

PLEASANTON PATHWAYS

Volume IV Issue III

Pleasanton, California

February 10, 1986

Lifetime Sweethearts

Mary and Max Mattos, a sweetheart of a couple, have been married for 56 years.

Mary was born and raised in Pleasanton.

Max arrived in Pleasanton from Portugal as a very young boy, and lived on Tassajara Road where he helped his father with the farming.

One of Max's chores on the farm was to milk 14 cows each morning before he went to school.

"That was all by hand," said the 85 year old gentleman, "There wasn't any equipment like they have today for milking cows."

Max enjoyed farming. However, he learned early in life that he did not want the responsibility of being a farmer.

"My father gave me 100 acres to try my hand at farming. I planted crops on that land and I'm still waiting for the results," he chuckled. "That was in 1924 and it was the driest year we have ever had in Pleasanton."

Max kept his interest in farming by working on the Moller farm on

Foothill Road for 24 years.

After his retirement from farming, Max worked as a groundskeeper for St. Augustines Catholic Church for seven years.

Mary and Max met while attending Pleasanton Elementary School. "The only school in town at that time," Mary said.

Mary was 18 years old when she and Max were married. Their first home was on Vineyard Avenue. "We built that house ourselves," stated Max.

From Vineyard they moved to a home on the corner of Kottinger and Second streets. And then they moved to the house next door where they have lived for the past 22 years. "We are here to stay," says Mary.

Mary and Max had two children, Delores and Marlene. Delores is deceased. Marlene lives in Livermore with her husband, George and their two children, Jessica and Jamie.

Before retiring, Mary worked as a cook in the Pleasanton School cafeteria. "I enjoy cooking," says Mary. "But now that there is just Max



Max and Mary Mattos radiate warmth and love.

and myself, I don't do too much cooking."

The Mattos enjoy their granddaughters very much. "I look forward to the girls' visit," says Max. "They are good, hard working girls."

Max would like to be out working in the yard, but his painful arthritis keeps his activities limited.

Mary enjoys crocheting and has

many beautiful items to show off her talents. She is a member of VIP's, however she spends most of her day giving loving, tender care to her favorite Valentine, Max.

"We have had a good life," says Max. "We have had our troubles, but there is a lot of love in the family, and that's what counts in life."

Creating Comfort For Theater—Goers

"It really doesn't look like the same old place." This was overheard one evening recently at the Amador Theater. And it certainly is true.

With Phases I and II of the renovation project complete and Phase III about to get underway, productions at the Amador Theater are looking better all the time.

Since the renovation project began, a new roof is in place, four windows were walled over to improve heating and lighting efficiency and enhance

acoustics, and an air conditioning system was installed.

With the completion of Phase II, the following work has been finished: a new reflective ceiling to enhance acoustics; completed decoration of the interior including painting and refinishing the floors; replacing the 641 theater seats; constructing a new sound and light booth downstairs; completing major electrical work; and putting in two more banks of theater lights.

Additionally, the City of Pleasanton will install new plumbing and fencing, the Rotarians will provide materials and labor to paint and refurbish the interior, and a new burgundy stage curtain will be unveiled on February 10.

The final phase of work is targeted for completion by the end of the year. This will include the addition of a lobby area, box office, restrooms and refreshment stand. Much needed storage areas will be created by enclosing the side arched walkways and land-

Continued on page 12



Dr. William Berck and Charlotte Severin expend their thanks to Renee Mona of AT&T for a \$10,000 donation to the theater renovation project.

Soccer City Run

There's a great way to test your New Year's resolution of getting, or staying, in shape. Avowed fitness fanatics can start looking forward to the third annual Soccer City Run, which has been scheduled for Sunday, March 9 at 10 a.m.

Run on the streets of Hacienda Business Park, the Soccer City Run is a flat, fast, well-marked course. Perfect for setting a personal record according to Race Director Mike Milton.

Despite a heavy thundershower, last year's race attracted nearly 700 participants. With weather more typical of Pleasanton's sunny disposition, director Milton anticipates a record-setting race day throng of 1,000 runners.

Race applications are now available in most shops throughout Pleasanton. You can also pick up applications during working hours at Pleasanton Pathways, 4637 Chabot Dr. (the Chabot Center), Suite 105. 8:30-5 p.m.

Entry fees for the 5K or 10K are \$9; \$12 on race day. Proceeds benefit Pleasanton Youth Soccer and all participants receive a top-quality, long sleeve commemorative T-shirt.

For further information on the third annual Soccer City Run, call Mike Milton at 846-5512, evenings

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IN MY OPINION

Finding the Best Return for Your IRA
by Michael Sullivan, Vice President, E. F. Hutton and Company, Inc.

Tax filing season is upon us again and like all red blooded Americans, we find ourselves trying to reduce the burden to the legal minimum.

Most people are now familiar with the advantages of an IRA. Working individuals can invest up to \$2,000 each year and deduct the full amount from their taxable income, (\$250 for a non-working spouse may be added). The net result is that one can reduce the income tax bite and build a nest egg for the future at the same time.

Over the last several years, there has been enough information on the obvious advantages of an IRA that I don't need to elaborate any further in this column.

However, in my role as a financial advisor I have been surprised by one consistent misconception that people have about IRAs. Many people have the mistaken idea that an IRA is a time

deposit issued by a bank or savings and loan.

Actually, IRA contributions can be invested in numerous areas. Stocks, bonds, real estate partnerships, mutual funds and many other investments all qualify.

This misunderstanding didn't bother me much over the last several years because CDs were paying 11% to 13%, which is a reasonable rate of return.

However, with the recent downturn in interest rate, CDs are now paying 7% to 8%. Many people have by now accumulated several thousand dollars in their IRA and to be satisfied with this rate of return borders on negligence.

It is particularly astounding when you realize that there are many prudent and conservative alternatives that are yielding considerably more.

"Most government security mutual funds pay 10% to 13%"

Most government security mutual funds pay 10% to 13% and in this accommodative credit market environment, they have appreciated in the 20% range on a total return basis.

And these are funds which invest totally in government guaranteed bonds and housing mortgages.

Even higher returns can be found in corporate bond funds, utility funds and preferred stock funds.

There are also several real estate income programs that are normally earning in the 10-16% range. And some of these even have guaranteed returns in the 8-9% range.

These partnerships would probably perform better than the bond funds in an inflationary environment and thus provide an excellent way to diversify an IRA in conjunction with the bond funds.

Although the partnerships would have to be researched to some degree, there are enough reputable ones being offered by the major brokerage firms that no one could argue with the fact that this combination is a prudent and conservative method for building a retirement account.

The important point to be realized here is the astounding difference between the two rates of return. You might be tempted to think that the difference between a 7% return and a 12% return on \$2000 for one year is not that significant and I wouldn't argue with you. But in the long run,

the difference is like night and day.

If you and your wife are both thirty years old, both working, both contribute \$2,000 per year to your IRA, and both retire at sixty, the difference is over \$338,000. The 7% return compounds to \$202,146 and the 12% return compounds to \$540,585.

If you like the prospects of the stock market, you might consider diversifying some of your IRA dollars into a stock mutual fund (blue chip fund for the conservative investor, emerging growth fund for the more aggressive investor).

If you think inflation is starting to heat up again, you could try a gold stock mutual fund. Or, if you're worried about the dollar, you could diversify into an international fund with a portion of your IRA. The possible combinations are almost endless.

The important point to remember is that you don't have to invest your IRA in a bank issued CD paying 7%. There are many prudent alternatives paying considerably higher returns, and twenty years from now you will greatly appreciate the difference.

"You don't have to invest your IRA in a bank issued CD paying 7%."

"Many people have the mistaken idea that an IRA is a time deposit issued by a bank or savings and loan."

Notes from Lilly's Pad

In the past, I determined what season it was by the weather.

Now I acquire my first hint of one season passing and another approaching by the mail I receive.

I receive catalogs, lots and lots of catalogs, and I love it!

As soon as Christmas took a turn around the corner to disappear for another year, the spring catalogs began to arrive in the mailbox.

I haven't even disposed of the stack of Christmas catalogs I have in one corner while I am now in the midst of collecting spring catalogs in another corner.

Catalogs in all types of categories, sizes and prices.

No matter what your interest might be there is a catalog that will arouse your curiosity to browse through the publication and perhaps even order an item or two.

To me, its fun to glance through these pages inviting you to buy their merchandise.

I'll also admit that I've been tempted to the point where I have ordered articles.

An incident of a lost key to a vehicle in the household led my eye to an advertised key chain that located misplaced keys.

The idea behind the "responding" key chain was that if you

whistled, the key chain would beep to help you locate the lost key.

When the gimmick arrived, I began to test its capabilities of reaction.

At first I had difficulty getting the key chain to work until I discovered that it operated on a battery and needed to be turned on before it would perform.

Once it was in operating condition it was amusing and interesting to walk around the room whistling, trying to outwit the newly discovered toy.

The only thing that concerns me is, if I forget to turn the key chain on it's not going to work, but if I leave the device turned on, the battery will run down and perhaps not respond.

Taking all this into consideration, I don't know whether or not I have solved my problem of locating misplaced keys. Only time will tell.

I'm sure a majority of the merchandise in the catalogs can be purchased locally. However, it's nice to sit in the comfort of your home and leisurely make your selections without the frustrations of crowds.

Also, this method of shopping I have found, helps to not overspend. Once I have marked all the items I think I need, I total them up, and believe me quite frequently after seeing the total expenditure the list is cut back extensively.

Let's see, Valentine's Day, St Patrick's Day and Easter are all approaching rapidly. Hand me my catalogs, please.

On The Street

Do you remember with whom and where you had your first kiss?

Kathy Jensen - student
"Yes, I remember I was 12 years old, his name was Barry and it was at Disneyland on the Monorail."



Greg Taylor - unemployed
"Yes, it was Christy in Mississippi. That was a long time ago."



Cris Harnais - courtesy clerk
"Yes. At Serramonte School. His name was Robbie and I was 13 years old."



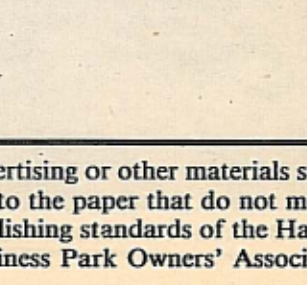
Phyllis Nagengast - homemaker
"I was 13 and he was 13 and it was in my front yard. His name was Chuck."



Scott Walsh - fireman
"It was my grandmother when I was born"



Bud Porter - fireman
"Cherryl at school behind the shed. We were in the fourth grade."



Workshop Features E. John Robinson

The Pleasanton Art League Workshop on February 21 and 22 will feature E. John Robinson, noted West Coast seascape painter.

The workshop will be held at the Cultural Arts Building on Black Ave.

in Pleasanton.

The fee is \$70 and reservations must be made. Send a \$35 deposit to PAL, P. O. Box 23, Pleasanton, CA 94566 or call 862-2922 or 828-9170.

Policies

The Publisher reserves the right to edit, revise or reject any releases,

advertising or other materials submitted to the paper that do not meet the publishing standards of the Hacienda Business Park Owners' Association.

Planner Incorporates Human Considerations



Chandler Lee, the City of Pleasanton's new chief planner.

Unique New Toy Store

A play tent for preschool-age children is the highlight of a new toy store in Pleasanton offering a unique approach to toy shopping.

The Store of Knowledge, which recently opened its second store at 1989 'D' Santa Rita Rd., features educational games and toys hand picked by owners Carol Sawyer and Frede Hammes.

Both Sawyer and Hammes are former instructors, as are each of the store's five clerks. Another Store of Knowledge is located in Walnut Creek.

Sawyer explained that the shop is especially useful for teachers and parents because they are allowed to examine the toys before they purchase them.

And while they shop, their preschoolers can frolic in a play tent on the premises.

"We hope to portray a warm and friendly atmosphere," said Sawyer.

Because the Walnut Creek Store of Knowledge draws a large clientele from

the Tri-Valley area, Sawyer said that "it was a logical move."

Since the clerks are former instructors, Sawyer said they frequently provide shoppers with advice on selecting a toy to match the child's ability and age level.

In addition to toys and games, the Store of Knowledge also carries workbooks, tapes and records for infants and children up to 12 years old.

AAUW Fashion Show

Jessica McClintock's designs are renowned in the world of fashion. The American Association of University Women, Livermore - Pleasanton Branch, will host Ms. McClintock at their annual Fashion Show and Luncheon on Saturday, February 15.

The fashion show is entitled "Ribbons, Romance and Lace" and promises plenty of each at Castlewood Country Club on the 15th.

Tickets for the luncheon and fashion show are \$18 each and should be purchased by February 10.

For further information, call 443-1546 after 5 p.m.

By Jana Pantazelos

Chandler Lee was overwhelmed by the number of people who showed up to participate in the Industrial General Plan Review for the City of Pleasanton. He had just been hired to act as consultant for the citizens' review committee and couldn't believe his eyes when he walked into the Presbyterian Church that first night and waded through the throng of over 300 people.

Chandler was working for the WPM Planning team in Sausalito when he saw the ad in the Chronicle seeking a staff consultant for the newly formed citizens' group. His work for the Industrial Review Committee and the subsequent Residential Review Committee gave him an intense and thorough grounding in the dynamics of planning and citizen involvement in Pleasanton.

During those months as staff consultant he worked day and night attending meetings and preparing documents of technical and theoretical concerns to the committee.

What he likes best about his new job as a regular planner for the city are the regular hours and more manageable demands which now allow for an occasional evening at Davies Hall or dinner with friends in San Francisco.

"I see my job as culling a variety of planning tools from experience in other cities, and bringing them to the City Council in Pleasanton so that they can make the best choice for the residents."

Chandler is thoughtful about his work as a planner. He appreciates the broad issues involved and brings a liberal arts perspective to his work.

He hails from New England and went to school in Vermont. He was originally interested in architecture but was frustrated at the prospect of be-

ing limited to recommendations on a single building alone.

He wanted to look beyond the building to the streets, stores, cars, theaters, restaurants and parks. All the human considerations that affect the quality of life. "Cities should be expressions of people's lifestyles", is how he sums it up.

In 1980 Chandler took four months off to travel throughout Europe. And naturally he toured with a planner's eye. What he found most fascinating were those cities that had no planning per se. Those that grew organically according to economic needs and social practices.

In Europe this manifests itself in the presence of a marketplace in the city center. The marketplace spawns a different look in each city; different styles of buildings and different social patterns. Older American cities show the same kind of development.

Chandler likes to think that these natural economic forces continue to influence development in newer suburbs such as our own. His job as a planner is to recognize those forces and to help channel and harness them to enhance people's lifestyles.

And what does a planner do for fun? Chandler is a jazz enthusiast and loves catching a show at jazz clubs in San Francisco. He also skis, goes to a lot of movies and loves to eat out. He's especially pleased at the growing number of good, new restaurants in the Valley.

He also enjoys photography. A collection of his photographs of European cities hangs on the walls of his cluttered City Hall office. And he collects maps. Maps of cities. Old and new maps of cities. Planned cities and unplanned cities. Cities.



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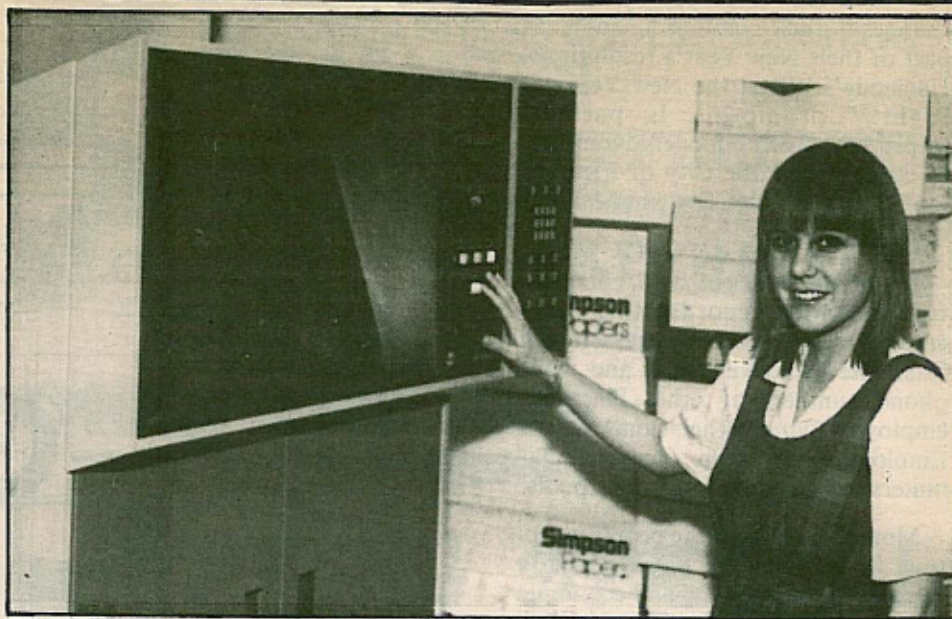
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Karen Ghane owner of Sir Speedy Printing at 5692 Stoneridge Drive, located in Hacienda Plaza in Hacienda Business Park checks out an Itek 435 process camera. The newly opened business offers all types of printing services as well as pick-up and delivery. For further information on available services call 463-3285.

INVITATION

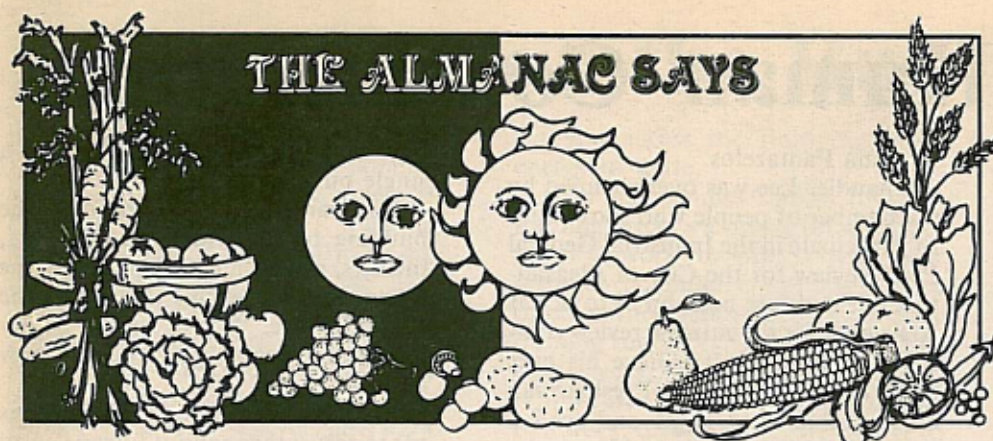
Bay Talk

LOCAL TELEVISION TALK SHOW

You're invited to the taping of **BAY TALK**, seen on cable all around the Greater East Bay. (Why go to S.F. to see a television show?) It's lights, camera, coffee and donuts on Thursday mornings at 9:30 at Hacienda Business Park. Go through the white arch to the Chabot Building, Room 107. **Bay Talk** is: exciting people, interesting topics, and a chance for free publicity for public service and non-profits. For more information call Community Television.

462-3373

(or alternately, 463-0280)



With Valentine's Day right around the corner, sweethearts and sweets are on our minds. Candy is a weighty (!) subject and indeed, has a history all its own. There are landmarks, triumphs and disasters in the chronicle of nougats, chocolates and peppermints. Here are some of the more significant dates in confectionery history.

1000 B.C. The processing of sugar cane into a hard flavored candy is recorded in Egyptian hieroglyphics. The Arabic "quandi" is the source of our word for everyone's favorite sweet.

1490's Chocoholics of the world have Columbus to blame. He discovered cocoa in Peru during his New World explorations.

1765 The first candy factory in America is opened in Dorchester, Massachusetts by James Hanover, a chocolatier from England. James Baker gave Hanover financial backing, the same Baker of Baker's Chocolate fame.

1770 English slang for tongue was "lolly". That's where we get the term for our favorite candy on a stick, lollipop.

1800 The invention of caramel.

1893 The Columbian Exposition in Chicago saw the introduction of Cracker Jack popcorn treat.

1912 The candy with the whole in it, Life Savers, are introduced by Clarence Crane in Cleveland, Ohio.

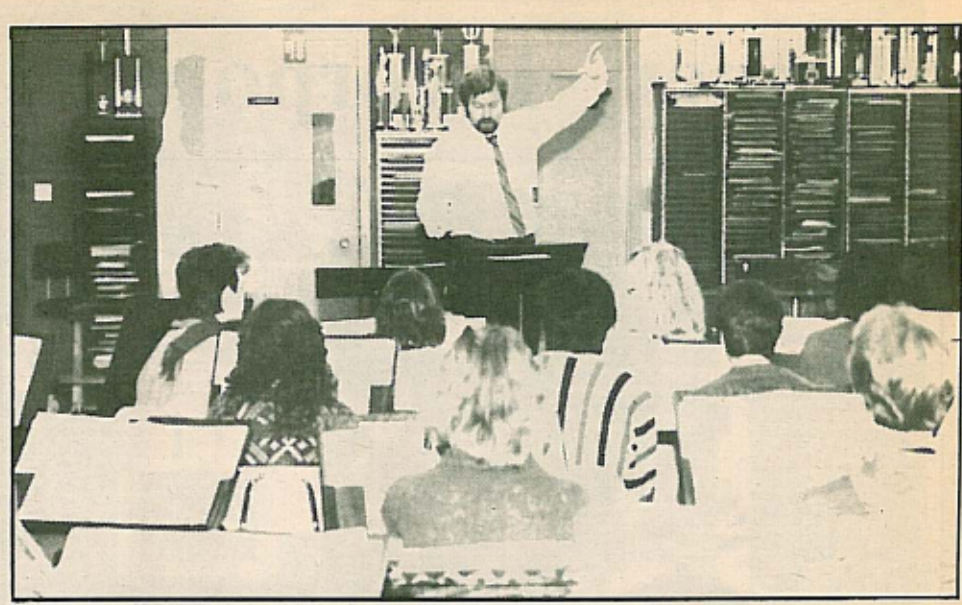
1923 Reese's Peanut Butter Cups, an inspired combination of two of America's favorite foods, are created by H.B. Reese.

1932 Mars introduces its Three Musketeers Bar.

1977 The Reggie Jackson exploits at the World Series inspired the introduction of the Reggie Bar.

1982 The Reggie Bar bites the dust.

1986 Just when we get that five pounds off from our holiday feasting, here comes a heart-shaped box with five more pounds in it!



Amador High's Wind Ensemble rehearsing for Campana Music Festival.

Annual Jim Campana Musical Festival

Jazz and concert bands from high schools all over the state will come together on February 15 to compete in the annual Jim Campana Music Festival at Amador Valley High School. The day-long event will feature a competition to select three concert bands and three jazz bands to vie for the Sweepstakes Awards to be presented that evening.

The evening's music program will also feature the Amador Valley High School Jazz Ensemble performing with guest artist Bruce Forman. Mr. Forman is considered by many to be the best jazz guitarist in California.

The proceeds from the Festival will

help fund the Spring Tour of Amador's Symphonic Band, Wind Ensemble and Jazz Ensemble. These young musicians are old hands at travelling throughout California, but this years travels will include a visit to the 1986 World Fair in Vancouver. They have been selected to compete there in the Canadian National Finals and the Downbeat Magazine International Jazz Competition.

The February 15 Music Festival should be a music lover's delight. For information on tickets for the day's or evening's program, call Ted Newton at 846-2818 ext. 76.

Commuters to Start the Year off Right

The Commute Improvement Center in Hacienda Business Park encouraged Hacienda employees to make changes in their commuting habits as part of their New Year's resolutions. Hacienda's "Start the New Year off Right!" promotion is part of employers' ongoing cooperative efforts to comply with the City of Pleasanton's Transportation Systems Management ordinance.

In the first weeks of 1986, company transportation coordinators gave employees personalized carpool match lists. The lists give names and work phone numbers of other Hacienda employees living in their home towns. Employees can then contact commuters living nearby to form carpools.

More than 25% of the people working in Hacienda have already discovered the personal and economic benefits of sharing a ride.

As part of the "Start the New Year off Right!" promotion, companies also distributed informational flyers on the Hacienda shuttle service. Almost two hundred people a day ride the free Hacienda Shuttle.

The popular and comfortable shuttle bus system takes commuters to and from the Bay Fair Bart station in San Leandro. The buses run four morning commute trips between 6:30 and 7:45 a.m.; and five afternoon trips between 4 and 5:30 p.m.

This commute service is complimented by Bart Express Buses which are routed through the business park and extend service by at least half an hour mornings and afternoons.

Employees also received pens with the "Commute Improvement" logo and informational phone number so that they can call with any questions or suggestions.

Jennifer Henard, AT&T's Transportation Coordinator, reported,

"After I distributed the promotional materials, quite a number of employees called asking for more in-

formation!"

Employees have already suggested bus service from Walnut Creek and

Tracy. Phone the Hacienda Commute Improvement Center at 463-9044 with your ideas or inquiries.



DIRECT SHUTTLE BETWEEN BART AND HACIENDA

MORNING

BART "UP" Bus and Hacienda Shuttle to Hacienda Pleasanton

	Departs Bay Fair	Enter Hacienda	Exit Hacienda
	A.M.	A.M.	A.M.
UP	5:57	6:23	6:27
UP	6:27	6:53	6:57
Hac.	6:30	6:53	7:05
Hac.	6:48	7:11	7:23
UP	6:57	7:23	7:27
Hac.	7:18	7:41	7:53
UP	7:27	7:53	7:57
Hac.	7:48	8:11	8:23
UP	7:57	8:23	8:27
UP	8:27	8:53	8:57

AFTERNOON

BART "UP" Bus and Hacienda Shuttle to Bayfair BART

	Enter Hacienda	Exit Hacienda	Arrive Bay Fair
	P.M.	P.M.	P.M.
UP	3:20	3:26	3:50
Hac.	3:55	4:04	4:30
UP	4:00	4:06	4:30
Hac.	4:05	4:14	4:40
Hac.	4:35	4:44	5:10
UP	4:41	4:47	5:11
Hac.	5:05	5:14	5:40
UP	5:11	5:17	5:41
Hac.	5:35	5:44	6:10
UP	5:52	5:58	6:22
UP	6:22	6:28	6:52
UP	7:03	7:09	7:53
UP	7:41	7:47	8:11

WHAT'S COOKING

When Janet Schueren lost her teaching job three and a half years ago, she knew she was in for some changes in her life. She had taught Home Economics in the Sequoia School District for twelve years. She had a Master's Degree in Home Economics and Food Education and Food Service from Cal Poly. She thought there must be a way to parlay all that into a new career.

Opening a restaurant was risky but also logical. So three years ago the Hobbit-In on Main Street in Pleasanton opened its doors. Janet continues to be surprised at the sheer amount of physical work and long hours it takes to run a successful restaurant, but it hasn't dampened her enthusiasm for preparing and serving good home-cooked food.

Everything at the Hobbit-In is prepared home-style on the premises. The soups and roasts are all fresh and hearty. Janet likes her Main Street

location because the small town atmosphere complements her simple home-cooked fare. She enjoys serving the regulars who come in for breakfast and lunch Monday through Fridays starting at 7:30 a.m. and Saturdays 8 a.m. to 2 p.m.

BEEF STROGANOFF

4 lbs. round steak cut in 1" cubes
1/4 c. dehydrated onions
2 8oz. cans sliced mushrooms
2 tsp. butter
1 can condensed cream of mushroom soup
1 can condensed cream of chicken soup
Kitchen Bouquet (to color)
1 pint sour cream
salt and pepper to taste
Put round steak, butter and onions in heavy oven dish, cover with heavy lid or foil and bake 350 for 2 1/2 - 3 hours or until tender. Add remaining ingredients and stir. Put back in oven and



Janet Schueren, owner of The Hobbit-In on Main Street.

heat until hot. Serve over rice cooked in wine. Serves 6.

Rice cooked in wine

brown 1/2 c. oil
2 bunches chopped green onions
2c. long grain white rice.

Add 1 1/2 c. sauterne
1 1/2 c. beef consommé
1 c. water
1/4 tsp. pepper
1/2 tsp. marjoram
Cover tightly and simmer 45 min.
When cooked, add 1/2 cube butter.



Renee Lewis, behind the scenes for the Pleasanton Playhouse.

The Theater Is In Her Blood

Renee Lewis directed her first play when she was in junior high school in New York. It was "The Bore" by Anton Chekhov. Pretty heady stuff for a thirteen-year-old.

Though the Pleasanton Playhouse hasn't tackled Chekhov yet, Renee still gets the same thrill from the theater she did as a kid.

Before arriving in Pleasanton eight years ago, Renee busied herself with theater projects wherever she lived. She was a Speech and Drama major at Hunter College in New York and she performed on stage and worked behind the scenes with community theater groups in New Jersey, Michigan and North Carolina.

Now as Chair of the Pleasanton Playhouse, she asserts "there's a place for everyone in the community in community theater!" All sorts of talents are used to keep this non-profit theatrical enterprise going. If you like to talk on the phone, sew, paint, type, there's a place for you. If you're an accountant, lawyer or teacher, there's a place for you.

And it's a great place for families. Renee points out that on her eight-member Board of Directors, three are family-affairs. Renee and her husband Bob share a passion for the theater. Bob is the business manager for the Playhouse and plays in the orchestra. Renee and her daughter Robin have

performed in two Playhouse productions, "Funny Girl" and "Fiddler on the Roof". In both instances they were cast to type. They played mother and daughter.

Renee says that even after all these years, the rejection at audition time is "crushing!" But as long as there is a place for her in some part of the production, it's OK.

The reputation of the Pleasanton Playhouse has grown and now actors and directors come to them. The renovation of the Amador Theater and the quality of the productions and performances makes for an increasingly satisfying theater-going experience.

Renee is looking forward to the completion of the renovation project. She sees a day when the new theater lobby will hold Chamber musicians and paintings by local artists to provide playgoers with enjoyment in several art media at once.

Bike-a-Thon Planned

The February meeting of the Tri-Valley Chapter of St. Jude's will be held on the 18th at 7:30 p.m. Plans for the May Bike-a-Thon will be discussed.

For meeting location and further information about the work of the St. Jude's chapter, phone 846-9328 or 447-2392.

IRAs, Topic of Discussion for Saleswomen

"She Who Hesitates is Taxed" is the topic which Kimberly Foss and Stephanie Morgan of Merrill Lynch will discuss in their presentation on IRAs as part of the total financial planning process.

This talk will be given at the February 17, meeting of the California Association of Professional

Saleswomen.

Networking begins at the Train Station restaurant in Walnut Creek, with hors d'oeuvres at 6 p.m. and speakers at 7 p.m.

Reservations can be made by calling Connie Curtola at 462-7302, or 484-3753.

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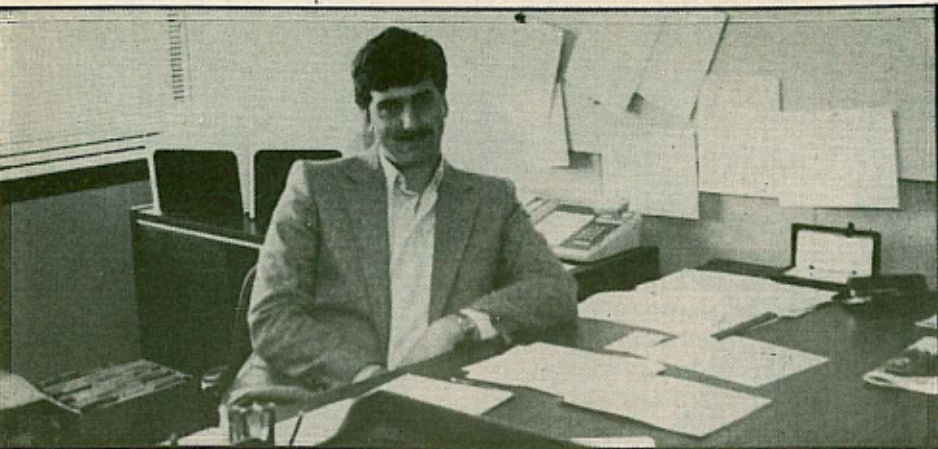
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Dan Shore, Callahan-Pentz Properties' new Construction Manager.

There's More to Construction Than Nails

Dan Shore is young, savvy and extremely busy! The 26 year old Construction Manager for CPP works fourteen-hour days in Pleasanton and then in his spare time works on the house he designed and is building in the San Jose foothills. This is a man who really likes his work.

Building the house really does qualify as a hobby, Dan says, because most of his work in Pleasanton is behind the scenes and indoors. Dan acts as liaison with architects, contractors and designers on new construction projects in the park. "I try to keep the relationships going and keep everyone happy."

Dan earned a Bachelor of Science degree in Construction Management at Cal Poly in San Luis Obispo. He learned from that program that "construction is not just pounding nails." He learned about and grew interested in the "people-side of the profession" and enjoys the challenge of new per-

sonalities and working relationships on the job.

Is being 26 an advantage or does it get in the way? Dan says people are sometimes surprised at his youth but he uses it as an opportunity to let others play teacher. People like to share their expertise and Dan learns a lot that way. He also has great respect for those in the construction trades. "We pay people to do their job so we learn to let them do it." Though he enjoys the dynamics of management and inter-personal relations, he is anxious to get back into the field. Right now he spends about 5% of his time out on jobs; he'd like to get that up to 50%.

Dan grew up in the San Jose area and after graduation from Cal Poly, worked for CPS in Sunnyvale. When he interviewed for his current position, Pleasanton was unknown to him. He knew it only as that point halfway between San Jose and the Delta, his favorite water skiing locale. But now

he's really happy to have been moved here. He's pleased with the CPP team and is challenged by the dynamic growth and change the organization

represents. He feels lucky to have this opportunity so early in his career and brims with optimism about Pleasanton's future, and his own.



Firefighter Curt Grasso empties ashes from a wood burning stove using a safe container.

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PLACE: Hacienda Business Park, Pleasanton, California

COURSE: 5K and 10K races 100% flat road surface. Certification pending. Both races will be run within Hacienda Business Park. Sanctioned by TAC.

TIME: 10:00 a.m. The run will start promptly at 10:00 a.m. — rain or shine. Please arrive early.

REGISTRATION: Pre-registration is encouraged. Please do not mail pre-registration form later than March 3, 1986. Race packets may be picked up race day morning beginning at 8:30 a.m. Pre-registration, \$9.00, Race Day Registration, \$12.00

*A co-development of The Prudential Insurance Company of America and Callahan Pentz Properties

THIRD ANNUAL SOCCER CITY RUN

MARCH 9, 1986
10:00 a.m.

All proceeds to benefit PLEASANTON YOUTH SOCCER

RESULTS: Computerized results for all finishers by Fast Finish Race Services.

AWARDS: Medals awarded to the first three finishers in each division.

AID STATIONS: Water only.

REFRESHMENTS/ENTERTAINMENT: Food and drink available at Finish. Please plan to spend some time with us after the race. Share refreshments, watch the awards ceremony, and enjoy some entertainment.

T-SHIRTS: Special SOCCER CITY RUN long sleeve T-Shirts for the first 1200 registered runners included in the entry fee. Additional shirts may be purchased for \$7.00 each.

ADDITIONAL INFORMATION: Contact Mike Milton, evenings (415) 846-5512.

Ashes from Fireplaces Can Cause House Fires

By Lee Lynch

During the season when heating equipment is in operation, there are a surprising number of house fires caused by ashes from fireplaces and wood stoves.

Capt. Bill Bonderud of the Pleasanton Fire Department, said, "In one instance, ashes placed in a paper sack and left on the living room floor started a fire that destroyed over half of the home. Even hours old, ashes may still contain deep lying invisible embers that can cause a fire."

Bonderud said, ashes should never be placed in a cardboard box, plastic pail or other container that can burn or melt. Place ashes in a covered metal container, if there are any hot ashes or embers this will suffocate them. Be sure to place the container outdoors, away from buildings or combustibles.

Disposal of ashes is just one of the fire safety problems related to the use of fireplaces and wood stoves. Other causes of fires are usually due to stoves that are improperly installed and improperly used.

State and city laws require that a permit be obtained for the installation of any type of woodburning room heater. Obtaining the permit is in the homeowner's best interest, since the accompanying inspection assures that the installation is done properly.

Heat radiated from a wood stove to a combustible wall is a common cause of house fires. Heat causes a "baking" effect on wood inside the wall, which reduces the ignition temperature to the point where a fire can start easily. Certain distances from a wall or other combustibles, are included with manufacturers directions for use and installation.

Burning any type of wood can produce buildup of creosote, which burns at extremely high temperatures. Creosote is what burns when a chimney fire occurs. Creosote buildup can be minimized by burning dry, seasoned wood and by burning the stove hot for 15 minutes when first used each day.

Pleasanton Fire Department is happy to provide residents with free information on the safe use of wood heating appliances and the best type of wood to burn. For more information call 847-8114

SOCCER CITY RUN ENTRY FORM
Must be received by March 3, 1986

Make checks payable to: Soccer City Run
Pre-Registered Entry Fee Per Person — \$9.00
Race Day Registration Entry Fee Per Person — \$12.00
Entry fees are non-refundable

Mail to: Soccer City Run
P.O. Box 5194
Pleasanton, CA 94566

PLEASE CHECK ONE BOX

CATEGORY
☐ 10K ☐ 5K

DIVISIONS (check one only)
(AGE ON RACE DAY)

Men			Women
A	10 & Under		J
B	11-14 yrs.		K
C	15-19 yrs.		L
D	20-29 yrs.		M
E	30-39 yrs.		N
F	40-49 yrs.		O
G	50-59 yrs.		P
H	60 & Over		Q
I	Wheelchair		R

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY	STATE	ZIP
AGE (day of race)	SEX <input type="checkbox"/> M <input type="checkbox"/> F	
AREA CODE	BUSINESS PHONE	AREA CODE HOME PHONE

T-shirts free to first 1200 registered runners
T-Shirt Size ☐ S ☐ M ☐ L ☐ XL

I would like to order _____ additional T-shirts at \$7 each. ☐ S ☐ M ☐ L ☐ XL
TOTAL (Including Pre-Registration Fee) _____

Runners NO. DIVISION

--	--

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against all persons and/or organizations associated with the Soccer City Run, the officials, the County of Alameda, City of Pleasanton, State of California, The Prudential Insurance Company of America, Callahan-Pentz Properties, Fast Finish Race Services, and any and all sponsors of the race, volunteers and committee members while participating in or traveling to or from the Soccer City Run, March 9, 1986. I further attest that I am over 18 years of age or am the parent/legal guardian of the entrant and that the entrant is physically fit and has trained sufficiently for this event. ALL ENTRANTS MUST SIGN WAIVER.

SIGNATURE (Parent or guardian if under 18) _____ DATE _____

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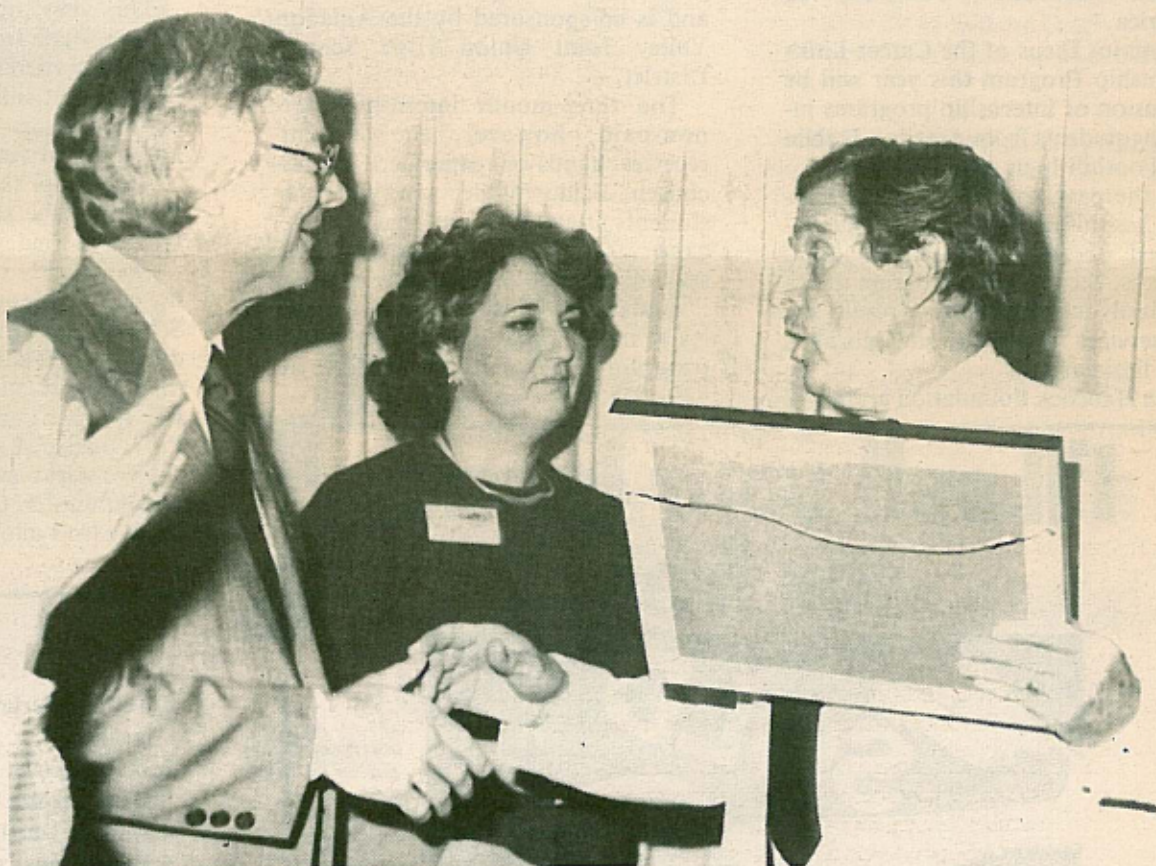
Phyllis Wentworth thanking Jim Daugherty of Mervyn's.



Stan Kephart accepted the honors for Callahan-Pentz, the first major donor.



Roz Wright with Roger Gage of The Prudential Insurance Company of America.



Dr William Berck and Roz Wright present Councilman Walt Wood a plaque for his CHAIRioteer drive.



Nancy Kinney of Valley Auction with her plaque for the "Labor of Love" auction.



Shirley and Tony Macchiano of Pleasanton Garbage Service.

a bit of trivia

By Ben Fernandez

Valentine's Day is upon us and thoughts of love fill the air. At the risk of causing sugar poisoning, let us deal with thoughts of love and romance.

1. Ryan O'Neal and Ali McGraw were both nominated for Oscars in "Love Story." What actor was nominated for Best Supporting Actor in the same movie?
2. Baseball players need love, too. What famous pitcher of the California Angels had a flaming love affair with actress Mamie Van Doren?
3. Al Capone led the infamous St. Valentine's Day Massacre. Whose gang was he trying to rub out?
4. What famous song writing team wrote "My Funny Valentine?"
5. "Love on a Rooftop" was a mildly successful TV series of the late 60's.

The two stars were rather ill-fated, one committing suicide a few years later and one having a frequent battle with emotional problems. Who were they?

6. "April Love" was the first movie of popular recording star of the late 50's. Who was he?
7. They were such close friends, that they swapped wives in the early 70's. Who were these two Yankee pitchers?
8. "Bridget Loves Bernie" was a mildly successful TV series of the early 70's. The stars who played Bridget and Bernie fell in love, got married and are still married today. Who were they?
9. What famous song writer wrote the immortal "Love is Here to Stay?"
10. The King of England gave up his crown in 1936 for "the women I love." What was her name?

Career-Links Internship Program Receives \$45,000 Grant

The Career-Links Internship Program has announced the receipt of a \$45,000 grant from the Luke B. Hancock Foundation and \$1,000 from Safeco Insurance Company of America.

A major focus of the Career-Links Internship Program this year will be expansion of internship programs involving students from Amador, Dublin and Foothill high schools.

In the past, the Career-Links program has shifted funding to provide increased services to special needs students, according to program director Marilynne Moyers. As a result, she said services for average students have been limited.

The Hancock Foundation grant will

be spent in increments of \$20,000, \$15,000 and \$10,000 over three years.

An internship program for high school students, Career-Links is a program of the Valley Volunteer Center and is co-sponsored by the Amador Valley Joint Union High School District.

The three-month internships are non-paid, however, the student receives hands-on experience in his chosen field. While working, the students attend seminars that provide career assessment and guidance, job seeking and job maintenance skills.

Students and businesses who wish to learn more about the Career-Links program may call the office at 829-4958.



Inbal Tompkins preparing for her first semester of high school in Pleasanton.

Pen Pals Exchange More than Letters

For 14-year-old Inbal Tompkins, mastering French is easy, provided you have a friend who will listen.

For four years, Inbal has visited her 112-year-old friend and pen pal Grizelda Griffaut, in her hometown of Bellot, a small village approximately one hour south of Paris. In turn, Grizelda has visited Pleasanton on a similar basis.

This year, however, was the first time in which Inbal spoke French well enough to attend Grizelda's school. As it turns out, Inbal tied for first place on the French junior high school's honor roll during this past semester.

"In school the teachers take more time with the students," said Inbal. "They're kinder."

She recently returned home to join her classmates at Amador Valley High School, where Inbal will be a freshman during the winter semester. She said that the workload in the French school was tougher than her former Harvest Park Intermediate School.

"We start school in France at 9 a.m. and go until 5. Once you get to class, talking isn't allowed. You really learn

a lot," she said.

Her parents, John and Gina Tompkins, first met Grizelda's parents while hiking in a Bay Area park.

"They were speaking French and my wife and I asked them to come to our house for dinner," said Inbal's father. "The next thing I knew, we had struck up a friendship with this French couple."

Inbal, however, did not meet Grizelda until she visited the Griffauts for the first time four years ago. The student exchange was a reciprocal arrangement by the parents, much to the delight of the girls.

While overseas, Inbal visited cities in southern France, which she compared to Berkeley, Calif. However, in Bellot, a city of 300 people where she has lived since last August, Inbal said that she learned to appreciate a small town environment.

"Everybody knew each other and that was nice," she said. "It wasn't as fast paced as this country. They move slower and they do things more delicately."

TRIVIA ANSWERS

- | | |
|-----------------------------------------|-------------------------------------|
| 1. John Marley (he played Ali's father) | 6. Pat Boone |
| 2. Bo Belinsky | 7. Fritz Peterson and Mike Kekich |
| 3. Bugs Moran | 8. Meredith Baxter and David Birney |
| 4. Rogers and Hart | 9. George Gershwin |
| 5. Peter Deuel and Judy Carne | 10. Wallis Warfield Simpson |

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Pianist Fanita Jones plays at a practice session for the Valley Senior Singers, Marguerite Wilson, Leona Pierce, Josephine Keith (front row); Alberta Tebo, Irmgard Fox (Foxie), Oscar Matusicky (second row); Oscar Becker, Elsi Adasiak and Lester Jackmams (third row). Members of the group, but not pictured are: Rita Lou, Beverly Ball, Marion Rizzo and Jane Vitale.

Valley Senior Singers

Several years ago, the Singing, Swinging Seniors of Pleasanton felt the first twinges of uneasiness.

The focus of some unpleasant jokes, the senior choral group concluded that the teasing stemmed from its name.

Though the name has raised more than a few eyebrows, the group's manager, Irmgard "Foxie" Fox, explains, "It gives people the wrong impression. When we called it the swinging seniors, we meant that we didn't stand there like statues."

As a result of the teasing, this vocal group of seniors, whose ages range between 65 and 89, recently dropped the swinging from the name but not from its performances. They now call themselves the Valley Senior Singers.

With 13 singers, one pianist and a director, the group's members come from Pleasanton, Dublin and Livermore. Although they have a varied

repertoire of songs, Fox said the group favors 1930s Big Band tunes.

Since they perform regularly for senior groups and at Valley convalescent hospitals, she said that new members frequently drop out because of the busy schedule.

"Not everyone can devote that much time to a hobby," said Fox. The group meets weekly in Pleasanton and performs each Friday at the Veterans' Convalescent Hospital in Livermore, or at Hacienda or Pleasanton Convalescent hospitals in Pleasanton. On occasion, the group has been invited to appear at various senior gatherings.

Established several years ago by the group's former director Verla Babbitt, the Valley Senior Singers does not limit the number of members.

For more information, contact Fox at 462-5903.

Ano Nuevo Elephant Seal Tour

Deadline to reserve space for the Ano Nuevo Elephant Seal Tour is Saturday, Feb. 28.

Sponsored by the Pleasanton Department of Parks and Community Services, the tour will be conducted rain or shine on Saturday, March 8.

The tour group will meet at 8:15 a.m. in front of the City Hall at 200 Bernal Ave. for the trip to Ano Nuevo State Reserve, and will return to Pleasanton at approximately 4 p.m.

The total tour time is two and a half hours and the walking distance is three miles over sandy, rolling dunes.

The fee is \$16 per person. For more information, call 847-8160.

Elephant seals are the largest pinniped found in the North Pacific. Adult males may reach lengths of 16 feet and weigh over two tons. Females are smaller, weighing one ton and measuring about 10 feet.

Elephant seal watching is open to anyone over eight years old. Participants are encouraged to wear comfortable walking shoes and have rain gear and woolen clothing. In addition, participants should bring a bag lunch.

Community Calendar

Thursday, Feb. 13

"Bay Talk" - local T.V. talk show Guests: Murrel Lacy, owner of Lacy's Arabian Horses; Terry Murphy, Compri Hotel director; Oakland A's pitcher Bill Kruger and wife, Janet. Community Room, Chabot Center, Suite 107 9:30 a.m. For free reservations call 462-3373 or 463-0280.

Friday, Feb. 14

Happy Valentines Day !!

Friday, Feb. 14 and Feb. 21

"Resume - Identifying Job Targets" and "Resume Formats", 10 a.m., Multi-Purpose Room, Dublin Library, 7606 Amador Valley Blvd - for further information call 846-9075.

Saturday, Feb. 15

Fifties Sweethearts Dance, 8 p.m.-midnight, Shannon Ave. \$10 donation, St. Clare's Episcopal Youth Group-Call 462-1938 for information.

Thursday, Feb. 20

"Bay Talk" guests will be Barbara Millard, president of I.M.S Assoc. and Craig Smith, professional clown.

Friday, Saturday, Sunday, Feb. 21, 22, 23

ACBL (American Contract Bridge League) Sectional Bridge Tournament, Alameda County Fairgrounds Cafeteria. Friday and Saturday, 1:30-8 p.m.; Sunday, 12:30-6:30 p.m. For further information call 846-2669 or 846-2754.

CLASSIFIEDS

Lessons

Piano- by qualified teachers, Pleasanton Piano Teachers' Association. 846-7037.

For Rent

Garden Home- 1 month rent free. 3 bedrooms, 2 baths, large living and dining room, indoor laundry. Refrig, dishwasher, double garage, small yard. \$950 mo. plus security and cleaning deposit. No pets. 846-9017.

House- 2 bedrooms, 2 baths, large living room with beamed ceilings: AEK air conditioning. 2 car garage with electronic opener. Landscaped, fenced yard, no maintenance. 1 1/2 miles from Hacienda Business Park. \$985 mo. 6 months lease required plus security deposit, 846-7645.

Home in Livermore- 3 bedrooms, 2 baths, 2 car garage. Redecorated. Large backyard with deck, \$835 mo. 462-2910.

Home, Val Vista area- 4 bedrooms, 2 baths, located on quiet court. Available March 1. \$950 mo. Requires

one months rent plus \$1075 deposit. Call 462-8811 after 4 p.m.

Wanted

Humana Care Plus- a group health insurance sales office, needs a part-time clerical assistant for 3 months. Requires typing 50 wpm, able to handle telephones and some general office background. Call Shirley at 460-0343.

For Sale

Mercedes 250C- 1971 Automatic, forest green, new tires and brakes. Runs great! \$6200 Call 463-9000 days, 831-1931 evenings.

IBM Typewriter- Electronic 75 (16K memory). 3 yrs old; excellent condition. Phrase & document storage with editing capability; automatic centering, underscoring, columns & more. Dual pitch, several type styles. \$650. 462-0862.

Prom Dress- Spring 86 style, size 5, lavender. \$50 Call 463-2750 days or 484-4698 evenings, ask for Lana.

1979 Scirocco- Excellent Condition, 4 speed, AM-FM stereo. \$3,800 or best offer, 484-4698 evenings.

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Third Annual Event

Soccer City on the Run

By David Ryan Williams

The third installment of the popular Soccer City Run will hit the streets of Hacienda Business Park, Sunday, March 9 at 10 a.m. Race officials are expecting as many as 1,200 participants in this year's event, which benefits the Pleasanton Youth Soccer Association. Co-sponsors of the third annual Soccer City Run are the developers of Hacienda Business Park (The Prudential Insurance Co. of America and Callahan-Pentz Properties) and Curtiss Pontiac, Cadillac and GMC in Tracy.

The Soccer City Run is ideal for first-time racers and for those seasoned runners going for a personal best. The course at Hacienda is flat, smooth, wide and well-marked. And with race time at 10 a.m., the weather is likely to be cool and windless -- perfect conditions for running your best.

To encourage all runners and all running abilities, the Soccer City Run features two distances from which to choose: 5K (3.1 miles) and 10K (6.2 miles). In addition, several age divisions are set up within both the male and females ranks. There's even a division for those confined to a wheelchair.

Soccer City is a great opportunity to put your fitness program to the test, or to use the race as a goal to work toward -- you still have four weeks to get in shape.

You don't have to have the Olympian endurance of a Joan Benoit or an Alberto Salazar to finish comfortably, but you do have to train and run sensibly. Here are a few tips that should

get you across the finish line with energy to spare.

How many miles should I run in training? Here's a simple formula that seems to work for most people. Your distance potential is generally three times farther than your average daily training run. (By "daily" I mean five days a week, not seven.) For example, if you run 12 miles during the course of a week, divide that figure by five to find your average daily run: 2.4 miles. Now, multiply 2.4 miles by three: 7.2 miles. This means that a person running a little less than 2½ miles a day, five days a week, should be able to comfortably run as far as 7.2 miles. Mind you, that same person probably could run farther, if sufficiently motivated, but I'm speaking of a distance that's comfortable and won't bind your legs in steel stiff knots the morning after.

What if you don't run five days a week? The same formula still works. Let's say you run five miles on Saturday, three miles on Sunday and two miles on Wednesday, for a total of 10 miles. Ten divided by five (days) equals two (miles). Two (miles) multiplied by three equals six (miles). You'll finish a 10K.

To finish the 10K distance comfortably, it is recommended that you run at least 10 to 12 miles a week for four to six weeks prior to race day. The 5K distance would require a five to six mile weekly pace.

Should I get new shoes or special racing shoes for the race? Run in the same shoes in which you train. Don't fool around with new shoes prior to a race. They might cause blisters or



The flat streets in Hacienda Business Park will provide a fast course for runners in the third annual Soccer City Run, slated for Sunday, March 9 at 10:00 a.m.

biomechanical adjustments your body will have to adapt to. Buy the new shoes after the race.

Should I continue to train right up to race day? Most people like to taper down their training prior to a race, so their legs are "fresh" on race day. Certainly don't push yourself too hard within 72 hours of the race. The day or two before, you might want to jog your average daily distance, but at about ¾ speed. Remember: you can't substitute several weeks of sensible training for a flurry of exhausting runs the week before the race.

Will I embarrass myself if I'm too slow, come in last, or don't finish at all? Absolutely not! Runners share a special camaraderie and they always pull for each other. Any effort is

respected and appreciated. In all the races I've been to, I've yet to hear a sneer directed at a "slow" runner.

Besides, depending on your age, weight and free time available for training, maybe an hour and 15 minutes for a 10K is a great time for you. If it is then be proud of it. Other runners will be proud of you for giving it your best. In fact, the loudest cheers at the finish line are usually aimed not at those long-limbed gazelles who run at a five-minute-per-mile pace, but at those stragglers who finish by determination and with great effort.

For more information on the Soccer City Run, turn to page 6 where you'll find an application to race, or call Soccer City Run Director Mike Milton at 846-5512 (evenings).

New Era Begins At Foothill With Sweeney Appointment

The football program at Foothill High underwent a major change in late January with the appointment by Principal Roger Dabney of Matt Sweeney as the new head coach for varsity football.

Sweeney, a local product of Amador Valley High School, was a football and baseball standout for the Dons, and graduated from that institution in 1978.

Enrolling at Saint Mary's College in the fall of 1978, the new Falcon coach played both football and rugby for the Gaels, and established a reputation as an aggressive, hardhitting defensive cornerback during his collegiate career on the Moraga campus.

Sweeney graduated from Saint Mary's in 1982 with a degree in History and Government. In addition to receiving his B.A. degree from the college, he also had the good fortune to meet and marry a pretty co-ed by the name of Patricia Dulick who was attending Saint Marys on a basketball scholarship.

As coach Sweeney puts it, "she is the real athlete in the family." It turns out, after pressing the new coach for more information, that Patricia Dulick was the original inductee into California High school's Athletic Hall of Fame as a result of her outstanding basketball career there.

In 1983, Sweeney became the assistant frosh football coach and head junior varsity baseball coach at Foothill High.

In the following year he was appointed the head frosh football coach, and an examination of his success with these football and baseball programs gives clear evidence of his ability as a coach.

In his initial year as the frosh football coach, the team was 0-7, but then went 5-2 and 6-1 in the succeeding two

years. Under Sweeney's tutelage, the junior varsity baseball team had records of 12-5, 13-6 and 13-5-2 over the past three seasons.

As Roger Dabney puts it, "Matt Sweeney is an excellent coach, and will build a winning varsity football program. His coaching success with the frosh and junior varsity programs attests to his ability, and that is why he was appointed."

Sweeney has no illusions about the formidable task he is facing in rebuilding the Falcons football program. His coaching philosophy is based upon a concept of teaching young men that hard work is the way to achieve success, in football and in the game of life.

As the new coach sees it, "a football coach should teach kids the value of teamwork, loyalty and hard work, while at the same time stressing an aggressive style of play, pride in the team and a self confident belief in the individual player that he can succeed."

The Falcons' record in 1985 was a less than spectacular 2-8. Sweeney has a group of returning varsity players who will form the basis for Foothill's rebuilding program.

In addition, Sweeney has a sizeable group of his former frosh football players moving up this year to the varsity team, and should find some good talent among those players.

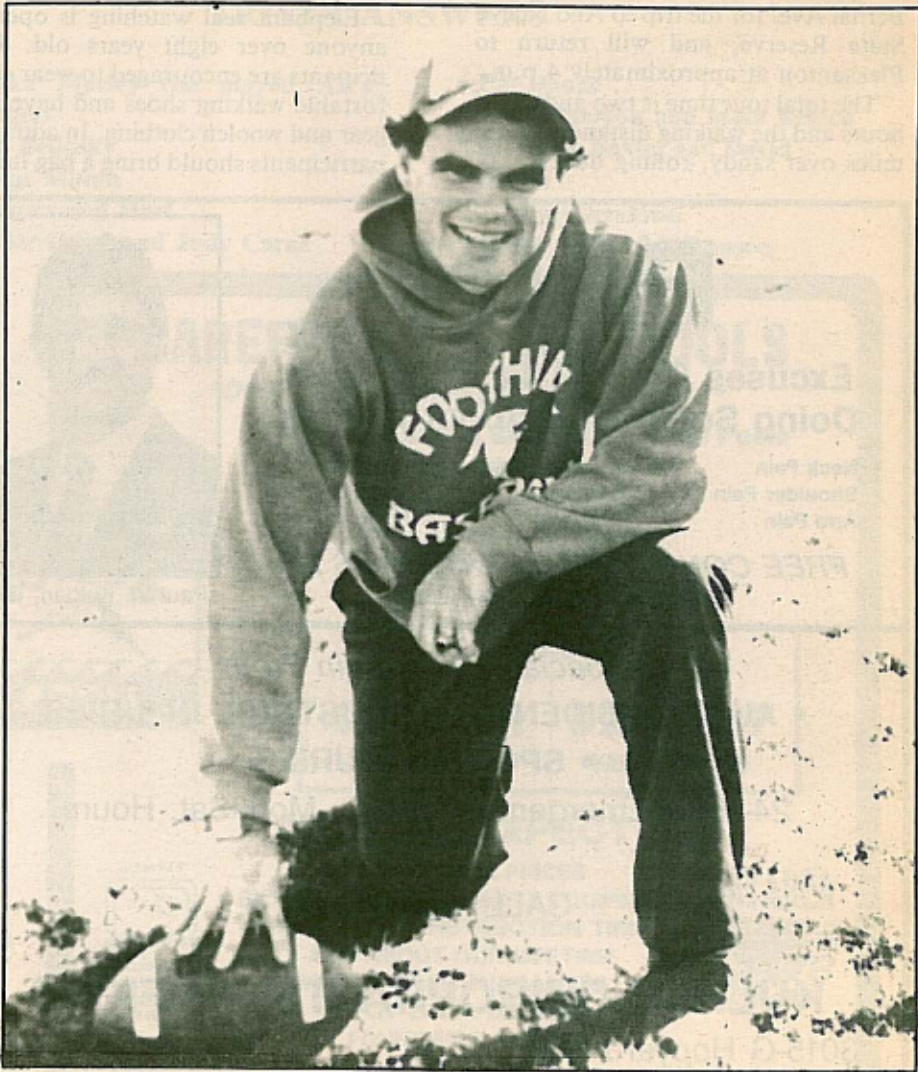
Having made the decision to install the veer option offense, the new coach is currently evaluating each player to determine where their particular talent can best be used in the new system.

In talking to the new Falcon coach, one becomes impressed immediately with his enthusiasm for football and for the young athletes he will be coaching.

Sweeney feels that the road to success will be rugged, but he also feels

that he has an outstanding group of athletes with which to rebuild Foothill High schools football program. "If I can just instill a positive attitude, as well as some of those characteristics like pride, a willingness to work hard, and the value of teamwork, the wins will follow."

It is impossible to predict what Foothill will do in the upcoming football season, but it is evident that a new era is at hand, and in Matt Sweeney the Falcons have an excellent young coach who will definitely turn the program around.



New Falcon Football Coach, Matt Sweeney.

GOOD SPORTS

Wrestling Season in Full Swing

Don Wrestling Program on the Rise

The East Bay Athletic League wrestling season is in full swing, and Benny LaFever's Amador Valley High School Dons are serving notice that they will be a well conditioned, highly competitive team this year.

LaFever, the former Chabot College and Cal State Hayward football and wrestling standout, is putting a young group of wrestlers out on the mat this year, with four seniors, two juniors, six sophomores, and four freshmen comprising the team.

The Dons are currently 2-2 in league, but as LaFever puts it, "we have the potential to finish strong at 4-3 or possibly 5-2 if injuries don't hurt us and if we get a few breaks."

The major competition for the Dons will come from San Ramon, Monte Vista, Livermore and Granada High Schools, as each of these teams is returning experienced wrestlers in many of the weight classifications.

Coach LaFever and his team have been putting in long hours at the Amador "sweat box," a small wrestling room adjacent to the girls gym where the temperature hovers constantly around 95 degrees.

In this environment, LaFever's

young grapplers work on both conditioning, strength and wrestling technique under the watchful eyes of their coach.

The long hours of hard work are beginning to pay off, as both the team record and the individual wrestling performances are on the upswing.

One of the key performers for Amador has been senior Frank Richards, who wrestles at 134 pounds, and who currently sports a record of 11 wins versus only 6 losses. Richards is a quick, aggressive wrestler whose leadership is vital to the team.

Another standout performer on the Don team is Albert Grajeda, who wrestles at 121 pounds and is only a freshman. Grajeda, who has 19 wins and only 2 losses, comes from a well known wrestling family which has produced some of the finest wrestlers ever to come out of the Tri Valley Area. For that reason, LaFever has not been surprised by Grajeda's success, and enjoys the positive impact on the rest of the Dons when Grajeda gets an early win in a big match.

Wrestling at 177 pounds for Amador is Greg Gould, who as a sophomore has very definitely surpris-

ed Coach LaFever with his rapid development as one of the leagues best at his weight classification.

"Greg is a dedicated, hard nosed kid, but I sure didn't expect him to come on as rapidly as he has in the early part of the season," says his coach.

Gould, who also plays linebacker on the Amador football team, has a record of 15 wins and only three losses so far this season, and recently upset Eric Kauwe, last years E.B.A.L. champion at 177 pounds for Livermore High School. Not bad for one of LaFever's "youngsters," and a definite indication of what can happen when a dedicated coach and a strong, motivated young athlete work together.

In discussing the Amador wrestling program with Benny LaFever, it becomes very evident that the man enjoys his work. As he says, "I really like coaching the kids and I get a great deal of satisfaction when they are successful. Wrestling is an individual sport, and it requires true commitment on the part of the athlete if he is going to achieve success."

The tough physical conditioning and constant attention to diet required to

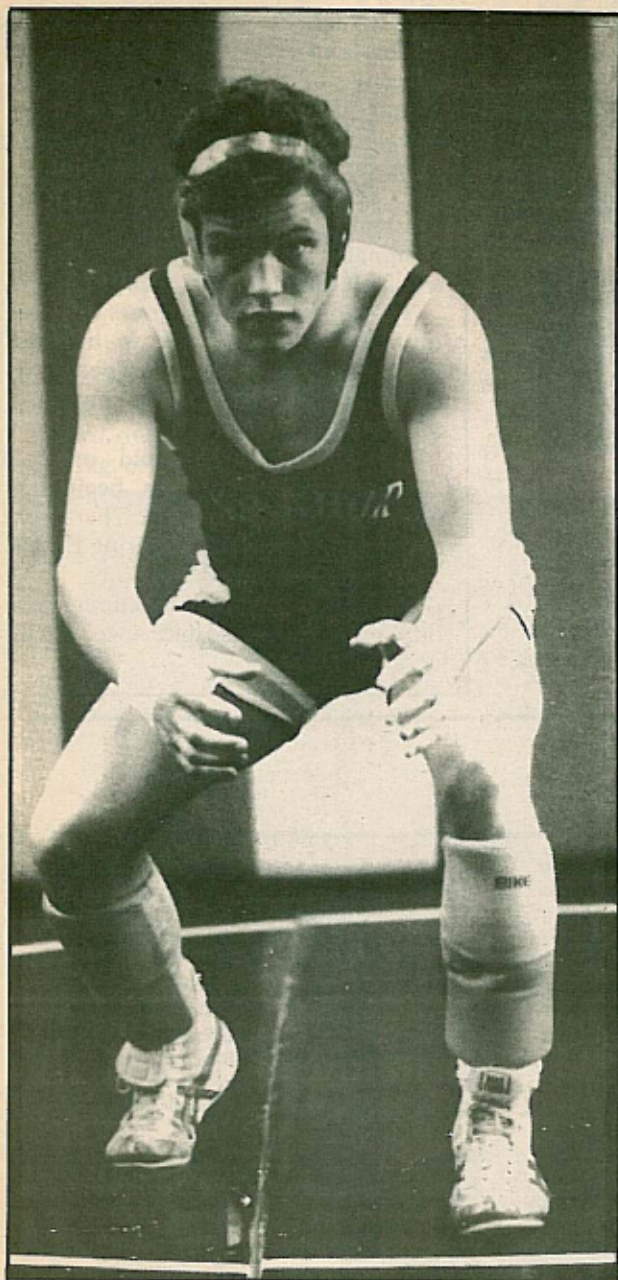
"make weight" each week, make wrestling a sport which mandates sacrifice on the part of the individual wrestlers.

Many young athletes give wrestling a try, however only the truly dedicated athlete stays with the sport. Frank Richards, Albert Grajeda and Greg Gould are three such athletes, and their commitment to Coach LaFever and the Amador wrestling program serve as real motivational factors in their teammates development.

As the season progresses, Coach LaFever's young Dons should continue to improve, and any team in the E.B.A.L. which takes these young men lightly in a wrestling match will pay the price.

The team spirit and individual desire for success which all the Amador wrestlers seem to possess, are a direct reflection of their coach and a tribute to his patience and continual encouragement.

With continued hard work and an absence of injuries, this team just might have an impact on which school wins the E.B.A.L. wrestling championship in 1986. Don't bet against them.



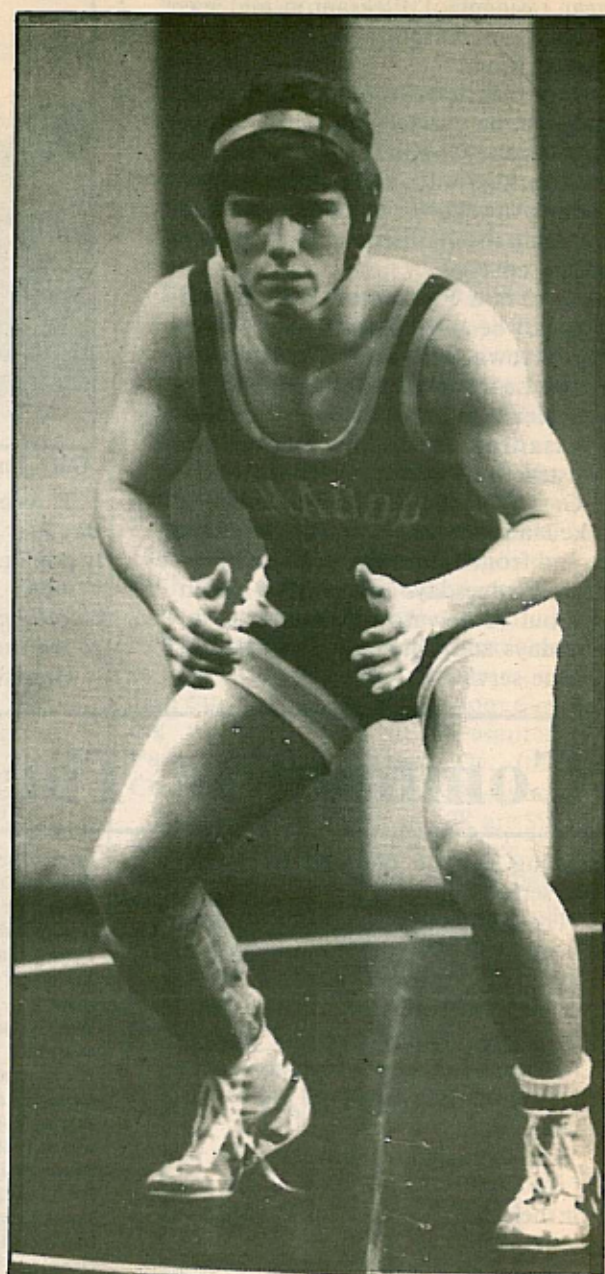
Greg Gould, 177 lbs.



Coach Benny LaFever



Albert Grajeda, 121 lbs.



Frank Richards, 134 lbs.

A Challenging Experience

Internship Gives Direction for Career Change

After nearly 15 years, Martha Sargent decided to leave the security of her full-time clerical job with the Alameda County Public Defender's Office for an uncertain future in public relations.

Even more uncertain was where she would earn her next paycheck. But Sargent had made up her mind -- she would take that gamble.

"It was a little bit scary at first but I had saved up enough to support myself, for awhile at least," said the 42-year-old Sargent.

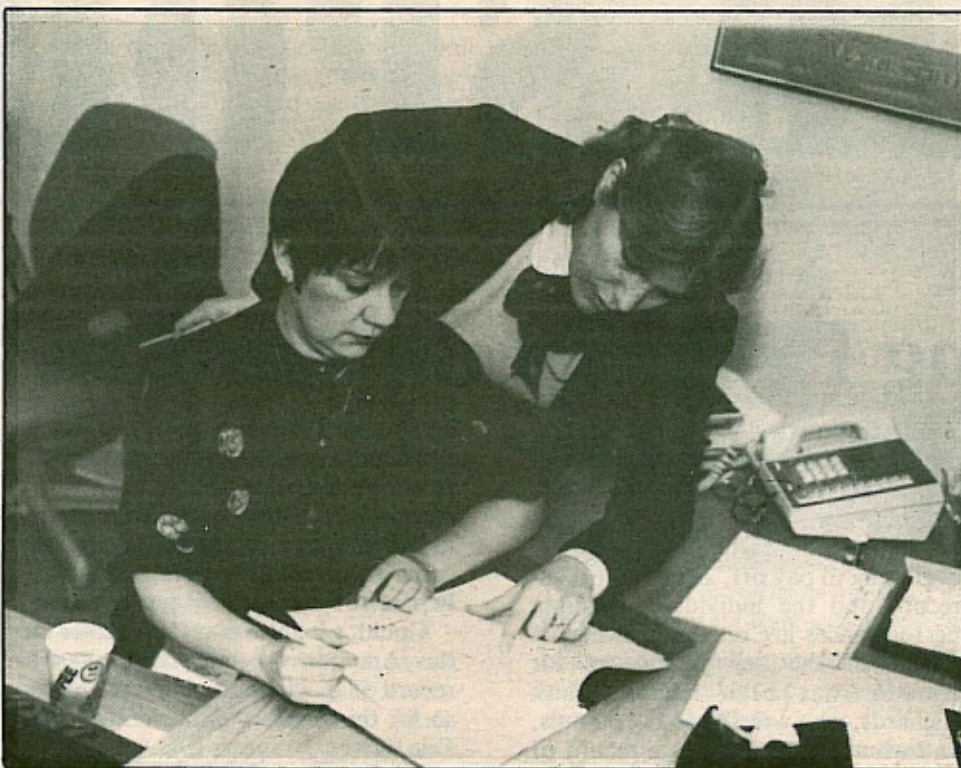
In November, Sargent began a non-paid internship in public relations at AT&T in Pleasanton. Working through the Valley Volunteer Center's women's internship program, Sargent agreed to serve a three-month half-time internship at AT&T.

On Jan. 31, her internship will end. Though she has only three months actual experience in corporate public relations, Sargent confirmed her hunch about doing public relations work.

"I've learned that I really enjoy working with people. It behooves me to put in whatever time I need to get the job done," said Sargent. "When you enjoy what you're doing, you don't look at the clock."

While at AT&T, Sargent gained hands-on experience under East Bay Public Relations Director April Treece.

Said Treece, "Martha has different skills than I have, but the learning has been a two-way street. She's helped



Martha Sargent discusses a proposal with AT&T East Bay Public Relations Director April Treece.

add a new perspective to the job."

Working jointly with the Valley Volunteer Center, Treece said that Sargent's duties were arranged before the internship. During Sargent's three months, she helped coordinate a meeting between AT&T employees and

former Mayor Ken Mercer, where employees were able to express their concerns about the community.

"It was very challenging for me to be able to work with both City Hall and AT&T employees," said Sargent.

Ironically, the internship program

was designed to serve older women who are re-entering the job market after several years, according to Mary Lou Stuller, program director. But she said women of all ages are beginning to see other possibilities in serving internships, such as acquiring new skills for a career change.

"In Martha's case, she used the internship as a way to learn the basics of public relations," said Stuller.

Under the program, women attend an 8-week career development class which is designed to prepare them for an internship. The class provides career interest testing, information on job opportunities in the Valley and tips on job seeking and time management.

Although job placement is not part of the program, Stuller explained, "Many times the women who go through the internship program do get full-time jobs. Sometimes they impress the employer but there isn't a position opening. In that case, they get a letter of recommendation."

The next career development class will begin on Thursday, Feb. 6 from 7-9:30 p.m. in the Hacienda Business Park's Community Room at 4637 Chabot Dr. The classes will run through March 27.

The instructor for the class is career consultant Lyn Anderson, M.S. The class is open to women of all ages and levels of experience.

For more information, call the Valley Volunteer Center at 462-3570.

Jones Offers Back to Basics Bus Service

Gary Jones is the new General Manager of the Hacienda Coaches, the firm that runs the Hacienda Business Park shuttle service. He is a twenty year resident of Pleasanton and has been in the transportation business for just as long.

From his no-frills office at 147 Bernal Ave. he oversees the operation of Hacienda Coaches. This means monitoring routes and schedules, promoting the charter bus operation and directing the maintenance and upkeep of the coaches.

Gary is a Pleasanton booster and couldn't be more pleased to be working in town. His wife of twenty-five years, Leah, is a realtor here and his son, Kevin, went all through school in Pleasanton and now works in construction.

Gary feels the shuttle buses, which take Hacienda Business Park workers to and from Stoneridge Mall on Mondays, Wednesdays and Fridays; and in and out of downtown Pleasanton on Tuesdays and Thursdays, represent a unique service.



Gary Jones, General Manager of Hacienda Coaches.

The commute hour service between Bay Fair Bart and Hacienda is especially popular. "My job is to provide convenient and reliable service for employees, and to look for ways to improve the program," Gary asserts.

He also would like to see communi-

ty groups take advantage of the excellent service of the charter coaches. They are large, comfortable and air conditioned. Their rates are competitive and he urges community groups to call him at 426-1900 with inquiries.

Hope Hospice Training Course

Hope Hospice is pleased to announce its third training course for licensed nurses and lay volunteers.

This is an overview course, with the objective of training nurses and lay people in giving hospice care to terminally ill patients and their families.

In addition, the class seeks to provide education and outreach to the community regarding home care of the terminally ill and support services available to them and their families.

The course offers 30 hours of Continuing Education Units to licensed nurses at a cost of \$95. Lay people in the community may take the course for \$25.

The class will be held on ten Thursdays from 7-10 p.m. beginning March 6 through May 15. There will be no class on March 27 during Easter Week.

For more information and registration, phone Hope Hospice at 462-9353.

Community Theater

scaping will be donated by Pacific Nurseries.

The completely renovated Amador Theater will serve the community at an estimated projected usage of 25,000 per year. Programs of the Pleasanton Playhouse, Valley Chorale Society, Livermore-Amador Symphony and the Pleasanton Band will all take place there.

Amador High will have priority use of the facility for 60 days of the year for their drama productions, concerts, musicals and open houses.

The scope of the work is impressive and the partial results are already being enjoyed by many. The following major donors deserve the recognition and thanks of the community.

Kathy and George Kallis: co-chairs, "Labor of

Love" fundraiser

Robert Wood: carved & donated CHAIRioteer headpiece and donor recognition plaque Nancy and Bob Kinney: auctioneered "Labor of Love" fundraiser

Tri-Valley Community Fund, Jim Krause: \$2000 grant

Walt Wood: CHAIRioteer drive for theater seats chairman

Air Systems, John Davis: replaced vents at cost Reynolds & Brown, Tom Terrill: Phase II fundraising coordinator; donated ceiling materials and installation

Prudential, Roger Gage: donated cost of food for "Labor of Love"

Frank Electric, Joe Eggers & Dave MacDonald: booth and electrical work done at cost

Gene's Flooring & Interiors, Gene Finch: donated installation and padding for carpeting AT&T, April Treece & Renee Mona: \$10,000 donation, hosted matching grant fundraiser

Mervyn's, Sandra Salyer & Jim Daugherty: \$15,000 donation

Mag-Tech, Reid Brown & Merrill Fisher: construction at cost

Callahan-Pentz, Joe Callahan: 1st major Phase I contributor, hosted CHAIRioteer fundraiser Elson Viveiros Painting Co.: interior painting at cost

Stoneson Development Corp., A. F. Schumacher: major donation to theater seating Stoneridge Mall, Robert Eynck & Larry Beermann: use of mall for Holiday Reflections fundraiser

Clorox, Ruth Schlemmer & Doug Bosma: donated stage curtains and backdrop Viacom Cablevision, Michal Dittrich: hosted "Labor of Love" dance in new business park facility

Trammel Crow, Nola Thorne & Peter Schnugg: donated cost of interior carpeting Sturgess, Ness, Brunzell & Sperry, Robert Brunzell: major donation to theater seating

San Francisco Foundation, John Kreidler: major donation for ceiling & electrical work

Pedro's, Karen Pappas: donated restaurant and food for "King and I" fundraising opening night

Stone & Youngbert: major donation to theater seating

Stoneridge Corporate Center I, John Mozart:

major donation to theater seating Pleasanton Playhouse, Renee & Bob Lewis: donation plus proceeds from "King and I" gala Ambiance, Kathy Jacobus: donated expertise for interior design

Pleasanton Rotary, Dr. Ray Serafin & William Lenson: project to renovate dressing rooms

Finer Floor Coverings, Hal Gregerson: labor and materials for floor refinishing and rebuilding steps in balcony

Meyer Properties, Carter Crew: donated funds for electrical cabling

Koll Co., Rich Pogue: funds for cost of painting interior

Mike Goldsworthy, Architect: donated architectural services

Happy Valentines Day!