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INSIDE

Vol. II, Number 10 · July 26, 2010

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Not your traditional



Today's YMCA focuses on services and programs for Dublin and other communities

By GLENN WOHLTMANN

The Tri-Valley YMCA may not have a traditional setting, with the typical health club and swimming pool, but it's found a place in Dublin and the Tri-Valley.

"We basically are called a program branch," explained Kelly Dulka, the local Y's executive director. "We run programs throughout the Tri-Valley, but all in rented facilities."

The YMCA is now known at the national level as simply "The Y." Dulka said legally, it will still be the YMCA, although she pointed out that people have been calling it "The Y" for years.

"We're not changing our name, we're changing what we're referred to," she said. "We're going to be implementing it over a year and a half."

The local Y has found its niche in Dublin and the Tri-Valley, offering programs primarily designed for young people. With an office in Pleasanton, Dulka said the Y will soon open another one in Dublin.

Its services include a number of programs not normally considered part of the Y's mission, such as kindergarten readiness for both the child and his or her parent, college tours, and soon, adult day care.

"A lot of people have said to us, 'That's not a typical Y program, is it?' and I always say the same thing: Any social service, any recreational service, any kind of youth development or senior development, health and wellness program, there's a Y in this country that's doing it and doing it well," Dulka said.

The Tri-Valley Y is picking up the ball after two adult day care centers, one in Pleasanton and one in Livermore, closed their doors. That new program is expected to open this fall.

The Y also keeps its doors open year-round with day care centers in three of Pleasanton's elementary schools and one middle school.

"We know the most dangerous time for middle school is from 3 to 6 (p.m.)," Dulka said. "Kids think, 'We're fine home alone,' but that's where the risk is."

Of course with summer in full swing, the Y is more closely associated with camps, and the local Y has its share: day camp, specialty camps, sleep-away camps and holiday camps.

"Our traditional day camp is what you think about, with cheers and songs and games and lanyards and friendship bracelets

See **YMCA** on Page 4



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AROUND THE TRI-VALLEY



BY JEB BING

Piper at Gate 2 checks out

When the 98th annual Alameda County Fair ended its 17-day run July 11, Al Piper went back to his ranch near Tracy to get some rest. For three weeks, he had supervised Gate 2 at the Alameda County Fairgrounds, opening the gate at 6 a.m. every day of the county fair and then closing down the gatehouse at 8 p.m. when the special pass holders quit coming. Gate 2 is the coveted entrance for VIPs, including members of the fair board of directors, vendors who don't stay overnight in trailers, and those who need quick and close access for special reasons. It opens into a free and spacious parking lot which makes it attractive to those who'd prefer not to spend \$8 at the regular lot.

Piper, who's 70, has been working the fair since 1975, starting as an assistant stable superintendent, checking in race horses that were shipped to the fairgrounds for their one day of racing. He was often accompanied by his daughter Ruth, who was then active in the 4-H club and raised horses, pigs and even some beef cattle to show at the fair. The youngest of Piper's four children, she's now a college business major although fair recruiters keep urging her to use skills developed on the family's 13-1/2-acre ranch on the other side of the Altamont to train ponies on the Alameda County track. Piper and his wife Hedy have three other children, grandchildren and great-grandchildren.

For Piper, a job at the fair is temporary, generally for the time the fair is here.

Piper retired two years ago from his full-time job as chief engineer at Macy's where he worked since

1962, serving the maintenance and engineering needs of Macy's and other Federal Department Stores from Sacramento to the Tri-Valley. At one time that included elevators, escalators and heating and air conditioning, responsibilities that kept him on the road much of the time and always on call. When he heard about the Alameda County fair job, he arranged his vacation time from Macy's to come to the fair.

A machinist mate in the Navy for 5-1/2 years, Piper took his skills the day after he was discharged to the Engineers Union Hall in Oakland and was dispatched to three different jobs that day. He takes pride in saying he's never been out of work or needed unemployment insurance, a feat he attributes to his Navy training.

A racing fan, Piper knows horses. He bet on them at the Pleasanton track and at Golden Gate Fields where some of his horses raced. He said the Pleasanton track actually closed one day during this year's fair season due to a shortage of horses, a growing problem in California where the racehorse business has become very expensive. The average race horse today probably pays the wages of 28-30 people when you consider the various people involved in getting the horse to the track, Piper said, so the horse has to earn some money along the way. The average number of horses in each race is 10 and there can be up to eight races a day at a track. Each horse only runs once a day and then rests for up to 14 days before coming back.

Piper has found great camaraderie at the county fairgrounds and hopes to be back at Gate 2 next year. In the meantime, he expects to see many of us at Hacienda Crossings, Stoneridge Shopping Center and other Dublin and Pleasanton shopping and dining spots when his family takes a break from ranching to enjoy time in "the big cities," as he calls them. ■

ABOUT THE COVER Zach Braunstein, Katie Dulka and Amelia Pennewell are all smiles as they take a break on a YMCA trip to the zoo. Photo courtesy Tri-Valley YMCA. Cover design by Kristin Herman.

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V

Dublin
Tri-Valley
VIEWS

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Express bus service will speed up travel for Dublin riders

RAPID line will connect to new BART station when it opens

RAPID, a new express bus service, will offer passengers faster commute times along Dublin Boulevard between San Ramon Road and Fallon Road when it starts early next year.

The route, being planned by the Amador Valley Transit Authority (LAVTA), will also connect to the East Dublin/Pleasanton BART station and the new West Dublin station when it opens in early 2011.

The express service also connects all stops to Stoneridge Shopping Center, where passengers can transfer to other Wheels routes.

Construction of Rapid Transit, or RAPID, started last January. Since then, equipment and software modifications have been made to several of the traf-

fic signal systems to help facilitate faster service for the RAPID buses.

In addition, improvements are under way at 18 bus stops along Dublin Boulevard. The improvements include decorative sidewalks, shelters, trash and recycling receptacles, pedestrian lighting, bicycling racks, way-finding signs and RAPID identification signs.

The bus stop improvements are substantially complete, with the exception of the new shelters, which are currently being fabricated off-site. Construction is expected to be complete in September.

—Jeb Bing

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520-acre Dublin Hills Regional Park opens

At 1,138 feet elevation, Donlan Point offers spectacular views

The Dublin Hills Regional Park opened this month with a kickoff event hosted by the East Bay Regional Park District and Dublin city officials.

The 520-acre park includes Donlan Point, which at an elevation of 1,138 feet above sea level provides high scenic value among both trail users and neighboring residents, according to the park district. It features a 23-car parking lot, equestrian parking, restrooms and drinking fountains, a 1.25-mile section of the Calaveras Ridge Regional Trail, and a 1.5-mile connection loop.

The park is bounded by I-580 to the south, Schaefer Ranch to the southwest, private grazing land to the north, northeast and northwest, and the

California Highlands housing development on the southeast. The land has experienced relatively little change since first being settled for ranching and cattle grazing in the middle 1880s, the park district noted.

“I’m so pleased to see this park open,” Park District board member Ayn Wieskamp said. “Dublin now has its own regional open space park in the western hills that is close by and easy to access. Plus we’ve planned some wonderful trail connections for the future.”

Future plans include connecting to the Martin Canyon Creek Trail and extending the park south toward Pleasanton Ridge Regional Park.

—Dan McMenamin, Bay City News

YMCA

Continued from Page 1

and all that kind of stuff,” Dulka said. “Our camp is all summer long. We have a day camp program that we offer kids from kindergarten through high school. The high school part is teen leadership development. They’re campers in leadership training, so part of their curriculum is leadership development. The Y talks about the bait and switch; kids come in thinking they’re going to camp and they leave with great leadership skills.”

Also for teens is the Y’s well-known Youth in Government program, which culminates with a day in Sacramento with participants taking on the roles of legislators.

“It’s legendary, what (legislative bills) the kids have gotten through. It’s really impressive,” Dulka said. “Just in talking about it with the kids, they’re changed because of this program.”

This year, the Y also began a college tour program, with 20 students from Dublin, Livermore and Pleasanton, the three local cities it serves.

“The reason we decided to offer some things in college planning — we also did some college workshops and work with families on making sure kids are taking the right things in high school — is because the school districts were cutting back,” said Dulka. “They were cutting back on counselors, the counselors were tasked with more students and weren’t able to provide as many services as they have in the past.”

Filling those kinds of needs seems to be what the local Y is all about. That’s why, for example, it expanded kindergarten readiness to include parents.

Program Director Kris Farro said kindergarten readiness programs have been going on for about five years.

“We’ve had really great feedback from the school district that our kids are ready for kindergarten and they’re on target with their phonics and their math skills; they can sit down for the required period of time,” Farro said. “We realized we weren’t helping the families get ready for kindergarten, so we’ve developed a program to work with them to identify which school is their home school, what day do they have to register by, how do they fill out those forms, where do they get the forms.”

Among the problems, she said, were language and

transportation barriers.

“They just weren’t able to navigate the system. We’ve made it so they just come on site to where they’re already bringing their child. They don’t have to go to another school to set up another meeting, they just come directly to the site and we pretty much work one on one with the parents and do some coaching on how to get them ready for school as well,” Farro said.

And while it may not have a gym or a pool, Dulka said the local Y is “definitely in expansion mode,” looking to add a space in Dublin, where it can open more programs for adults.

“We’re hoping to offer Zumba and kickboxing and more yoga classes, Mommy and Me (a class for mothers and toddlers), prenatal exercise classes,” she said. That’s on top of recent additions such as its mentoring program, which has matched 30 mentors and mentees, and its popular Guides and Princesses program, which has 250 families in the Tri-Valley.

Dulka said her primary focus is always on bringing in money.

“I do the fundraising and I make sure the staff has the resources they need,” she said. “We make sure the staff loves their job. We can’t pay them enough, but we make sure that they know how important they are in the lives of the children they serve.” ■

What does the Y offer?

- Adult day care for frail elders, expected to begin this fall in Dublin
- Health and wellness programs
- Camps: day camp, specialty camps, holiday camp
- Child care and child development programs
- Community programs that include Youth in Government, Guides and Princesses, teen leadership development, service learning, mentoring
- Community classes, from floral design and jewelry-making to parent education workshops

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READERS CHOICE

County Fair wrap-up: 79,882 corn dogs were consumed

Fair competed well against World Cup, heat and a weak economy

BY DOLORES FOX CIARDELLI

The 2010 Alameda County Fair was a success, reports the fair association, with attendance at 418,000, an increase of 19 percent over 2008 although 3 percent down from last year's record-setting numbers.

"Competitive exhibits, animals and agricultural elements of our fair continue to be crowd favorites," said Rick Pickering, CEO of the Alameda County Agricultural Fair Association. "We also saved the lives of more than 100 dogs, by adopting them out to caring Fair families."

These dogs had previously been scheduled to be euthanized but were available for adoption at one of the fair's new attractions, Puppy Party Palooza.

"We want to thank the many guests who came out to play at the Alameda County Fair these past two weeks," said Pickering. "In this difficult economy, we are honored that so many people chose to invest their time with family and friends at the fair this summer."

Officials were also pleased with this year's Live Racing results, especially considering that Hollywood Park cancelled three days of racing, all major East Coast Tracks closed for a day due to extreme heat, the impact of the World Cup, and a weak economy.



GLENN WOHLTMANN

Ten-year-old Siena Bowen, a student at Rancho Romero Elementary in Alamo, enjoys a candy apple at the Alameda County Fair. "You can get anything on a stick here," her mom quipped.

Concert performances were filled to capacity as were other attractions, such as the Fair's AgVenture Park featuring agricultural edutainment and Festival Square's themed weekends: "Fiesta Hispania," "Celebrate Americana Music," and "Spice of India." New attractions and events such as Mutton Bustin', Puppy Party Palooza,

Fun facts

- Donations to the Alameda County Food Bank — more than 5 tons of food
- Livestock Auction — \$495,284; average amount per animal was up 4 percent
- Total Entries of Competitive Exhibits — 16,185; up 2 percent
- Total Competitive Exhibitors — 4,237; down 4 percent (many people have more than one entry)

Food consumed

- Corn Dogs — 79,882
- Funnel Cakes — 21,437
- Shaved Ices — 10,312
- Turkey Legs — 5,026
- Cinnamon Rolls — 5,113

Big Green Race and Hot Dog Relay Contest played a big part in this year's success, officials reported.

Pickering also commented that a variety of dance lessons, cooking tips, cultural music, competitive food-judging presentations and demonstrations rounded out the fair's potpourri of offerings. ■

Dublin could see 66% hike in sewer rates

Housing slowdown crimps revenue to district

By ROZ ROGOFF

The Dublin San Ramon Services District is proposing to increase sewer rates in Dublin and South San Ramon following a public hearing that drew large contingencies from the areas affected.

The "temporary" infrastructure charge to be added to water bills could be increased by as much as 66 percent. This is to compensate for new water connection fees that dried up with the housing slowdown.

Currently, the charge for a 5/8-inch meter, which is the size used for residential homes, is an \$18 bimonthly fee. The increase could be as much as \$12 bimonthly or up to \$30. When the meters get up to about 6 inches, which are industrial or organizational uses, the increase drops to about 64

percent, but the fee amounts are much higher.

Whatever increases the directors finally approve will go into effect in January 2011.

Once the housing market picks up again, the temporary fees already paid would be used for "rate stabilization," said District Spokesperson Sue Stevenson. In other words, rate payers won't be reimbursed for their payments, but the amount will be applied to keep rates from going up again for a while.

Jim Eaneman, chairman of the San Ramon Parks and Community Services Commission, attended the rate workshop held by the District on June 29 and reported back to the San Ramon City Council in public comment

at its July 13 meeting.

Eaneman told the council that DSRSD "lacks the leadership you provide" in controlling costs. Eaneman felt the numbers presented at the workshop were flawed. ■

City seeks replacement for Senior Center post

Long-time Senior Advisory Committee member Al Edge has resigned from the Dublin Senior Center Advisory Committee.

He was halfway into his second term and cited personal commitments as the reason for his resignation.

He plans to continue his involvement at the center and continue his

membership on the Senior Center Foundation.

Recruitment is under way for a replacement.

It's anticipated that the appointment will be made at the Aug. 17 City Council meeting.

For more information, call 833-6600.

—Jeb Bing

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Goings On

a calendar of TriValley events worth a look

Auditions

'THE SPELLING BEE' Tri-Valley Repertory Theatre will hold auditions for "The Spelling Bee" at 7:30 p.m. Aug. 9 and 10 at 315 Wrights Bros. Ave., Livermore. Callbacks by invitation only Aug. 12. Prepare 32 bars of a song in the style of the show. Bring sheet music; capella auditions are discouraged. Visit www.trivalleyrep.com.

Clubs

DAUGHTERS OF THE AMERICAN REVOLUTION DAR, Daughters of the American Revolution, Jose Maria Amador Chapter meets the second Saturday of the month. It is a social gathering and time to explore the history of our American roots. For meeting time and location, call Susan at 699-4147.

ROTARY CLUB OF DUBLIN The Rotary Club of Dublin, chartered in 1971, has men and women representing a wide cross-section of local businesses and professions. The club meets each Tuesday at Dublin Ranch Golf Club for fellowship, lunch and interesting and informative programs. For more information, call 457-2582 or visit www.rotarydublin.org.

Fundraisers

SCHOOL SUPPLY DRIVE FOR FOSTER KIDS Sleep Train is collecting school supplies for children in need, from July 19 through Sept. 9 at all its stores. Call (800) 378-2337 or visit www.sleeptrain.com.

Health

DUBLIN PATH WANDERERS Walking, while chatting with friends, is a pleasant way to exercise. Walk about 2 to 3 miles on level paths. Meet at designated sites. Call Rich Guarienti at 829-8376 for directions and more information.

TAI CHI CHIH Sit or stand to complete a series of movements to stimulate the body, mind, and spirit. New students welcome to join and follow along. Class is from 1-2 p.m.

every Thursday from July 1 through Sept. 30 at the Dublin Senior Center, 7600 Amador Valley Blvd., Dublin. Cost \$1.25 per class. Call 556-4511 or visit www.dublinseniorcenter.com. Led by Corazon Santos \$1.25/class

Miscellaneous

DANCES OF ISADORA DUNCAN Solo dancer Lois Flood will perform dances from the repertory of Isadora Duncan in "The Dances of Isadora Duncan - a Triumph of Expressionism," from 2-3 p.m. Aug. 14 at the Dublin Library, 200 Civic Plaza, Dublin. She will include a narrative of the life of Isadora Duncan at the beginning of the program. This program is free. Call 803-7286 or visit www.aclibrary.org. Dublin.

On Stage

'JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT' The Bankhead Theater presents "Joseph and the Amazing Technicolor Dreamcoat" at 8 p.m. on Fridays and Saturdays and 2 p.m. Sundays, July 23 through Aug. 8, at the Bankhead Theater, 2400 First St., Livermore. Tickets \$25-\$35. Call 373-6800 or visit www.livermoreperformingarts.org.

CANTABELLA CHILDREN'S CHORUS This award-winning choral group that teaches vocal production and music literacy through great choral works to children in grades K-12 is expanding to Resurrection Lutheran Church, 7557 Amador Valley Blvd., Dublin, after 18 years of rehearsing in Livermore and Pleasanton; the new Honors Choir will rehearse in Dublin as well. Cantabella staff is preparing for the fall 2010 season and extends a warm invitation to children who would like to join. Email director@cantabella.org or call 292-2663.

Political Notes

TRI-VALLEY REPUBLICAN WOMEN BARBECUE Tri-Valley Republican Women hosts its sixth annual barbecue from 2-7 p.m. Aug. 14 at the Alameda County

Fairgrounds, 4501 Pleasanton Ave. Food, fun and patriotic festivities! Speakers will include candidates running in the November election. Cost \$20. Reserve tickets by July 31. Call 462-4931 or visit www.trivalleyrepublicanwomen.org.

Seniors

DUBLIN SENIOR CENTER FOUNDATION MEETING The Dublin Senior Center Foundation meets at 9 a.m. on the first Wednesday of every month, at the Dublin Senior Center, 7600 Amador Valley Blvd. Call 556-4511.

DUBLIN SENIOR CENTER MINI-LIBRARY The Dublin Senior Center Mini-Library is open 9 a.m.-4 p.m. Monday-Friday at the senior center, 7600 Amador Valley Blvd., Dublin. The library gladly accepts donations of like-new used books published in the last five years, puzzles, magazines within three months of distribution, and videotapes. Unused books are donated to Friends of the Dublin Library. Bring donations to the office for processing. Call 556-4511.

DUBLIN SENIOR CENTER PROGRAMS Dublin Senior Center offers different programs and activities including "Tattle Tales" which helps seniors write their life story from 12:30-3 p.m., on the first and third Monday of every month; a Reading Group that discusses new books every month from 10:30-11:30 a.m. on the fourth Tuesday of every month; and the Needle Arts Group that enjoys quilting, sewing and knitting from 1-4 p.m. every Monday; all at the Dublin Senior Center, 7600 Amador Valley Blvd. Cost is \$1.25 for each activity. Call 556-4511.

FREE MEMORY SCREENING FOR SENIORS Caring Solutions is sponsoring free memory assessment on the fourth Thursday of the month at the Dublin Senior Center, 7600 Amador Valley Blvd. Call 556-4511 for a 30-minute appointment. Pre-register by the Monday prior to reserve an appointment. Informational materials are available at the Senior Center.

See **GOINGS ON** on Page 7

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Hot weather prompts wildfire warnings

Tall, thick grass crop means extra fire danger

By **GLENN WOHLTMANN**

It's dry and hot, but Dublin is prepared for wildfire season.

Firefighting in the city is handled by contract with the Alameda County Fire Department. Deputy Chief Dave Rocha said the city makes sure properties are cleaned early in anticipation of fire season.

"They're very proactive in making sure that it's cleaned up," Rocha said. "Dublin's got a very active program. They've got it set up so that everybody's done by the Fourth of July weekend."

Homeowners who don't make their property safe run the risk of having city workers do it for them,

then placing a lien on their homes.

The fire department wants people to mow their grass to a height of three inches or less, or maintain landscaping for a 100-foot radius around their homes. That lets firefighters get between a fire and their home. Trees should have their branches cut at least five feet off the ground, and people should clear any flammable materials like dried leaves or pine needles from their gutters.

Homeowners with long driveways should make sure they are wide enough to allow two-way traffic and that any grades or curves will allow firefighting equipment through. It's also important that people have

their addresses clearly posted.

Although emergency dispatchers can identify a property based on where a 911 call comes from, often those calls are made from a cell phone or a neighbor, which can cause problems arriving at the scene.

This summer will be particularly high-risk due to unusually tall, thick grass crop this spring, according to Cal Fire. Cal Fire is hiring and training additional firefighters, and extra firefighting aircraft will be phased in as the summer progresses.

A checklist for homeowners is available at www.firedepartment.org. ■

GOINGS ON

Continued from Page 6

Spiritual

MEDITATION STUDY GROUP

Practice new meditation methods, based on teachings of Shinzen Young, using audio, video and handouts from 7:15-8:30 p.m., on the second and fourth Tuesday of every month, at Tri-Valley Unity's gathering place, 7567 Amador Valley Blvd., #120, Dublin. Contact Gayle at gstaehe@comcast.net.

YOUTH EXPLOSION Join the Well Church in Dublin for Youth Explosion 2010 from 7-10 p.m. Aug. 20 at The Well Christian Community, 6533 Sierra Ln., Dublin. Young people from all over the East Bay will be there for powerful preaching, youth-led worship, dancing, drama, Praise DDR, fellowship, food, fun and more. Call 479-1414 or visit www.thewellchurch.net.

Sports

A'S FIREFIGHTER APPRECIATION NIGHT The Oakland A's will host A's Firefighter Appreciation Night

at 6 p.m. Sept. 11 at the Oakland Coliseum. Firefighters from around the Bay Area and Northern California will be honored prior to the game during a special on-field ceremony. A portion of ticket sales will be donated to firefighter charitable organizations. Cost \$26 Plaza Level, \$28 Field Level. Call (510) 563-2336 or visit www.oaklandathletics.com/firefighters (passcode:HERO).

Support Groups

CLUTTERLESS SELF HELP GROUP

Overwhelmed by clutter? Learn how to deal with it by attending this support group, which meets from 7-8:30 p.m. every Monday at St. Mary & St. John Coptic Orthodox Church, 4300 Mirador Dr., Rm. 7, Pleasanton. Call 200-1943 or visit www.clutterless.org.

EAST BAY ESSENTIAL TREMOR SUPPORT GROUP

If you have recently been diagnosed with ET or would like to learn more about this common movement disorder in a safe and supportive environment, please join us from 10 a.m.-noon on the third Saturday of each month, in the Blackhawk A and B

conference rooms at San Ramon Regional Medical Center, 6001 Norris Canyon Rd. Call 487-5706 or e-mail galxplor@comcast.net.

TRI VALLEY SUPPORT GROUP FOR FIBROMYALGIA, LUPUS & ALL FORMS OF ARTHRITIS

Tri Valley Support Group for Fibromyalgia, Lupus and all forms of Arthritis meets from 6:30-8 p.m. the fourth Monday of the month at Tri Valley Support, 3115 Finnian Way, Dublin. They are in need of volunteers to help out. Call 875-0960.

Volunteering

TRI-VALLEY ANIMAL RESCUE

Do you love animals? Tri-Valley Animal Rescue is holding an orientation for new volunteers, from 1-2:30 p.m. Aug. 15 at East County Animal Shelter, 4595 Gleason Dr., Dublin. Another session will be held Sept. 11. Learn about volunteer opportunities like fostering dogs or cats, socializing shelter animals, helping at adoption events and fundraisers, and many other roles. For ages 18 and older. Cost is \$10 cash or check to help cover the cost of materials. Call 803-7043 or visit www.tvlar.org.



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TriValley Views READERS CHOICE 2010 DUBLIN

Shop, dine and experience why these merchants were voted #1 in Dublin's 2010 Readers Choice contest

<p>Best Pizza Amici's East Coast Pizzeria 4640 Tassajara Rd (925) 875-1600 www.amicis.com</p>	<p>Best Car Repair Car West Auto Body 6077 Dublin Boulevard (925) 829-5571</p>
<p>Best Barbecue Armadillo Willy's Real Texas Barbecue 4480 Tassajara Road (925) 833-0400 www.armadillowillys.com</p>	<p>Best Bicycle Shop Dublin Cyclery 7001 Dublin Boulevard (925) 828-8676 www.dublincyclery.com</p>
<p>Best Ice Cream/Yogurt Shop Blush Organic Frozen Yogurt 4640-A Tassajara Road (925) 556-0900 www.blushyogurt.com</p>	<p>Best Health Club Fitness 2000 7373 Village Parkway (925) 828-1234</p>
<p>Best Place To Get Together With Friends Bunjo's Comedy Club 6513 Regional Street (925) 264-4413 www.bunjocosmedy.com</p>	<p>Best Thai Restaurant Little Home Thai Cuisine 6601 Dublin Blvd, Ste. B. (925) 828-8218 www.littlehomethai.com</p>

For a complete list of winners visit TriValleyViews.com

THIS SUMMER, SAN RAMON REGIONAL MEDICAL CENTER WANTS TO HELP PROTECT YOUR CHILDREN AND TEACH THEM SAFETY. SUMMER IS THE PEAK ACCIDENT AND INJURY SEASON FOR CHILDREN. THE MOST FREQUENT INJURIES ARE DROWNINGS, FALLS, AND BICYCLE, CAR AND PEDESTRIAN ACCIDENTS.



Summer Safety FOR YOUR KIDS.

WATER SAFETY

- Never leave children unattended around a pool or water – not even for one minute. Accidents occur fast.
- Flotation devices are not drown-proof.
- Children should always wear a life vest while boating and near open water.
- Always close your pool gate. Double-check the gate after people have been in the pool area.
- Review your pool rules and safety with family, friends and babysitters.
- Learn CPR. You could save a life.

SUN SAFETY

- Always use sunscreen and wear protective clothing.
- Make sure youngsters drink enough water.
- Watch for signs of heat exhaustion and heat stroke: dizziness, nausea, rapid heart beat.

PREVENT BURNS

- Watch toddlers closely near barbecues, campfires or outdoor fireplaces. Burns are common injuries.
- Install screens or some type of barrier where appropriate.
- Metal playground equipment can get hot enough to cause burns on hot days.

PREVENT FALLS

- Move beds and chairs away from windows. Children may jump and play, and could fall through open windows.
- Make sure low windows are closed to prevent young children from falling out.
- Install gates at the top of stairs or decks to prevent falls.

ROAD SAFETY

- Always wear helmets and protective gear while biking, skating or skateboarding.
- Discuss bicycle and road safety with your children.
- Review pedestrian safety with children as well as adolescents.
- Never leave a child alone in a car. Temperatures quickly reach over 100 degrees.
- Drive cautiously. Children move quickly and may be difficult to see, especially when backing up. You may not see toddlers and older children playing behind a car.
- Always put your children in car seats or seat belts.

Safety tips are brought to you by the Pediatrics Department at San Ramon Regional Medical Center:

Tracy Trujillo, M.D. *Pediatric Department Chair*

Nick Giardini, M.D. *Director, Inpatient Pediatric Services*

Vicki Starr, R.N., CPNP

Pediatric Clinical Nurse Specialist & Assistant Director

The Pediatric Program at San Ramon Regional Medical Center has a pediatrician in the hospital 24 hours of every day from Children's Hospital & Research Center Oakland.



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