 408-732-3092.

TALKS/AUTHORS

Adrienne Barbeau Meet film, television and Broadway personality Adrienne Barbeau, who has teamed up with NY Times bestselling author Michael Scott to deliver, "Vampires of Hollywood." 3-5 p.m. Free. Books Inc., 301 Castro St., Mountain View. Call 650-428-1234. http://www.booksinc.net/NASApp/store/Index.jsp?s=storeevents&eventId=377964

Author Sadia Shepard at Books Inc. in Mountain View Sadia Shepard will discuss her memoir, "The Girl from Foreign," a young Muslim-Christian woman travels to an insular Jewish community in India to unlock her family's secret history. Tue., Aug. 12, 7:30-9 p.m. Free. Books Inc, in Mountain View, 301 Castro St., Mountain View. Call 650-428-1234. http://www.booksinc.net

Technology and Society Committee Luncheon Forum Joseph Bochner, a Menlo Park-based real estate attorney, describes his four-year experience understanding, investigating and pursuing the perpetrators behind a malware (malicious software) scam. "Ghosts in the Browser: a Personal Account of Internet Crime," will be

held on Tue., Aug.12, 11:45 a.m.-1 p.m. Lunch is \$11, \$12 for non-members. Hangen Szechuan restaurant, 134 Castro St., Mountain View. Call 650-969-7215. http://tian.greens.org/TASC.shtml

VOLUNTEERS

37th Annual Mountain View Art & Wine Festival Volunteers needed for the 37th Annual Chamber of Commerce Mountain View Art and Wine Festival. Sept. 6-7, 10 a.m.-6 p.m. Mountain View. Call 650-968-8378. chambervm.org

Become a Redwood Forest Docent Sempervirens Fund is actively seeking quality spokespeople and hike leaders. Training date is Aug. 16. Call, email or go online to learn more, and to sign up. 9 a.m.-4 p.m. Free. Sempervirens Fund, Drawer BE, Los Altos. Call 650-968-4509. www.sempervirens.org

Interpretive Tour Leaders Develop and lead outdoor nature walks, this spring and beyond. City of Mountain View, 3070 N. Shoreline, Mountain View. Call 650-903-6073. http://www.ci.mountainview.ca.us/

Peace Corps Presentation Hear about the opportunity of being a Peace Corps volunteer. Mon., Aug. 11, 7-8:30 p.m. Free. Mitchell Park Center, 3800 Middlefield Road, Palo Alto. Call 510-452-8452. www.peacecorps.gov

Volunteer Rangers Shoreline at Mountain View seeks volunteer rangers to educate the public and assist visitors at the 750-acre wildlife/recreation area and nearby Stevens Creek Trail. Flexible scheduling for gatehouse, bicycle and/or foot patrol positions. City of Mountain View, 3070 N. Shoreline, Mountain View. Call 650-903-6073. http://www.ci.mountainview.ca.us/

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GREY GARDENS

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Music by **Scott Frankel** Lyrics by **Michael Korie**

Based on the film *Grey Gardens* by David Maysles, Albert Maysles, Ellen Hovde, Muffie Meyer, and Susan Froemke

Directed by **Kent Nicholson**

FIRST POST-BROADWAY PRODUCTION

Outer Critics Circle Award Best Off-Broadway Musical 2006

Nominated for ten Tony Awards, this hilarious but heartbreaking Broadway hit chronicles the fall of American royalty: Jacqueline Kennedy's notorious relatives, Edith and Edie Bouvier Beale. Pulitzer Prize-winning playwright Doug Wright chronicles their journey from giddy fortune in the '40s to seclusion in the '70s, a bittersweet saga of roads not taken and dreams left unfulfilled.

August 20–September 14

Mountain View Center for the Performing Arts

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BETH GLOVER / PHOTO DAVID ALLEN



Former NAS Moffett Field Hangar 1 Public Meeting

You're invited to attend the Hangar 1 Public Meeting!

Join us and provide your comments on the former Naval Air Station Moffett Field Hangar 1 Engineering Evaluation/Cost Analysis (EE/CA). Your oral comments will be recorded by a court recorder for the official record. Written comments also will be accepted at this meeting.

The EE/CA was made available to the public on July 30, 2008 and the Navy is accepting public comments on the EE/CA for a 45-day comment period, ending on September 13, 2008. The EE/CA and the preferred removal action alternative (Alternative 10 – Remove Siding and Coat Exposed Surfaces) will be reviewed at this meeting. After review and consideration of all public input, a decision will be made on the removal action.

Date: August 26, 2008
Time: 7:00 to 9:00 p.m.
Where: American Legion Post 564
2120 Walsh Avenue
Santa Clara, CA 95050

During the public meeting, you will have the opportunity to provide formal comments for the record on the EE/CA.

For more information about the Moffett Field Environmental Cleanup Program, please contact:

Mr. Darren Newton, BRAC Environmental Coordinator
Navy BRAC Program Management Office West
1455 Frazee Road, Suite 900
San Diego, CA 92108-4310
(619) 532-0963 or darren.newton@navy.mil

Ms. Melanie Ault
Navy BRAC Program Management Office West
(619) 532-0798 or melanie.ault@navy.mil

If you are unable to attend this meeting and would like to make public comments on the EE/CA, please address your comments in writing to Mr. Newton via mail or e-mail at the address provided above. All comments must be postmarked during the public comment period, from July 30, 2008 to September 13, 2008.

The EE/CA is available for review at the information repository located at the Mountain View City Library, 585 Franklin Street, Mountain View, CA 94041. For an electronic copy of the EE/CA, please visit: www.bracpmo.navy.mil or by contacting Mr. Newton.

We look forward to seeing you there!

MOUNTAIN VIEW VOICE Class Guide

Make the most of autumn by taking a class in something you've always wanted to learn. It's never too late to pick up a paintbrush or learn to say "hello" in a foreign language. Try yoga or put on some tap shoes. All the classes listed below are local, so go for it!

ACADEMIC ACHIEVEMENT

Emerson School
2800 W. Bayshore Road, Palo Alto
650-424-1267 • 650-856-2778
www.headsup.org • tbootz@headsup.org
Emerson School, a private, non-sectarian program for grades 1-8, operates on a year-round full-day schedule providing superior academic preparation, international courses (Chinese, Spanish) and individualized Montessori curriculum. Open to outside students, a three-week summer writing program in July includes expository writing, creative writing, and presentation techniques. Visit Web site for details.

Learning Strategies
650-747-9651
www.creative-learning-strategies.com
victoriaskinner@creative-learning-strategies.com
A highly qualified Learning Strategies tutor will come to the home, work around vacation schedules and set up individual learning programs curtailed to the student's needs.

Palo Alto Adult School
50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515
www.paadultschool.org
Hands-on computer, language, test preparation, writing, investment and certificate courses available starting at \$19. Hundreds of online classes are offered by the Palo Alto Adult School in conjunction with Education to Go.

Randall Millen Registry
921 Colorado Ave., Palo Alto
856-1419
Individual private tutoring in Midtown Palo Alto home for grades 7-12, college and adults. Subjects include English grammar and composition, English as a second language (ESL), French, Latin, mathematics, history and social studies, and humanities in general. Also: test preparation for all standardized tests (including S.A.T.), and manuscript writing and editing. Stanford graduate with 40 years of experience as a tutor. Fees from \$18 per hour.

QWERTY Education Services
1050 Chestnut St., #201, Menlo Park
650-326-8484 • 650-326-8030
www.qwertyed.com

info@qwertyed.com
Tutoring, educational evaluation, and summer programs. Professional tutoring for K-12 and college. May include homework support or remedial/enrichment learning. Organization of writing, systematic revision, keyboarding, reading skills, math procedures and problem-solving, and organization, motivation and study skills. Contact Mark Carey, educational director, for a no-cost phone consultation.

BUSINESS & TECHNOLOGY

Mountain View-Los Altos Adult School
333 Moffett Blvd., Mountain View
940-1333 • www.mvlae.net
The MV-LA Adult School has a long history and commitment to adult education. Offering: Meet the PC, intro to Windows XP, sending-receiving e-mail, slide-show photo organizer, MS Excel, eBay sales and surfing, resume writing, grant writing and master the interview.

Randall Millen Registry
921 Colorado Ave., Palo Alto
856-1419
Individual private tutoring in Midtown Palo Alto home for grades 7-12, college and adults. Subjects include English grammar and composition, English as a second language (ESL), French, Latin, mathematics, history and social studies, and humanities in general. Also: test preparation for all standardized tests (including S.A.T.), and manu-

script writing and editing. Stanford graduate with 40 years of experience as a tutor. Fees from \$18 per hour.

Web Site Designs
408-243-6473
www.richardhellyer.com
richardhellyer@gmail.com
Richard Hellyer is an experienced professional marketing consultant who tutors individuals in graphic design and Web site implementation.

DANCE

Brazilian Dance
Lucie Stern Community Center Ballroom
1305 Middlefield Road, Palo Alto
650-463-4940
www.cityofpaloalto.org/enjoy
Brazilian dance for ages 16-99 with Anita Lusebrink. Tuesdays, 6:30-7:30 p.m. Thirteen-week session for \$130. Drop-in cards available.

Dance Connection
4000 Middlefield Road, L-5, Palo Alto
322-7032
www.danceconnectionpaloalto.com
cindy@danceconnectionpaloalto.com
Dance Connection offers graded classes for ages 3 to adult with a variety of programs to meet every dancer's needs. Ballet, jazz, tap, hip hop, boys program, lyrical, Pilates and combination classes are available for beginning to advanced levels. Find information and download registration from the Web site.

DanceVisions
4000 Middlefield Road, L3 Palo Alto
650-858-2005
www.dancevisions.org
info@danceaction.org
DanceVisions, a unique nonprofit community dance center, offers classes from age 3 to adult. Classes range from modern to hip hop, lyrical, pilates, jazz, ballet, and contact improvisation, as well as providing a performance showcase. Check Web site for details about classes and schedules.

Friday Morning Classic Line Dance With Hedy McAdams Cubberley Auditorium
4000 Middlefield Road, Palo Alto
650-463-4900 • 650-321-5612
www.DanceAdventures.com
Hedy01@MediationPaloAlto.com
Classic line dances. Ten-part series features three skill levels (sections): Basics/beginning 10-10:45 a.m., easy/intermediate 10:55-11:40 a.m., intermediate/advanced 11:50-12:35 p.m. Make new friends while you energize mind, body & spirit. \$82 residents/\$94 nonresidents, per section; \$123 residents/\$141 nonresidents for two sections. Drop-ins: \$12/section. For active adults of all ages, no partners necessary.

Int/Adv Social Dance for Couples - Part 1
All Saints' Episcopal Church
555 Waverley St., Palo Alto
650-325-3371
www.DanceAdventures.com
Hedy01@MediationPaloAlto.com
Semi-private couples dance instruction with Hedy McAdams and Rick Evenskaas for experienced couples dancers who want to

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build memory skills, resilience, technique and composure on the dance floor. Tuesdays, 9:05-9:50 p.m. \$15 per class, with required commitment to three classes. Offered are two three-part series: Part 1: Sept. 16-30.

Int./Adv. Social Dance for Couples - Part 2
All Saints' Episcopal Church
555 Waverley St., Palo Alto
650-325-3371

www.DanceAdventures.com
Hedy01@MediationPaloAlto.com
 Semi-private couples dance instruction with Hedy McAdams and Rick Evenskaas for experienced couples dancers who want to build memory skills, resilience, technique and composure on the dance floor. Tuesdays, 9:05-9:50 p.m. Minimum two, maximum eight students. \$15 per class, with required commitment to three classes. Part 2: Nov. 4-18.

Tuesday Evening LineDancePlus With Hedy McAdams All Saints' Episcopal Church
555 Waverley St., Palo Alto
650-325-3371

www.DanceAdventures.com
hedy01@MediationPaloAlto.com
 Classic and contemporary line dance with Hedy McAdams features beginning and intermediate sections, with half of class for open-dancing and practice. Beginning line dance includes some basic couples frame and rhythm, by class request. Basics/beginning 7:05-7:50 p.m., intermediate line dance, 8:20-9:05 p.m., Open dancing 7:50-8:20 p.m. No partners necessary. Drop-In: \$10/one section, /\$15/both sections, or register for nine-part series: \$99/sec, \$170 both sections. Sept. 16-Nov. 18.

International School of the Peninsula
151 Laura Lane, Palo Alto
251-8519 • www.istp.org
beatricebergemont@istp.org
 After-school programs for preschool, elementary and middle-school students. Classes include:

French cooking, Asian cooking, chess, science, robotics, Chinese dance, art & craft, watercolor, gymnastics, soccer and multi-sports. For a complete list of classes available visit www.istp.org.

L'Ecole de Danse
Cubberley Community Center,
4000 Middlefield Road, Palo Alto
365-4596

www.lecolededanse.net
 L'ecole De Danse (School of Ballet) -- Vaganova and Cecchetti styles. Creative dance, pre-ballet and full curriculum for all levels starting at age 5. Adult classes include beginning, intermediate and advanced. Please call for more information.

Mountain View-Los Altos Adult School
333 Moffett Blvd., Mountain View
940-1333 • www.mvlae.net

The MV-LA Adult School has a long history and commitment to adult education. Be fit. Offering: Ballet, belly dance, ballroom, Hula and salsa dance.

Sequoia Adult School
Little House Community Center
Menlo Park • 306-8866

www.adultschool.seq.org
nashwa@nashwabellydance.com
 Belly dance classes in Palo Alto and Menlo Park. Community sponsored means only approx. \$8 per class. Palo Alto Adult School/Sequoia Adult School. Mondays in Menlo Park in studio at Little House Community Center. Tuesdays in mirrored, well-floored Palo Alto High School dance studio. All welcome. Have fun at any weight or age learning the art of Middle-Eastern belly dance. Develop grace, gain strength, burn calories and laugh.

Zohar Dance Company
4000 Middlefield Road, L4, Palo Alto
494-8221 • www.zohardance.org
zohardance@aol.com

Zohar Dance Studio offers ongoing classes for adults in jazz, ballet, and modern dance. Learn from professional faculty: Ehud Krauss, Kristine

Elliott, Marny Trounson and Lisa Burnett. Current schedule and events can be found on Web site.

HANDICRAFTS

Custom Handweavers
2267 Old Middlefield Way, Mountain View
967-0831

www.customhandweavers.com
webemit@sbcglobal.net
 Ongoing classes in weaving, spinning, and knitting for beginner and intermediate students. Day and evening sessions. Explore the ancient art of Temari, a Japanese folk art, or learn to weave the Navajo Way. Enhance your lifestyle with an art form almost forgotten. Visit the studio and watch the students work. Call for more information, e-mail or visit the Web site.

Mountain View-Los Altos Adult School
333 Moffett Blvd., Mountain View
940-1333 • www.mvlae.net

The MV-LA Adult School has a long history and commitment to adult education. Offering: Beading, drawing, ceramics, Japanese flower arranging (Ikebana), knitting and crochet, needle arts, painting (watercolor, oil, acrylic). Older-adult classes (55+, \$18).

Palo Alto Adult School
Palo Alto • 329-3752

www.paadultschool.org
uniquesewyourown@sbcglobal.net
 Learn how to makeover clothes with simple alterations and by adding detail to retail at JLS Middle School, 480 E. Meadow Drive, Palo Alto. Learn basics of hemming, sewing on buttons, adjusting side seams and many easy-sew ideas for customizing clothing.

Sequoia District Adult School
3247 Middlefield Road, Menlo Park
306-8866

www.adultschool.seq.org
uniquesewyourown@sbcglobal.net
 Clothes making: Kimono robe class introduces

beginners to the basics of sewing and making clothes. Please bring your own sewing machine.

HEALTH & FITNESS

AlaVie Fitness
777 Embarcadero Road, Palo Alto
415-567-7411

www.alaviefitness.com
info@alaviefitness.com
 Join PowerVie Boot Camp and give your body a fabulous spring cleaning. As AlaVie Fitness's signature program, PowerVie is different from other military-style boot camps. Visit www.alaviefitness.com or call for more information and to register.

AlaVie Fitness
1100 Kings Mountain Road, Woodside
415-567-7411

www.alaviefitness.com
info@alaviefitness.com
 Designed to support you on your path to total wellness, AlaVie is hosting this one-day retreat in Woodside to give you the tools to incorporate fitness and nutrition into your daily routine. Event takes place on Sat., Aug 16, at Huddart Park from 9 a.m.-4 p.m. More info: http://alaviefitness.com/weekend_retreats.php.

Andre's Boot Camp (ABC)
Stanford • 724-9872

www.andrestraining.com
andre@andrestraining.com
 No two sessions are the same but every session will offer either circuit training or interval training. ABC is designed for those who enjoy multi-sport activities. A variety of athletic "toys" are used to make the classes both fun and challenging. Call, e-mail or visit the Web site for more information.

Betty Wright Swim Center
@ Abilities United
3864 Middlefield Road, Palo Alto
494-1480 • www.abilitiesunited.org/
swim@c-a-r.org

Improve your health and wellness through aquatic exercise and therapy in the fully accessible, public, warm-water (92 degree), in-door pool. Classes include aqua aerobics, aqua arthritis, back basics, body conditioning, Aichi yoga and prenatal. Physical therapy, personal training, Watsu and land massage by appointment. Group and private swim lessons. Hours: Monday-Thursday, 6:30 a.m.-7:30 p.m.; Friday, 6:30 a.m.-7 p.m.; Saturday, 9 a.m.-noon.

California Yoga Center (Palo Alto)
541 Cowper St., Palo Alto
947-9642

www.californiayoga.com
info@californiayoga.com
 The California Yoga Center offers classes for beginning to advanced students. With studios in Mountain View and Palo Alto, classes emphasize individual attention and cultivate strength, flexibility and relaxation. Ongoing yoga classes are scheduled every day and include special classes such as prenatal, back care and pranayama. Weekend workshops explore a variety of yoga-related topics.

California Yoga Center (Mountain View)
570 Showers Drive, Ste. 5
Mountain View • 947-9642

www.californiayoga.com
info@californiayoga.com
 The California Yoga Center offers classes for beginning to advanced students. With studios in Mountain View and Palo Alto, classes emphasize individual attention and cultivate strength, flexibility and relaxation. Ongoing yoga classes are scheduled every day and include special classes such as prenatal, back care and pranayama. Weekend workshops explore a variety of yoga-related topics.

Darshana Yoga
654 High St., Palo Alto
325-YOGA

► Continued on next page

An Invitation to Middle School Families...



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- learn from KJHS students about our growing community

Sunday
October 26, 2008
 2 to 4 p.m.

Thursday
November 20, 2008
 7:30 to 9:30 p.m.

Sunday
January 11, 2009
 2 to 4 p.m.



TRANSPERSONAL COUNSELING CENTER

1069 EAST MEADOW CIRCLE PALO ALTO, CA 94303
650.493.5006 • WWW.ITP.EDU/RESOURCES/COUNSELCTR.CFM

The transpersonal approach emphasizes awareness and integration of body, mind, and spirit as a way of maximizing human potential, creativity, and fulfillment. We carefully match each client with a therapist best suited to that particular client's needs.

We provide services to adults and couples as well as families and children, and offer a variety of treatment modalities.

We are located off San Antonio Road in Palo Alto and offer both daytime and evening hours.

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650-493-5006, EXT. 224. FOR MORE INFO PLEASE VISIT OUR WEBSITE:
[HTTP://WWW.ITP.EDU/RESOURCES/COUNSELINGSERVICES.CFM](http://www.itp.edu/resources/counselingservices.cfm)



ClassGuide

► Continued from previous page

www.darshanayoga.com
info@darshanayoga.com

Fresh and inspiring yoga classes in Palo Alto. A blend of alignment and flow. Great teachers, beautiful studio. Director Catherine De Los Santos has taught yoga in Palo Alto more than 25 years.

Elite Musketeer Fencer's Club
160B Constitution Drive
Menlo Park

353-0717 • 408 317 0480
www.emfc.net
valerie@emfc.net

Fencing programs for kids and adults, recreational and competitive. Summer camps, birthday parties, private lessons and group classes.

Five Branches Institute
Santa Cruz

877-838-6789
www.fivebranches.edu

Five Branches Institute offers master's degree program courses in traditional Chinese medicine: herbology, acupuncture, etc. Located in Santa Cruz and San Jose. Tuition is around \$8,000 per year.

Jazzercise at Little House Activity Center
800 Middle Ave., Menlo Park
650-703-1263

www.jazzercise.com
meredithstapp@hotmail.com

Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level. Classes are ongoing. Come directly to class to register. Mon., Tue. 6 p.m., Thu. at 5:40 p.m. and Sat. mornings at 8:30 a.m.

Mountain View-Los Altos Adult School
333 Moffett Blvd., Mountain View
940-1333

www.mvlaae.net

The MV-LA Adult School has a long history and commitment to adult education. Be fit. Offering: Belly dance, exercise for the older adult, Feldenkrais, hiking, hula, mat Pilates, Qigong, stability ball, stretch and flex, Tai Chi and yoga. Older-adult classes (55+, \$18).

Private Yoga Instruction by Eyesha
650-224-0150

Sivananda-certified yoga instructor with extensive experience in both private and group class settings. First class is free. Subsequent classes are \$50/ hour.

Palo Alto Adult School
50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515

www.paadultschool.org

Hike for Fitness or empower yourself with Tai-Chi. Join Jeanette Cosgrove's Pilates class. Bring balance back to your life with Yoga. Our fitness classes start at \$48.

Studio Kicks
796A San Antonio Road, Palo Alto
855-9868

www.studiokickspaloalto.com
info@studiokickspaloalto.com

Studio Kicks is a family fitness center offering high-energy cardio kickboxing classes and fun martial-arts training for kids 2 and up. Taught by owner/instructor Richard Branden, six-time world champion and original stunt cast member for the "Power Rangers." Get the whole family healthy and fit. Stop by for a free class.

Taijiquan Tutelage of Palo Alto
3790 El Camino Real #185, Palo Alto
327-9350

www.ttopa.com

Taijiquan Tutelage of Palo Alto. Established in 1973. Learn the classical Yang Chengfu style of Taijiquan (T'ai chi ch'uan). Beginning classes start monthly. Classes are held at the Cubberley Community Center.

Workout IQ
278 Hope St., Ste. C, Mountain View
814-9615 • 962-9793

www.workoutiq.com
info@workoutiq.com

Posture 101. Learn about why posture is important, why you should care about your posture and most importantly learn how to improve and change your posture. Cost: \$275 for a six-week class. Space is limited.

Workout IQ
278 Hope St., Ste. C, Mountain View
814-9615 • 962-9793

www.workoutiq.com
info@workoutiq.com

Workout IQ Boot Camp. Small group fitness training where everyone gets a custom workout. Learn Russian kettlebells, improve posture, lose inches, make friends. Cost: \$195 per month.

Yoga at All Saints' Episcopal Church
555 Waverley St., Palo Alto
322-4528

www.asaints.org

Kundalini-style yoga, combining asana (physical poses), breathing exercises and meditation. Practice is best done on an empty stomach. Please bring a mat and blanket and wear comfortable, easy-to-move-in clothes. If floor work is difficult, exercises can be modified to be done in a chair. All ages. No registration necessary. Every Saturday, 8-9 a.m., in the Parish Hall. \$5/person.

LANGUAGE

German Language Class
Embarcadero Road at El Camino Real



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650.494.8200 ext. 104 admissions@hausner.com

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ClassGuide

Palo Alto High School
Room 406 • Palo Alto
650-329-3752 • 650-329-8515
adultschool@pausd.org

Willkommen (welcome)! Learn to speak, read and write German, with an emphasis on conversation. Basic grammar and Germanic culture are also covered. The instructor, a college-credentialed teacher, lived and studied in Germany through Stanford, from where she later received a master's degree. Mondays, 7-9 p.m. Sept. 8-Nov. 10. \$108.

International School of the Peninsula (ISTP)

151 Laura Lane, Palo Alto
251-8519 • www.istp.org
beatricebergemont@istp.org

ISTP offers extensive adult language classes and children's after-school language classes. For preschool students, ISTP offers classes in Arabic, French, Mandarin Chinese and Spanish. For elementary and middle-school students, ISTP offers classes in Arabic, Farsi, French and Mandarin Chinese. For adults, ISTP offers separate classes for varying proficiency levels for each language: Arabic, English ESL, Farsi, French, German, Hindi, Italian, Japanese, Mandarin Chinese, Russian and Spanish.

Mountain View-Los Altos Adult School
333 Moffett Blvd., Mountain View
940-1333 • www.mvlaae.net

The MV-LA Adult School has a long history and commitment to adult education. Learn or practice a language. Offering: Chinese, English, French, Russian and Spanish. Older-adult classes (55+, \$18).

Palo Alto Adult School
50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515
www.paadultschool.org

Affordable, comprehensive language program begins this September. German, French, Italian, Spanish and Japanese classes are scheduled. Multi-week classes for \$115 or less. Call us if you are interested in Mandarin Chinese.

Palo Alto Chinese School
480 E. Meadow Drive, Palo Alto
650-391-4643
www.paloaltochineseschool.org
pacschinese@yahoo.com

Palo Alto Chinese School (PACS) offers Mandarin, CSL (Chinese as a Second Language) and Cantonese class to students 5 to 18 years old. Class held on Friday evenings at JLS middle school from 7 to 9 p.m. PACS also offers

two calligraphy classes: I, from 6 to 7 p.m. for ages 8 years and up, and II, from 7 to 9 p.m. for adults. Open enrollment on site from 6:45 to 8:45 p.m. on the following Fridays: May 9, 23 and 30.

MISCELLANEOUS

County of San Mateo RecycleWorks
555 County Center, 5th Floor
Redwood City
599-1498 • 361-8220
RecycleWorks.org

Become a certified master composter. Learn to compost and garden without the use of toxic chemicals and make 2008 a healthier year for you, your family and the environment. Classes are free to San Mateo County residents.

Elite Musketeer Fencer's Club
160B Constitution Drive, Menlo Park
353-0717 • 408 317 0480
www.emfc.net • valerie@emfc.net

Fencing programs for kids and adults, recreational and competitive. Summer camps, birthday parties, private lessons and group classes.

Little House Senior Activities Center
800 Middle Ave., Menlo Park
326-2025
www.peninsulavolunteers.org

tpuckett@peninsulavolunteers.org
 Computer workshops, health lectures, investments, travel, self-improvement, movies, opera previews, ballroom dancing and weekend trips for people over 50. Costs range from free to \$40. Register in person or by phone.

Palo Alto Adult School
50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515
www.paadultschool.org

Are you curious about birds you often see but have trouble identifying? Learn about "swimmers", "shorebirds", "perching birds" and "birds of prey." Sign up for one of our birding classes. Monday, Tuesday or Thursday classes (7-9 p.m.) with weekend field trips.

Studio Kicks
796A San Antonio Road, Palo Alto
855-9868
www.studiokickspaloalto.com
info@studiokickspaloalto.com

Studio Kicks is a family fitness center offering high-energy cardio kickboxing classes and fun martial-arts training for kids 2 and up. Taught by owner/instructor Richard Branden, six-time world champion and original stunt cast mem-

ber for the "Power Rangers." Get the whole family healthy and fit. Stop by for a free class.

MIND & SPIRIT

All Saints' Episcopal Church
555 Waverley St., Palo Alto
www.asaints.org/parishlife/activities/yoga.html

All Saints' Yoga: Kundalini style yoga combining asana (physical poses), breathing exercises and meditation. Practice is best done on an empty stomach or light-snack. Please bring a mat and blanket, and wear comfortable, easy-to-move-in clothes. If floor work is difficult, exercises can be modified to do in a chair.

Yoga at Unity Church
3391 Middlefield Road, Palo Alto
857-0919
andreaclenox@comcast.net

Modern and ancient yogic meditation and concentration techniques, powerful and therapeutic in their transformation and healing.

MUSIC & ART

Art For Well Beings
2800 West Bayshore Road, Palo Alto
650-776-8297 • 650-855-9067
artforwellbeings.org

► Continued on next page

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"Some of the most beguiling dialogue of the contemporary theater, as fresh, pungent and lyrical as the rural Irish landscapes."

—The New York Times

FAITH HEALER

starring Andrew Robinson, directed by Rush Rehm


Exquisitely written, deeply emotional, and occasionally uproarious, *Faith Healer* interweaves the stories of Frank Hardy, an itinerant miracle worker; his loyal wife Grace; and his manager Teddy as they recount their lives together on the road. A powerful and deeply moving account of love, and loss, *Faith Healer* is a tour de force for actors, delving into the fears and loyalties that surround the charismatic faith healer Frank Hardy.

Thursdays through Sundays,
 August 7 – August 17 at 8:00 PM
 with additional Sunday "pay what you like" matinees at 2:00 PM
 Pigott Theater, Memorial Hall
 Tickets: \$20 / \$15 / \$10
 available at the door or online



http://summertheater.stanford.edu

PHOTOGRAPH: BOBBY HANVEY




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1120 Miramonte Ave.
Mountain View, CA. 94040
650-967-1839 or www.sjmv.org

Now Accepting Applications for the 2008/2009 School Year

ClassGuide

► Continued from previous page

me@judyg.com

Art for Well Beings (AFWB) offers art classes especially welcoming people with special needs. AFWB is open to the public. Drop-in or 6-8 week sessions are available. All materials provided. Please call to register or visit Web site for more information.

Art with Emily

402 El Verano Ave., Palo Alto
856-9571

www.artwithemily.com
info@ArtWithEmily.com

Emily Young teaches mixed-media, multicultural art lessons for children at her fully equipped studio in Palo Alto. Individual lessons or small group classes available.

Children's Music Workshops

P.O. Box 60756, Palo Alto
306-0332

Kids music classes and private lessons for guitar, piano and voice. Locations in Palo Alto and Mountain View. Music for special-needs children too.

Chinese Brush Painting

Palo Alto • 948-1503

Chinese brush painting with master calligrapher and painter Anna Wu Weakland. Class meets eight Tuesdays, 2:30-4:30 p.m. Classes held at the Cubberley Studio in Palo Alto. Learn to paint with minimum strokes and

achieve maximum results. The techniques of all the popular subject matters will be taught. Beginners and advanced students welcome.

Community School of Music and Arts at Finn Center

230 San Antonio Circle, Mountain View
917-6800 • 917-6813

www.arts4all.org • info@arts4all.org

The Community School of Music and Arts (CSMA) offers classes year-round in Music, Visual & Digital Arts for ages 18 mos. to adult! Vacation & summer camps, one- and two-day arts workshops offered throughout the year. Private music lessons offered, taught by international faculty. Financial assistance available. Visit www.arts4all.org for more information.

International School of the Peninsula (ISTP)

151 Laura Lane, Palo Alto

251-8519 • www.istp.org

beatricebergemont@istp.org

Join ISTP for after-school programs for pre-school, elementary and middle-school students. Classes include French cooking, Asian cooking, chess, science, robotics, Chinese dance, art and craft, watercolor, gymnastics, soccer and multi-sports. For a complete list of classes, visit the Web site.

Kindermusik with Wendy

Mountain View • 968-4733

www.kindermusik.com

wendymusikmom@aol.com

Group music classes for children ages birth to 7 and their caregivers. All classes include singing, instrument play, movement, musical games, and home materials, and aim to develop the whole child through music. Five levels of classes as well as a multi-age class. Cost per class session ranges from \$100 to \$225 depending on class and session length (8-15 weeks per session).

Midpeninsula Community Media Center

900 San Antonio Road, Palo Alto
494-8686

www.communitymediacenter.net

The Media Center offers classes every month in a wide range of media arts, including publishing media on the Web, pod casting, digital editing, field production, TV studio production, Photo-shop for photographers, citizen journalism, and autobiographical digital stories. One-on-one tutoring is also available. Biweekly free orientation sessions and tours. Web site has specific dates, fees, and scholarship information.

Mountain View-Los Altos Adult School

333 Moffett Blvd., Mountain View
940-1333 • www.mvlaae.net

The MV-LA Adult School has a long history and commitment to adult education. Improve your skills. Offering: Beading, ceramics, chorus, digital photography, drawing, guitar, Ikebana, orchestra and painting (watercolor, oil, acrylic). Older-adult classes (55+, \$18).

New Mozart School of Music

305 N. California Ave., Palo Alto
650-324-2373

www.newmozartschool.com

info@newmozartschool.com

New Mozart provides private lessons on all instruments and excellent early childhood music classes for children 2-7 years of age.

Opus1 Music Studio

2800 W Bayshore Road, Palo Alto
408-821-5080

musicopus1.com

musicopus1@gmail.com

Opus1 Music Studio is offering private & group music lessons for all kinds of instruments to aged 1.5 and up. Beginners to advanced level.

Palo Alto Art Center

1313 Newell Road, Palo Alto
329-2366

www.cityofpaloalto.org/artcenter

lynn.stewart@cityofpaloalto.org

Classes and workshops for adults in ceramics, painting, drawing, jewelry, book arts, print-making, collage and more. Register online or stop by the Art Center for a class brochure.

Palo Alto Adult School

50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515

www.paadultschool.org

Broad range of art classes include watercolors, oil/acrylic painting and photography. Check out the new acoustic guitar and jazz classes offered this September. Experience the thrill of performance by signing up for symphonic band.

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10 - 11:30am

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ainan@stanfordalumni.org
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883 Ames Ave., Palo Alto
650-493-8046
www.villageheartbeat.com
zorina@villageheartbeat.com
Village Heartbeat drumming classes are designed to allow anyone to learn the basics of drumming in an hour and a half, regardless of previous musical experience.

Village Heartbeat

883 Ames Ave., Palo Alto
493-8046
zorina@villageheartbeat.com
Village Heartbeat is an organization dedicated to building and educating a rhythmic community. The organization facilitates classes in African drumming, dancing, and TaKeTiNa. Classes offer the opportunity to learn adapted traditional music of the African Diaspora, as well as modern trance grooves.

SCHOOLS

Community School of Music and Arts at Finn Center

230 San Antonio Circle, Mountain View
917-6800 • 917-6813
www.arts4all.org • info@arts4all.org
Arts for All! The Community School of Music and Arts (CSMA) offers classes year-round in Music, Visual & Digital Arts for ages 18 mos. to adult! Vacation and summer camps, one- and two-day arts workshops offered throughout the year. Private music lessons offered, taught by international faculty. Financial assistance available. Visit www.arts4all.org for more information.

Children's Pre-School Center (CPSC)

4000 Middlefield Road, Palo Alto
493-5770
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International School of the Peninsula

151 Laura Lane, Palo Alto
251-8504
www.istp.org • admissions@istp.org
Nursery-8th grade, co-education, dual language immersion day school specializing in French/English and Chinese/English (Mandarin) programs. Celebrating more than 25 years of providing academic bilingual excellence in Palo Alto. School accepts monolingual children for nursery, pre-kindergarten and kindergarten. No previous second language experience required. To learn more, visit the Web site.

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Mountain View-Los Altos Adult School

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Palo Alto Adult School

50 Embarcadero Road, Palo Alto
650-329-3752 • 650-329-8515
www.paadultschool.org
We offer an incredible list of diverse low-cost classes and talented instructors. Register for our popular arts and crafts, foreign language, cooking, woodworking, music, computer, home and garden or fitness classes. Interested in a new career? Enroll in our health care training classes. Comprehensive list of classes for "Lifelong Learners" (adults 55+). Registration begins Aug.13.

St. Joseph Catholic School

1120 Miramonte Ave., Mountain View
967-1839 • www.sjmv.org
St. Joseph Catholic School offers a comprehensive curriculum with an emphasis on religion, language arts, mathematics, social studies and science. In addition to the core curriculum, St. Joseph's also offers a fine arts program, com-

puter instruction and physical education.

Trinity School

2650 Sand Hill Road, Menlo Park
854-0288
www.trinity-mp.org
admission@trinity-mp.org
Early childhood through grade 5. Trinity School encourages preschool to grade 5 children from all backgrounds to love learning. Trinity fosters rigorous academics grounded in child-centered content. The legacy of a Trinity education is a curious mind and a discerning heart.

Woodland School

360 La Cuesta Drive, Portola Valley
854-9065
www.woodland-school.org
Preschool-8th grade. Woodland School's focus is a challenging academic program with a strong enrichment program of art, music, drama, computers, gymnastics and physical education. Science, math and technology are an

■ INFORMATION

The Class Guide is published quarterly in the Mountain View Voice. Descriptions of classes offered in Mountain View, Palo Alto, Menlo Park, Stanford, Atherton, Los Altos Hills, Portola Valley, East Palo Alto and beyond are provided. Listings are free and subject to editing. Due to space constraints, classes held in the above cities are given priority.

The winter Class Guide will publish on Dec. 3, 2008, with deadlines approximately two weeks prior.

To inquire about placing a listing in the Class Guide, e-mail Editorial Assistant Karla Kane at KKane@pawebweekly.com or call (650) 326-8210 ext. 236. To place a paid advertisement in the Class Guide, call our display advertising department at (650) 326-8210.

integral part of the 5th-8th grade experience. Extended Care is offered 7:30 a.m.-5:30 p.m. Please call for a brochure or to set up a tour.

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310 Easy St., Mountain View
903-0986 • www.ycis.com/sv



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www.girlsms.org



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133 Music Lessons

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Moms, Get Fit!

Problems with Food?

Scrabble-Bstn Mkt-Mon Evg-Free

Spiritual Talk and meditation

Summer art kids

140 Lost & Found

Lost grey bird w/ red cheeks

Lost Keys

Lost Yellow Lab
Lost Yellow Lab "Lucy" w/ blue collar
650-269-4125

Missing Cat

Runaway Cat!

145 Non-Profits Needs

League of Women Voters

150 Volunteers

Support Tropical Reforestation!

Adult Dialogue Docents

Aiding Science Teaching
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Science Education

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Stanford University Research

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152 Research Study Volunteers

Development of Vision Study

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210 Garage/Estate Sales

Atherton, 38 Maple Avenue, Sat Aug 9th 8:30 - 1:30

Atherton, 38 Maple Avenue, Sat, August 9 9 - 2
Multi Family Garage Sale

LA: 146 Mountain View Av. 8/8, 8/9, 8-5

Huge Sale. tools, housewares, collectibles, bb cards, hunt-fish, crafts, luggage, xmas decor, gun cab, wnt and glass Entertain. unit, dvd and vcd's, lift chair.

Menlo Park, 23 Bay Road, Aug.9, 9-3

Menlo Park, 716 Central Ave, August 16, 9 - Noon
Toys, clothes, books, furniture, household & kitchen items.

MV: 263 Escuela Av., 8/9, 8-5
Church yard sale in parking lot. Barbecue lunch. Furniture, clothes, great items. All proceeds go to non profit to benefit community.

PA: 110 Waverley, 8/9-10, 9-3
x-Hawthorne. R. Lauren and Coach furn. and McKenzie child's items. Antiques, artwork.

PA: 2975 Cowper St. 8/9, 10-5
Garage give away and sale. Furniture, computers and tv's

PA: 426 Lowell, 8/9, 9am
Back of driveway. Antiques, vintage items from parents' home. Furn., books, toys, games, clothes. No junk. x-Waverley.

Palo Alto, 1090 Harriet St, Aug 9, 8am-4pm
Garage Sale, No Early Birds

Palo Alto, 261 Iris Way, August 9, 8am-12pm
Saturday only. Moving sale with Furniture, toys, books, kitchen items, window coverings, kids clothing and MUCH MUCH MORE. No early birds.

Palo Alto, 3475 Tippawingo Street, Aug 9, 8-2
Tons of kids toys and clothes, housewares, electronics, and more. No early birds please.

Palo Alto, 690 Toyon Place, Aug. 9, 9-2

Palo Alto, Palo Alto High School Flea Market, 50 Embarcadero Rd, Aug. 9, 9 AM to 3 PM
Music Boosters Flea Market and Craft Faire is held on the second Saturday of each month. All proceeds go to the Palo Alto High School Music Department. For information, call (650) 324-3532.

215 Collectibles & Antiques

Diecast Scale Models

Japanese collectible toys

Stamp album - \$60

220 Computers/ Electronics

new HP 14 ink cartridge - \$ 5.

Cable modem - \$20.00

Dell Dimension 4550 - \$200

Home Theater Receiver - Yamaha - \$275 obo

netgear mobile adaptor - 5.00

Okidata Printers - \$25 each

Play station 2 - \$100.00

Sony floppy disk drive 3 1/2 " - \$15.00

230 Freebies

Gas Lawnmow Free - FREE

USED ELECTRONICS PILE - FREE

235 Wanted to Buy

Antique dolls

Wholesale handbag

240 Furnishings/ Household items

Computer Desk w/Hutch - \$65

Lazy Susan Thread Rack - \$40

Computer Stand - \$25

Desk - \$75

Estate Sale

Grandmother clock - \$900/best

Hardwood furniture

Kilim Oriental Rug - \$115

microwave oven - \$25.00 or

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REFRIGERATOR - \$200

Teak Stereo Cabinet - \$100

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Nanny/Preschool Experience

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stanford student w/ flexible hrs

Weekend babysitter

340 Child Care Wanted

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Los Altos Hills, 4 BR/3.5 BA - \$2,795,000

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20 acre ranches, near Booming El Paso Texas. Roads Surveyed. \$15,900, \$200 Down, \$159/month. Money Back Guarantee. Free Maps & Pictures. 1-800-343-9444. No Credit Checks!! (Cal-SCAN)

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35 Acres - Only \$36,900 or 35 Acres with Log Cabin Package - only \$74,900. Rocky Mountain Views, Bluffs and Canyons. Owner Financing! 1-877-399-9595. (Cal-SCAN)

Tennessee Mountains
1-2 Acre Homesites. Wooded Bluff-Lakeview. Starting at \$59,900. Guaranteed Financing! 1-866-550-5263. Ask About Mini Vacation 3 days 2 nights Travel Allowance. (Cal-SCAN)

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Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms. Call UTLR 1-888-693-5263. (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 and golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

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Public Notices

995 Fictitious Name Statement

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File No. 511626
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ERIK YBARRA
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500 CASTRO ST MOUNTAIN VIEW, CA 94041-2010
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1520 MONTEBELLO OAKS CT. \$3,495,000
Ideal cul-de-sac setting for this brand new custom designed home w/ exceptional attention to detail. Soaring ceilings, crown moldings, gorgeous stone & hwd floors. Sep. in-law quarters w/ living rm plumbed for kitchenette, laundry & sep entry. Game rm, wine cellar, sauna, theatre rm. Wonderful yd w/professional landscaping and rm for pool.



614 S. EL MONTE \$1,299,000
Wonderful deep lot to build your dream home or remodel the existing home of 3BR/2BA plus office. Convenient access to shopping and the Los Altos Village.

MENLO PARK

2 ZACHARY COURT \$2,695,000
Beautiful 2-story home with spacious floor plan including 6BR/4+BA, approx 4,267 sq.ft. of living space. Formal entry with high ceilings & circular staircase, living room w/fireplace, formal dining room, kitchen w/breakfast nook.

PALO ALTO



4331 CESANO CT \$1,398,000
Beautiful 3BR/2BA contemporary home in quiet cul-de-sac featuring newer decked backyard & pool. Recently remodeled kitchen & baths, family room, sep. dining room, master bedroom with walk-in closet. Newer A/C & heating.

LOS ALTOS HILLS

12100 OLD SNAKEY ROAD \$4,998,000
Newer custom built Mediterranean estate w/Old World details throughout. 5BR incl large master suite w/sep sitting rm, 5 bathrooms, library/office. Chef's gourmet kitchen & large breakfast nook opens to spacious family room.

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LOS ALTOS

1476 FAIRWAY DR. \$4,195,000
Newly constructed 5 BR home on approximately half AC flat lot. Beautiful gourmet kitchen, open family room, soaring ceilings, crown moldings, hardwood floors, office, 3 car garage.

▼ BY APPOINTMENT ONLY

PALO ALTO

BUILD YOUR DREAM HOME \$4,395,000
Private drive leads to wonderful secluded setting of approx. 1.3AC bordered by meandering creek. Lot has existing 2BR/2BA home + sep. cottage. Rare opportunity to build your dream estate.

LOS ALTOS HILLS

THE ULTIMATE SETTING \$4,795,000
Private estate with views of the bay & city lights from almost every room. Features include: 5BR/3.5BA, chef's gourmet kitchen which opens to spacious family room w/views, formal dining room, sep. step-down living room, indoor laundry room, exercise room, & wine storage.

PICTURESQUE \$4,295,000
Nestled on 1.35AC, this lovely residence features nearly 4,135sq.ft. of living space including 4+BR/3.5BA, living room w/high ceilings, step-up formal dining room, master bedroom suite w/FP, sep. office/den.

PARK-LIKE LOCATION \$2,395,000
Gorgeous lot! Preliminary plans available for European estate with approx. 11,000 SF plus a sep. guest house & 4-car garage. Lot may be purchased separately. MDA: 110,051 / MFA: 8,477

CREATE YOUR OWN PRIVATE ESTATE \$2,395,000
This ideal 1.18AC cul-de-sac lot is graced with luscious mature trees. The property offers privacy & tranquility. Sewer & water available at the property. PG&E & cable available near property line. MDA: 6,611 / MFA: 15,861.

LOS ALTOS

LOVELY LOCATION \$2,068,998
Desirable well-located home has 4BR/3BA, spacious living rm, bright family rm, formal dining rm, eat-in country kitchen, hwd flrs, double pane windows, sparkling pool & sun-swept patio perfect for entertaining.

SANTA CLARA

MOVE RIGHT IN \$849,000
Spacious & open floor plan in this 2,340 sq.ft. home. Great location in a quiet neighborhood. Features include hardwood floors, central A/C, new guest bath.

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126 Holly Court, Mountain View



OPEN SAT & SUN
1-4 p.m.

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- Approx. 1119 SF
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- New Designer Interior Paint Throughout
- New Carpets
- Upgraded Tile Floors in Powder Room and Kitchen
- Indoor Laundry Room with Sink and Cabinets
- Pergo Floor in Entryway
- Upgraded Light Fixtures
- Beautiful Balcony Overlooking Park
- Refrigerator, Washer and Dryer Included
- Premium location
- Light and Bright
- Rare 2 Levels of Living Space
- And Much More!

Offered at: \$669,000

162 Holly Court, Mountain View



OPEN SAT & SUN
1-4 p.m.

- 3 BR / 2.5 Baths
- Approx. 1,244 Sq. Ft.
- Granite Kitchen Counter Tops with Full Backsplash Including Island
- Hanging Rack in Kitchen for Pans
- Stainless Steel Kitchen Appliances
- Marble Fireplace
- Pergo Floors in Entryway, Powder Room, Living Room, Dining Room and Kitchen
- Family Room Wired for Surround Sound
- Custom Window Coverings Including Plantation Shutters Upstairs
- Upgraded Light Fixtures
- Wireless Thermostat Option
- Central A/C & Heating
- Closet Organizers in Master Bedroom & Guest Bedroom
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- Large Storage Area in Garage
- Refrigerator, Washer & Dryer Included

Offered at: \$679,000



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175 EVANDALE AVENUE, UNIT 2, MOUNTAIN VIEW



SOLD

Fantastic 2BD/2.5BA townhome with designer upgrades throughout close to Steven's Creek Trail and Devonshire Park.

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- Meticulously landscaped grounds & inviting backyard with hot tub
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- Great schools: Bubb Elementary, Graham Middle, & Mountain View High

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We're pleased to share the exciting news that Angelique Elmengard, one of the most successful Realtors® in Silicon Valley, has joined our fine team.

Prior to joining Coldwell Banker, Angelique was a top producer at Intero Real Estate Services and Campi Properties. Her background as a licensed contractor and vast experience in the local real estate marketplace enable her to provide her clients with trusted expertise and unsurpassed service. A Los Altos Hills native, she is an active member of the Chamber of Los Altos, Silicon Valley Association of Realtors and National Association of Realtors.

We are proud to welcome Angelique home. For expert representation of your real estate needs, contact Angelique today.

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650.793.3195
angelique@cbnorcal.com



RESIDENTIAL BROKERAGE

Royce... of Real Estate

1983 San Luis Ave. #17
Mountain View

Open Sat & Sun
1:30 to 4:30



Desirable 2 bedroom, 2.5 bath townhome with dual master suites
Open kitchen features porcelain tile flr, Euro cabinets & stainless steel sink
Dining room includes hardwood floors & door to backyard
Master suite boasts plush new carpet and door to spacious deck
Master bath with tile floor & shower/tub combo with enclosure
Attached 1 car garage w/ built-in storage plus 1 assigned parking space
Inside laundry hook-ups

Priced at: \$568,000

1474 Topar Avenue
Los Altos

Open Sunday
1:30 to 4:30



Rare opportunity in prime Country Club area
Remodeled 3 bd, 3 ba home on 19,800 sq ft lot
Eat-in kitchen showcases granite counters & skylights
Living room adorned with fireplace & soaring vaulted ceiling
Spacious & "park-like" backyard
Oversized 2 car garage

Priced at: \$2,088,000

421 Sierra Vista Ave. #5
Mountain View

Open Sat & Sun
1:30 to 4:00



Spacious 3 bd, 2.5 ba TH end unit
Updated kitchen w/ wood lam flr, granite counter, recessed & track lights & breakfast bar
Oversized living room boasts wood burning fp, vaulted ceiling, skylight, and french door to patio
Master suite includes wood burning fp, extra high ceiling, new carpet
Master bath w/ tile floor, skylight, dual vanity sinks & shwr/tub combo
2 car garage (1 attached; 1 detached)
Inside washer/dryer hook-ups

Priced at: \$718,000

2211 Latham St. #102
Mountain View

Shown by
Appointment



Desirable 3 bedroom, 2 bath condo end unit in secure building with underground parking
Oversized living room with plush carpet and door to large patio
Remodeled kitchen features granite slab counter and maple cabinets
Updated baths with granite counters
Complex includes swimming pool, spa and BBQ area
1,382 sq ft per Metroscan

Priced at: \$549,000

979 Pinto Palm Terrace #10
Sunnyvale

Open Saturday
1:30 to 4:30



Contemporary 2 bd, 2 ba townhome
Open room floor plan
Living room features fp w/ mantel & tile surround & entertainment center
Grand master suite with vaulted ceiling & cedar lined walk-in closet
Remodeled bath w/ tiled shower
Tiled private patio with extra storage
Attached garage with storage closet

Priced at: \$518,888

Royce Cablayan



#1 Coldwell Banker Agent in Santa Clara County for the last 8 years
&
The #1 Producing Agent in Mountain View for the last 10 years

Society of Excellence

rcablayan@cbnorcal.com
(650)917-4339



Steve Scheck

Steve (650) 947-2265
Assistant Manager
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Ric Parker

Realtor

650-917-4281 Direct
650-917-4236 Cell
rparker@cbnorcal.com
www.RicParker.com



20+ years experience

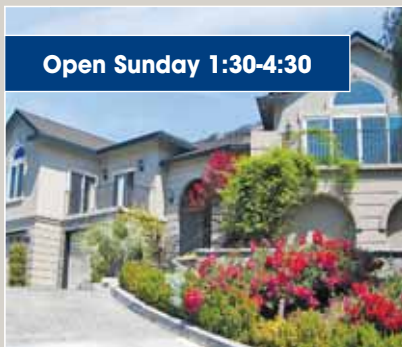
A
Commitment
to
Superior
Client
Service



1080 Nottingham Way, Los Altos

\$250k price reduction! Motivated seller!

Open Sunday 1:30-4:30



Spectacular 4bd/3.5ba 9 year old home with views. Outstanding touches such as cherrywood cabinetry, granite counters, hardwood flooring, 2 master suites, 3 car garage, black bottom pool and spa make this home a truly special find.

Offered at \$2,750,000

1755 Peacock Ave, Mountain View

Lot of clear and ready to build! Plans and permits in place. 6,038 sq. ft. lot with plans for a gorgeous mediterranean-style home with great room concept, lrg gourmet kitchen with island, ground fir bedroom & bath, spacious master suite with balcony, 2 car garage & much more! Owner/builder will build home as approved by the city for \$1,380,000.

Lot offered at \$838,000



Eppie & Jesun Lam

International President's Elite
650.245.7883
eppie.lam@cbnorcal.com
jesun.lam@cbnorcal.com
www.EppieLam.com



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Open Sunday

CAMPBELL

3BR | 2.5BA

630 W SUNNYOAKS

\$684,888

Almost new, hardwood floors, Gourmet kitchen w/gas & stainless steel appliances, gas fireplace. Fully landscaped yd. Separate laundry, approx 1620Sqft. **Marge Bosetti** 650.948.0456



CUPERTINO

3BR | 2BA

EXCELLENT LOCATION

\$899,880

Spacious w/vault ceilings, hardwood flrs in living & dining rooms, family room, 2 car attached garage, deck overlooks open space, end unit w/plenty of guest parking, near pool **Aileen LaBouff** 650.948.0456



CENTRAL SAN JOSE

2BR | 1BA

WONDERFULLY UPDATED

\$469,950

Recent paint with newer carpet. Spacious living room with fireplace & built-ins. Formal dining room has built-in hutch. Updated bath. Landscaped yard **The Levy Team** 650.941.7040



Open Sat/Sun

MOUNTAIN VIEW

3BR | 1BA

1758 CRANE STREET

\$898,000

Charming house in Blossom Valley neighborhood. Refinished hardwood floors, spacious yard with beautiful rose gardens. Walk to Cuesta Park & shopping. **Jo Buchanan & Stuart Bowen** 650.941.7040



Open Sunday

SUNNYVALE

3BR | 2.5BA

998 LA MESATE, UNIT G

\$724,900

Highly sought after Sunnyvale complex. Plus large bonus room. Tri-level. Remodeled kitchen and baths. 2 car garage. Over 2,000 sq ft. Don't miss it. **Gene Thornton** 650.325.6161



Open Sat/Sun

MOUNTAIN VIEW

2BR | 1BA

278 MONROE DR #17

\$477,888

Bright open floor plan featuring high ceilings & hardwood floors located in sunny Mountain View, bordering Palo Alto w/Los Altos School District **Greg Stange** 650.325.6161

◆ Denotes Open Homes – Homes Open Sunday 1:00-4:00 pm unless otherwise indicated

CAMPBELL
HEART OF DOWNTOWN \$799,000
3 BR 2.5 BA Light & airy Ainsley Square home. Hardwood floors, high ceilings, plantation shutters. Inside laundry. Two car garage. Close to shopping & Light Rail. **Sylvia Seufferlein** 650.941.7040

CARMEL
EXCEPTIONAL OPPORTUNITY \$3,250,000
For the patient investor willing to wait for a water allocation. Enjoy the future benefits of owning white water views. Lot size approx. 5,800 sq. ft. **Dora Thordarson** 650.941.7040

CUPERTINO
EXCELLENT SCHOOLS! \$1,299,000
4 BR 2.5 BA Exquisitely remodeled in 2004. Cupertino schools. Peaceful area. Double pane windows, hardwood floors & skylights. Newer cabinets & granite counters. **Debra Ahn** 650.941.7040
STYLISH & SPACIOUS \$1,128,888
3 BR 2 BA Cupertino. Hardwood floors. Living room w/ fireplace, cheerful sunroom. Dual pane windows. Newly painted exterior. **Alice Nuzzo** 650.941.7040

EAST PALO ALTO
2109 MYRTLE PL SAT 1:30 - 4:30 \$749,000
4 BR 2.5 BA Step down LR. Family rm w/fireplace. Kitchen with island & breakfast nook. Master suite w/huge walk in closet. 2 car garage. Only 7yrs old! **Royce Cablayan** 650.948.0456

GILROY
1184 SPRIG WY SAT/SUN 1:30 - 4:30 \$699,000
5 BR 3 BA New construction. Granite kit, refrig incl. 2 fp, 2 mstr closets. Hardwd, tile, alarm. Carpet, light fixrs. Lndscpd front & rear yards w/sprinklers. **STEEL FRAME NEW CONSTRUCTION** 650.948.0456

LOS ALTOS
1355 ARBOR AV SUN 1:30 - 4:30 \$3,495,000
5 BR 3.5 BA A combination of luxury and everyday functionality, an exceptional place to reside. Each room is a masterpiece of detail and originality. R. **Brendan Leary** 650.325.6161
1551 PLATEAU AVE SAT/SUN 1:30 - 4:30 \$2,998,000
5 BR 5.5 BA w/High Quality Finishes on Lg Lot Nr Country Club. Luxury Mstr Suite, Living & Dining Rms w/Coved Ceilings. Gourmet Kitchen Family Room w/Home Theater **Alan Brien** 650.948.0456
140 MERRITT RD SUN 1:30 - 4:30 \$2,995,000
4 BR 3 BA Single level, house:3000+sf, lot:10000 +-sf, den + family room, breakfast room, close to downtown Los Altos, Tuscan inspired mini villa. **Julie Lau** 650.325.6161
391 MARIPOSA AV SUN 1:30 - 4:30 \$2,495,000
4 BR 4 BA Charming home close to Downtown. Lush landscaping with a vast level lawn, relaxing pool & spa. 2 Mstr suites, spacious living rm, separate family rm. **Helen Kuckens** 650.948.0456

LOS ALTOS
COUNTRY CLUB LOCATION! \$2,395,000
4 BR 2.5 BA Exquisite finished near Country Club. Gourmet kitchen & a large family room. Vaulted ceilings. **Owen Halliday** 650.325.6161
1474 TOPAR AV SUN 1:30 - 4:30 \$2,088,000
3 BR 3 BA Remodeled home on lg lot in Country Club area. Park-like backyard! Eat-in kit w/granite counters. Living rm w/fp & vaulted ceiling. Huge 2-car garage. **Royce Cablayan** 650.948.0456
664 OAKRIDGE DR SUN 1:30 - 4:30 \$1,898,000
4 BR 3 BA 4 beds, 3 updated baths. Newly finished kitchen. Walls of windows. Extra lg family room w bar. Pool, hot tub and deck. Over 20,000 sq ft lot. **Aileen La Bouff** 650.948.0456
656 PALM AVE \$1,799,000
3 BR 3 BA Updated 100 yr old craftsman. Stunning master suite. Guest cottage large studio with full bath and kitchen. Beautiful wrap around brick patio. **Leslie Pappas** 650.325.6161
26 PASA ROBLES AV SUN 1:30 - 4:30 \$1,398,000
2 BR 2 BA Lovely home w/remodeled kitchen & baths. Hdw flrs. Formal dining room. Light & bright with lots of windows! Serene landscaped yard! **Barbara Cymrot** 650.948.0456
54 CITATION DR SAT/SUN 1:30 - 4:30 \$968,000
2 BR 2 BA Among 16 + secluded wooded acres. 1 level Thm exquisitely remodeled w/top of the line amenities. Brazilian cherry hrdwd flrs, marble baths. **Ellie Zias** 650.948.0456
A PLACE TO CALL HOME \$829,000
3 BR 2 BA Brand new condos with Los Altos schools. Maple cabinetry with granite countertops & stainless steel appliances. Anderson windows & doors. Large patio. **Terri Couture/Dave Luedtke** 650.941.7040

LOS ALTOS
ELEVEN GORGEOUS ACRES! \$2,650,000
Approx. 11 acres in area of spacious, lovely homes. Fully fenced. Three wells plus city water. Electric & telephone on property. Los Gatos schools. **Charlene Geers** 650.941.7040

MOUNTAIN VIEW
HOME + INCOME IN MT.VIEW \$2,100,000
3 BR 2 BA Remod. & like new SFR vacant, six 1bd/1ba units w/tenants, hwd flrs, FP, new custom tile baths, S/S appl, D/V, micro, sep/ldry rm, Home can rent for 3500 mo **Tim Trailer** 650.325.6161
3450 BRUCKNER CI SAT/SUN 1:30 - 4:30 \$1,649,000
4 BR 2.5 BA Charming home w/ Los Altos schools. MBR w/ fireplace. Bonus Rm for home office. Separate DR. Kitchen/Family rm combination. Great backyard! **Alan Huwe** 650.948.0456
BEAUTIFULLY UPDATED \$1,395,000
4 BR 3 BA Beautiful updated remodel! Approx. 10,000 sq. ft. lot. 5th bedroom or office. Dining & family rooms. Garden with pool, spa & fountain. Waverly Park. **Karin Clark** 650.941.7040
GREAT HOME WITH INCOME \$1,298,000
4 BR 2 BA Expansive owner's home with updated baths, new furnace, sun-filled backyard & 1-car attached garage. Large 2/1.5 rental plus bonus room, 1-car garage. **Greg Stange** 650.325.6161

MOUNTAIN VIEW
IT'S A CHARMER! \$898,000
3 BR 1 BA Charming house in Blossom Valley neighborhood. Refinished hardwood floors, spacious yard with beautiful rose gardens. Walk to Cuesta Park & shopping. **Jo Buchanan & Stuart Bowen** 650.941.7040
524 THOMPSON AV SUN 1:30 - 4:30 \$849,000
3 BR 2 BA Clean lines & serene atmosphere w/Bamboo floors, open-beam vault ceil, updated kit, floor-to-ceiling & clerestory windows & fireplace in living room **Nancy Adele Stuhr** 650.948.0456
2306 JANE LN SUN 1:30 - 4:30 \$799,800
3 BR 2 BA Upgraded thru-out w/reces'd lighting, bay win's, dbl pn win's, new carpets, fresh paint, skylites, remod kit w/pantry, nice back yd, extra storage **Aileen La Bouff** 650.948.0456
421 SIERRA VISTA AVENUE #5 SAT/SUN 1:30 - 4:30 \$718,000
3 BR 2.5 BA Small complex! Vaulted ceilings. Fireplace in Living & Master. Inside laundry. 2 car garage-1 attached! **Royce Cablayan** 650.948.0456
1528 LILAC LN SUN 1:30 - 4:30 \$698,000
4 BR 2.5 BA Spacious 4 bed t/home. Fabulous updated kitchen & baths. 1 whirlpool. Laminate/wood floors. Large private deck with great views. 2 car garage. **Aileen La Bouff** 650.948.0456
363 N RENGSTORFF AV #13 SAT/SUN 1:30 - 4:30 \$630,000
3 BR 2 BA In back of complex! LR w/vaulted ceil & fp. Updated 1st flr bath. Mstr w/walk-in closet & balcony. Prvt yard. 2 car atta gar. New carpet, paint A/C. **Royce Cablayan** 650.948.0456
1983 SAN LUIS AVENUE #17 SAT/SUN 1:30 - 4:30 \$568,000
2 BR 2.5 BA Located in back of complex. Hardwood floors downstairs, dual master suites. Inside laundry. Private yard. Fireplace in living room. Attached garage. **Royce Cablayan** 650.948.0456

MOUNTAIN VIEW
LOVELY UNIT! \$499,000
3 BR 2 BA Second story unit is larger & updated! New Pergo. Updated granite counters. New range. New vinyl & carpet. Deck overlooks pool. Complex pool, sauna. **Terrie Masuda** 650.941.7040
REMODELED WITH A WOW! \$399,000
2 BR 1.5 BA "Short Sale" Make your best offer and the bank might accept it! Opportunity of a lifetime! **Geraldine Asmus** 650.325.6161
FABULOUS TOP FLOOR UNIT! \$339,000
1 BR 1 BA This wonderful top floor is bright & spacious! It has high ceilings, a renovated kitchen, newer carpet, and a balcony overlooking Rengstorff Park! **DiPali Shah** 650.325.6161
438 POPPY PLACE SAT 1:30 - 4:30 \$648,000
4 BR 2.5 BA Backs to greenbelt. Newly refinished hrdwd flrs. Fresh paint. Fireplace in living rm. Inside washer/dryer. Attached 2 car garage. 1 bedrm downstairs. **Royce Cablayan** 650.948.0456
WELL-MAINTAINED DUPLEX \$1,098,000
3/2.5 Spacious & Well-Maintained Duplex on Corner of Cui-de-Sac. Excellent Opportunity for Investor or Owner-Occupied. Each unit w/Own 2-Car Attached Garage. **Irene Yang** 408.252.1133

MOUNTAIN VIEW
GREAT FOR ENTERTAINING \$940,000
5 BR 3 BA Situated in the East Bay Hills. Awesome view of SC Valley. Pool, spa, great for entertaining. Great family home. **Gene Thornton** 650.325.6161
CENTRALLY LOCATED \$899,000
3 BR 2 BA Family room with marble fireplace, oak kitchen with granite leads to family room. Garden room. Patio. **Patricia Robison & Ursula Cremona** 650.941.7040
1184 RUNNYMEAD DRIVE SAT/SUN 1:30 - 4:30 \$838,000
3 BR 2.5 BA Hdw flrs, granite kit & baths. Family room, large yard w/in ground pool. Dual panes. Central A/C. Newer roof. Attached 2 car garage. Moreland schools **Ric Parker** 650.948.0456
NEWLY BUILT \$750,000
4 BR 2 BA Inlaid oak flooring. Granite kitchen. Huge great room with soaring ceilings, stove & two sliders to yard. Opportunity to buy the adjacent property. **Jo Buchanan & Stuart Bowen** 650.941.7040
EXQUISITELY REMODELED \$650,000
3 BR 2 BA Family room with marble fireplace, formal dining room. Beautiful granite, oak kitchen. New patio. Great opportunity to buy the adjacent home together. **Jo Buchanan & Stuart Bowen** 650.941.7040
112 S 3RD ST SUN 1 - 4 \$534,000
2 BR 2.5 BA 2-level unit w/unique walk-up exterior & interior entrance. Kit countertops upgraded to granite! Marble entries front & back! Extra storage **Karen Quaid** 650.948.0456
7338 VIA LAGUNA \$488,888
2 BR 2 BA Exceptional gated golf community. Ultimate city, pond and golf view. 55+ community. **Gil Orah** 650.325.6161
WONDERFULLY UPDATED \$469,950
2 BR 1 BA Recent paint with newer carpet. Spacious living room with fireplace & built-ins. Formal dining room has built-in hutch. Updated bath. Landscaped yard. **The Levy Team** 650.941.7040
MOVE IN TO THIS SJ CONDO! \$465,000
2 BR 2.5 BA Beautiful Condo in Blossom Hill, approx. 1285sf (as per Metroscan). Duplex w/ 2-car gar, balcony off master suite & patio off dining area. Short Sale! **Sandy Ramirez** 650.325.6161
FANTASTIC OPPORTUNITY \$460,000
3 BR 2 BA Loft-style unit. Balcony overlooks greenbelt area. Easy access to shopping, restaurants, grocery & fwy. One of the few units to have AC installed. **Ryan Ozubko** 650.325.6161

PALO ALTO
2432 SOUTH CT SAT/SUN 1:30 - 4:30 \$1,895,000
4 BR 3 BA Come view this spacious Hm w/stone entry, living room w/fireplace, separate dining & family rooms, kitchen w/ center island & eating area. Partial basement **Alan Brien** 650.948.0456
3070 MIDDLEFIELD ROAD SAT/SUN 1:30 - 4:30 \$999,888
3 BR 1 BA Good sized corner lot. Remodel or rebuild. Fantastic location and price- solid older home! **Jerry Haslam** 650.948.0456

SAN JOSE
GREAT FOR ENTERTAINING \$940,000
5 BR 3 BA Situated in the East Bay Hills. Awesome view of SC Valley. Pool, spa, great for entertaining. Great family home. **Gene Thornton** 650.325.6161
CENTRALLY LOCATED \$899,000
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3 BR 2 BA Loft-style unit. Balcony overlooks greenbelt area. Easy access to shopping, restaurants, grocery & fwy. One of the few units to have AC installed. **Ryan Ozubko** 650.325.6161

SAN JOSE
445 MILAN DR #121 SUN 1:30 - 4:30 \$398,000
1 BR 1 BA Open flr plan w/lrg kit. Great for entertaining. Inside Indry w/Wash/Dry incl. Private balcony. Community pool, spa close by. Attached 1 car garage. **Alan Huwe** 650.948.0456
GREAT OPPORTUNITY \$259,000
2 BR 1 BA Fabulous opportunity. Not a short sale! Not an REO! Great opportunity for first-time buyer or investor. Near jobs/schools/transportation. **Lottie Kendall** 650.325.6161

SANTA CLARA
2115 QUINN AV SUN 1:30 - 4:30 \$849,000
4 BR 2 BA Plot map states 889 sf lot! Master bedroom is 360sf with bay window. Huge storage area, RV parking. 2 blocks from schools and activity ctr. **Geraldine Asmus** 650.325.6161
354 PINEVIEW DR SUN 1:30 - 4:30 \$648,950
3 BR 2 BA Fantastic home in desirable Santa Clara. B'flr landscaping, clean and sparkling interior w/remodeled kitchen, dual pane windows and att. 2 car garage. **Robert Branden** 650.948.0456

SUNNYVALE
BROWN & KAUFFMANN \$898,000
3 BR 2 BA Desired Cherry Chase kitchen with granite counter, marble backsplash, bath. Large dining room. Call for more info on this magnificent gardens. **Jo Buchanan & Stuart Bowen** 650.941.7040
RARE THREE BEDROOM! \$709,000
3 BR 1.5 BA Townhouse end unit in desired Cherry Chase. Remodeled kitchen has granite counters, new cabinets & appliances. Patio. 2-car garage. Excellent schools. **Debra Ahn** 650.941.7040
CHARM & LARGE BACKYARD \$595,000
2 BR 1 BA Hardwood flrs, tiled kitchen w/ breakfast bar, separate dining area, 1 car garage & a wonderful over-sized backyard on 5775sf lot (apx.) near downtown **Owen Halliday** 650.325.6161
838 SAN MATEO CT. \$538,000
3 BR 1 BA Great Starter Opportunity - home improvements recently done on the exterior; paint, fence, garage door; landscaping. Prime location to 101 **Greg Stange** 650.325.6161
979 PINTO PALM TE #10 SAT 1:30 - 4:30 \$518,888
2 BR 2 BA Open flr plan w/high ceilings. Living rm w/fp. Tile kit & bath flrs. Mstr suite w/vault ceilings Inside washer/dryer. Central A/C. Attached garage. **Royce Cablayan** 650.948.0456
673 CRESCENT AV SAT/SUN 1 - 4 \$489,000
2 BR 1.5 BA Great location in a well managed complex. 2BR/1.5BA, 1 car garage attached to patio area. Some updating. Across Sunnyvale Community Center **Letty Guerra** 650.948.0456
LOVELY & SPACIOUS \$429,000
2 BR 2 BA Built in 1995. Dining area off kitchen. Deck off living room. Fireplace. New carpets. Washer, dryer. Enclosed garage & storage. Community pool. **Mary O'Neill** 650.941.7040

SUNNYVALE
BROWN & KAUFFMANN \$898,000
3 BR 2 BA Desired Cherry Chase kitchen with granite counter, marble backsplash, bath. Large dining room. Call for more info on this magnificent gardens. **Jo Buchanan & Stuart Bowen** 650.941.7040
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MOUNTAIN VIEW
4BR/2.5BA **\$1,649,000**
 Charming home w/ Los Altos schools. MBR w/ fireplace. Bonus Rm for home office. Separate DR. Kitchen/Family rm combination. Great Backyard!



Alan Huwe
 650.917.4392
 alan.huwe@cbnorcal.com



MOUNTAIN VIEW
4BR/3BA **\$1,380,000**
 Clear lot w/plans & permits in place for 2730 Sq Ft home w/grt rm, ground flr den & bath. 2 car gar & more.



Eppie Lam
 650.245.7883
 eppie.lam@cbnorcal.com



LOS ALTOS
4BR/2.5BA **\$1,598,000**
 Cul-de-sac location in prestigious Los Altos Highlands. Freshly painted interior & exterior. Gleaming hardwood floors and new carpet. Slate entryway. Separate family room. Newly landscaped front yard, mature fruit trees in back. Newer roof. Cupertino schools.



Joanne Fraser
 650.917.5806
 www.BayAreaRE.com



MOUNTAIN VIEW
4BR/3BA **\$915,000**
 Spectacular over the top remodel with granite kitchen featured in "Kitchens Magazine." Carrera marble master bath with tub & steam shower. Skylighted vaulted ceilings. Central a/c. Large common lawn area. Two car garage.



Kirk Mahncke
 650.917.7988
 www.kirkmahncke.com



SAN JOSE
VIBRANT DOWNTOWN **\$534,000**
 2br/2.5ba. 2-level unit w/unique walk-up exterior & interior entrance. Kit countertops upgraded to granite! Marble entries front & back! Extra storage



Karen Quaid
 650-948-0456
 kquaid@cbnorcal.com



CAMPBELL
3BR/2.5BA **\$684,888**
 Almost new, hdwd flrs, Gourmet kit w/gas & stainless steel appliances, gas fp. Fully landscaped yd. Separate laundry, approx 1620Sqft.



Marge Bosetti
 650-948-0456
 mbosetti@cbnorcal.com



SUNNYVALE
2BR/2BA **\$429,000**
 Lovely, spacious condo built in 1995. Light & bright with deck off living room. Kitchen offers built-in dishwasher, microwave & trash compactor. Dining area off kitchen. Living room with fireplace. New carpets. Single car parking in enclosed garage & storage. Community pool.



Mary O'Neill
 650.917.5814
 moneill@cbnorcal.com



LOS ALTOS HILLS
5BR/3.5BA **\$3,695,000**
 Remodeled throughout beauty on simply gorgeous grounds. Wonderful floorplan includes spacious bedrooms, separate living, dining & family rooms plus downstairs & upstairs offices. Master suite has deck. Cook's kitchen with eat-in area. Three car garage for your treasured autos. Sparkling pool & spa.



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