

INSIDE

Postal Service.....P.3
Camp JOY.....P.4
Passport Service.....P.5
Fundraising.....P.8
Expo 86.....P.10

A Community Newspaper

PLEASANTON PATHWAYS

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Couple Moved to Area for Opportunities

Sweeneys: The Family That Grew Along With Pleasanton

by Jana Pantazelos

To do justice to Pleasanton's Sweeney Family, one would need to write a book. The family has grown right along with Pleasanton. And Neil Sweeney, the family patriarch, has been an important figure in the Pleasanton schools.

Neil, a San Francisco native, and Bev Sweeney, a native of Hawaii, met at a school dance during their student days. Neil was attending St. Mary's and Bev was a student at nearby Dominican College. Neil played and then coached freshman football while preparing for a teaching career. Bev was a history and math major. After marrying and moving to Pleasanton in 1951, Neil taught at Amador High and Bev did private tutoring.

When the Sweeneys arrived in Pleasanton, it was a small agricultural community of about 2500 people. In those days, it was known as the site of the old Hearst Ranch and the county fair, and as a resort town. Teaching jobs were scarce in the Bay Area at the time and opportunities in Pleasanton brought the Sweeneys to the east edge of the Bay Area.

Neil's school district career started with a teaching position at Amador High School. During his 20 years at the school, Neil taught English and coached; and served as Vice Principal for 12 years and Principal for four years.

In the late '60's, Neil was deeply involved with the new high school to be located on Foothill Road. He worked with the architects and oversaw all construction. Later, he helped set up the curriculum and organized all classified and certificated personnel. Sweeney served as the first principal of the new Foothill High School.



Bev Sweeney and brood in 1966. (front) Joe, 14, Dan, 1, Bev, Anne, 8. (back) Matt, 5, Fran, 2, Liz, 4, Tim, 3 and Pat, 10.

Over the years, in addition to teaching and school administration, Sweeney has held several administrative positions for the Pleasanton and Amador High School districts. He has been Director of Secondary Education, Assistant Superintendent of Instruction and Deputy Superintendent. After more than 30 years of service, Sweeney retired in 1985.

But a man like Sweeney doesn't take well to the leisurely days of retired life. After only two weeks of retirement, Sweeney went back to work. He was perusing the want ads, saw something interesting and made an application. Today he is Assistant North Coast Section Commissioner for the California Interscholastic Federation (CIF), the state

body that sets policies for high school athletics. He also keeps his hand in the academic life by teaching a graduate education course in St. Mary's Masters program.

With a father like that, and a mother with an equally strong background and commitment to education, it's no wonder that every Sweeney child has been an achiever. "My mother was a teacher in Hawaii," says Bev, "and she instilled that desire for learning in me. She had to fight for the privilege of going to school. She lived on the slopes of Mauna Kea and rode horseback 16 miles everyday to school."

Every one of the eight Sweeney children attended Pleasanton schools and graduated from Amador High. And six of the eight have attended and/or graduated from St. Mary's College, their father's alma mater. Bev says she wouldn't be surprised if the St. Mary's policy of cutting tuition in half for students who have had three family members attend was designed for the Sweeneys.

But despite the potential economic hardship, the family philosophy has always been to somehow get the kids to college if that's what they really wanted to do. And, indeed, that's what the Sweeney kids have wanted.

First born, Joseph, graduated from Notre Dame University in South Bend, Indiana and earned a law degree from the University of San Francisco and is now co-partner in Toothman-Sweeney, law offices and real estate investment company in Los Gatos. Second son, Patrick graduated from San Diego State University, spent a summer in Guatemala and

continued on page 12

One of The First

Tenants Move Into Renovated 450 Main Building

After four weeks completely closed down, and months of moves and relocations, Ben and Bill's Barber Shop is back in business.

The barber shop is one of the first tenants, along with Main Street Liquors and Deli, in the newly renovated 450 Main Street project.

Ben Tafuya and Bill Wheeland spent most of the long construction period in a temporary trailer trying to keep the customers happy. The trailer was hidden behind the construction for a good part of the time and customers had difficulty finding the shop.

Now, there is a barber pole on Main Street in front of the building. Soon a sign with an arrow pointing the way will tell old and new customers where to find the shop. Until then, customers are directed to the driveway off Neal Street between Hap's and the 450 building.

Ben and Bill's is located in the rear with convenient parking nearby. Ben and Bill are ready to provide the same level of service their customers are used to in their sparkling new location.

Ben and Bill's is open Tuesday through Friday, 9 a.m. to 6 p.m. and Saturday, 8 a.m. to 4 p.m.



Bill Wheeland with long-time customer, Al Macedo and Ben Tafuya with Ben Stillo, who got his first haircut at Ben and Bill's.



FYI is a bi-monthly column featuring guest writers. This column is by Kay Daniels, president of Pleasanton Newcomers and Sue Eurek, publicity chair.

If you have some information that you feel would be of interest to the community and would like to be a guest writer, contact Lilly Ault at 463-2750

Kay Daniels is president and Sue Eurek, publicity chair, of Pleasanton Newcomers.

"Welcome" is the message of Pleasanton Newcomers. Whether you have just moved from across the Bay or across the country, this message is the same.

"Pleasanton Newcomers is a non-profit organization with approximately 200 members."

Pleasanton Newcomers was started several years ago by Dee Slosek. In her capacity as City Hostess, she welcomed many new residents to the Valley. She was able to answer most of their questions about doctors and shopping. But, it was the coffees she arranged that became the basis for new friendships. These coffees remained informal until 1968 when Dee and several new Pleasanton residents founded Pleasanton Newcomers.

Much has changed in our city since 1968. New homes, Hacienda Business Park and the many new job opportunities in the Valley have increased our population to nearly 48,000, and we're still growing.

Our new residents come from every part of the country. They come singly or with families. They buy a new home or a home in an established neighborhood. They may have had an easy move or one beset with problems. But, suddenly the realization sets in that they are in a new home, a new community and they don't know anyone. One phone call can put new residents in touch with others experiencing the same problems and provide an avenue for making friends.

The monthly coffees offer information

about interest groups including bridge, tennis, stitchery, children's play groups, arts and crafts, and walkers. A services index is also available at the coffees. The index is filled with information about doctors, decorators, landscapers, cleaners and many other services our members recommend.

Luncheons are also held monthly and we meet at one of the many fine restaurants in the area. The programs are varied to entertain as well as inform. Our next luncheon will be held on August 6 at Castlewood Country Club. The program will feature a wonderful fall fashion show with fashions provided by merchants at Stoneridge Mall. The Mall's Fashion Panel and club members will model.

"One phone call can put new residents in touch with others experiencing the same problems and provide an avenue for making friends."

The club also sponsors monthly potlucks and socials. These activities are designed to include spouses. Recent activities have included couples golf, a day at the races and a '50's/'60's dance. August 15 is the date of our next social, a Bay cruise which will include dinner and dancing under the stars.

Pleasanton Newcomers is a non-profit organization with approximately 200 members. A portion of our yearly membership dues of \$13 is donated to the

Tri-Valley Haven for battered women. At our Christmas Luncheon, the member-

"But, our organization will never lose sight of its goal to make new people feel comfortable in their new community."

ship collects needed household items or small gifts of use to the Haven.

When we both moved to Pleasanton with our families nearly three years ago, we experienced the same frustrations and loneliness that newcomers face today. Having moved before, we knew how important it was to push ourselves to become active right away. Each of us discovered Newcomers through different sources, but the first activity we each attended was a coffee.

We met other newcomers from our neighborhoods, our schools and from across town. We are now active in our community and feel at home here. That is due in large part to Pleasanton Newcomers.

"The programs are varied to entertain as well as inform."

As our city continues to grow, Newcomers will grow with it. But our organization will never lose sight of its goal to make new people feel comfortable in their new community.

For more information on upcoming events and Pleasanton Newcomers, phone Kay at 846-5585 or Sue at 484-0371.

On The Street

What is the best thing about living in the Bay Area?



Bonnie Lopez,
barber

"The weather is #1. I also love that good shopping is nearby. You can go for a day and do just about anything, we go to Great America, the beach, everything is within a day's driving."

Shelly Barton,
art representative



"The wide availability of things. We live in the country and at the same time are 40 minutes from one of the most thrilling, cosmopolitan cities in the world. The countryside is so breathtakingly beautiful! I love the variety of lifestyles."



Mary Ann Soby,
"at least seven occupations"

"Climate is number one. I love the year-round variety of activities; water sports, year-round tennis, the availability of quality snow skiing. There's great activities for children, too. I lived in Buffalo, which is a good place to be from, and I remember when a tornado wiped out my car in St. Louis."

Ron Sato,
engineer



"This area offers the best climate, the best job opportunities and the best living conditions of any area I know; it's a choice area. There's no smog, no snow. Everything is ideal. You won't find a place like this in the world."



Michael Rice,
banker

"I like the accessibility of employment and the climate. Living in Pleasanton is one of the best things about living in the Bay Area. The esoteric beauty of the area, the parks, the mountains, the beaches. I appreciate the accessibility of all the recreational areas, especially with three children in my family."

Patricia Olsen,
"full-time mother of four"



"The area is so versatile. You can drive four hours and be in the snow and be back in the city the same evening to dance. San Francisco is such an international city. I really enjoy taking trips up and down the coast. I've lived here all my life and never considered moving."

Notes from Lilly's Pad

I've discovered I'm a creature of habit. And my guess would be that most of us are.

Generally each day I take the same route to work, to meetings and downtown. However, recently I deviated from my normal pattern of traveling though the city and was surprised and pleased to see all the new happenings in the town.

It happened on a day off from work when I decided to take a different route to do one of my many errands.

I went out of my way to drive to places I hadn't been to for ages. Some of the old landmarks were gone and I sort of felt disoriented, but was pleased with the new development that had taken place.

I began to smile to myself and get a nice warm glow - a proud feeling to live in and be part of this town.

I give a lot of credit to our city fathers, past and present, in making Pleasanton the place to be. We've come a long way.

I can remember years ago when my better half and I had an occasion to be in Pleasanton. I often recall his remark, "I'd like to live in this town." I didn't reply, but thought to myself "over my dead body."

Well, here it is much later, we have now lived here for 19 years and I have eaten those thoughts many times.

And I have to admit that I love this place. I love it for what it is, its people, its class and its well planned development.

The children were very young when we moved to what I labeled a "one horse town." My son was bused to Dublin for his first year of school while portables were set up to accommodate the newcomers and their families.

Finally we had a new school in our development. However, not all was well as those were the days of "open room" concepts and many parents had their say about that.

Growing pains never cease to exist in a new community. The pros and cons of many topics continue to be debated. In the long run, all generally works out for the best.

The people in Pleasanton are proud of their town and pull together for good causes, no matter what they might be.

I received a call from Elizabeth Hall, a long-time resident, who wanted to let me know just how great folks in town and been to her recently.

Mrs. Hall lost her son-in-law and daughter within one week.

Yvonne worked at Community First National Bank for many years. During Yvonne's last two months of life, the staff at Community stepped forward and every day cooked meals for the family.

"They were just wonderful," said Mrs. Hall. "I don't know how we would have made it without them. I'll never be able to thank them enough."

I'm sure the folks at Community are not looking for any special recognition or thanks, they did it from their hearts.

And that's what Pleasanton is all about, the people and their big hearts!!

Personality Profile

Theater Lover Runs Transportation Program at AT&T

by Jana Pantazelos

Though he was 25 years old before he went for his first audition, Dale Chestnutt says he has always loved theater and entertainment. Since that first shaky audition for "Hello, Dolly!" Chestnutt has performed in many community theater productions including "My Fair Lady," "Camelot," "South Pacific," and most recently as FDR in "Annie."

How did this theater aficionado, who travelled to Los Angeles to see the acclaimed Broadway musical "CATS" because he wasn't sure it would play San Francisco, end up as the Security and Transportation Manager for AT&T?

It was a long and circuitous route which began in 1975 when he read a story in the Oakland Tribune. Chestnutt grew up in San Lorenzo and always thought he wanted to be a math teacher. He was working toward this end at Cal State Hayward when he read a Tribune piece about the Bicentennial American Freedom Train.

The Freedom Train was a travelling museum filled with documents and artifacts from American history and popular culture which travelled a huge loop across the country during 1976. Chestnutt decided he wanted to be part of that project. He dropped out of school when he was a sophomore and got a job

working in operations and security on the train.

Throughout 1976 he toured the country with the train helping with security, crowd control and acting as a guide for the travelling exhibits. Each car had a different theme and some of the items included were a moon rock, Babe Ruth's glove, a Jamie Wyeth portrait of JFK and the original "Spirit of '76" painting.

When the train made its final stop in Miami on January 1, 1977, Chestnutt was not ready to leave and head back to school. "That trip was fantastic. I was on a constant high."

Ending up in Florida was lucky because Chestnutt had always been "a Disney nut. I'm the world's biggest kid." Chestnutt and a friend from the Freedom train decided to find work at Disneyworld in Orlando. On January 2 he started work as a Disney security host, dressing in costume for each day's assignment. One day it was an English Bobby, the next a frontier sheriff. It was a chance to play a part and carry out his security responsibilities at the same time.

After seven months he headed back home. His parents wanted him to return and finish school and when he did, Chestnutt decided to pursue studies in travel and tourism. The travel bug was hard to shake after two years riding the rails and seeing the country.

His first job after school was working for Delta airlines, but the airline industry was going through uncertain times. When a position with AT&T's in-house travel department became available, Chestnutt joined them at their San Francisco headquarters. The job was varied and interesting. He booked all company travel

and then worked setting up all executive conferences for AT&T's western region.

When AT&T outgrew their offices on Sansome, Chestnutt helped in the relocation efforts to new quarters near Moscone Center. When they outgrew that location, he helped in the planning and coordination of their move to Pleasanton.

Today, he is in charge of security and transportation coordination for the 3200-employee AT&T complex located in Hacienda Business Park. And, he recently was named Chairman of the city's Transportation Task Force. The task force is made up of all transportation coordinators from the larger Pleasanton companies who must comply with the city's transportation management ordinance.

But even with this huge workload, Chestnutt finds time to indulge his first love, the theater. He is an avid supporter of the Valley's Children's Theatre Workshop. When he was approached by CTW's Andy Jorgensen about helping with their first dinner theater effort, Chestnutt enthusiastically agreed. The event was a great success and Chestnutt now sits on CTW's Board of Directors.

"I enjoy working to increase the corporate role in the community. It's why we fought for the inclusion of the task force in the transportation ordinance. Companies are cooperative because it's other companies urging their compliance."

Chestnutt feels the same about corporate involvement in community activities and non-profit efforts. He believes that the community benefits from the presence of large companies because they can contribute so much to so many good causes.



Dale Chestnutt, Transportation manager for AT&T

14th Annual Heritage Days Kick-off Friday, September 12

Pleasanton's 14th annual Heritage Days celebration will kick-off on Friday, September 12. The Chuck Eras Band will start the annual event off with a concert in Wayside Park from 7-8 p.m.

That same evening, a champagne reception will be held to preview the Pleasanton Art League show at First Nationwide Savings and Loan at 300 Main St. The reception starts at 7:30 p.m.

The next day, Saturday, September 13, the Heritage Days Parade will make its way down Main Street. The parade is sponsored by Viacom Cablevision and Disney favorite, Pinocchio, will serve as Grand Marshall. The parade starts at 10 a.m. Entry applications for the parade are available at the Chamber of Commerce, 411 Main St.

On Sunday, September 14, fitness fans will have an opportunity to participate in the Heritage Run sponsored by the Amador Valley Athletic Club. The races begin at 8:30 a.m. Also on Sunday is the Chamber sponsored Home and Garden Tour. All homes on the tour are on Second Street and will be visited between 11 a.m. and 4 p.m. "Classic Chassis," an auto and fashion show, will be held at Stoneridge Mall from 3-6 p.m.

Throughout the week-long Heritage Days celebration, visitors will notice merchants and employees dressed in traditional turn-of-the century and western

wear. On Thursday, September 18, the Downtown Association will judge the "Dress and Store Decoration Contest" and award prizes for the best costumes and store decorations.

Starting at 5:30 p.m. that same day, the Chamber will host a mixer at Community First National Bank and will judge entrants in the Beard and Mustache Contest. Interested gentleman can pick up applications for that contest at the Chamber office. The contest gets underway on July 1.

Tommy and the 4 Speeds, a '50's and '60's rock 'n' roll band, will play at the Wayside Park concert on Friday, September 19. There will be contests, prizes and surprises starting at 7 p.m.

A street fair sponsored by the Pleasanton Art League will take place on Saturday and Sunday, September 20 and 21. The fair will be held along Main Street and will feature a wide variety of crafts booths and refreshments.

On Saturday at 6 p.m., the Chamber will host its traditional barbecue and dance at the Fairgrounds.

The Lion's Club pancake breakfast from 8:30 a.m. to noon will be held on the last day of the celebration, Sunday September 21.

For further information on Pleasanton Heritage Days, phone the Downtown Association at 846-2103.

Extended Window Hour Services at Post Office

For the greater convenience of 9-5 workers, the window service at the Pleasanton Post Office has been extended to 6:30 p.m. on Thursday evenings.

All window services will be available during the expanded hours. Customers will be able to buy stamps, mail letters and packages and pick up "left notice" mail. The deadline for sending Express

Mail for guaranteed next day delivery, however, remains 4 p.m.

For those wanting window services on Saturdays, customers are reminded that the contract stations in the Stationers Store in Stoneridge Mall and in McLean's Hallmark Store in Dublin are open Saturdays, 10 a.m. to 3 p.m.

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Serendipity

American Love Affair with... Cookies

Oreo cookies, 75 years old! Can you believe it? Those little chocolate, cream filled sandwiches are just about as American as Mom's apple pie. Since they were first introduced in 1911, the Guinness Book of World Records estimates more than 100 billion have been sold.

And the makers of Oreos, Nabisco Brands Inc., are not about to slow down. More than one million Oreos are produced in one eight hour shift at five Nabisco bakeries.

All the Oreo hoopla points out the special place in their hearts Americans have for cookies.

Cookies conjure up warm thoughts of hearth and home. Eating cookies and milk after school in the kitchen with mom. Mischievously reaching into the cookie jar for just one more. Walking home from the corner store with your very own box of Animal Crackers and saving all your favorite cookie creatures for last.

Cookies are the preferred brown bag dessert and after school treat. Christmas cookies are a tradition in most families. And surveys show that Cookie Monster is by far the favorite character on Sesame Street.

So, it's no wonder that some of the most successful new entrepreneurs of the last ten years have been people who came up with a new or better approach to cookies.

Famous Amos made a bundle with one of the first gourmet chocolate chip cookies. By adding pecans and packaging his bite-size cookies in trendy brown paper bags, Amos became a talk-show celebrity and a millionaire.

The first Mrs. Fields cookie store opened in San Francisco. Soon every mall and downtown shopping district had a Mrs. Fields store selling her giant, gooey chocolate chip cookies. And Mrs. Fields is no white haired little old granny. She's an attractive young urbanite who came up with "a better mouse trap" and knew how to market it.

The chocolate chip cookie market is just about glutted now. But since working mothers don't have time to bake and greet their kids with fresh hot cookies after school (the way June Cleaver and Harriet Nelson used to) Mrs. Fields, Famous Amos, Duncan Hines and Betty Crocker will continue to rake in the bucks.

Cookies still make us think of a warm, aromatic kitchen; even if it isn't mom's.

JP



Karen Ghane, owner of Sir Speedy Printing Center in Hacienda Business Park, awards a mini-TV to Leona Morris of Pleasanton. Morris was the grand prize winner in the Sir Speedy drawing.

Collection of Recipes

Seniors Cookbook on Sale August 1

The Pleasanton VIPs will begin sales of their personalized cookbook on August 1. The profits earned will benefit the New Senior Citizen Fund.

The cookbook is a spiral bound collection of recipes from local seniors featured in nine full color sections. The book contains many pages of helpful hints and each recipe will feature the name of the

contributor.

The books will be sold by VIP members, in local business establishments and in the VIPs food booth during Heritage Days at a cost of \$5 per copy.

For more information and advance purchase, phone Audrey Madden at 462-8873.

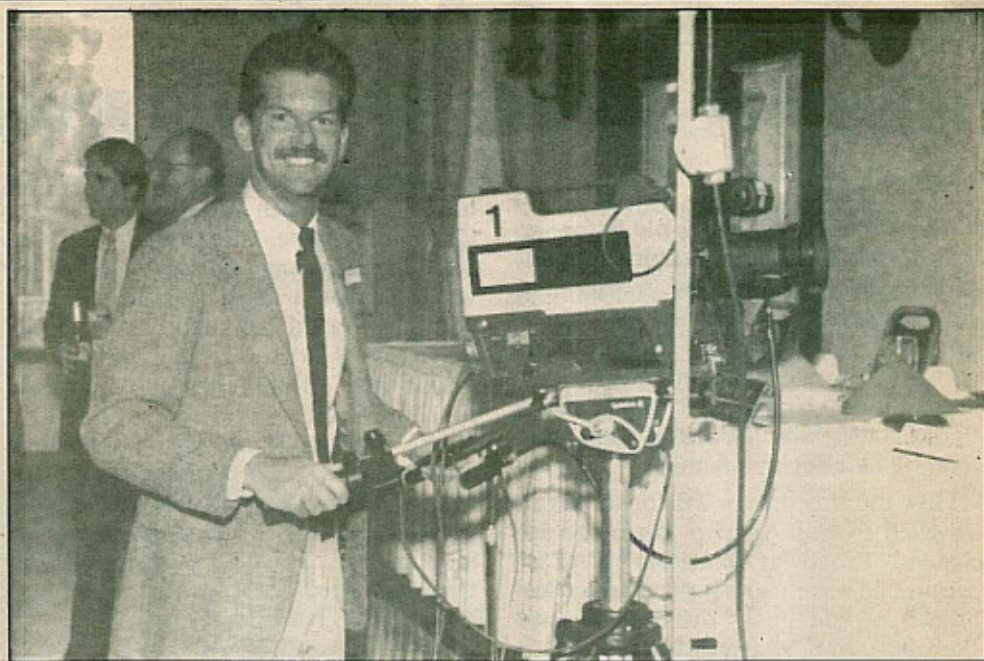
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Jim Burt on the job for Viacom.

Burt Recipient of Viacom's Chief Executive Officer Award

Jim Burt, Community Access Coordinator for Viacom in Dublin, has been named one of four recipients of Viacom's Chief Executive Officer award for 1986.

Viacom President, John W. Goddard, made the announcement at the annual management meeting in June. "This award was established to recognize those individuals who contributed to the Division's overall goal of quality service and quality programming. We seek an individual who has an outstanding performance on the job, with a minimum of three years with the company. The employee must be a willing instructor, an obvious team player and enjoy the recognition of his peers."

Burt, who lives in Pleasanton, has worked for Viacom since 1981. As Community Access Coordinator, he is out and about in the community and is one of Viacom's most visible representatives. Whenever a special community event is slated for Viacom's Community Access coverage, Burt is there coordinating and overseeing the activity.

In describing the qualities that earned Burt the award, Viacom sites his "can-

do" attitude and creativity" on the job and the "quality training to interns and volunteers in the use of video equipment and production techniques" that he has provided.

Burt enjoys what he does and his attitude comes through when asked what he likes best about the work. "What is the most fun about this job is going out and meeting different people everyday. You never know from day to day who you'll be taping. One day it's the Fair, the next it's Valley mayors."

Recently, much of Burt's time was taken up covering seven high school graduations. "Every parent wants to see their kids graduate. Sometimes at the ceremony, they're too busy crying or being proud to see everything going on. Our coverage lets them relive the day."

The Chief Executive Awards were made to three other nominees in Petaluma, Dayton, Ohio and Seattle, Washington. The award consists of 200 shares of Viacom International stock and a personal plaque presented to each winner by Goddard.

JOY - A Unique Camp Experience

Camp Joy is the YMCA's unique summer camp which brings kids and seniors together for six days in August. This intergenerational camp is the Y's response to the growing separation of older adults from young people in our society.

The Y cites media stereotypes about older citizens and increased age segregation in our society which contribute to the lack of mutual understanding and knowledge between generations.

Camp Joy aims to bridge the generational gap by bringing kids, grades 4-6, and adults, aged 55 and older, together each summer at their Loma Mar camp facility in the Santa Cruz Mountains.

A typical day at Camp Joy (Joining Older and Younger) starts with a 7 a.m. wake-up call. The morning is filled with swimming, Tai-Chi, breakfast, nature walks, music and entertainment. After lunch, there are more activities, swimming, singing, hikes and even a siesta time. Dinner, talent nights and dances fill the evenings.

The Camp Joy experience is something participants do not soon forget. In a lovely, natural setting, seniors and young people are brought together to learn about one another and themselves.

This year's camp takes place August 23-28, and according to YMCA program director, Monica Grant, more seniors are being recruited. She says from year to year, it's hard to predict the response. Last year there were plenty of seniors and recruitment was focussed on kids. This year, it's just the opposite.

The camp session fee is \$110 per person and there are several scholarships

available for both young and senior participants. The scholarships deduct 50% from the fee.

A pre-camp orientation is held which allows youth and seniors to meet and discuss fears and stereotypes which may exist and to review camp logistics, transportation and the camp program.

Interested seniors can contact Monica Grant at the Tri-Valley YMCA, 462-0270.

"Vial of Life" Program Available

In an emergency, time is of the essence.

Through the "Vial of Life" program, pertinent medical history is available to those responsible for treating a home emergency.

The program is simple and straight forward and is designed especially for the elderly, shut-ins and those living alone. A medical history form is stored in a vial and placed in the refrigerator. An eye-catching red and black sticker is affixed to the refrigerator door. Emergency personnel are trained to look on the refrigerator door to determine if the medical history information is available.

The form, when completely and properly filled out, will provide potentially life saving information on the patient's medical history, blood pressure readings, current medications and individuals to notify in the event of emergency.

The program is available in the Tri-Valley area under sponsorship of the Alameda County Pharmacists Association and the Tri-Valley Community Fund. The Pharmacists association will provide "Vial of Life" materials free of charge.

Contact Association president, Carl Britto, at 462-7103.

What's Cooking With Walter?

Castlewood Country Club's Executive Chef, Walter Frey, began his career in the late '40's. Part of the required training for his Swiss Hotel Director's diploma was three years experience outside his native Switzerland. It was this requirement that brought him to the United States.

In Autumn, 1950, Walter arrived in New York, but found he could not stay because of changes in visa requirements. He was given the choice of staying on Ellis Island, joining the army or returning to Switzerland. He chose a fourth option and headed for Canada.

The manager of the Ritz-Carlton hotel in Montreal was a fellow Swiss and helped Walter relocate and get a job as Captain in the dining room of Montreal's Reform Club. While working at this job, he continued his training and efforts to keep abreast of developments in the hotel field.

While attending a trade show in 1951, Walter was interviewed by a reporter from the Canadian Broadcasting Company. The broadcast of his interview was heard by the travelling chef for Sheraton Canada who contacted Walter and told him he needed someone to assist him.

So, at 25 years of age, Walter got the first of several lucky breaks. For the next year and a half, Walter was based in Toronto and travelled around Canada working in various capacities at the six Canadian Sheraton hotels.

In the meantime, Walter had reapplied for his U.S. visa and was able to return to New York. But, California was really his dream. With the help of his supervisor from Sheraton Canada, Walter arranged an interview with the Sheraton Townhouse in downtown Los Angeles. He arrived at 6 o'clock in the morning and headed into town for an 11:30 a.m.

appointment.

Walter learned that in order to work as a chef anywhere, he had to join the union local. While making application for union membership, he was offered a night shift job in Hollywood. Again, luck and timing were on his side. He took a cab into Hollywood and spent the next two years as Night Chef at the glamorous Scandia Restaurant.

Scandia was a celebrity hang-out during Hollywood's glory days and when Walter wasn't working at the restaurant Tuesday through Sunday, he worked catering parties on Mondays. During those two years, he helped cater affairs at the homes of Shelley Winters, Clifton Webb, Bogart and Bacall and Van Johnson.

After two years at Scandia, Walter became Sous Chef at the beautiful Ambassador Hotel on Wilshire Boulevard. The world-famous Coconut Grove night club was a venue for the biggest stars of the day. Walter remembers a record-breaking night when Harry Belafonte was the headliner. During two dinner shows, over 1600 guests were served.

Walter was with the Ambassador from 1954-1958. One summer during this period, he attended a program at Cornell University's prestigious hotel training school. The Sheraton's Frank McAllister made a point of scouting new talent at the school and phoned Walter that summer. In 1958, Walter was hired by the Sheraton organization.

In our next issue, we'll trace the exciting years Walter spent with Sheraton, including the years he was head chef at the historic Sheraton Palace in San Francisco.



Walter Frey in the early 1950's.

German Apple Pancakes

3 or 4 tart apples	2 eggs
2/3 c. melted butter	1/2 c. milk
2/3 c. dark brown sugar	1/2 c. sifted all purpose flour
1/8 t. ground nutmeg	pinch of salt
1/4 t. ground cinnamon	

Core and slice apples and saute in 1/3 c. melted butter for 2 minutes. Mix 1/3 cup brown sugar and spices and add to apples. Mix flour, eggs, remaining sugar and milk with pinch of salt. Beat with wire whisk lightly. Heat a large omelette pan with remaining butter. Pour in batter; let it set on the bottom. Sprinkle the apple mixture on top. Place pan in pre-heated 375 degree oven. When ready (approx. 10 minutes) pancake will have formed a crown. Remove from oven, place on serving dish and sprinkle top with powdered sugar. Serves 4-5 persons.

Passport Services Available at Pleasanton Post Office

The Pleasanton Post Office now offers passport services. Starting on July 1, the post office at 4300 Black Avenue began accepting passport applications.

The service is available Monday through Friday, 9 a.m. to 4 p.m. The Pleasanton post office is now processing passport applications because Postmaster Jose Cantu received approval from the Department of State to provide passport application services in Pleasanton. Residents of the Tri-Valley area previously had to travel to post offices in Hayward, Fremont or Concord to apply for passports.

The following items are needed when applying for a U.S. passport.

-Proof of U.S. citizenship, such as certified birth certificate or naturalization

certificate.

- Proof of identity, such as valid driver's license.

-Two passport photographs, for which specific requirements are listed on the passport application.

-Fees, \$42 for an adult passport valid for 10 years, \$27 for a minor under age 18 and valid for five years. Bearers of a previous passport may in some cases be eligible to use a \$35 mail-in application.

Travelers are advised to apply for passports well in advance of their trips. Although foreign travel has decreased this year, spring and summer remain the busiest seasons for passport applications. Applying early also allows time to resolve documentation problems.

Downtown Eating a Short Shuttle Away

A short ride on Hacienda's lunchtime shuttle will take you to any one of the many eating spots in downtown Pleasanton. The downtown shuttle operates on a convenient six-to-eight minute schedule between 11:30 a.m. and 2 p.m. on Tuesdays and Thursdays. Here is a list of restaurants in and around downtown Main Street.

Bob's Giant Burgers
4223 First St.
846-4657

The Burrito Shop
929B Main St.
484-1899

Cafe Dansk
4290 Stanley Bl.
846-9938

The Cheese Factory
830 Main St.
846-2577

Chez George Cafe
210 Rose Ave.
846-4117

The Chocolate Shop
818 Main St.
846-3229

Cole's Market
4277 First St.
846-2121

Dean's Cafe
620 Main St.
846-4222

Domino's Pizza
243F Main St.
462-8602

The Dutch House
929D Main St.
462-3511

El Charro
435 Main St.
462-2316

El Portal
310A Main St.
462-8183

Everyone's Favorite Yogurt
4713 First St. #130
484-4822

Gay 90's Pizza Company
288 Main St.
846-2520

Hacienda del Sol
625 Main St.
462-4700

Hap's
122 Neal St.
846-2371

Hobbitt Inn
724 Main St.
462-4256

Honey Treat Yogurt
929 Main St.
462-5443

Hunan Chef Wong
239 Main St.
484-0480

La Rochelle
348 St. Marys St.
846-5740

Liguria Delicatessen & Pasta Factory
915 Main St.
846-5080

Main Street Spirits & Deli
444 Main St.
846-2300

New China Palace
201E Main St.
484-1770

Panda
30 W. Angela St.
484-4880

Pleasanton Bakery
680 Main St.
846-4804

The Pleasanton Hotel
855 Main St.
846-8106

Round Table Pizza
915 Main St.
462-0850

Scotland Yard
4713 First St.
462-5840

Sweet Retreat
690B Main St.
484-4757

Townhouse Restaurant
201 Main St.
462-7577

Vivaldi's
4337 First St.
484-1231

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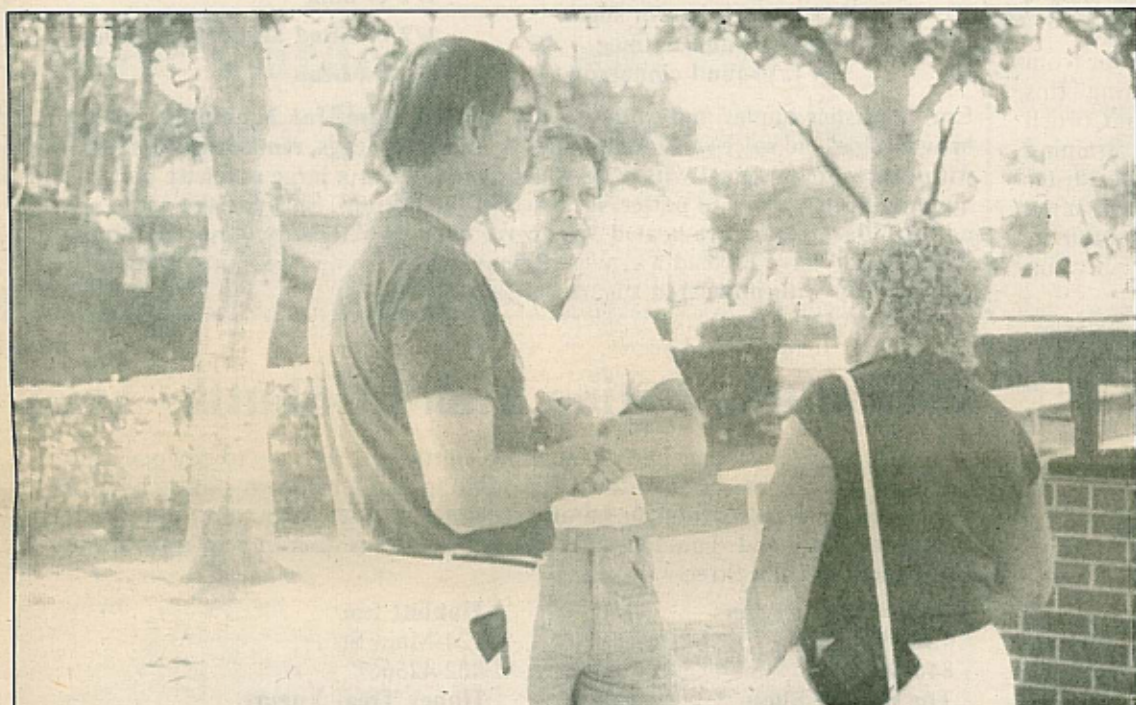
**The
Clothes Tree**

Hacienda Day at the Alameda County Fair

Over 700 employees and friends of Hacienda Business Park enjoyed a delicious barbecue picnic on Friday, June 27. The picnic was a perfect end to Pleasanton Day at the Fair. Many guests had spent the day at the races (with varying reports of success) and had enjoyed the exhibits and fairway attractions. The barbecue beef sandwiches, corn-on-the-cob, chicken, hot dogs for the kids and cool beverages for all capped off the warm summer day.



Attendees at the Hacienda Day at The Fair enjoy the barbecued dinner.



Councilman Bob Butler and wife Maryanne with Joe Callahan.



Prudential's Earle Conklin with his boys, Ryan and Sean.

Kick-off Celebration for New Valley-Wide Bus System

The kick-off celebration for the new Valley-wide bus system took place on Sunday, June 29 in Pleasanton Sports Park. Valley mayors and other elected officials welcomed the addition of the new WHEELS buses to the Valley's transportation scene.

Refreshments, buttons and balloons added to the festivities and all comers got a free preview ride on the reconditioned buses.

Fares are \$.50; \$.25 for seniors and youth 6-18; free for the handicapped and children under six with an adult. Transfers within the WHEELS system are free. Buses stop at all BART and Hacienda Shuttle bus stops.

Complete WHEELS schedules are available at libraries, shopping malls, City Hall and the Chamber of Commerce. For information, phone 455-5414.



Residents enjoyed a free ride on the new valley-wide transportation bus, "Wheels".



A young rider is assisted by her mother in getting on the bus.

Park's Second Annual Transportation Fair

Hundreds of Hacienda Business Park employees enjoyed a warm breezy afternoon at the Second annual Picnic in the Park Transportation Fair on Thursday, June 19.

On display in Hacienda Plaza were classic Fords and Chevis and luxurious limos. The new Wheels buses which serve all three Valley cities, gave park employees a preview of service with free rides from their offices to the transportation fair.

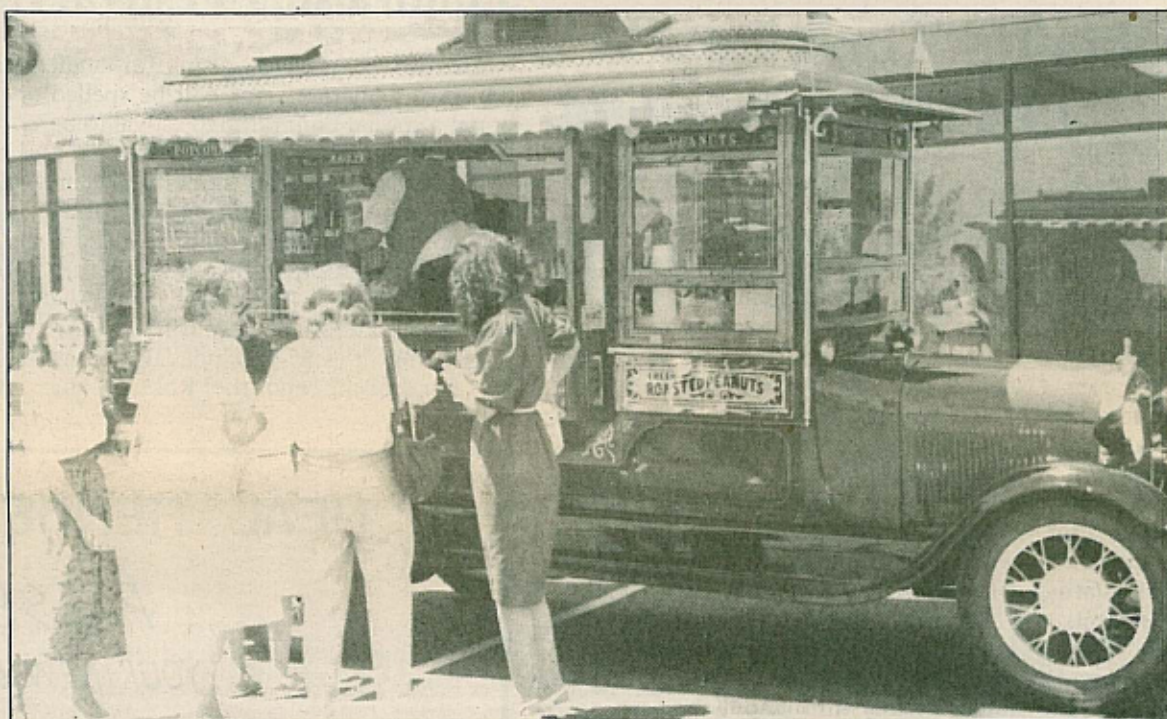
Once at the fair, visitors had a variety of foods and beverages to enjoy while strolling past the many booths offering health and fitness information, consultation on commute options, and displays by local merchants. There were clowns, skateboarders, prize drawings and two fashion shows.



Getting on board for the Transportation Fair.



Skateboarder Kevin Hogan swears by his commute alternative.



This quaint popcorn vendor did a brisk business.



Free eats from Pedros Cantina.



Fashion show model Lynn Fitzpatrick of Hewlett Packard.



Sue Martin and her children Abby and Robbie are greeted by the Weinerschnitzel mascot.



Getting a closer look at the classic car display are Dietmar Hiller, Rainer Thieme and Kim Jin of Siemens Labs.

a bit of trivia

a bit of trivia

by Ben Fernandez

The madness we know as trivia had its birth in Pleasanton in 1973-4 with the Cheese Factory Trivia Team. It is with a great deal of personal sadness that we mention the passing of one of the original stalwarts of the team, Ed Canning.

Ed's passing recalls a time of civic madness when the town was a lot smaller and more simple. Ed will be missed.

With our San Francisco Giants enjoying such great success this season, we have a "Giant" theme for this trivia quiz.

1. Since the Giants are in first place on the day these questions are being compiled, try to remember the year they last won a divisional title.
2. To whom did they lose in the playoffs that year?
3. Who were their three starting pitchers that season?
4. What present day Oakland A was a rookie with that team?
5. What nickname was given to the original Cheese Factory team?
6. Who was the heavyweight character-actor who was a regular on "Land of the Giants"?
7. What was the name of the ranch in the movie "Giant"?
8. Who played Rock Hudson's and Elizabeth Taylor's son and daughter in "Giant"?
9. Who was the manager of the San Francisco Giants in the 1971 season when they made the playoffs?
10. What former member of a famous comedy team played in the Movie "Jack the Giant Killer"?

Answers on page 9

Summer Gardening Tips: Low Maintenance Plants Resist Drought

The long, hot, dry summers in the Valley present several dilemmas for home gardeners. Not only do we fight the constant battle to keep our lawns green, but brush fires plague homeowners in outlying areas.

A little common sense and planning ahead will make the summer more enjoyable and less worrisome. By choosing native California plants or plants suited to our Mediterranean zone climate, you will save work and water. Native plants will also provide shade and color. Many of these drought-tolerant plants are also resistant to fire and can help safeguard your home during summer fire season.

One tip to ensure your home's safety is to clear away all dry brush from around the house and create a firebreak in that area by removing all potentially flammable vegetation.

But this does not mean you have to have a no-man's-land of bare earth ringing your home. Instead, if you landscape with native or drought resistant plants, you'll have attractive vegetation and protect against potential fire disaster.

The plants listed here do not burn easily and could slow a fire from reaching your home. Some are deer-resistant as well.

Atriplex, the Saltbush, is an evergreen shrub found in desert regions. It has gray/silver foliage. It is one of the most fire-resistant California native plants and

should be grown from seed in well-drained soil.

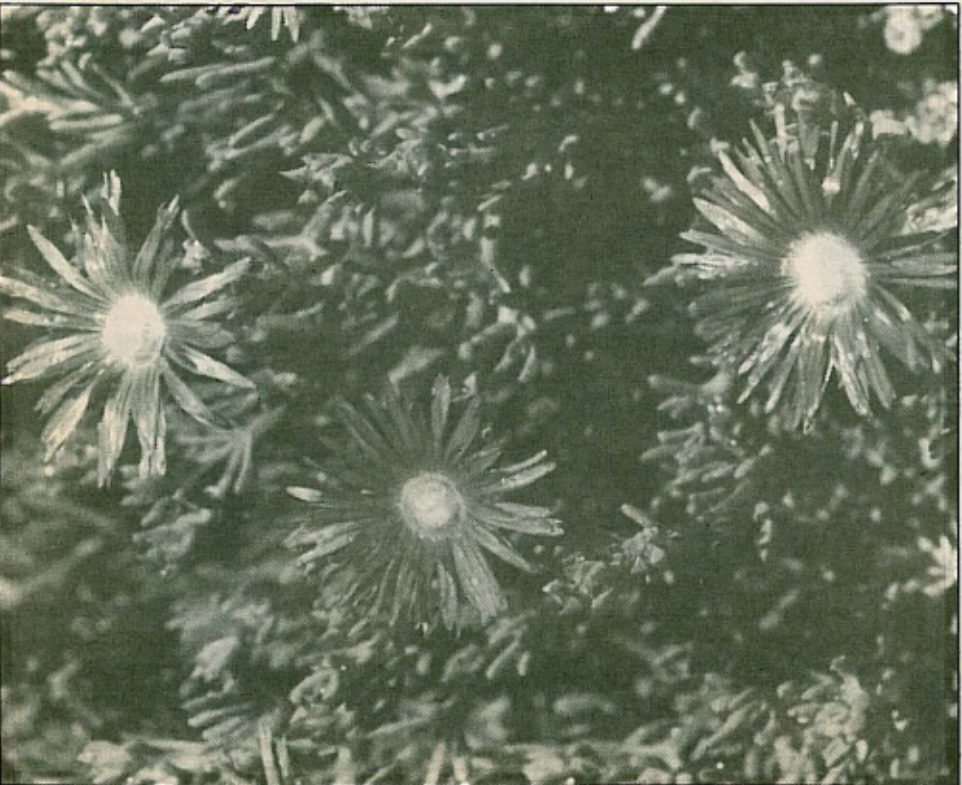
Cistus, or Rock Rose, is a hardy evergreen shrub. It can survive heat, poor soil, wind and drought. All this and it looks good, too. It does best in full sun, is deer-resistant and comes in several colors.

Iceplant is a hardy succulent groundcover. It grows well in full sun and promises colorful blooms in the Spring. Fire-retardant varieties are White Trailing Iceplant (*Delosperma Alba*), Yellow Trailing Iceplant (*Malephora luteola*) and Croseum Iceplant (*Malephora crocea*).

Gazania is a popular groundcover with many colorful varieties available. It grows in almost any soil and the flowers bloom intermittently throughout the year.

Rhus Ovata or Sugar Bush, is a bush with white or pinkish flowers that bloom March through May. It is highly heat-resistant and grows in any well-drained soil.

These are just a few of the native plants that work well in hot, dry climates. The U.S. Department of Agriculture Soil Conservation Service, 552 Clayton Road, Concord, CA 94521, is a good source for more gardening information. Wayne Roderick, East Bay Regional Parks Botanical Gardens, is another good resource. Phone him at 841-8732 for more information.



Drought resistant ice plant.



ROTARY AWARD IN HONOR OF GEORGE SPILIOTOPOULOS. Chuck Gielow and Bill Lenson present Renee Spiliotopoulos with a special commemorative award in honor of her late husband, George. The Paul Harris Fellow Plaque is the highest recognition given by Rotary and was presented along with a special resolution honoring George.

Valley Volunteer Center

Fundraising Festival for Small Non-profits

The how-tos of fundraising for small non-profit organizations will be spelled out at a special Fundraising Festival to be held on July 29.

The Valley Volunteer Center is presenting teaching videos featuring Kim Kline, a nationally known fundraiser for non-profit organizations with a budget under \$500,000. She is co-publisher of the Grassroots Fundraising Journal.

The film titles will include "Planning for Fundraising and the Role of the

Board," "Raising Money by Mail," "How to Formulate Your Case," and "Special Events."

The Festival will be held in two showings at Crum & Forster Personal Insurance and a third showing in the evening in the Community Room at Chabot Center.

For further information and registration, phone the Volunteer Center at 462-3570.

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MIDNIGHT BIRTHS FOR FOOTHILL'S COUNTY FAIR SOW. Last year Foothill High's Hampshire sow, Anna, made her debut in the Sow and Litter Display, as part of the litter. This year, Anna, produced a prolific litter of her own. From 12:30 to 3 a.m., on opening day, Foothill's FFA and ROP students were catching piglet after piglet. Anna produced 16 in all, and 14 survived to squirm and squeal their way through the exhibit. The piglets weigh approximately a pound a piece, but will grow to 200 pounds plus within six months!

Museum Happenings

The more leisurely days of summer are perfect for a day at the museum. If you haven't visited the beautifully restored Historical Society Museum on Main Street, now is the time.

Currently on display at the museum, are the Fairs and Festivals exhibit and a China painting show. The Fairs and Festivals exhibit features memorabilia from the Valley's favorite fairs and festivals of the past.

The "China Dolls" is a local china painting class, currently with 12 members. Their works are on display through August 30. Over 25 items in the exhibit reflect the different surfaces on which the painting is done and a variety of themes as well. There are teapots, plates and tiles

with paintings of animals, flowers and landscapes.

And it's easy to get there. Located in the heart of downtown at 603 Main Street, business park employees have easy access via Hacienda's lunch time shuttle. The shuttle takes passengers to downtown and back on Tuesdays and Thursdays on a convenient six-to-eight minute schedule between 11:30 a.m. and 2 p.m.

The museum is seeking volunteers interested in being docents on Sundays from 1-4 p.m. Docents should be able to work one Sunday a month. If interested, phone Ann Doss at 462-2766.

Currently the museum is open Wednesday-Saturday, 1-4 p.m.

YMCA Camp Scholarships

The Tri-Valley YMCA announces the availability of camp scholarships for its Loma Mar Residence Camp and Camp JOY.

Loma Mar Camp is for kids entering

grades 3-8.

All campership monies are available on a first come, first served basis. To learn more about the scholarships and income guidelines, phone the YMCA at 462-0270.



CHAMBER STUDENT OF THE MONTH FOR JUNE. Robin Breznock was named Chamber of Commerce Employee Scholar of the Month for June. Robin works for W.H. Mayer Accountancy Corporation 12 hours per week in data processing and accounting. She has been with the company for three years and her attitude, professionalism and loyalty were cited by her supervisor who recommended her for this honor. Robin has a 3.7 GPA, plays in the Foothill band and this year played with the Blue Devil Drum and Bugle Corps. Robin received the award from Chamber president, Jerry Lemm.

TRIVIA ANSWERS

1. 1971
2. The Pittsburgh Pirates who went on to beat the Orioles in the World Series.
3. Juan Marichal, Gaylord Perry and John Cumberland.
4. Dave Kingman
5. Mouseketeers
6. Kurt Kazner
7. Reata
8. Dennis Hopper and Carol Baker.
9. Charlie Fox
10. Lou Costello

COMMUNITY CALENDAR

Monday, July 21

Widowed Men and Women of Northern California, business meeting, Community Room, Chabot Center, Hacienda Business Park, 7:30 p.m., Widowed persons of all ages invited. For further information, phone 846-7076 or 443-5109.

Friday, July 18

Summer Concert in Wayside Park, First and Neal, 7 p.m. Country and western band, Whiskey and Lace.

Friday, July 25

Summer Concert in Wayside Park, First and Neal, 7 p.m. Easy listening favorites by Ron Archer, Jr. & Lori Creegan.

Saturday, August 2

Muscular Dystrophy Association, two-hour aerobic benefit, Schoeber's Athletic Club, 9 a.m. Three grand prizes. Event open to members and non-members. For further information, phone Joni La Grant, 463-0950.

CLASSIFIEDS

For Rent

Pleasanton Condo. 2 bdr., 1 ba., rural setting, quiet cul-de-sac, laundry, stove, refriger., pool, 1st/last mo. and deposit. \$660/mo. 846-1223.

Townhouse. Small Pet ok. Sparkling, 2 bdr., 1 1/2 ba., all electric kitchen w/ microwave, air cond., pool. Walk to Hacienda. \$670/mo. call 846-6313.

For Sale

8-shelf wood planter. 48" wide x 36" high. \$20. 3-tier iron pedestal planter, \$10. 40" trampoline exerciser, \$10. All in excellent condition. 846-0302.

Girl's white dresser. Brand new, w/ mirror; white iron double size headboard w/ bed frame and matching mirror-top vanity table & stool; black vinyl couch in excellent condition; white rocker w/ matching table; glass top dining table. See first, make offer. 846-7997.

Upright freezer. 16 cu. ft. \$110. Call a.m. 846-1959.

Fireplace. Free standing, black enameled w/ screen. With enough pipe to reach ceiling. \$125. 846-3095.

Couch. Large green sectional. Excellent condition. Contemporary brass and glass coffee tables. 426-0280.

1984 Dodge Rampage truck. Black, good condition. 426-0280.

Two contemporary loveseats. New condition. \$350 for both. Lamp table, \$25. Moving cartons for dishes, wardrobe, etc. Used only once. Sell as unit or individually. Make offer. 484-1229.

1978 Camaro. Type LT, T-top, a/c, pwr. steer. and brakes, stereo. Silver blue. Excellent cond. \$4250/best offer. 463-9100 (days); 833-9767 (eves); 537-4443 (message).

1986 S-10 Blazer. Loaded, fuel injected, 5 year warranty. Just purchased in February. Must sell!! Take over payments. 484-4698.

1978 Datsun B210. Clean, good condition, reliable, new clutch, new tires, good stereo, sunroof. \$1550. Call Allison, 463-9205 (days) 846-6073 (eves).

Care

Pet, plant & home care while you're away. Bonded & licensed. 484-4743.

Wanted

Part-time newspaper deliverer. Bundle drop. Second and fourth Monday of each month. Approx. 2 hours each delivery day. Must have vehicle and valid driver's license. For further information call 463-2750.

Dad said, "Get a Job!" Specialize in fence repair and yard clean up. Call Aaron, 484-0653.

Next classified deadline is July 18

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World's Fair

Vancouver Expo 86 is Dazzling, Huge and Entertaining

by David Ryan Williams

After recent world's fair disappointments in Knoxville and New Orleans, the latest expo offering is dazzling, huge and entertaining to all. Perhaps best of all is Expo 86's location: Vancouver, British Columbia.

A city often compared with San Francisco, Vancouver is clean, thoroughly walkable, cosmopolitan and friendly. And it's gorgeous! Towering rugged mountains guard this emerald city to the north and east, while the vast Pacific provides an omnipresent feel to the west and south.

Vancouver's smart new stores, hotels and big-city skyline leave no doubt that it is Canada's economic and transportation conduit to the Pacific Rim.

"Expo 86 is so good, you'll want to see it all."

About Expo 86:

You'll leave Expo frustrated. Not from the long lines, and they are everywhere, with 30-minute-plus waits to the most popular exhibits. Not from the scarcity of available accommodations. Not even from the weather that can be San Diego-warm-and-dry one day and Seattle drizzly the next. You'll leave frustrated because one cannot possibly see it all. And Expo 86 is so good, you'll want to see it all.

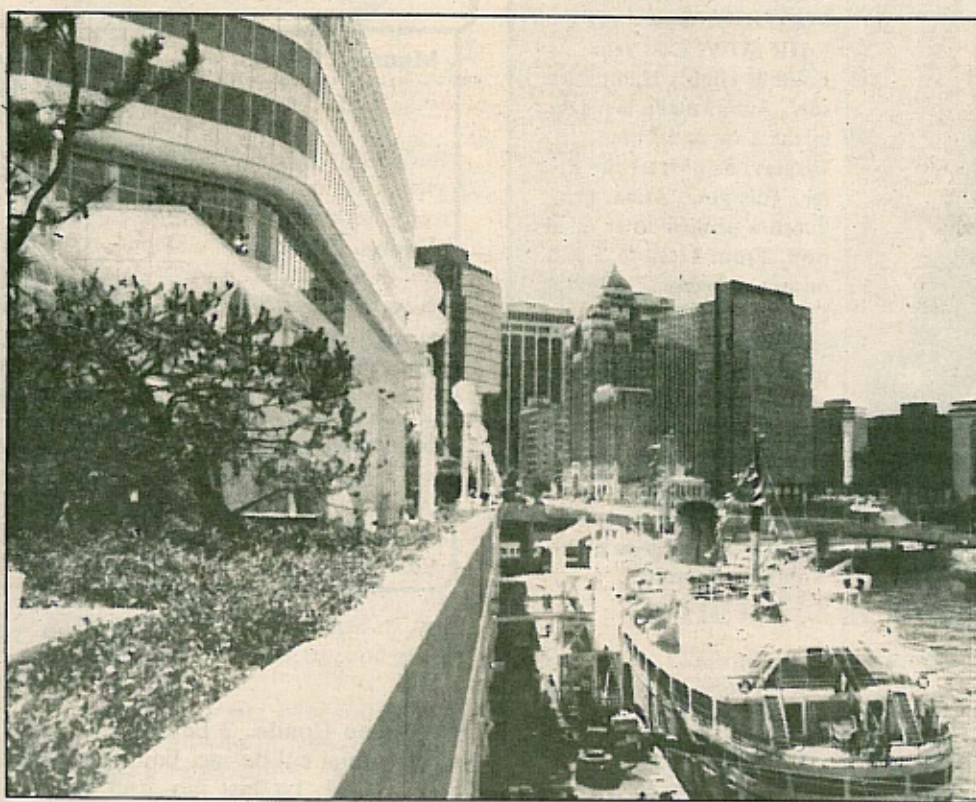
The theme of Expo 86, the last world's fair to be hosted in North America this century, is transportation and communication. Most nations trumpet their significant contributions to these two fields by showing elaborate film presentations, technology that fairgoers can interact with, moving scale models and displays. Many pavilions also have accompanying restaurants that serve authentic cuisine from that nation.

Vancouver's Expo 86 has a certain Olympian joy about it. The kind of high-spirited, highly creative, idealistic joy that can happen when the nations of the world come together in peace.

If you want to be a kid again, to relive the past marvels of science and experience first-hand what technology will bring tomorrow, go to Vancouver's thoroughly enjoyable World's Fair.

Must sees:

- The stunning 70mm film in the British Columbia Discovery Pavilion. Shown on a three-story high screen and filmed with eye-opening new technology, you'll ski down a mountain, shoot the rapids of a



Canada Place at Expo '86 on Burrard Inlet with downtown Vancouver in background.

churning British Columbia river and soar over the province's breathtaking mountains. The film is so real that a hit of Dramamine isn't far-fetched before seeing this one.

- Switzerland's 82-foot high wristwatch and a Rube Goldberg contraption that'll have you wondering aloud, "What Next?"

"...to relive the past marvels of science and experience first-hand what technology will bring tomorrow, go to Vancouver's...World's Fair."

- Japan has constructed the world's largest and most complicated scale model. Thousands of moving miniature ships, trains, cars and aircraft present a working tableau of the coordinated Japanese transportation network. You can also take a ride on the HSST (High Speed Surface Transport) train which is levitated above its track by electromagnetics. Eventually, the train will hit speeds of 400 kilometers per hour (about 250 mph). The Expo version goes about 1/10th that speed.

- Housed in the Expo's landmark 17-story geodesic dome, the Expo theatre has a series of three presentations that let

you in on the future, even give you a choice on how it should be. A dazzling laser show inside will make the next trek to your local wide-screen, Dolby Sound movie house seem like a visit to the Stone Age.

- For a fascinating glimpse of a strange land that few of us have seen, visit the Northwest Territories Pavilion. Although it covers fully one-third of Canada, the Northwest Territories remains a mystery

to most Canadians. Frozen, beautiful and timeless.

- The Soviet Pavilion is immense, greeting visitors with a 12-foot high bust of Lenin and a 50-foot high statue of Yuri Gagarin, the first man to orbit earth. Their distinctive navy blue blazers make the Soviet hosts and hostesses easy to spot and seek out for questions. Like the USA Pavilion, the Soviets spotlight their space program.

- The entertainment around Expo is nearly non-stop. There are three large bowls featuring a full slate of music, dance and mime, while street artists are scattered throughout the massive site. A four-page pamphlet is printed each day listing that day's entertainment. Pick one up as you enter Expo.

"The entertainment around Expo is nearly non-stop."

My visit to Vancouver was 2-1/2 days, sandwiching Expo between trips to Stanley Park (a larger version of San Francisco's Golden Gate Park) and Gastown, a turn-of-the-century section of Old Vancouver. If you have the time, buy the three-day Expo pass for \$45 (about \$30 US). There's no easier way to see the world and the future.

Oh, but one word of caution: Before venturing to Expo, practice standing and walking for hours at a time. Maybe read the paper or watch the 6 o'clock news while standing or walking around the room. The practice will be put to good use at the best world's fair in years. Your legs may complain, but the rest of you won't.



Carol Olmert and Martha Sargent, co-chairs of Business Women's Expo '86, trade show and forum for women.

Trade Show Showcases Women Owned Businesses

The Oakland Convention Center will be the site of Business Women's Expo '86. The trade show and forum will be held on October 14 and 15 and will showcase 80 businesses that are owned and operated by women as well as large companies spotlighting their female achievers.

Two local women, Martha Sargent and Carol Olmert, are spearheading the organizational efforts to make this year's event a huge success. Sargent is a Public Relations Assistant in Pleasanton and Olmert is Assistant Project Director for Ciracs, Inc. Ciracs is a newly organized computer network of human service organizations throughout the Valley.

Sargent is Promotions Chair for the event. "Like last year, this is a very large project that will draw more than 2000 business people from all over the Bay Area. Carol and I will coordinate all the means available for getting the word out to the public. This is an excellent educa-

tional opportunity for the business community of the Alameda-Contra Costa area, and we don't want anybody to miss out on it."

According to Sargent corporate support for the event is already starting to line up. "We have the support of several large companies with a presence in the Valley, including AT&T, Clorox, PacBell and Safeway. And more companies are becoming involved since we were so successful last year."

The Expo will feature speakers including Secretary of State, March Fong Eu; Contra Costa County Supervisor, Sunne McPeak; and from the Peralta Cancer Research Institute, Dr. Adeline Hackett. The speakers will be addressing this year's theme, "Public/Private Partnerships - Making Progress Together."

Exhibitor information and visitor ticket information is available by calling the Expo office at 547-5174.

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Carefree



Cocaine: Unpredictable Drug Can Kill

by Gary Koehler

The tragic deaths of Maryland basketball star Len Bias, and Cleveland Browns football standout Don Rogers, have struck a chord throughout the world of sports. Bias, an All-American forward, had just been made the second selection

"...tragic deaths have struck a chord throughout the world of sports."

in the National Basketball Association collegiate draft by the Boston Celtics. He died from cocaine usage according to Maryland state medical examiner Dr. John Smialek. Rogers, the National Football League's defensive Player of the Year in 1984, died as a result of a cocaine overdose just eight days after Bias' demise.

Bias had just signed a lucrative contract to play with the World Champion Celtics. He returned to his University of Maryland dormitory late in the evening on Wednesday, June 18. Sometime thereafter he injected cocaine which "interrupted the electrical activity in his brain, causing the heart to begin to beat irregularly," stated Dr. Smialek. "This resulted in the sudden onset of seizures and cardiac arrest."

A subsequent autopsy performed on the two-time Atlantic Coast Conference Player-of-the-Year revealed that cocaine killed him. "The reason he died was cocaine," said Arthur Marshall, the prosecutor investigating Bias' death.

Rogers, who was to be married on Saturday, June 28, attended his bachelor party on Thursday, June 26. The follow-

ing morning he awoke, talked by telephone with several Cleveland Browns' officials, and proceeded to take a shower. He subsequently complained to his mother that he didn't feel well. He was taken to the hospital with a seizure, lapsed into a coma, and died later that same day.

An autopsy on Rogers indicated that he died from heart failure brought on by the injection of cocaine, according to James Beede, toxicologist in the Sacramento coroner's office.

What causes uniquely talented young athletes with glowing professional futures to use cocaine?

Bias was a college basketball star, with ability comparable to only a small handful of former collegiate greats. Why did he make a decision to use a drug which had the potential to kill him?

"Drugs permeate the entire spectrum of athletics..."

Rogers, a two time All-American defensive back from U.C.L.A., had already established himself as one of the N.F.L.'s finest players and was looking forward to his new life as a married man. Why would he risk it all for cocaine?

Drugs permeate the entire spectrum of athletics, from the high schools to the colleges and into the professional ranks. But athletics is just a microcosm of society itself. When big-name athletes like Bias or Rogers die from cocaine, it becomes national news. What about the non-athletes who use cocaine and other drugs? How many people in our society die from

the use and abuse of drugs each year?

The numbers are staggering. Society as a whole has a drug problem.

"Society as a whole has a drug problem."

The key fact to drive home to the athlete and non-athlete alike is that cocaine can kill. Bias, at 6'8" and 210 lbs., was in peak physical condition. He could run the basketball floor like a deer and "had no heart disease or damage" according to medical examiner Smialek. Yet he died within minutes after injecting an amount of cocaine which Smialek said he "would not call an overdose."

Rogers, a 6'2", 210 pound back, had tremendous strength and speed, but like Bias lost his life through cocaine usage despite his peak physical condition.

The message is clear. Cocaine is dangerous and unpredictable. If you don't use cocaine, great. If you use cocaine, be warned that it can kill you, even if you are in excellent physical condition. Even if you have taken it in controlled doses in the past and experienced no ill effects.

According to the medical experts, what is perceived by a cocaine user as a "safe" dosage or "line" can still trigger a reaction like the one that killed Len Bias and Don Rogers.

Cocaine, in any amount, has the potential to kill. And it can kill even superbly conditioned young athletes like Bias and Rogers.

They, like many young people in the prime of life, probably felt they were in-

vincible and that nothing could harm them.

Perhaps it was this feeling of invincibility that ultimately caused Bias and Rogers to make that final, horrible decision to try cocaine. It was a decision fraught with risks which the young athletes did not fully comprehend. And they ultimately paid for a bad decision with their lives.

What a terrible waste.

I hope the deaths of Len Bias and Don Rogers will cause a groundswell of dedicated efforts to eradicate drugs within our society. That may be overly optimistic. But at least their deaths should have a resounding impact on high school, college and professional athletes in this country, as well as their coaches and administrators.

But memories are short. Five years from now, will some young athlete contemplating the use of cocaine at a party remember the tragic deaths of Len Bias and Don Rogers? Will a young athlete preparing to "snort" cocaine at the suggestion of some "friend", comprehend the enormity of the risk he is taking? Probably not!

"Cocaine is dangerous and unpredictable."

Flushed with party excitement and a few beers, the young athlete "crosses the line" and makes the decision to try cocaine. Something he may never have done before.

Len Bias did! And so did Don Rogers!

Heritage Run to Benefit School Athletics

Physical fitness buffs can look forward to four T.A.C. sanctioned races to be held as part of the Heritage Days festivities in September.

On Sunday, September 14, the Fitness Walk will begin at 8:15 a.m.; the Fun Run and Aerobic Dance Marathon at 8:30 a.m. and the 10K Run at 8:45 a.m.

The 10K course will begin at Amador Valley Athletic Club, located at 7090 Johnson Dr. The flat, fast course will head west on Johnson Dr. to Stoneridge Dr., circle Stoneridge Mall, return south on Stoneridge Dr., cut through Pleasanton Business Park and end at AVAC.

The Fun Run and Fitness Walk (approximately 2.8 miles) will cover the last half of the loop through Pleasanton Business Park.

Awards will be given to the first place male and female race winners and to six age group categories for the 10K run. In addition, the youngest and oldest entrants and the fastest 10K and Fun Run Corporate teams will be recognized.

Post race activities will be held at AVAC and will include prize drawings for trips, merchandise and local merchant services.

Registration forms are available at sporting goods stores, the Pleasanton Chamber of Commerce, AVAC and other locations throughout Pleasanton.

For more information, phone Race Director Gretchen Sloan at 463-2822.



Getting into the hometown spirit for the A's game are Gary Koehler, Barbara Cook, Tracy Lambert, Jonathon Flecker, Heather Mackay, Jim Adams, Sally Reemsnyder, and Dave Williams.

City of Pleasanton Night With Oakland A's

The First Annual "City of Pleasanton Night with the Oakland A's" is set for Monday, July 21 at 7:30 p.m. The A's will be hosting the current league-leading Boston Red Sox.

Nearly 1000 field level seats have been reserved for Pleasanton residents and the evening promises fun and excitement.

Mayor Frank Brandes will throw the ceremonial first pitch, the city's name and group names will be advertised on the huge Message Board at the Coliseum and

there will also be tail-gating areas reserved for Pleasanton groups.

Hacienda Business Park is providing game pennants for the first 750 fans. The pennants are green on white and feature the city seal and big block letters spelling out "Pleasanton." They'll be perfect for rousing cheers after each A's scoring feat. Hacienda also plans to organize a card stunt for Pleasanton fans to perform.

The field level seats are regularly \$8 but

will be available for \$6 each. Groups and organizations may keep \$2 for each ticket sold or they can donate that amount to the City of Pleasanton's Teen Program.

Tickets and information are available at the Pleasanton Parks and Community Services Department, 200 Bernal St. or by calling 847-8160. Tickets are also available at the Pleasanton Chamber of Commerce office, 411 Main St., phone, 846-5858.

Mexican Fiesta at Valley Swim Club

Pleasanton Valley Swim Club's Mexican Fiesta will be held on Saturday, July 19. The Fiesta begins at 6:30 p.m. and features a Mexican dinner, fun and swimming, all for \$20 per person.

The swim club is located in the Pleasanton Valley neighborhood at the corner of

club perfect for family picnics and birth-Golden and Harvest Roads off Hopyard. The club has an L-shaped, solar-heated swimming pool and a separate kiddie pool. It is a private, non-profit club, open to all Pleasanton residents.

There are built-in barbecues making the

day parties. Arrangements can be made for larger private parties.

Lifeguards are on duty during all open hours, members are issued their own keys, Red Cross swimming lessons are offered and the club has an organized swim

team. There's a large grass area, shade trees and a snack bar.

The Fiesta is open to members and guests. For more information on the Fiesta and swim club membership, phone 484-3440.

Business/Education**Teacher Awareness Partnership Day**

When the Business/Education Partnership Committee of the Chamber of Commerce was established earlier this year, one of the key goals was to foster cooperation between teachers and the business community.

The subcommittee concentrating on Teacher Awareness organized a special day of activities held on June 24. Six teachers from Amador Valley High School spent the day with six business hosts observing and learning about a typical business day. The teachers were matched with business professionals who utilize advanced skills and knowledge similar to those taught in their academic area. Before the business day began, participants took part in an orientation and at mid-day, the teachers were guests at the monthly Chamber luncheon at Castlewood Country Club.

Following are the teachers and their business hosts who enjoyed the day and learned from one another. Barbara Norton, a 25-year veteran who has taught Psychology and U.S. History, spent the day with Bonnie Nichols, Senior Human Relations Representative for Crum and Forster Personal Insurance. Don Edick,

an Electronics, Math and Drafting teacher for 22 years, observed Lew Helgeson's business day. Helgeson is President of Hegelson Scientific Services.

For 17 years, Dorothy Davis has taught Journalism, Publications, American Literature and Writing. On June 24 she observed the video age with Jim Burt, Channel 30 Manager for Viacom. George Jacobson has 29 years of teaching Math, Geometry, Numbers and Theory under his belt. He observed Diane Pinson, a Packaging Engineer/Scientist for the Clorox Technical Center.

Kay Kalin Johnson has taught Public Speaking at Amador for 12 years. Her business host was Hewlett Packard's Sales Representative, John Orozco. Bud Engel, an Architectural and Mechanical Drawing teacher for 19 years, observed design and graphics skills in a business setting while the guest of Susan Brusco, Senior Graphics Specialist for AT&T Communications.

The Teacher Awareness Partnership program will be expanded and offered to more teachers at Amador and the faculty of Foothill High School in 1987.

Ruby Greer, owner of Main Street Spirits and Deli, is busy restocking shelves and readying her store for business. During the extensive renovation at 450 Main, her store was closed down and Greer is pleased to be back in business again.

**SLICE: A Support Group Meeting Needs of Cancer Patients**

SLICE, Support and Love in Cancer Experiences, is a new cancer support group based at Valley Memorial Hospital. The group is designed to meet the support needs of newly diagnosed cancer patients, their families and friends.

The group consists of dedicated cancer patients who feel they have something to offer others in similar circumstances. The group evolved over five years in Pleas-

anton and is informally structured with all leadership and support services donated.

The SLICE philosophy has been described as a positive attitude and an open-mindedness to all forms of cancer treatment including psychosomatic healing and holistic methods in addition to the more traditional treatments of chemotherapy, surgery and radiation.

Joyce Schultze, a registered nurse at

Valley Memorial for ten years, is serving as group facilitator. She is currently working on a Master's Degree in Clinical Counseling at California State University, Hayward.

The group meets every other Thursday from 12 noon to 2 p.m. for a brown bag lunch. Occasional evening meetings are scheduled to present guest speakers and group size ranges from 6-12 participants.

The meetings are held at the Valley Care Center, 1015 East Stanley Blvd.

This is the only program of its kind in the Valley and fills a gap in services for patients who have been diagnosed as having cancer but whose conditions are not necessarily terminal.

For further information on SLICE, phone Diane Avolicino at 373-4000.

Sweeney Family

continued from page 1

is now an elementary school principal in Watsonville.

First daughter Anne, was the first offspring to choose St. Mary's. She

graduated with an English major and is moving to Virginia where her husband, David Straface will be attending medical school. Third son, Matthew graduated from St. Mary's with a History major and

is a teacher and Varsity football coach at Foothill High. Second daughter, Elizabeth is a St. Mary's grad and works as an accounts manager in Joseph's investment firm. Timothy, the next to youngest boy, is another St. Mary's graduate. He is an accounts auditor for Liberty Mutual in San Jose.

Then comes Frances. She just finished her undergraduate studies at St. Mary's with dual majors in Liberal Arts and Spanish and was Valedictorian for her class. Her goal is to teach at the college level and she will enroll in Vermont's Middlebury College language school this fall. Her language course will take her to Spain for a year.

Danny is the baby of the family. Every family needs one. Danny still has a year to go at (yes, you guessed it) St. Mary's. He's a business and communications major and has played football, basketball and baseball. Right now, Danny is preoccupied with landing a job for the summer.

In an era when so many things can go wrong with kids, how do the Sweeneys account for a house full of motivated off-

spring?

"We have always tried to instill a concern about improving themselves, so they can use their talents and help others," says Bev. "From the time they were little, we always read to them and tried to give them both a sense of responsibility and freedom. You need to begin when they're young, and teach them to be masters of their soul and destiny."

The Sweeneys are, quite logically, public school boosters. "I'm very happy with public schools. All of our children are products of Pleasanton public schools, they've received a sound education and all have done well in college."

It is not only a tribute to the schools, but to the ethics and values the Sweeneys have passed on to their children. And the next generation is getting the same attention and lessons. Four married children have already provided Neil and Bev with seven grandchildren, and they hope for a future as bright and promising for them.



Bev and Neil in an atypical moment, alone.



The extended family in 1985. (front) Tim, Fran, Anne & David, Trish & Matt. (back) Terry & Joe, Liz, Dan, Neil, Bev, Pat & Shellie.



The third generation, grandchildren Monica, Stephen, Danny, Joey and Therese.