

PARTING WITH POSTPARTUM DEPRESSION

HOSPITAL PROGRAM HELPS NEW MOTHERS DEAL WITH OVERWHELMING ANXIETY

By Casey Weiss

Two years after giving birth, “Mary,” a patient at El Camino Hospital, suffered from anxiety, mood swings and disturbing thoughts.

Luckily, the hospital had a program in place for mothers like her. After receiving counseling several times a week, plus medication and other psychological treatments at the hospital, Mary was able to return to her normal life and full-time job.

Medical staffers at the hospital’s Maternal Outreach Mood Services program say postpartum depression, a severe emotional stress after giving birth, occurs in 15 to 20 percent of women.

“The person feels so drained, they can do so few tasks,” said Dr. Nirmaljit Dhami, the program’s medical director.

Doctors and therapists with the program see up to nine patients at a time, all suffering from symptoms they say are common during or following pregnancy. Women can start feeling postpartum depression up to two years after having babies, and normally come to the program because they are having trouble sleeping, low on energy and experiencing bad moods and apathy toward activities they once enjoyed.

The Maternal Outreach Mood Services program is only starting its second year and is a rarity — one of only two similar centers in the nation, and the only one

of its kind on the West Coast. Staffers say they have women from all over the Bay Area coming to the center for comprehensive services they cannot get elsewhere. Some travel from as far as Livermore, and lead therapist Kris Peterson said these patients just want to feel like themselves again.

“They might have suffered for a long time,” Peterson said. “There is a sense that you are not yourself any more.”

After being screened, women come in as often as two or three times a week for group, individual and couple’s counseling, and work with Dr. Dhami to find the appropriate medications. Since they see patients so often, Peterson said, the medical staff “would like

to prevent hospitalization,” but there is an inpatient unit for those needing it.

There are fewer than 10 patients at a time, and because of this Dhami said it is easy to offer individualized, flexible treatment plans, and provide services such as hospitalization.

“We try to keep fewer patients,” Peterson said. “We want it to be safe.”

The program, a collaboration of El Camino’s Maternal Child Health Services and Behavioral Health Services, opened its doors a year ago after physicians, community members and hos-

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Marriage and family therapist Kris Peterson and medical director and psychiatrist Nirmaljit Dhami, M.D., treat postpartum depression at the Maternal Outreach Mood Services program held El Camino Hospital.

MICHELLE LE

Beating cancer with better food

POSTPARTUM

► Continued from page 25

By Erica Framsted

pital staff formed a task force to build the center and serve “this underrepresented community,” Peterson said.

“There were not a lot of direct services for these women,” she noted.

The program is currently located next to the main entrance of El Camino Hospital, but is moving off campus to Grant Road in April. Barbara Mocnik, who oversees the program, said the center serves patients from 15 countries and six continents.

Currently, all patients are insured. Mocnik hopes that in the next five years the program can find grants to start serving the uninsured as well.

“It would be fabulous if we would be able to expand to other women,” she said.

For a phone screening or more information about the program, call the center at (650) 988-7841. ■

E-mail Casey Weiss at cweiss@mv-voice.com

With many new “super foods,” supplements and natural remedies promising to prevent or beat cancer, it can be hard to tell what might really help from what is a scam. To avoid being taken in by product-label buzz words, consumers should take a wary approach to all marketing claims and investigate them carefully.

Q: Can certain foods really prevent cancer?

A: No one likes to think about the possibility of getting cancer, but adopting and maintaining a healthy lifestyle that includes a balanced diet can help lower your risk of developing some types of cancer, as well as prevent other serious health problems such as heart disease and diabetes.

There are three important lifestyle choices you can make that can help you avoid health problems:

1. Maintain a healthy weight throughout your life

2. Be physically active for at least 30 minutes a day

3. Eat a mostly plant-based diet

Along with making the right food choices, the proportion of what you eat is also very important. Good food choices include a majority of fruits and vegetables, plant sources of protein such as beans and lentils, and whole-grain carbohydrates. Fruits and vegetables not only taste good, they also contain antioxidants that can protect our body’s cells from damage that can cause cancer.

Imagine a plate in front of you. Half of the plate should be filled with vegetables and fruits. Looking at the other half, a quarter should contain whole grains, the other quarter lean protein, such as beans, legumes, chicken, fish or lean cuts of red meat.

Q: How effective are supplements at preventing or fighting cancer?

A: You shouldn’t rely on supplements to replace healthy

eating habits. A particular supplement or mix of supplements can’t replace the benefit of a healthy, balanced diet.

In addition, taking an excessive amount of antioxidant supplements when you have cancer can decrease the effectiveness of chemotherapy and radiation treatments. You should always let your health care provider know if you are taking any supplements or other remedies.

Starting a weight loss diet either before or during cancer treatment is also a bad idea. Any weight loss efforts should wait until after your cancer treatment is completed.

Q: What are “super foods,” and can they really help prevent cancer?

A: Many foods, from blueberries to spinach, are touted as “super foods” that can ensure wellness and prevent cancer. However, the studies behind these claims often isolate one nutrient or vitamin found in a type of food rather than looking at the overall benefit of the whole food.

For example, studies have shown that lycopene, an antioxidant found in tomatoes, tomato sauce and watermelon, may prevent certain cancers. What these studies don’t take into consideration is that when you eat a tomato, you are also getting fiber and vitamin A. It may be all these elements

combined that provide the real health benefits.

Whether you want to prevent cancer, boost the effectiveness of a cancer treatment or avoid cancer reoccurring, your best choice is a diet that contains a wide variety of colorful antioxidant-rich plant foods.

Q: Where can I find reliable information on what to eat while undergoing cancer treatment?

A: A cancer diagnosis is devastating news and often leaves patients wondering if there is anything they can do to increase their odds of returning to good health. What you choose to eat is typically one of the few things you can control during cancer treatment. Therefore “eating right” often becomes of the utmost importance to cancer patients.

If you want to do your own research on the Internet, turn to Web sites from reputable sources such as the American Institute for Cancer Research (www.aicr.org); the Leukemia & Lymphoma Society (www.leukemia-lymphoma.org); Breastcancer.org; and the U.S. Food and Drug Administration (www.fda.gov). Look for information and advice that it is consistent from these reputable sites.

Another excellent source for information on a healthy diet is the American Dietetic Association’s Web site, www.eatright.org.

Q: How do I know when something is a scam?

A: Don’t be taken in by products labeled “natural,” “healthy” or “super-food.” Instead, do your own research and make sure health claims are based on scientific evidence rather than testimonials or anecdotes.

The best source for reliable and accurate information is a licensed health care professional, such as your doctor, or a registered dietitian. Individuals with other titles, such as “nutritionist,” are not required to have the same level of training.

In general, be suspicious of anyone trying to sell you advice, expensive supplements or dietary treatments for cancer. ■

Erica Framsted, M.S., R.D., is a registered dietitian who specializes in cancer nutrition at the Palo Alto Medical Foundation’s Cancer Care Clinic in Palo Alto. Advice is not intended to take the place of an exam or diagnosis by a physician.



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75	6.3 %
85	8.1 %

As always, donors are advised to seek competent counsel.

El Camino Hospital has provided caring, compassionate, and technically superior health care to our community for over 40 years. Now, you can help preserve the tradition of excellence that is critically important to our community.

A Charitable Gift Annuity is a life-income gift that locks in a guaranteed rate of return and gives you an immediate charitable income tax deduction.

For further information call Madeline Chaleff, director of gift planning, El Camino Hospital Foundation, at 650-940-7154. All inquiries are completely confidential and without obligation.



EL CAMINO HOSPITAL FOUNDATION
2500 GRANT ROAD • MOUNTAIN VIEW, CA 94040
TEL: 650-940-7154 • FAX: 650-940-7144
www.elcaminohospital.org

“My days are more meaningful now.”



“Since I started going to the Center, I feel like I belong to a special club. I like the music program, the current events discussions and the group exercise. I enjoy eating lunch with the friends I’ve made there. The Center makes a huge difference in my life.”

Avenidas Rose Kleiner
Senior Day Health Center
(650) 289-5494 www.avenidas.org/care
270 Escuela Avenue, Mountain View, CA 94040

GoingsOn

MOUNTAIN VIEW VOICE

■ HIGHLIGHT

MOUNTAIN VIEW FREE SHREDDING DAY

Residents may bring up to two cardboard storage boxes or two paper grocery bags of confidential documents or mixed media for instant shredding. Sat., March 14, 11 a.m.-2 p.m. Free. Parking lot of St. Joseph's Church, Castro & Church St., Mountain View. Call 650-903-6311. www.mvrecycle.org

ART GALLERIES

Art Exhibition Go Green, an exhibition designed to encourage conservation while celebrating the coming of spring, will be presented by the members of Gallery House from March 10 to April 25. Paintings, sculpture, prints, jewelry, ceramics and photography signifying their interpretations of spring will be shown. 11 a.m.-9 p.m. Free. Gallery House, 320 California Ave., Palo Alto. Call 650-574-4654. galleryhouse2.com

AUDITIONS

"The Producers" Foothill Music Theatre (FMT) announces auditions for its summer production of Mel Brooks' "The Producers." Strong singers, dancers and actors are needed for the large cast. Performers should prepare an up-tempo or Broadway ballad; and bring sheet music in the correct key. Dress for dance. March 15-16, 5:30-9 p.m. parking is \$2. Foothill College Lohman Theatre, 12345 El Monte Road, Los Altos Hills. <http://www.foothill.edu/fa/theater/auditions>

CLASSES/WORKSHOPS

Adventures in East Africa: Kilimanjaro Climb and Safari Ron and Joan Breuch present a slide presentation on their recent adventures in Tanzania. Wed., March 25, 7-8:30 p.m. Free. REI Mountain View, 2450 Charleston Road, Mountain View. Call 650-969-1938. www.rei.com/mountainview

Business Booster Series "Join us in the Business Booster Series, workshops that will help improve some of the most crucial aspects of becoming a successful business professional. The workshops will focus on top strategies to survive in tough economic times," the Chamber says. Thu., March 26, 11 a.m.-1 p.m. \$20 member/\$30 non-member Business Booster Series, 580 Castro St., Mountain View. Call 650-968-8378. www.chambermv.org

Climbing Mount Shasta: Tips for the Novice and the Expert Chris Carr, owner of Shasta Mountain Guides/outfitter for REI Adventures, has made more than 130 successful ascents of Mount Shasta. In this slide presentation, he will show the major routes on this peak, including Avalanche Gulch, Casaval Ridge, Sergeant's Ridge, and more. Wed., March 18, 7-8:30 p.m. Free. REI Mountain View, 2450 Charleston Road, Mountain View. Call 650-969-1938. www.rei.com/mountainview

CPR and First Aid Basic CPR and first Aid Classes. Healthcare professional/renewal CPR. Call and pre-register. Wednesdays, 5-9:30 p.m. Basic CPR \$60 and Basic First Aid \$40 or combination of \$75 and Health care Professional \$75. All Care Plus, Inc, 862 San Antonio Road, Palo Alto. Call 650-424-0204. www.allcareplus.org

Free Kitchen Design Seminar John Beeley of Kitchen Crafter of Mountain View, a Palo Alto resident, Jana Geller of JG Design of Los Altos and Michael Mok, Vice President of Artistic Stone discuss kitchen design. RSVP. Sat., March 14, 9:30-11:30 a.m. Free. Kitchen Design Breakfast, 2407 E. Charleston Road, Mountain View. Call 650-988-8583. www.artisticstoneinc.com

German Language Conversation, reading, writing, basic grammar, and Germanic culture are all covered. Conversation is emphasized. Tuesdays, March 31-May 26, 7-9 p.m. \$108. Palo Alto High School, room 406, Embarcadero Road at El Camino Real, Palo Alto. Call 650-329-3752.

Intelligent Hope Diane Dennis, author of "The Hourglass: How to Live as Time Flies By" teaches participants how to have "Intelligent Hope." Sun., March 22, 1-4 p.m. \$39. Intelligent Hope, 324 Castro St., Mountain View. Call 800-909-6161. www.eastwest.com

It's Easy Being Green Bring your lunch and

questions for panel experts on organic baby products, being "green" in the home, and raising a "green" child. Fri., March 20, 12-1 p.m. Free (child care available for \$12). Cubes and Crayons, 152 E. Dana St., Mountain View. Call 650-209-4846. www.cubesandcrayons.com

CLUBS/MEETINGS

Palo Alto Ski Club The Palo Alto Ski Club has owned its lodge in Squaw Valley since 1967. The club meets the first Wednesday of each month, plus special events and parties. Palo Alto Art Center, 1313 Newell Road, Palo Alto. www.paloaltoskiclub.org

COMMUNITY EVENTS

Mountain View Arbor Day Celebration Festivities begin with a themed children's reading presentation in the Mountain View Public Library at 10:15 a.m. and continue with Arbor Day activities, including a tree planting ceremony. Sat., March 14, 11 a.m.-1 p.m. Free. Pioneer Memorial Park, Mountain View. Call 650-903-6273.

MVHS Faculty Play The Mountain View High School Faculty presents "C'mon, Vamosos: a funny story about love, love, and love," a comedy about Dora The Explorer surviving her sophomore year in high school. March 26-28, 7:30 p.m. \$10 adult/ \$5 student, child. Mountain View High School's Spartan Theatre, 3535 Truman Ave., Mountain View. Call 650-691-2415.

St. Patrick's Celebration 24th Annual St. Patrick's Mass celebration, with a traditional catholic Gaelic mass, Gaelic choir, Irish music and dance, with a reception following that includes Irish soda bread, tea, coffee, punch and cookies for the kids. Sun., March 15, 11:30 a.m.-2:45 p.m. St Joseph Church, 528 Hope St., Mountain View. Call 650-868-1795.

CONCERTS

CSMA Percussion Faculty CSMA Faculty Members Jim Kassis, John Neves, Beth Goodfellow and friends in a concert showcasing marimba, vibraphone, timpani, pandero and agogo. Sponsored by Applied Materials. Thu., March 19, 7-8 p.m. No charge; donations accepted. Community School of Music and Arts (CSMA) at Finn Center, 230 San Antonio Circle, Mountain View. www.arts4all.org/calendar.htm

DANCE

English Country Dance English Country Dance. Live music, no partner needed, all dances taught, comfortable clothes and shoes. 1st, 3rd, 5th Wednesdays through June. 8-10 p.m. \$9/\$7 members/\$5 students. Flex-It Studio, 425 Evelyn Ave., Mountain View. Call 650-224-5318. http://www.bacds.org/series/english/mountain_view/

ENVIRONMENT

Environmental Docent-Led Walks of Shoreline Learn about Shoreline at Mountain View's: maritime history; landfill legacy; environmental processes; ecosystems; birds, wildlife; and more. Walks depart from Rengstorff House and last about one hour on the 4th Sunday of every month. Bring/Wear: layered clothing, walking shoes, binoculars. No advanced reservations required. 11 a.m.-noon. Free. Rengstorff House, Shoreline at Mountain View, 3070 N. Shoreline Blvd., Mountain View. Call 650-903-6073. <http://www.ci.mtnview.ca.us>

Safe Medication Disposal & Thermometer Exchange MVVW residents may bring unwanted prescription medications for disposal, swap out old mercury thermometers for new while supplies last. Put medications in original containers and put in zip lock bag separate from thermometers in zip lock bags. No other hazardous wastes accepted. Rain or shine. Sat., March



Art Exhibition Go Green, an exhibition designed to encourage conservation while celebrating the coming of spring, will be presented by the members of Gallery House from March 10 to April 25. Paintings, sculpture, prints, jewelry, ceramics and photography signifying their interpretations of spring will be shown. 11 a.m.-9 p.m. Free. Gallery House, 320 California Ave., Palo Alto. Call 650-574-4654. galleryhouse2.com

14, 11 a.m.-1 p.m. Free. Pioneer Memorial Park, Castro Street behind City Hall, Mountain View. Call 650-903-6311. www.mvrecycle.org

EXHIBITS

Moffett Field Historical Society Museum Museum Displays memorabilia, artifacts, photos and aircraft models; tours of museum and view of the exterior of Hangar One. Open Wednesdays through Fridays. 10 a.m.-2 p.m. Moffett Federal Airfield, Building 126, off Highway 101, Mountain View. Call 650-961-8860.

FAMILY AND KIDS

Above the Rim Tour Fundraiser See former Raiders player Eric Metcalf, Tyrone Peace, former San Jose Sabercat player and their celebrity all stars in a fundraising game as they take on the YouTube Phenomenon TEAM Flight Brothers. Proceeds will benefit MS in the name of Eric Turner & Recreation Plus. March 20, \$13 in Advance/ \$15 at the door Foothill College, 12345 El Monte Road, Los Altos Hills. Call 408-879-0393. www.hoopfever.net

Arbor Day Celebration with Canopy Families and kids, K-5, can participate in hands-on tree activities at the March 14 Arbor Day celebration organized jointly by Canopy and the Palo Alto Junior Museum and Zoo. 10 a.m.-1 p.m. Free. Palo Alto Junior Museum and Zoo, 1451 Middlefield Road, Palo Alto. Call 650-964-6110. www.canopy.org

Helping Boys Behave: Boys & Discipline Discussion will focus on providing positive guidance to boys ages 3-8. With Jomary Hilliard, PhD. Tue., March 24, 7-8:30 p.m. Free. City of Mountain View Public Library, 585 Franklin St., Mountain View. Call 650-903-6897. http://www.mountainview.gov/city_hall/library

Parent Observation Open House Parent Observation Preschool/Parent Education Program of the MVLA Adult School will be having an Open House on Saturday, March 21. Parent Observation offers classes for parents and 18-month olds, 2-year olds, and 3-year olds as well as a stroller fitness class. Sat., March 21, 2-4 p.m. Free. Parent Observation, 1299 Bryant Ave., Mountain View. Call 650-968-9950.

FILM

Banff Mountain Film Festival Award-winning adventure films from the 2008 Banff Mountain Film Festival. March 13-14. 7-9:30 p.m. \$15-\$18. Los Altos HS Eagle Theatre, 201

Almond Ave., Los Altos. Call 650-969-1938. www.rei.com/mountainview

LIVE MUSIC

James Robinson Flamenco jazz guitarist James Robinson will perform every Saturday evening, 8:30-11:30 p.m. Free. Cascal, 400 Castro St., Mountain View. http://www.cascal-restaurant.com/events_music.asp

Kaweh Kaweh will play a mix of Latin, Brazilian, Middle Eastern and Mediterranean sounds on Friday, March 13, 9-11:30 p.m. Free. Cascal, 400 Castro St., Mountain View. www.cascalrest.com/events_music.asp

ON STAGE

"Pick Up Ax" at Pear Avenue The Pear Avenue Theatre will present "Pick Up Ax" by Anthony Clarvoe, a satire about the early 1980s in Silicon Valley. Feb. 27-March 15, Thu.-Sat. 8-10 p.m. Sun. at 2 p.m. Thu. : \$20 (general)/ \$12 (senior; student); Fri & Sat: \$25/\$20 Pear Avenue Theatre, 1220 Pear Ave., Mountain View. Call 650-254-1148. www.thepear.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

Support Group for Unemployed Are you unemployed or underemployed? Join others in similar situations in a confidential support group. Meetings are in office of Pastor Rob Martin every Friday morning at 8 a.m. free. First Presbyterian Church of Palo Alto, 1140 Cowper St., Palo Alto. Call 650-325-5659..

SENIORS

American Red Cross Disaster Awareness Workshop Workshop on disaster and emergency preparedness presented by the Red Cross. Thu., March 19, 1-3 p.m. Free. Mountain View Senior Center, 266 Escuela Ave., Mountain View. Call 650-903-6330.

Exploring Sense of Place Karen Harwell will discuss the nonprofit project, "exploring a

Sense of Place" and show how this group gives people the means to reconnect to the natural world. Thu., March 26, 1 p.m. Free. Mountain View Senior Center, 266 Escuela Ave., Mountain View. Call 650-903-6330.

Mountain View Senior Center Newcomers Group An orientation and tour of the Senior Center is scheduled for Tues., March 17. It includes a review of classes, upcoming events, social services and general information. Tue., March 17, 11 a.m. Free. Mountain View Senior Center, 266 Escuela Ave., Mountain View. Call 650-903-6330.

SPECIAL EVENTS

Fashion Show Benefit Quota Intl. of Mountain View/Los Altos Fashion Show-Luncheon "Completing the Look". Held at Michael's at Shoreline, models wearing "Fashions & Hats" will be escorted by volunteer Mountain View Firefighters. Silent auction and raffle. Fashions variety provided by three local merchants. RSVP by March 18. Event is March 21. 11 a.m.-2 p.m. \$40 per person. Completing the Look - Fashions & Hats, 2960 Shoreline Blvd., Mountain View. Call 650-964-4360.

MVEF Monte Carlo Night & Auction 2009 The Mountain View Education Foundation's Monte Carlo Night and Auction. Special guest and Academy Award winner Michael Westmore will be there with his "Oscar". Proceeds benefit the students. Sat., March 21, 6:30-11 p.m. \$30 per person. Computer History Museum, 1401 N. Shoreline Blvd., Mountain View. Call 650-940-9306.

Waldorf School of the Peninsula celebrates its 25th Anniversary Waldorf School of the Peninsula offers free Cultural Extravaganza: featuring music, drama and eurythmy performances by students, faculty, and alumni. Sat., March 14, 3-5 p.m. free. Cubberley Community Center Auditorium, 4000 Middlefield Road, Palo Alto. Call 650-948-8433.

TALKS/AUTHORS

"The Hourglass: How to Live As Time Flies By" Diane Dennis, author of "The Hourglass," leads a talk on living life with purpose and understanding. Thu., March 19, 7:30-8:45 p.m. Free. How To Live With Purpose, 324 Castro St., Mountain View. Call 650-988-9800. www.eastwest.com

Micro-blogging for Enterprises Microblogging For Enterprises: How to increase business productivity, stimulate innovation, & improve connections: employees, partners and customers. Thu., March 19, 7-9 p.m. \$20 online, \$30 at the door. Samovar Conference Hall, 1077 Independence Ave., Mountain View. Call 650-941-8464. <http://www.meetup.com/CIO-IT-Executives/calendar/9581168/>

VOLUNTEERS

Literacy Tutoring Help a student develop his or her literacy skills! No writing or teaching experience is necessary, just a desire to help a youngster succeed. Mandatory volunteer training at the Castro School before and after classroom hour with students. Tue. Jan. 27 to Mar. 17, 2009, 8:45-10:45 a.m. Free. Mountain View-Los Altos Adult School, 333 Moffett Blvd., Mountain View. Call 650-940-6029. www.mvlae.net

Mountain View Senior Center Front Desk Volunteers Wanted The Mountain View Senior Center is looking for volunteers to help run our front desk. Duties include answering the phone, making appointments, money handling, providing good customer service & making friends.

■ MORE LISTINGS

For a complete listing of local events, see our website at www.PaloAltoOnline.com.

Friends, neighbors, and coworkers with disabilities

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Abilities United

(former C.A.R., Community Association for Rehabilitation)

Abilities United

Abilities United champions people with developmental and physical challenges and provides the training, education, and support they need to lead the lives they choose.

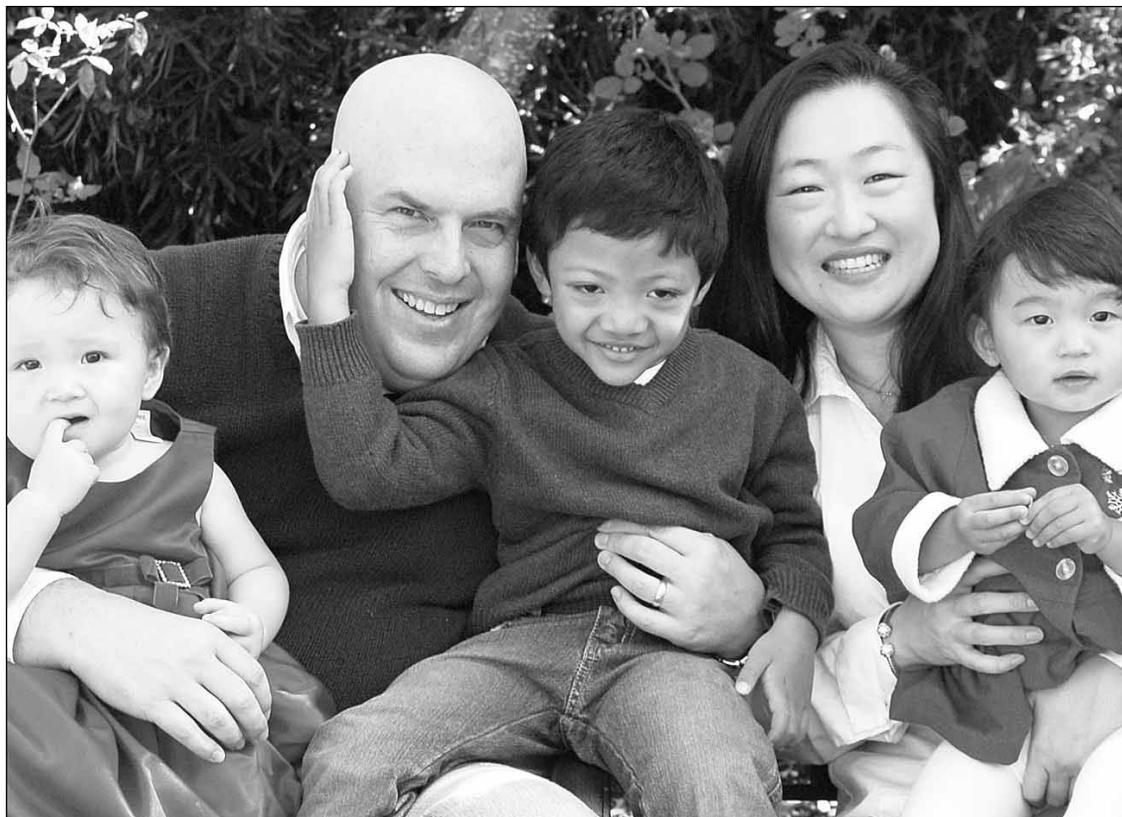
Abilities United serves people of all ages and abilities in our:

- Children's Development Services
Early Intervention
Milestone Preschool
- Family Support Services
After-School Socialization
Computer Education
Respite
- Adult Services
Adult Day Activities
Employment Services
Independent Living Skills
- Aquatic Services
Rehabilitation
Fitness
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Abilities United
(formerly C.A.R.)
525 East Charleston Road
Palo Alto, CA 94306
650-494-0550
Fax: 650-855-9710
www.AbilitiesUnited.org

Aquatic Services
Betty Wright Swim Center
3864 Middlefield Road
Palo Alto, CA 94306
650-494-1480



Abilities United connects people of all abilities to strengthen our community

Each day, every person at Abilities United is dedicated to providing people with developmental and physical challenges the rights, resources and opportunities they need to lead the lives they choose. Abilities United champions community values of dignity and respect for people of all abilities and strives to be a model of how society can be barrier free to enable the full participation of people with disabilities and their families.

Abilities United provides comprehensive training, education and support to thousands of individuals and their families so that they can fully participate in community life. But we can't do this alone; we build strong connections with and among the people we serve, and to community resources, to further enrich their lives with personal, meaningful experiences.

The roots of Abilities United go back to the 1950's when parents of children with developmental disabilities realized the need for community services to help them raise their children at home. In 1963, they formed Abilities United (the original name was Community Association for the Retarded (C.A.R.)). Today, Abilities United is a strong, innovative professional agency, committed to meet the needs of people with developmental and other disabilities and to enable their full participation in community life. Abilities United now offers a diverse range of

services impacting over 2,500 clients and their families each year. These services enable Abilities United to provide a lifetime of support.

For instance Paul Benjamin, a 45-year-old Belmont man, started at the Abilities United Early Intervention program when he was two years old. He learned to swim at the Aquatic program located at the Betty Wright Swim Center. As a school age boy, he participated in After-School Socialization. Today, Paul is employed through Abilities United Employment Services on a janitorial team and lives independently in his Belmont apartment. Paul continues to swim at the Abilities United indoor, warm-water pool and enjoys swimming for recreation and competition in Special Olympics. If Paul is ever in need of a day program, he can use the Abilities United Adult Day Activities

program or Community Connections. Should he ever need in-home care, he can turn to the Respite program.

We welcome the community to come to visit the Abilities United facilities to see exactly how the community benefits from our services. Tours are held each Wednesday morning or by appointment. Come see how Abilities United creates a barrier free community where people of all abilities live, work, and play together.

"45 Years of Connecting You to Your Friends, Neighbors and Coworkers with Disabilities"

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Make the most of spring 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
nfo@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.mvlaae.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.

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.

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.

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.

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.

► Continued on next page

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www.bowmanschool.org

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650.494.8200 ext. 104 amitchner@hausner.com



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► Continued from previous page

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.

Bair Island Aquatic Center

1450 Maple St.
Redwood City
650-474-2247
www.gobair.org
learntorow@gobair.org
Learn-to-row classes for adults at BIAC, a non-profit community focused on rowing, paddling, and dragon boating.
No previous experience or fitness level required. Six sessions in spring and summer, consisting of two weekends of classes (9-12 Saturday and Sunday), followed by four weeks of instruction in our novice crew. Cost: \$250 (includes three month membership at BIAC).

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 appoint-

ment. 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
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.

Shoreline Aquatic Center

3160 N. Shoreline Blvd.
Mountain View
650-965-7474
www.shorelinelake.com
boathouse@shorelinelake.com
Shoreline Aquatic Center & Lake: Summer Youth Sailing Camp. Weeklong camp teaching windsurfing and sailing. June through Aug., ages 5-15. \$335-375. Beginner and advanced windsurfing, sailing and kayaking. Classes are weekends, for ages 14-adults, includes theory and on-the-water training, \$85-\$205. Private instruction available.

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.

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
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 and Thursdays, 7-9 p.m., March 31-April 28, \$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).

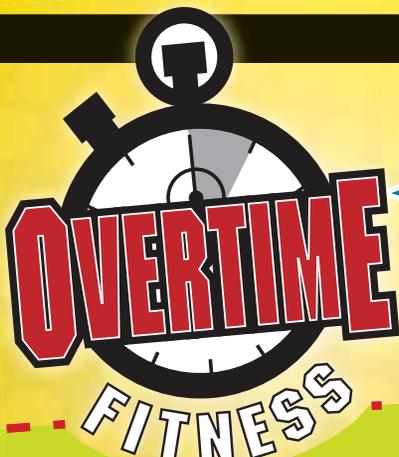
Palo Alto Adult School

50 Embarcadero Road

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ClassGuide

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.

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.

Lip reading/managing hearing loss
450 Bryant St
Palo Alto
650-9497-999
foothill.edu
mastmanellen@foothill.edu
Lip reading/managing hearing loss. Classes start quarterly and meet weekly but you can join anytime. Learn ways to cope with hearing loss and improve lip-reading skills. \$37.50 per quarter, register in class. Beginning class meets on Mondays 1:30-2:50 p.m.

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 member 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

776-8297
855-9067
artforwellbeings.org
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 website 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, multi-cultural 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 and digital arts for ages 18 months to adult. Vacation and summer camps, one- and two-day arts workshops offered throughout the year. Private music lessons offered, taught by interna-

► Continued on next page

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858 University Avenue
Los Altos, California 94024
650.996.7715
www.heritageacademyonline.org

► *Continued from previous page*

tional faculty. Financial assistance available.

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, Photoshop 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.

Pacific Art League

688 Ramona St.
Palo Alto
650-321-3617
650-321-3617
www.pacificartleague.org
gallery@pacificartleague.org
Art classes and workshops by qualified, experienced instructors for students from beginners to advanced and even non-artists. Classes in collage, oil painting, portraits and sketching, life drawing, acrylic or watercolor and brush painting. Sculpture. Registration is ongoing.

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.

Private Piano Instruction by Eyesha.

650-224-0150
ainan@stanfordalumni.org
Private piano teacher, with an emphasis in classical music, beginner to intermediate levels. First class is free. Subsequent classes are \$50/ hour.

African Drum Classes for Beginners

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
The Community School of Music and Arts (CSMA) offers classes year-round in music, visual and digital arts for ages 18 months 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.

Children's Pre-School Center (CPSC)

4000 Middlefield Road
Palo Alto
493-5770
www.cpsc.org
info@cpsccares.org
Open arms, Open hearts — Opening minds together. Every day at CPSC holds new adventures for your children from the youngest infant to the oldest preschooler. Your child will experience the joy of finger painting, the thrill of dancing, the pleasure of building towers, and the satisfaction of mastering pre-literacy and pre-math skills with

the support and guidance of a dedicated, loving, multicultural teaching staff.

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.

Jim Gorman Swim School

3249 Alpine Road
Portola Valley
854-6699 ext. 100
laura@laderaosaks.com
Patient, professional instructors and warm, clean pools make it fun to learn to swim. Private and small group lessons for all ages and abilities, from water babies (3-30 months) to national champions. Weekday and weekend lessons available for sign-ups now.

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: Arts and crafts, computers, digital-camera techniques, ESL, foreign languages, genealogy, high school programs and GED, memoirs, motorcycle-safety training, music and dance, needlework, orchestra, parent education, physical fitness and vocational education. Older-adult classes (55+, \$18).

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, computer instruction and physical education.

Trinity School

2650 Sand Hill Road
Menlo Park
854-0288
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Palo Alto Weekly seeks Education/Youth/Family beat reporter

The CNPA-award-winning, independent Palo Alto Weekly is seeking a reporter for its challenging Education, Youth and Family beat and community reporting. Applicants must be self-starters with an easy flow of story ideas, good analytical skills and an ability to develop a solid understanding of the complex local and statewide education system, challenges and trends.

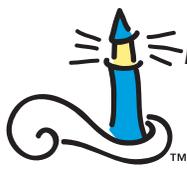
The Weekly pioneered online posting of news stories as early as 1994, and is immersed in the fast-changing interface between print and online journalism. Applicants should have an interest in and excitement for the many possibilities in this area — including use of video and digital photography.

The job requires several stories a week, including daily news briefs posted to the Weekly's website, in-depth news stories and a cover story every four to six weeks relating to children, schools or families or other assignments in the community.

Candidates should have at least two years beat-coverage experience, preferably in education, have strong writing and grammar skills and be versatile in covering different types of education and community stories. Dependability and a desire to maintain collegial relationships with editors are essential.

It is strongly preferred that applicants live in or near Palo Alto. Out-of-state applicants with no roots in the area are discouraged. Send resume and three writing clips to Editorial Assistant Karla Kane, Palo Alto Weekly, 703 High Street, Palo Alto, CA, 94302, or e-mail kkane@pawebly.com. No phone calls please.





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Mountain View, 2 BR/1 BA - \$1550/mo.

Mountain View, 3 BR/2 BA - \$1850

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Downtown. Move in bonus! Pool, laundry,
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PA: 1BR/1BA
\$1400 mo. Nice, quiet, updated unit.
Agent, 650/814-0379

PA: 1BR/1BA
Upstairs. Bike to Stanford. Year lease. N/P.
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PA: 2BR/2BA
Redecorated, parking, pool, California
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\$2200/mo (650)324-8317

Palo Alto, 1 BR/1 BA - \$1100/mo

Redwood City, 1 BR/1 BA - \$1300

Redwood City, 2 BR/2 BA - \$2100

Redwood City, Studio - \$1100

Redwood Shores, 2 BR/2 BA - \$1975

Sunnyvale, 1 BR/1 BA - \$1100

Sunnyvale, 1 BR/1 BA - \$1150

803 Duplex

Menlo Park, 2 BR/2.5 BA
Charming 2 story house. CONVENIENT-
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TOTALLY remodeled w/designer finishes;
cozy fireplace; private yard; laundry inside;
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included. Owner: 650-533-8830

Mountain View, 2 BR/1 BA - \$1500/mont

Palo Alto, 1 BR/1 BA - \$1700/mo

805 Homes for Rent

Ath: 3BR/2.5BA
3 car gar., pool, guest house. Pool
svc., gardener, water incl. Las Lomitas
schools. N/P, N/S. \$7100 mo. Year lse.
208/634-6527 for appt.

Atherton, 4 BR/3 BA - \$8500

Atherton, 4 BR/4+ BA - \$8,000.00/

East Palo Alto, 3 BR/2 BA - \$1950.00/m

East Palo Alto, 4 BR/2.5 BA - \$4000

LA: 4BR/2.5BA
Includes gardener and pool service.
Living rm, separate dining, 2 car garage,
close to town. avail. mid April.
\$4500/mo Call Terrie (650)917-7969

Los Altos Hills, 5+ BR/4+ BA - \$7500/mo

Los Altos, 4 BR/2.5 BA - \$4,500/mon

Menlo Park, 2 BR/1 BA - \$2300/mo

Menlo Park, 3 BR/2 BA - \$3850/mont

Mountain View, 3 BR/2 BA - \$2300/mont

Mountain View, 3 BR/2.5 BA - \$2600/mont

Mountain View, 3 BR/2.5 BA - \$2900.00

Mt View, 4 BR/3 BA - \$4600.00/m

Mtn. View, 4 BR/2.5 BA - \$3,150/mo.

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650-326-7570
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Palo Alto, 3 BR/1.5 BA - \$3950

Palo Alto, 3 BR/1.5 BA - \$4300

Palo Alto, 3 BR/1.5 BA - 3800

Palo Alto, 3 BR/2 BA - \$ 3,650

Palo Alto, 3 BR/2 BA
12 Rooms, Community Center, Incl.
Gardener & Water, \$3,900/month, 12
month lease. Stan@paloaltohome.net or
650-473-1857 Avail. Feb 20, 2009

Palo Alto, 3 BR/2 BA - \$3800/mo.

Palo Alto, 3 BR/2 BA - \$ 3,650

Palo Alto, 3 BR/2.5 BA - \$3975/mont

Palo Alto, 4 BR/2 BA - \$3800. mon

Palo Alto, 4 BR/3 BA - \$4250/mont

Palo Alto, 4 BR/4+ BA - \$6500

Palo Alto, 5+ BR/3 BA
Newer, Big, CuD Sac/5668038/\$7850

Redwood City, 2 BR/1 BA - \$2300/mo.

Redwood City, 3 BR/2 BA - \$2300/mont

Redwood City, 3 BR/2 BA - \$2,500/mo

San Carlos, 2 BR/2 BA - \$1,800.

Sunnyvale, 2 BR/1 BA - \$1850/mont

Woodside, 3 BR/2.5 BA - \$4200/mo

Woodside, 4 BR/3.5 BA - \$9,000

Woodside: 1BR/1BA, Guest House
Split level w/stairs, garage w/washer &
dryer. Pool and tennis court. Utilities paid
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809 Shared Housing/Rooms

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Menlo Park Near Stanford, 1 BR/1 BA - \$950

Mtn View, 2 BR/1 BA - \$850

Palo Alto, 1 BR/1 BA - \$1060.00/m

Palo Alto, 1 BR/1 BA - \$1150

Palo Alto, 1 BR/1 BA - \$900.00

Palo Alto, 2 BR/2 BA - \$600/month

Palo Alto, 5+ BR/4+ BA - \$560-960

San Carlos, 2 BR/1 BA - \$8800/mon

San Mateo To Mountain View, 1 BR/1 BA

Sunnyvale, 3 BR/2.5 BA - \$710/month

810 Cottages for Rent

MP: 1BR/1BA
Cottage, attached 200 blk Willow Rd. Lr/
dr, full k, utilities incl. (650)326-7679

Palo Alto Peninsula Area, 1 BR/1 BA - \$1600/mont

Palo Alto, 1 BR/1 BA - \$1100/mo

Portola Valley, 1 BR/1 BA - \$1600

815 Rentals Wanted

Housing Wanted - Exchange

Look No Further...

Rental Wanted

Seeking Quiet Studio/1 BR Apt.

820 Home Exchanges

Green Cool Modern

825 Homes/Condos for Sale

Los Altos Hills, 4 BR/3.5 BA - \$2,695,000

Menlo Park, 1 BR/1 BA - \$769,950

Menlo Park, 5+ BR/4+ BA - \$2,249,950

Mountain View, 2 BR/2 BA - 50,000.00

Palo Alto, 2 BR/1.5 BA - \$595,000

Redwood City, 3 BR/2 BA - \$729,000

Redwood City, 4 BR/2 BA - \$1,000,000

Redwood City, 5+ BR/4+ BA - \$2999500

San Carlos, 3 BR/2 BA - 899,000

Waverly Park, Mountain View, 5+ BR/3 BA - \$1,698,000

Woodside, 3 BR/2.5 BA - \$1,289,500

830 Commercial/Income Property

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First serve!! Call Today 1-866-696

Mtn. View, CA 94041
ROBERT R. DAVIS
257 Mountain View Ave.
Mtn. View, CA 94041
This business is owned by a Trust.
Registrant/Owner began transacting business under the fictitious business name(s) listed herein on January 2009.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 18, 2009.
(Voice Feb. 27, March 6, 13, 20, 2009)

BIODENT DENTAL LAB
ADVANCED DENTAL LAB
SUPERIOR DENTAL LAB
VISION DENTAL LAB
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520188
The following person (persons) is (are) doing business as, 1.) Biodent Dental Lab, 2.)Advanced Dental Lab, 3.) Superior Dental Lab, 4.) Vision Dental Lab, 570 E. El Camino Real #C, Sunnyvale, CA 94087, Santa Clara County:
BIODENT DENTAL LAB, INC.
570 E. El Camino Real #C
Sunnyvale, CA 94087
This business is owned by a Corporation.
Registrant/Owner has not yet begun to transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 17, 2009.
(Voice March 6, 13, 20, 27, 2009)

MOHAWK AUTHORIZED SERVICE CENTER
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520588
The following person (persons) is (are) doing business as, Mohawk Authorized Service Center, 922 San Leandro Ave., # A, Mountain View, CA 94043, Santa Clara County:
ELEGANT THREAD INCORPORATED
922 San Leandro Ave., # A
CA 94043
This business is owned by a Corporation.
Registrant/Owner began transacting business under the fictitious business name(s) listed herein on 1-1-09.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 25, 2009.
(Voice March 6, 13, 20, 27, 2009)

Platform D
CloudCamp
FICTITIOUS BUSINESS NAME STATEMENT
File No. 519916
The following person (persons) is (are) doing business as, 1.) Platform D, 2.) CloudCamp, 1046 Mercy St., Mountain View, CA 94041, Santa Clara County:
DAVID NIELSEN
1046 Mercy St.
Mountain View, CA 94041
This business is owned by an individual.
Registrant/Owner began transacting business under the fictitious business name(s) listed herein on 1/1/09.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 9, 2009.
(Voice March 6, 13, 20, 27, 2009)

ARTISAN WINE DEPOT
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520446
The following person (persons) is (are) doing business as, Artisan Wine Depot, 400A Villa Street, Mountain View, CA 94041, Santa Clara County:
TRAN'S WINES INC
144 South Third Street #132
San Jose, CA 95112
This business is owned by a corporation.
Registrant/Owner has not yet begun to transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 20, 2009.
(Voice March 13, 20, 27, April 3, 2009)

THE GARAGE GUYS
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520972
The following person (persons) is (are) doing business as, The Garage Guys, 771 Palo Alto Ave., Mountain View, CA 94041, Santa Clara County:
BRUCE NASH
771 Palo Alto Ave.
Mountain View, CA 94041
This business is owned by an individual.
Registrant/Owner has not yet begun to transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on March 5, 2009.
(Voice March 13, 20, 27, April 3, 2009)

SPRINKLER SOLUTIONS
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520971
The following person (persons) is (are) doing business as, Sprinkler Solutions, 771 Palo Alto, Mountain View, CA 94041, Santa Clara County:
BRUCE NASH
771 Palo Alto, Ave.
Mountain View, CA 94041
This business is owned by an individual.
Registrant/Owner has not yet begun to

transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on March 5, 2009.
(Voice March 13, 20, 27, April 3, 2009)

COGNIQUEST
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520833
The following person (persons) is (are) doing business as, Cogniquest, 1051 S. Bernardo Ave., Sunnyvale, CA 94087, Santa Clara County:
ELAINE P. YOUNG
1051 S. Bernardo Ave.
Sunnyvale, CA 94087
FUMING YOUNG
1051 S. Bernardo Ave.
Sunnyvale, CA 94087
This business is owned by a general partnership. Registrant/Owner began transacting business under the fictitious business name(s) listed herein on 03/04/1999.
This statement was filed with the County Clerk-Recorder of Santa Clara County on March 3, 2009.
(Voice March 13, 20, 27, April 3, 2009)

ZYPALONG
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520908
The following person (persons) is (are) doing business as, Zypalong, 1853 Doane Ave., Mountain View, CA 94043, Santa Clara County:
ZYPALONG, LLC
1853 Doane Ave.
Mountain View, CA 94043
This business is owned by a limited liability company.
Registrant/Owner has not yet begun to transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on March 4, 2009.
(Voice March 13, 20, 27, April 3, 2009)

BAY AREA PRO AUTO
FICTITIOUS BUSINESS NAME STATEMENT
File No. 520656
The following person (persons) is (are) doing business as, Bay Area Pro Auto, 3150 De La Cruz Blvd., Suite # 114, Santa Clara, CA 95054, Santa Clara County:
RAMIN MOTEIZADEH
1166 Morse Ave. # 202
Sunnyvale, CA 94089
This business is owned by an individual.
Registrant/Owner has not yet begun to transact business under the fictitious business name(s) listed herein.
This statement was filed with the County Clerk-Recorder of Santa Clara County on February 26, 2009.
(Voice March 13, 20, 27, April 3, 2009)

997 All Other Legals

NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

NOTICE (08-ARC-1)

National Environmental Policy Act; N-258 Electrical Upgrades

AGENCY: National Aeronautics and Space Administration (NASA)

ACTION: Finding of No Significant Impact (FONSI)

SUMMARY: Pursuant to the National Environmental Policy Act of 1969, as amended (NEPA, 42 U.S.C. 4321 et seq.), the Council on Environmental Quality (CEQ) Regulations for Implementing the Procedural Provisions of NEPA (40 CFR Parts 1500-1508), NASA's policies and procedures for implementing NEPA (14 CFR Subpart 1216.3), and based upon the analyses and evaluations in the Environmental Assessment for the project, NASA has concluded that an Environmental Impact Statement is not necessary and has made a finding of no significant impact (FONSI) with respect to the electrical upgrades for building N-258.

DATE: NASA will take no final action prior to the publication of this FONSI.

RESPONSIBLE OFFICIAL: S. Pete Worden
Director, Ames Research Center

ADDRESSES: The Environmental Assessment (EA) for the electrical upgrades for building N-258 may be viewed at the following locations:

NASA Library
Building N-202
Ames Research Center
Moffett Field CA 94035
Reference Desk

City of Sunnyvale Public

Library
665 West Olive Avenue
Sunnyvale Ca 94086

City of Mountain View Public Library
Reference Desk
585 Franklin Street
Mountain View CA 94035

A limited number of copies of the EA are available on a first request basis, by contacting NASA Ames Research Center Environmental Services Division at the address, telephone number, or electronic mail address indicated herein.

FOR FURTHER INFORMATION CONTACT:
Dr. Ann Clarke, Chief, Environmental Services Division, NASA Ames Research Center, MS 237-14, Moffett Field, CA 94035-1000; telephone: 650-604-2350; electronic mail: ann.clarke@nasa.gov.

SUPPLEMENTARY INFORMATION: NASA has reviewed the EA. The EA is incorporated by reference in this FONSI. The NASA Advanced Supercomputing (NAS) Facility, Building N258, at NASA Ames (designed and constructed in 1986) provides a resource to lead the country in developing and delivering integrated, revolutionary, high-end computing services and technologies. The NAS facility has been and remains a major resource for the development of current and future projects simulating space shuttle launches, projecting the impact of human activity on weather patterns, and aiding in the design of space exploration vehicles and aircraft. Since its initial construction, NAS missions have expanded to support simulations in high performance real time computing capabilities. The NAS facility operates non-stop year-round to provide high speed, state-of-the-art computing capabilities to NASA scientists and researchers. NASA is committed to maintaining the NAS lead in supercomputing capability by continuing upgrading of computers as required and as technology develops. A dated, but still usable, benchmark for computer performance is flops (floating point operations per second). The first supercomputer installed at NASA Ames, the Cray X-MP 12 in 1985, could process 100 million flops (1 x 10⁸ flops or 0.1 gigaflops). Over the next 20 years, the NAS was upgraded 21 times, culminating in the SGI Altix 3700 in 2006, which can process 62 teraflops (6.2 x 10¹² flops), an enormous increase in computing speed (1 teraflop equals 1,000 gigaflops). NASA is proposing upgrades to the NAS facility to increase computing capacity to 250 teraflops (2.5 x 10¹⁴ flops). This quadrupling of capacity will require doubling the electrical power to the facility from 3 MW to 6 MW. Of the 6 MW, 4.0

MW is anticipated to be required for the processors and ancillary equipment, 1.5 MW for the chillers required to provide cooling, and 0.5 MW for building power. Uninterruptible electrical power supply to facilities with critical power loads has become necessary as the work of NASA becomes increasingly computer-based. With costs associated with power interruptions estimated to approach \$1 million per day, providing reliable, uninterruptible, continuous, and conditioned power is critical to insure implementation of the NAS facility mission. The proposed installation of four standby diesel generators will provide the needed uninterruptible power supply (NASA, 2007). The EA considered the proposed action, no action, and alternatives for upgrading electrical power, providing emergency power, and upgrading mechanical systems for the NAS facility. Three alternatives were evaluated for providing primary power source to the NAS; 1) the No action alternative, 2) the proposed action of providing 6 MW of power from the existing grid through a dedicated line to the facility, and 3) the alternative action of using fuel cells to provide 6 MW of power to the facility. Alternatives for back up power were also evaluated. These consisted of: 1) the No action alternative, and 2) technologies for providing uninterruptible power including rotary (generators coupled with flywheels), and static fuel cells. On the basis of the analyses performed in support of the EA and reference material used in the investigation, NASA has concluded that the implementation of the proposed action will not individually or cumulatively have significant impact on the quality of the environment. Therefore, the preparation on an Environmental Impact Statement is not required.

/s/
S.Pete Worden,
Date 2/6/09
Director, NASA Ames Research Center
(Voice March 13, 2009)

NOTICE OF PETITION TO ADMINISTER ESTATE OF:
EDWIN V. KARBOWSKI
Case No. 1-08-PR-164132
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of EDWIN V. KARBOWSKI. A PETITION FOR PROBATE has been filed by: JOHN M. KARBOWSKI in the Superior Court of California, County of SANTA CLARA. THE PETITION FOR PROBATE requests

that JOHN M. KARBOWSKI be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on March 13, 2009 at 9:00 a.m. in Dept. 15 of the Superior Court of California, Santa Clara County, located at 191 N. First St., San Jose, CA, 95113. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner:
/s/ John B. Sines
342 State Street, Suite 1
Los Altos, CA 94022
(650)948-1096
(Voice Feb. 27, March 6, 13, 2009)
NOTICE OF PETITION TO ADMINISTER ESTATE OF:
WAYNE GAN TOM, aka WAYNE TOM, aka WAYNE G. TOM
Case No. 1-09-PR-164636
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of WAYNE GAN TOM,

WAYNE TOM, WAYNE G. TOM. A PETITION FOR PROBATE has been filed by: ROSALIE T. FOX in the Superior Court of California, County of SANTA CLARA. THE PETITION FOR PROBATE requests that ROSALIE T. FOX be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on APRIL 8, 2009 at 9:00 a.m. in Dept. 15 of the Superior Court of California, Santa Clara County, located at 191 N. First St., San Jose, CA, 95113. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner:
/s/ Maureen O'Connell
999 W. Taylor Street, Suite B
San Jose, CA 95126
(408)297-6004
(Voice March 6, 13, 20, 2009)



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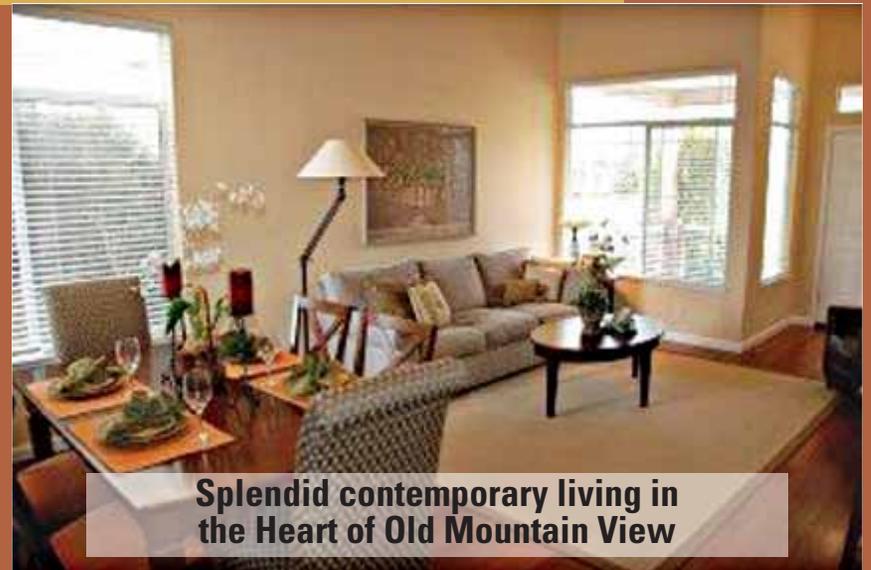


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MOUNTAIN VIEW

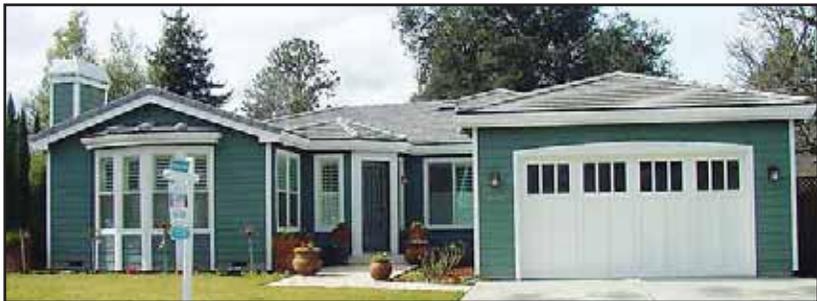
604 EL RANCHITO WAY **\$829,000**
Spacious bungalow style home near downtown Mountain View. Large back yard, 3br/2ba, approximately 1700 sq. ft. of living space. Large family room with fireplace, hardwood floors, freshly painted.

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LOS ALTOS

1476 FAIRWAY DR **\$3,798,000**
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.

1520 MONTEBELLO OAKS **\$3,495,000**
Custom designed home w/ exceptional attention to detail. Soaring ceilings, crown moldings, gorgeous stone & hwdw floors. Sep. in-law quarters w/ living rm plumbed for kitchenette, laundry & separate entry. Game rm, wine cellar, sauna, theatre rm. Wonderful yd w/professional landscaping & rm for pool.



1642 PARKHILLS AVENUE **\$2,195,000**
Custom built home exceeds all expectations w/ spacious floor plan that has 4BR including master bedrm suite w/sitting area and 3 full baths. Superbly designed w/approx. 2,841sq.ft., the home features a large living rm, formal dining rm, gourmet kitchen w/ grand center island that opens to the family/great rm and breakfast area. Gorgeous hwdw flrs throughout.

#8 FARM ROAD **\$939,000**
2BR/2BA + den townhouse includes bright kitchen, breakfast nook, living room with vaulted ceilings, dining area and private patio. Complex features spacious patios, 16 acres of grounds, serene setting, recreation room, veggie garden, pool and pool house. Ideal, quiet location with lush landscaping and mature trees, only minutes to shopping and major commute routes.

LOS ALTOS HILLS

12011 GREENHILLS COURT **\$4,395,000**
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12540 ROBLE LADERA ROAD **\$1,695,000**
Incredible opportunity to remodel or build new your custom home on 1.64 acre lot in Los Altos Hills. Existing home includes four bedrooms, two and half baths, and 3,398 square feet of living space. Located near Fremont Hills Country Club. Los Altos schools; Garner Elementary, Egan Junior high, Los Altos High School.

SUNNYVALE

838 TICONDEROGA **\$1,249,000**
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SANTA CLARA



3458 CABRILLO AVENUE **\$699,000**
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LOS ALTOS HILLS

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2 car garage
Inside laundry hook-ups
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Open kitchen with stainless steel appliances
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Los Altos schools
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13 years young!
Living room boasts fireplace
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Priced at: \$725,000

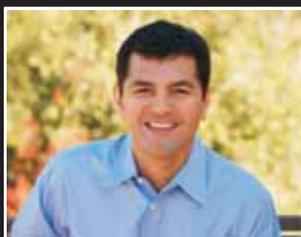
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Cupertino schools
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Thursday, March 19th - 11:00AM - 1:00PM
 Hillview Senior Center (Room 17)
 97 Hillview Ave.
 Los Altos, Ca 94022

SPEAKERS:

- Industry Update: Reverse Mortgages and NestWorth by Mary Jo Lafaye
- Local market updates from Realtor, Patricia Diaz
- Health, happiness and wellness information provided by Clinical Gerontologist, Eric Shapiro
- Tai Chi Instructor Hal Basile

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Denise Welsh

Senior Real Estate Specialist



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128 THOMPSON AVE, MOUNTAIN VIEW
 Exceptionally Spacious Eichler Style Home



One of the largest homes available in the neighborhood! Single level with an open floor plan and true Eichler appeal! This beautiful home boasts 1,384sqft of living space with an additional 706sqft of outdoor covered courtyards! A total of 2,090sqft of updated, open living and entertainment space! Upon entry is the bright, sunny living room and attached dining room, opening to the spacious covered courtyard.

Attention given to every detail in the newly remodeled kitchen including breakfast bar, stainless steel appliances, stylish tile backslash, decorative stone tile flooring, solid surface countertops and large pantry. Kitchen opens to a rare additional family room featuring a cozy wood burning fireplace! Additional bonus space with the separate utility room, gym room and office! Professionally landscaped with new hot tub and lush established shrubbery providing green belt views and privacy. Located in a wonderful neighborhood with all the charm a family could desire! Close to Shoreline Park, shopping, schools, transportation and downtown. This is a must see!

www.128ThompsonAve.com

Offered at: \$870,000

Gina O. Gysin

408.596.0006 • Fax: 408.359.1191
 gogysin@apr.com
 www.ginagysin.com



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MountainView VOICE

(650) 964-6300



COLDWELL BANKER

presents

californiamoves.com



Open Sunday

PALO ALTO

2 BR | 1.5 BA

3152 MIDDLEFIELD ROAD

\$ 548,000

Superb Midtown Two story townhouse plus large rear yard! Away from the road, & almost all double pane windows. Low HOA & laundry facilities!

Chuck Lane

650.948.0456



Open Sat & Sun.

MOUNTAIN VIEW

3 BR | 2 BA

801 REBECCA PRIVADA

\$997,000

Resort Atmosphere. .Ambiance, amenities, class, elegance & pride of ownership. Mint condition. Low association fee. Convenient to freeways.

Jim Galli

650.948.0456



Open Sunday

MOUNTAIN VIEW

2 BR | 2 BA

938 CLARK AV #5

\$495,000

Updated kitchen w/ hardwood flrs. Walk-in closet. W/D in unit. Sep garage. Clubhouse/pool.

R. Brendan Leary

650.325.6161



Open Sat & Sun.
11:00 - 5:00

MOUNTAIN VIEW

3 BR | 2.5 BA

648-654 WILLOWGATE ST.

\$795,000 & \$815,000

Willowgate Town homes combining traditional craftsman architecture in a collection of 11.

Gil Orah

650.325.6161



Open Sat. 1:30 - 4:30
Sun 10:00 - 4:30

MOUNTAIN VIEW

3 BR | 2.5 BA

570 FRONT LN

\$898,000

Steps from Castro. Bright open floorplan, eat-in kitchen with nook, dining & living rooms.

Kim Copher

650.941.7040



Open Sunday

MOUNTAIN VIEW

1 BR | 1 BA

500 MIDDLEFIELD ROAD #99

\$350,000

Exquisite renovated condo in Willow Park. Granite counters in kitchen & baths. New appliances.

Sara Ahsan

650.941.7040

CAMPBELL

664 REGAS DRIVE
SAT/SUN 1:30 - 4:30 \$1,100,000
4 BR 3.5 BA Remodeled Kitchen & Family Room w/ granite, stainless steel appliances
Jim Galli 650.948.0456

LOS ALTOS

A PLACE TO CALL HOME \$757,000
3 BR 2 BA Brand new condo with Los Altos schools. High ceilings, hardwood floors. Designer fixtures.
Dave Luedtke/Linda Takagi 650.941.7040

MOUNTAIN VIEW

605 PETTIS AVENUE \$799,000
SAT/SUN 1:30 - 4:30
3 BR 1 BA Functional floor plan & built-ins. Fireplace & recessed lighting in LR. Open kit to LR.
Royce Cablayan 650.948.0456

PALO ALTO

3286 SOUTH CT \$1,998,000
SUN 1:30 - 4:30
4 BR 4 BA Open and elegant home - thoughtfully designed & multi-featured. Solar power & central A/C
Lan L. Bowling 650.328.5211

PALO ALTO

155 S CALIFORNIA AV #G204 \$595,000
SUN 1:30 - 4:30
2 BR 1.5 BA Two story w/remodeled kitchen & tree top views. Just steps away from shopping, inside W/D.
Penny Fox 650.325.6161

LOS ALTOS

BEAUTY IN THE DETAILS \$2,975,000
4 BR 3.5 BA Mediterranean completed in 2007. Near Club. Marble, mahogany, art glass & oversized doors.
Terri Couture 650.941.7040

LOS GATOS

POSSIBLE SUBDIVISION! \$2,475,000
On track to be annexed to Los Gatos. Possible subdivision into 2 lots. City water hookups.
Charlene Geers 650.941.7040

MOUNTAIN VIEW

DELIGHTFUL MT. VIEW HOME \$749,950
3 BR 2.5 BA Fantastic MV home w/great flr plan in sought after area. Lg. fenced yard, 2 car, tenant occ
Tim Trailer 650.325.6161

PALO ALTO

1444 PITMAN AVE \$1,975,000
SUN 1:30 - 4:30
4 BR 2.5 BA Exceptional opportunity in the Duveneck elem district. FR w/ beam ceilings & fireplace.
Leannah Hunt 650.325.6161

PALO ALTO

881 LYTTON AV \$1,288,000
SUN 1:30 - 4:30
2 BR 1.5 BA Living w/ recessed lights, wood burning fp, wood flrs & crown molding. Eat-in kit
Royce Cablayan 650.948.0456

LOS ALTOS

ALL BELLS & WHISTLES! \$2,699,890
4 BR 3.5 BA Custom, new construction with high end finishes. Chef's kitchen. Oversized family room.
Shelly Potvin 650.941.7040

MOUNTAIN VIEW

94 FREEDOM WAY \$725,000
SAT 1:30 - 4:30
3 BR 3 BA Central A/C, gas fireplace in living room. Modern eat in kitchen.
Royce Cablayan 650.948.0456

MOUNTAIN VIEW

523 TYLER PARK WAY \$748,000
SAT 1:30 - 4:30
3 BR 2.5 BA Vaulted ceilings, hardwood/carpet, separate Dining Rm. Fireplace, A/C, 2-car garage
Royce Cablayan 650.948.0456

PALO ALTO

904 COWPER ST \$1,800,000
SUN 1:30 - 4:30
4 BR 2 BA Beautiful vintage 2-story home in terrific downtown location. Gorgeous woodwork.
Sharon Witte 650.325.6161

SAN JOSE

ELEGANT HOME \$685,000
4 BR 2.5 BA Sep din rm. Inside Indry! Reed Elem. 825 API. Dbl pane windows, Huge fam rm off open kit.
Marcie Soderquist 650.948.0456

LOS ALTOS

140 MERRITT RD \$2,695,000
SUN 1:30 - 4:30
4 BR 3 BA Striking architectural design & fine quality craftsmanship.
Julie Lau 650.325.6161

MENLO PARK

2157 AVY AV \$998,000
SUN 1:30 - 4:30
3 BR 2 BA Instantly appealing story-book home in Xlent Las Lomas SD. Nicely updt'd ba & modern kit
Francis Rolland 650.948.0456

MOUNTAIN VIEW

750 TELFORD AV \$668,000
SAT/SUN 1:30 - 4:30
3 BR 2 BA Large Living Rm, open kit w/ ample counter space & sep din area. Enclosed sunrm. Lrg bkryrd.
Royce Cablayan 650.948.0456

PALO ALTO

846 WARREN WY \$1,798,000
SUN 1:30 - 4:30
4 BR 3 BA Beautifully remodeled completely updated, elegantly finished home on tree-lined cul-de-sac
Lan L. Bowling 650.328.5211

SANTA CLARA

257 CRONIN DRIVE \$933,500
SAT/SUN 1 - 4
3 BR 3 BA Beautiful updated! Expanded master bedrm/bath w/added permits. Top of line appliances.
Lettty Guerra 650.948.0456

LOS ALTOS

EUROPEAN CHARM \$1,995,000
4 BR 3 BA Charming home on 15,000+ sq. ft. Guest house, Sunroom. Beautiful gardens. Pool & terrace.
Karin Clark 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
Tim Trailer 650.325.6161

MOUNTAIN VIEW

266 PAMELA DR ##11 \$350,000
SUN 1:30 - 4:30
2 BR 1 BA Lovely condo ready to move in condition! In a small complex offering comfortable living!
Noemi Ruelas 650.948.0456

PALO ALTO

854 RORKE WY \$1,548,000
SAT/SUN 1:30 - 4:30
3 BR 2 BA Beautifully updated family home on sought after PA cul-de-sac. Roughly 2099 sf.
Zach Trailer 650.325.6161

SANTA CLARA

4022 FITZPATRICK WAY \$679,000
SUN 1:30 - 4:30
3 BR 3 BA Townhome in prime Rivermark loc. \$30K quality upgrades. Meticulously care for by owners
Yasemin Richardson 650.948.0456

LOS ALTOS

ALLURING REMODEL \$1,990,000
4 BR 2.5 BA Desirable Carriage Square. Exceptional kitchen with great family room. Remodeled baths.
Terri Couture 650.941.7040

MOUNTAIN VIEW

RESORT-LIKE HOME \$1,698,000
5 BR 3 BA Top-of-the-line upgrades, heated gazebo, pool. Full wet-bar, bonus loft, outdoor kitchen.
Owen Halliday 650.325.6161

MOUNTAIN VIEW

EXQUISITE CONDO \$350,000
1 BR 1 BA Renovated condo in Willow Park. Granite counters in kitchen & baths. New appliances.
Sara Ahsan 650.941.7040

PALO ALTO

712 COASTLAND DR \$1,395,000
SAT/SUN 1:30 - 4:30
3 BR 2 BA Spacious corner lot. Hrdwd flrs, LR/DR combo. Master Suite w/vaulted ceiling, French doors.
R. Brendan Leary 650.325.6161

SANTA CLARA

4222 FITZPATRICK WAY \$679,000
SUN 1:30 - 4:30
3 BR 3 BA Townhome in prime Rivermark loc. \$30K quality upgrades. Meticulously care for by owners
Yasemin Richardson 650.948.0456

LOS ALTOS

NEW REBUILT SOPHISTICATE \$1,988,000
5 BR 3 BA Highlands! Huge living room has soaring ceilings. Granite kitchen & adjoining family room.
Jo Buchanan & Stuart Bowen 650.941.7040

MOUNTAIN VIEW

892 WINDMILL PARK LN \$1,099,000
SUN 1:30 - 4:30
4 BR 3 BA Yet close to town. Remodeled kitchen. Fresh paint, new carpets. Dining room. Large deck.
Joanne Fraser 650.941.7040

MOUNTAIN VIEW

EXQUISITE CONDO \$350,000
1 BR 1 BA Renovated condo in Willow Park. Granite counters in kitchen & baths. New appliances.
Sara Ahsan 650.941.7040

PALO ALTO

3198 FALLEN LEAF ST \$1,369,950
SAT/SUN 11:00-5:00
5 BR 4 BA Sustainable, energy efficient home by award-winning Classic Communities. Select finishes.
Dante Drummond 650.325.6161

SARATOGA

19874 PARK DR \$2,825,000
SUN 1:30 - 4:30
4 BR 3.5 BA Remodeled w/grmt kitchen. Great room, vaulted ceiling. Bonus room, hwdwd flrs. Huge lot. R.
Brendan Leary 650.325.6161

LOS ALTOS

ARTISTIC DESIGN \$1,489,000
3 BR 2.5 BA Secluded cul-de-sac. Fantastic kitchen. Remodeled baths & master. Family room. Near town.
Terri Couture 650.941.7040

MOUNTAIN VIEW

FANTASTIC HOME! \$995,000
4-plex. Great location. Large, fenced yard, 2 car garage, dining area, Breakfast nook.
Tim Trailer 650.325.6161

MOUNTAIN VIEW

927 RAMONA ST \$3,295,000
SAT/SUN 1:30 - 4:30
6 BR 4 BA Built in '02, this roughly 4,787 sf palatial home excels in architectural elegance.
Zach Trailer 650.325.6161

PALO ALTO

629 KINGSLEY AV \$1,349,500
SUN 1:30 - 4:30
3 BR 2 BA Reblt & remdled hcraftd cottage in Profville. LR/DR combo w/wdbrnng fp, kit w/ granite
Barbara Sawyer 650.325.6161

SUNNYVALE

DESIRABLE AREA \$758,000
3 BR 2 BA Lovely ranch in desirable Cherry Chase. Cherry Chase Elementary & Homestead High!
Shelly Potvin 650.941.7040

LOS ALTOS

CREEKSIDE OAKS RETREAT \$1,290,000
2 BR 2.5 BA Gated community. Fireplace, moldings, built-ins & plantation shutters. Den & dining room.
Joanne Fraser 650.941.7040

MOUNTAIN VIEW

NEWLY RENOVATED HOME \$949,000
3 BR 2 BA A beautiful and thoroughly renovated home on a lot of more than 9400 sq ft near downtown
Lan L. Bowling 650.328.5211

MOUNTAIN VIEW

655 KINGSLEY AV \$2,799,000
SAT/SUN 1:30 - 4:30
5 BR 2 BA ~3700sf of living space, open flr pln, 3 levels. Designed: Stephen Pogue; Built: J5 Homes
Mandana Nejad 650.325.6161

PALO ALTO

4191 BRIARWOOD WAY \$1,325,000
SUN 1:30 - 4:30
4 BR 2 BA Chefs Kitchen w/Large Island, Lots of Cabinets & Family Area. Spacious LR w/HW floor
Greg Stange 650.325.6161

SUNNYVALE

989 ASILOMAR TERRACE ##3 \$618,000
SUN 1:30 - 4:30
3 BR 2.5 BA Kitchen features stainless appliances & breakfast bar. Hi ceilings. 3 levels w/skylights
Royce Cablayan 650.948.0456

LOS ALTOS

420 TYNDALL ST \$1,049,000
SAT/SUN 1:30 - 4:30
2 BR 2.5 BA Los Altos Village Square townhouses. Exquisite brand new construction by Di Mattei.
Couture/Bohl 650.941.7040

MOUNTAIN VIEW

2130 CAROL AVE \$939,000
SUN 1:30 - 4:30
4 BR 2 BA Charming house with great floor plan. One block from backyard of Huff School.
Pat Jordan 650.325.6161

MOUNTAIN VIEW

730 ASHBY DR \$2,595,000
SAT/SUN 1:30 - 4:30
4 BR 3 BA Timeless charm in this Inviting Crescent Park home w/step-down living room
Rod Creason 650.325.6161

PALO ALTO

3278 FALLEN LEAF ST \$1,299,950
SAT/SUN 11 - 5
2 BR 1.5 BA Sustainable, energy efficient home by award-winning Classic Communities. Select finishes.
Dante Drummond 650.325.6161

SUNNYVALE

PRIVATE TOWNHOME \$549,000
2 BR 1 BA Immaculate townhome in West Valley Elem, Cupertino Middle & Homestead High districts.
Delan Realtor Team 650.941.7040

LOS ALTOS

414 TYNDALL STREET \$975,000
SAT/SUN 1:30 - 4:30
2 BR 2.5 BA Los Altos Village Square townhouses. Exquisite brand new construction by Di Mattei.
Couture/Bohl 650.941.7040

MOUNTAIN VIEW

515 ENTER DR \$2,498,000
SUN 1:30 - 4:30
4 BR 3 BA Gracious updated home, spacious rooms, open kitchen/family rm w/ french doors to rear yard
Laurel Robinson 650.325.6161

MOUNTAIN VIEW

500 FULTON ST #202 \$798,000
SAT 1:30 - 4:30
2 BR 1.5 BA Top flr condo. Palo Alto shops, restaurants. Remodeled kitchen & baths. Inside laundry.
Teresa Lin 650.328.5211

PALO ALTO

695 S KNICKERBOCKER DR ##23 \$489,000
SAT/SUN 1 - 4
2 BR 2 BA Corner unit w/private balcony, Homestead High. Fresh paint Euro-style kit. Inside laundry
James Milliken 650.948.0456

SUNNYVALE

695 S KNICKERBOCKER DR ##23 \$489,000
SAT/SUN 1 - 4
2 BR 2 BA Corner unit w/private balcony, Homestead High. Fresh paint Euro-style kit. Inside laundry
James Milliken 650.948.0456



MOUNTAIN VIEW

1528 LILAC LANE

Fabulous Townhome \$625,000
4BR/2.5BA. Spacious Townhome. Fabulous updated kitchen & baths, 1 whirlpool. Laminate/wood floors. Large private deck with great views. 2 car garage.



Aileen La Bouff

650.948.0456
DRE # 01392043
Aileen.labouff@cbnocal.com



SANTA CLARA

OPEN SAT & SUN
1 TO 4 PM

257 CRONIN DRIVE

Updated w/Cupertino Schools \$933,500
3BR/3BA. Beautiful updated! Expanded master bedroom/bath w/ added permits. 2 master suites. Top of the line appliances, double pane windows. Shutters news. Interior paint.



Letty Guerra

650.948.0456
lguerra@cbnocal.com
DRE #00476585



MOUNTAIN VIEW

OPEN SUNDAY

1505 BONITA AVENUE

In Desirable Cuesta Park \$899,000
3BR/2BA. Bright & updated w/double pane windows, hardwood floors, fireplace, bonus room, built-in storage loft in 2 car garage.



Nancy Adele Stuhr

650.917.4361
astuhr@cbnocal.com
DRE # 00963170



MOUNTAIN VIEW

OPEN SAT & SUN

130 PLUM COURT

Bright and Airy \$975,000
4BR/3BA. Great floor plan w/high ceilings, family room, recessed lighting & wood floors in common areas. Modern kitchen w/granite counters & new cabinets.



Royce Cablayan

650.948.0456
rcablayan@cbnocal.com
DRE# 01062078



LOS ALTOS

SOLD!

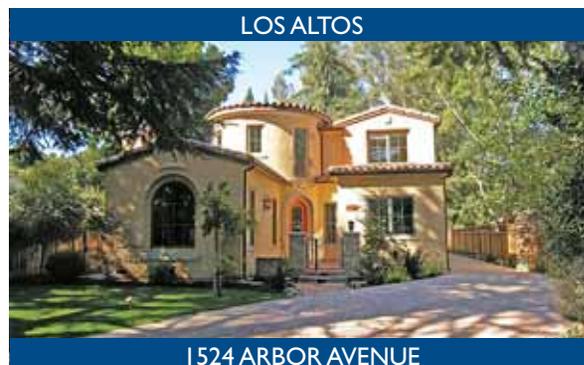
1475 CEDAR PLACE

5BR/2.5BA \$1,469,000
The Seller and the Buyer are both very happy! This ranch style quality home in a fantastic Highlands neighborhood sold quickly within a month...call Terri Couture to see what real estate magic she can do for you.



Terri Couture

650.917.5811
www.terricouture.com



LOS ALTOS

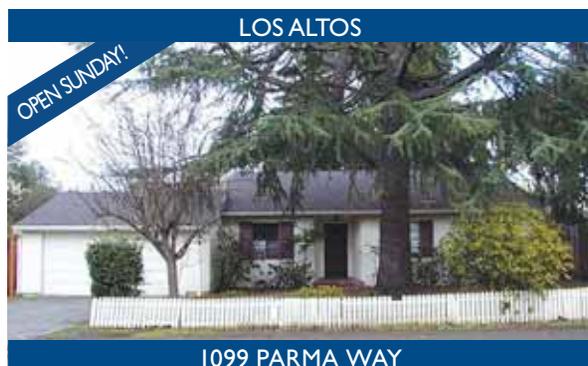
1524 ARBOR AVENUE

4BR/3.5BA \$2,975,000
Completed in 2007, this Mediterranean home offers stunning craftsmanship & generous proportions. Gated courtyard entry & soaring two story rotunda turret welcomes you. Amenities include intricate millwork, Santos mahogany flooring, paneled wainscoting, art glass light fixtures & oversized doors of knotty alder. Butler's pantry, wine closet, library & more!



Terri Couture

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www.terricouture.com



LOS ALTOS

OPEN SUNDAY!

1099 PARMA WAY

2BR/1BA \$1,585,000
Build your dream home or expand the existing charming home. Rarely available approx. 16,200 sq. ft. creekside lot. Framed in expansion for master suite. Extra large office. Peaceful meandering street with many new homes. Close to shopping & excellent Los Altos schools. Beautiful trees at back of lot.



Terri Couture

650.917.5811
www.terricouture.com



LOS ALTOS

OPEN SAT & SUN

412-426 TYNDALL

2BR/2.5BA Prices from \$899,000 to \$1,099,000
Brand new distinguished townhomes built with fine craftsmanship by Di Mattei near downtown. Rustic oak floors, fireplace with old world mantle. Granite kitchen has stainless appliances. One car garage, some attached. Some units have interior elevator! State of the art wiring.



Terri Couture

650.917.5811
www.terricouture.com