

garden directions and descriptions by mail.

Sponsors Sought

The 2nd annual, "A Taste of Summer" BBQ Cook-off competition will be held Friday May 21, 2010, at the Alameda County Fairgrounds, from 4 to 8 p.m. The event is a charity fundraiser for "Hacienda Helping Hands" the charitable giving arm of the Hacienda Business Park in Pleasanton. <http://helpinghands.hacienda.org/>

"Last years, 'A Taste of Summer' was so much fun, and was so successful, we just had to do it again," said James Paxson, General Manager of the Hacienda Business Park. The 2009 event raised over \$20,000 for Tri-Valley charities and non-profits.

While eight corporate BBQ teams competed last year, we want to up the ante this year with more teams. We are also looking for items donated for the 'live' and silent auctions.

"A Taste of Summer" is being organized and managed through the Tri-Valley Community Foundation. If your company, team, or organization would like to compete, please contact Jenna Heath at the Tri-Valley Community Foundation, at (925) 734-5677 or at jheath@TVCFoundation.org.

"We had some of the best barbecued ribs and vegetables you have ever tasted last year," said David Rice, President and CEO of the Tri-Valley Community Foundation, "This year we want even more teams!"

Help us have fun, and help others in need along the way! Please help us publicize this year's, "A Taste of Summer" charity barbeque competition to fund "Hacienda Helping Hands."

Animal Adoption Event

With the goal of saving the lives of homeless pets through adoption, Tri-Valley Animal Rescue is taking part the PetSmart Charities National Adoption Event. It runs Friday April 30 to Sunday May 2, 2010. Fill's@

claims the lives of millions of homeless pets throughout North America every year.

"With so many shelters and rescue groups filled to capacity, this event gives animal-welfare organizations the chance to find much-needed homes for pets in need and save lives," said Susana Della Maddalena, executive director of PetSmart Charities, Inc. "We are proud to work with so many dedicated shelters and rescue groups on this exciting event, and we sincerely hope that it helps them save the lives of even more pets in their care."

In the U.S. alone, an estimated 6 million to 8 million dogs and cats enter animal shelters annually, but about half of them never find homes.

Tri-Valley Animal Rescue is a nonprofit, all volunteer organization whose mission is to end the unnecessary euthanasia of homeless animals. TVAR cooperates with area shelters and rescue groups, primarily the East County Animal Shelter in Dublin, CA, to provide homeless animals with socialization, foster homes, medical care, and the opportunity for another chance. To learn more about Tri-Valley Animal Rescue, visit tvar.org or call 925-803-7043.

Duck Races

The 18th annual Livermore Duck Races will be held Sun., April 25 at the Granada High School pool in Livermore. The races are 2 to 3:30 p.m.

This is a fund-raiser for Livermore schools and nonprofit groups. Over \$5000 in cash prizes will be given out.

There will be a Little Duckie Race for kids age 12 and younger. The race is free with a parent present. There will be prizes, compliments of Livermore McDonalds.

The Livermore Lioness Club and Livermore Y's Men Club will float and stir plastic ducks in the pool, 400 Wall St., Members from the Granada swim team will dive into the pool and

cut's 1991.

For information, call Betty Harvey at 449-1315 or Jim Travis at 321-1123.

Healthy Kids Day

The Tri-Valley YMCA is sponsoring Healthy Kids Day on Sat., April 24 at Amador Valley Community Park, across from the post office, in Pleasanton.

The event runs from 9 a.m. to 1 p.m. There is no admission fee.

The day will begin with an "Every Buddy" walk, a .9 mile walk around the park with stops at interactive stations en route. All walkers will have their names entered into a raffle for prizes.

There will be music, healthy food and all kinds of opportunities for recreation and learning related to a healthy life-style and diet.

The event is kid friendly, but of interest to all ages.

For more information, contact Jeff Atwood at 475-6112 or jatwood@ymcaeastbay.org.

Occupant Protection

The Livermore Police Department will be focusing its traffic enforcement efforts during the month of April on occupant protection violations. Officers will be looking for drivers and passengers who are not properly restrained in their vehicles. Even though Livermore's last seatbelt use rate was 99%, the department still issued 1,651 seat belt citations and 224 car seat citations in 2009.

The Livermore Police Department would like to provide the following helpful tip:

For best protection, adults and older teens should be using a 3-point seat belt (lap and shoulder) and seated in an active air bag position. For drivers, the vehicle seat should be locked in place as far back as possible with the driver still being able to safely operate the pedals. Drivers should be approximately 12" away from the

seat belt adjustment. Many vehicles have a seat belt adjustment guide located on the door frame. To adjust it, simply slide it up or down. This will raise or lower where the seat belt comes in contact with your body. Refer to the vehicle's owner manual for more detail. Additionally, you can purchase a fuzzy sleeve to place over the seat belt, or for passengers, try another seating position. If you are too large to fit in a seat belt, many automobile manufactures can mail a seat belt extender.

All children under the age of 13 should be properly restrained in the back seat, regardless if the vehicle is equipped with an air bag. Most children ages 6-8 (and small 9-10 year olds) may still need to use a booster seat. These children are too small for seat belts.

Children ages 2-5 are best protected by being placed in a 5-point restraint system (just like race car drivers). The 5-point systems distribute the crash forces over the strong bones of the body. The car seat should be installed tightly, so there is no more than 1" of movement from side to side and front to back. Make sure the harness around the child is snug (no slack) and the straps are at or above their shoulders in the re-enforced position.

For children ages birth-2 years old rear facing is the safest way to transport your child in a vehicle.

The Livermore Police Department offers free car seat checks. For an appointment call Officer Traci Rebiejo at (925) 371-4858.

Adult Education

Livermore Adult Education Winter

GED, Adult High School Diploma.

Register online at www.livermoreadulted.org, phone (925)606-4722, or stop by the office located at 1401 Almond Ave. Livermore for more information.

Bird Walk

Prime Time Birds is the topic of the Livermore Area Recreation and Park District ranger staff program for Sun., April 11.

Meet Ranger Pat Sotelo at 8a.m. at the nature area entrance to Sycamore Grove Park.

Spring is a prime time for birding. Our summer residents are here with courtship, mating, and nesting urges uppermost in their avian minds. Join us on this relaxed walk as we look and listen for birds of all feathers as they sing, feed and nest in Sycamore Grove. Beginners are encouraged to attend. Don't forget binoculars and field guides; there will be a few to lend. This bird walk will last about two hours.

There is a \$4 per vehicle parking fee. A \$2 donation is requested to help support the programs. Participants may call 925-960-2400 for more information.

Spring Gardening – Part 2

Alameda County Master Gardeners of the University of California Cooperative Extension will present *Digging In: Planting Your Vegetable Garden* at the Livermore Public Library Civic Center, 1188 S. Livermore Avenue, at 2pm on Saturday, April 17.

Sam Foushee has been a Master Gardener since 2001 and has been growing vegetables in the Berke-

ley since his vegetable gardening expertise and knowledge. Learn what vegetables to grow, where to grow them and how to do it successfully so that even beginners can experience the satisfaction of being able to eat their own home-grown food.

Master Gardeners are trained Alameda County volunteers who provide information and education to residents on sustainable landscaping and gardening practices. They use University of California research and information to help residents select appropriate plants, practice water conservation, reduce the use of pesticides, practice yard waste reduction and promote food security.

The Friends of the Livermore Library have underwritten this program. For additional events, check the library's website at www.livermore.lib.ca.us.

Amgen Bicycle Race

On May 19, the Amgen Tour of California, featuring Lance Armstrong, is coming through Livermore from 12:35pm to 12:50pm. Livermore is on the Stage Four route from San Jose to Modesto. The tour will take the riders over Vallecitos Road (Highway 84) to Holmes, to First Street, right on South Livermore Avenue then past City Hall and out to Mines Road. At least 300 volunteers are needed for traffic control at various locations throughout the Livermore route. Anyone interested in volunteering is urged to email contact information to: permit_center@ci.livermore.ca.us or call (925) 960-4413.



Do You Have Age Spots On Your Hands?
Volunteers Needed. For A Clinical Study (Livermore)