

PLEASANTON Pathways

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Tri-Valley Fund and Miss Liberty Will Share Proceeds

Valley Set To Hold Gala Event

Soroptimist International of Pleasanton, with memories of last years fun-filled, glittering evening, is again planning for their gala fund-raising event of the year. It will be held on October 27th, and as was the case last year, part of the proceeds will go to benefit the Tri-Valley Community Fund.

This year, the auction-type event will be called "Stepping Out For Freedom" for reasons which were disclosed at a press conference held here in Pleasanton on July 31st. At the conference, Soroptimist President Lynn Bartee announced that a portion of the proceeds for this year would also be donated toward the restoration of the Statue of Liberty.

The Soroptimists chose the Tri-Valley Community Fund and the Statue of Liberty as their benefactors because "the two projects enable us to do something for our community and our country," stated Bartee.

Tim Hunt, speaking for the Tri-Valley Community Fund, said, "I think it's worth nothing how similar the Community Fund's effort is to the work the Grass Roots Foundation is

doing. We're both involved in asking a lot of people for a little bit, instead of asking a few people for a great deal."

Hunt referred to this year's auction as the "major social event of the year in the Valley." It certainly has the beginnings of such. The gala committee got The Prudential Insurance Company of America, to lend their elegant new 3-tower Hacienda Center, in Hacienda Business Park, as the site of the event. Said Roger Gage, Real Estate Operations Manager for Prudential, "We're delighted. I can't think of a better way to inaugurate the building than with a party for a good cause . . . two good causes!"

The Black tie affair will feature cocktails and hors d'oeuvres, a silent auction, a gourmet dinner, a voice auction, and dancing to the music of a 15-piece band. The evening will be full of surprises, including a drawing for a trip to New York for two, donated by Harris Realty of Pleasanton.

Vice President of Harris Realty, Ellie Lange, was on hand Tuesday, to present Bartee with the donation. Harris Realty thus becomes the first Pleasanton



Marilyn Sechler, (left), Administrative Director for the Statue of Liberty — Ellis Island Foundation, shares in the excitement for "Stepping Out for Freedom," with Soroptimist President, Lynn Bartee.

business to step in and help the "Stepping Out for Freedom" effort.

Tickets for the event will be \$100 per couple. The Soroptimists would like to ask the entire Tri-Valley to help support this "symbol of freedom . . . of the American tradition of community in-

volvement and volunteer commitment."

Individuals or businesses who are interested in aiding the cause are encouraged to call the Pleasanton Soroptimist Club at 846-6486 or 484-2094. Please call for your Gala tickets, or to donate auction items.

Pleasanton Runners Run For America

As a runner in the "Legacy for Youth" program, Pleasanton's Kim Daniel took her place in history by carrying the Olympic Flame along a one kilometer link in its 12,000 mile trek across America. The torch run began in New York City on May 8th, and arrived at the XXIII Olympiad on July 28th, just in time for Opening Ceremonies at the Summer Games.

Daniel, an 18-year-old Cal Berkeley Sophomore, took part in the 1984 Sum-

mer Olympic Torch Relay run with a sponsorship from Hacienda Business Park. The \$3,000 sponsorship will benefit the Tri-Valley YMCA.

Kim donned the torch-bearers' running suit on July 14th to take her turn from among the ranks of some 10,000 runners.

Since the torch route did not pass through Pleasanton, itself, Kim completed her kilometer up near Jackson, California in the Sierra Nevada

Foothills.

She ran along Highway 88, past the people gathered along the roadway waving their American flags, many with tears streaming down their faces and glowing in the faint light. With a beaming smile of pride and satisfaction, Kim passed the flame on to the next runner who would complete yet another kilometer in the long journey to Los Angeles.

Kim says, "It was too bad that I couldn't have run closer to home, but I was just so proud to have participated, it really didn't matter to me where they put me. It was so exciting . . . truly one of the best moments of my life!"

Another Pleasanton torch-runner, Don Thorp echoed Kim's sentiments, referring to the leg of the relay he completed in San Francisco. Don had no trouble with the run; he's an avid runner. But he claims, "I did have trouble breathing during that run, because of the lump in my throat!"

Don says, "I'm not sure my feet have really touched the ground yet. It was a very humbling and moving experience. I knew it was not myself for whom I was running, but . . . for so many other people!"



Don Thorp carries the torch high along Post Street in San Francisco with his AT&T escort, Tom Barritt.



The torch carried by Kim Daniel will be on display in the lobby area of the Hacienda Community Room in Chabot Center. Hours are 9:00 a.m. to 5:00 p.m., Monday through Friday. Admission is free.

Please come by and glimpse a bit of history!

IN MY OPINION



In My Opinion is a bi-monthly column featuring the opinions of guest editors. This column is by Jo Betty Allen. Jo Betty has been actively involved in Pleasanton through her leadership in civic and community groups. She is past president and current treasurer of the Chamber of Commerce, and Chairman of the Board of Amador Savings & Loan. She has her own accounting firm, Allen and Blackmore.

Having been a Pleasanton resident since 1969 — certainly not an old timer — but long enough to feel the effect of the current growth taking place, I share with many others the concerns of what these changes will bring in our lifestyles. The Valley is going through tremendous changes; however, we should realize that growth will come — whether planned or unplanned. We are fortunate to have the quality growth that is taking place; to have the local government that will help ensure a planned growth; and to have developers that are genuinely interested in giving back to the Community in order to maintain the "quality of life" that is desired by most of us.

We are also very fortunate to be in a local business climate that is dynamic, is growing, and has unlimited opportunities for all of us. Even though there is a lot of talk about all the larger businesses coming to Pleasanton, we should all realize that this means that there will be many more and varied opportunities for each of us. One of the concerns of a company in choosing a location is the 'quality of life' which can be provided for their employees.

"We are . . . very fortunate to be in a local business climate that is dynamic, is growing, and has unlimited opportunities for all of us."

What does this phrase 'quality of life', mean? It is obviously different for each one of us. However, I think many times we tend to give lip service to the phrase, rather than thinking about what it really means to us. Our *attitude* toward our surroundings — whether at home, at work, in the community — will materially effect our ability to adjust to the continual changes and will determine our contentment therewith.

Pleasanton will continue to be a good community and a good place to live and raise a family. Let's look for

the positive and not the negative effects of the changes taking place.

We may not be able to control the conditions or our surroundings, but we do have control over our thoughts, our actions, and our attitudes — which in turn will control the level of our satisfaction with life, (i.e., our 'quality of life').

Many of us can contribute by helping to provide a healthy local business environment which provides needed goods and services for the local community. We can also contribute by working with the various civic and service groups in the community.

I have been involved in service to small businesses for 25 years. Being in and staying in business takes a lot of perseverance and hard work. There has to be a lot of planning and decision making. You have to determine that there is a need for your product or service, and next how to fill this need. Plans have to be developed including both short and long-range goals and objectives. This is true whether we are in business for ourselves or are working for someone else or for a large company.

This planning process should never stop. Just because we obtain success, does not mean we can become complacent, relax and just let our businesses or jobs coast and run themselves. Nor can we rely on the way we did things a few years back. All businesses as well as the conditions affecting them change over the years.

One of the most important traits for any successful business or person is for

them to be adaptable to changing times and conditions — whether they be forced upon us or of our own choosing. Many changes are beyond our control, but how we react to these changes is within our control and will be a major factor in our success or failure.

These traits — perseverance, planning and adaptability — are applicable

"Just because we obtain success, does not mean we can become complacent, relax and just let our businesses or jobs coast and run themselves. Nor can we rely on the way we did things a few years back."

to everyone in their everyday life, at home, at work, in the community, and wherever we may be involved. By being attentive to the changing conditions around us, we should be able to plan and manage our lives in a manner that will bring happiness and contentment not only to ourselves, but also to those around us.

In closing, I'd like to share with you a couple of my favorite sayings:

"Success is the sum of small efforts repeated day in and day out." and *"The only time success comes before work is in the dictionary."*

— Jo Betty Allen



Join Heather (top) & Trish Watts (left) and Jade Katsuda at Pleasanton's Summer Celebration, Saturday, August 18th in Downtown Pleasanton. There is a full day of entertainment planned. A fashion show at Hacienda Del Sol at noon, free watermelon at Central and First Community National Banks, and face-painting for the kids are just part of the scheduled activities.



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Bill and Vernie Laube, proud owners of the "new" old Pleasanton Hotel.

A lot more than just good food

Pleasanton Hotel Finds New Life With New Owners

Just about everyone knows that the historic Pleasanton Hotel, located on Main Street, is a restaurant of incomparable atmosphere and legend, but a lot of people don't realize that the Hotel serves excellent American-Continental cuisine, has a garden for weddings, reception and banquet facilities for up to 250 people, and it also hosts a relaxed, warm, and comfortable lounge with live music six days per week.

Bill and Vernie Laube (pronounced Lobby) purchased The Pleasanton Hotel last year as an answer to Bill's "childhood dream," as Vernie calls it. Bill helped out an uncle, during a summer in his high school years, who owned a chain of restaurants and became "quickly interested in the food business."

"When we found that The Hotel was for sale, it was just too good to pass up!" claims Vernie. So, the Laubes left San Diego, where they had both been involved in other career interests. "It took a lot of adjusting," admits Vernie. But now, Pleasanton is home for the Laubes.

Even with eight children between them, they manage to run the restaurant smoothly and also find time to participate in many community activities. Vernie is involved in Toastmasters and the Soroptomists. Bill belongs to the Rotary Club. Both of the Laubes have been active in The Downtown Association and The Chamber of Commerce. They enjoy water and snow skiing and they also like to travel.

The Hotel's previous owner kept it for about two years, just enough time to completely redecorate the interior. Because that had been done, most of the changes the Laubes have made have been internal. They have put in a computer system, and a self-contained laundry, as well as routine staff changes. The head chef, Rob McKaskey, is the only holdover from the previous owner.

The menu has also undergone some changes. Some favorite items from the "chef's specials" have been added as

regular entrees. One specialty item is buffalo steak, which is similar to beef, yet somewhat sweeter and very tender. All of the fish is fresh, daily. Vernie highly recommends the shrimp scampi. "I'm pretty partial to it!" she discloses.

The Hotel is also an excellent place for business luncheons. They have a private room which can be reserved for lunch or dinner meetings. For larger parties, the banquet room may be reserved, and The Hotel is available for complete reservation on Saturday mornings through the afternoon. Guests are allowed complete run of the facilities at this time, including the lounge which is also open to the public on Saturday afternoons.

The Sunday Champagne Brunch is another unique feature at The Hotel. "Our Sunday Brunch has become quite renowned. People come from all over to have our brunch," Vernie comments. The brunch features "Pancakes Oscar," another specialty of the house, and is served buffet style indoors or out (weather permitting) in the garden.

The Laubes would like to attract back the Pleasanton residents who may have had a bad experience with The Hotel in the past. "We don't think we've gotten all of them quite yet!" Bill complains. He also mentioned the fact that people stand in line Friday and Saturday nights for dinner, and "We'd like to have more of them during the week-nights, too," he says.

"Winterwood," a local top-40's band, which Bill describes as "very danceable," plays in the Lounge for dancing, every Tuesday through Saturday beginning at about 8:30 p.m. There is a specialty band (bluegrass, dixieland, or maybe big-band sound) on Sunday afternoons.

The Hotel is open seven evenings a week for dinner, and every day, except Saturday, for lunch. Lunch is also served in the lounge for employees with a brief lunch-break. Reservations are suggested. Please plan to visit The Hotel soon. By-the-way, it's an excellent place to take out of town guests.

Notes from Lilly's Pad

Today, as I write this, is July 25th, 1984 and to you that may not mean too much, but to me it's an anniversary. It is one year ago today that I took on the responsibility of Pleasanton Pathways.

Reflecting back on the year brings to mind many humorous, interesting, exciting, busy and sometimes stressful times, but also thoughts of a very enjoyable year.

I joined the staff in the middle of a lazy summer, the time when most everything comes to a halt in our town. It was quite a challenge to find "news" of interest when everybody was either "gone fishin'" or "gone home."

I vividly recall dialing the phone to the point where my fingers almost wore out to get in touch with my many good friends and contacts, in search of "happenings" in the area.

I took to the streets with camera in hand, became a familiar sight walking the length of Pleasanton looking for interesting pictures.

And getting copy ready within the two week deadline was only part of the problem. I had to find a printer who had the capabilities of running newsprint.

We needed a new format, too. The first issue was only four pages long, but with the second, I had 12 pages to fill.

How well I remember working late into the wee hours of the morning, going to bed for a few hours and up again and back to the grindstone.

It was, however, the work of love that has kept me going strong. Love for my new responsibility, my community and the great people in it and love for the neat people for whom I am working.

I want to thank all of you out there for your assistance, support and positive comments. A reporter is only as good as her sources, and your willingness to share your stories and information with Pathways has been just super.

A special thanks too, to Carol O'Neal who answered my desperate call for help a year ago, and who continues to do an outstanding job with Pathways. Her talents, patience, and kindnesses are endless.

We've come a long way at Pathways in a short period of time. We've moved from a one-room, three-person operation to a full fledged office with a staff of eight.

A staff who, I'm proud to say, is one of the best in the business.

So, my friends, keep in touch with us, pay us a visit and watch us grow!

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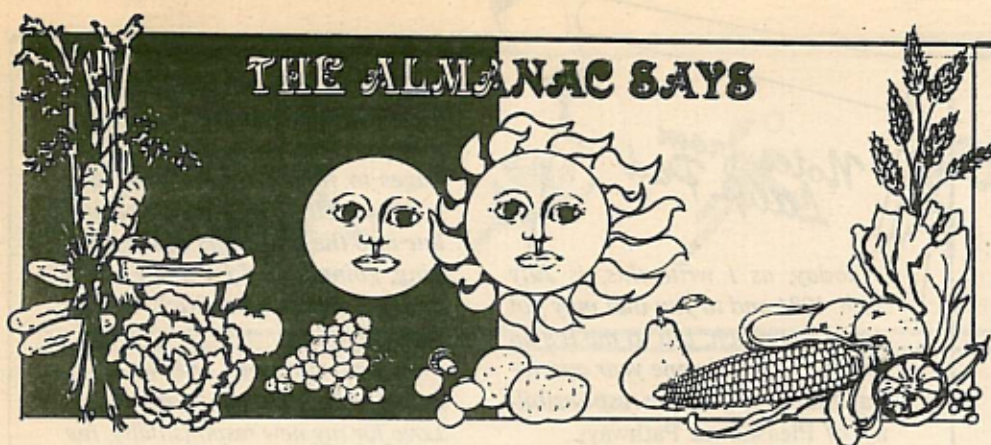
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THE ALMANAC SAYS

I like football. Tennis, baseball and soccer games. But mostly, I love the Olympic Games.

The Olympic Games are now upon us. Beats there a heart so dead that it could not be stirred to its depth at the sights that this 23rd Olympiad has so far shown?

For participants and spectators alike, there are many similarities. Hands clasped overhead in signs of unity and victory. Tears of joy well up and spill over in both those who have competed and those who have watched these oldest of sports competitions.

To me, watching the drama of sports

unfold is the greatest spectacle on earth. All the elements of life, both good and bad, spring up unrehearsed and unpredicted. Concentration and intensity, jealousy and unselfishness, pride and awe, sweat and vigor, dedication and luck, tragedy and triumph.

And still they come to compete. Athletes and countries who have never won a medal and who, most probably never will.

In the spirit of it all, they've come to compete along with the best. And the best, as they say, is yet to come. Good luck, America!

COMING EVENTS
Mark Your Calendar

Wednesday, September 5th
School opens

September 14th through the 23rd
Pleasanton Heritage Days. More details coming.

Saturday, October 20th
Foothill High School Marching Band review.

Saturday, October 27th
Stepping Out For Freedom — Soroptomist Benefit for Tri-Valley Community Fund.

Saturday, November 10th
Holiday Reflections

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Sandy Mahoney guests on Women's Network, with John Eggold (left), a San Ramon model, Jimmy Grimme, of Grimme Modeling Agency and hostess Judy Davis.

Amador Senior On The Move

Like many other little girls, Sandy Mahoney grew up with the dream of being a model and an actress. But unlike many other little girls, Sandy did something about it. Now, with a couple of television commercials under her belt, the 17-year-old Amador High School senior is halfway to realizing her goal.

Her biggest break came earlier this year, when Sandy was chosen to appear in a series of McDonald's commercials. She spent nearly five weeks in Los Angeles filming the commercials last February. Since then however, Sandy has been weathering a somewhat slow period in her career.

But that's the world of modeling. It is full of rejection and its chief characteristic is waiting . . . waiting to be noticed, waiting to be chosen, waiting for the phone to ring. Sandy has been learning all about waiting and rejection since she began modeling at the age of 14.

"You just can't take it personally," she rationalizes. "You have to realize that it's not you, personally, they're rejecting. It's just that you probably don't have the right 'look' for what they want." But then she says, "It does bother me a little, though. Sometimes it's hard."

But Sandy is a go-getter. She is an energetic, optimistic young girl with the talent and the courage to get what she's after. Instead of just dreaming, she literally forced her way into the world of modeling. She found out what to do. She sent in pictures (taken by a photographer friend of her mother's), and then she waited.

"That was one time I didn't have to wait too long!" she cheerfully remembers. Sandy heard from the Sabina agency in San Francisco in only two weeks. "They called, and asked me to come in for an interview. So I did!" she recalls. She has since transferred to the Brebner agency, also in San Francisco.

McDonald's hasn't been Sandy's on-

ly project. She has also done work for I. Magnin, a Gap commercial and an Esprit catalog. Right now, Sandy is thinking of looking into some other agencies. "I like Brebner, but I just want to get more work," she accounts.

Sandy's parents, Mr. and Mrs. Dennis Mahoney, of Pleasanton, and her sister, Kris, have been very supportive of Sandy. Kris, who is a year older than Sandy, was involved in a serious accident which has required a great deal of surgery and treatment on her leg. "I really admire her for the way she has accepted the whole thing. I don't know if I could have handled it as well in the same situation," she says.

With some of the money she's earned from modeling, Sandy is taking her family to Hawaii for a vacation this summer. (Before every father jumps to sign his daughter up with an agency, hoping for a tropical vacation you should know that Sandy is a young lady with ulterior motives!)

She's going to Hawaii to see a young man stationed in the service on the island. "My family is so funny, because they know why I want to go, but they're being really good about it," laughs Sandy. "My dad just told me to make sure he'd be there when we got there!"

Sandy is looking forward to completing her last year at Amador High, before she ventures off to college. She realizes that placing all of her hopes on modeling and acting might be fruitless, so she's developed a back-up plan in case. She likes to draw, and has become interested in interior design but "only if my first choice doesn't work out!"

Sandy likes to play tennis and soccer. She says she gotten "lazy" this year and she hopes she doesn't start getting fat. At 5'4", and a diminutive 105 pounds, there are no signs of chubbiness. She insists she eats "everything," and that everyone warns, "It'll catch up with you!"

So far, though, nothing's caught up with Sandy Mahoney, because she's two steps ahead of the game!

TV Show On Summer Break

Tapings of Channel 30's Women's Network will begin again on October 4th at the Chabot Center Community Room in Hacienda Business Park, Pleasanton.

During the summer break, re-runs of this past season's shows will be broadcast weekdays at 9:00 a.m., Tuesdays at 4:30 p.m. and Wednesdays at 9:00 p.m.,

on Channel 30, Community Television. For tickets next season to be in the audience, call 462-3373 and 463-0280.

Women's Network is funded by a grant from Hacienda Business Park.

Community Television is the non-profit public corporation for local access, working in association with Viacom Cablevision.



Pausing for a picture, Karin Mohr poses with a few of her favorite paintings.

Personality Profile

"They need to know somebody cares"

Pleasanton's junior member on the City Council sees herself as serving the city and the people it is supposed to serve," says Karin Mohr. Karin has always been an active volunteer in the community, and in 1980, she decided to run for Council.

"I had been involved with my neighborhood's homeowner's association. We were concerned about the gravel trucks which came down First Street when our children were walking to school," she explains. So, when they needed someone to sit in on Planning Commission Meetings, Karin's husband urged her to take on the job.

Karin found that she was very interested in the workings of her local government, and the City Council seemed to be a logical next step for her. She feels she is a responsible and capable Council member. "I like to do my homework before I step into a meeting," and toward that end, Karin spends hours each day speaking with her fellow citizens, and listening to their concerns.

"There are days when I'm on the phone almost all day long," claims Karin. "Often, I'll spend an hour or more on one call alone." But Karin adds, "That's important, because the person with that particular problem really needs to be heard. They need to know that somebody cares."

Karin has been very active in the fight for a community busing service. The need for a system, in Pleasanton, is certainly apparent. In seeing this need, Karin became actively involved in seeking the necessary funding for the studies required in implementing such a program.

The new busing system should begin around December, in a collaborative ef-

fort with the city of Dublin. The best discovery, however, was that the system will cost Pleasanton citizens virtually no more than what they are already paying in taxes, and "by forming our own system, Pleasanton and Dublin's share of approximately \$800,000 will be available directly to us," Karin explains.

Karin and her husband Larry have two daughters, Alison, 13 and Jennifer, 17. The Mohrs have lived in Pleasanton since 1969. Larry is in product development with Crown Zellerbach and according to Karin, he's "the most supportive husband imaginable!"

Karin has been involved in numerous volunteer activities in Pleasanton, including the 4-H program. She likes to sew, she enjoys canning, and she also loves to paint, in her rare free time. The Mohr's living room is decorated with several of her paintings, which exemplify her patience for the outcome of her efforts.

Karin Mohr is a study in patience; with two teenaged daughters, it is essential. But with her many other endeavors, it is not only a virtue but also a technique for survival. There have been a lot of things the Mohr family has had to do without, such as a second income. Karin explains, "I consider myself a full-time volunteer. Unfortunately, sometimes my family has to suffer for that commitment!"

She is proud, though, that her husband, and their daughters know that the time she spends doing Council work is more than worthwhile, and that the people of a community are responsible for its well-being. "My family is very understanding. We've lived here for 15 years. This town is very important to all of us!"



When Tim Reidy captured eight first place cooking awards this year, at the County Fair, it certainly wasn't because it was planned. "We weren't very organized, this year," he sheepishly admits.

Tim, 13, and his 14 year old sister, Maureen, "didn't even start writing out our recipes until the morning before the fair!" exclaims Tim. But the two youngest Reidy children kept working until well past 11:00 that evening, and their efforts were well-rewarded.

Tim received a total of 11 awards for his entries, and Maureen received three firsts, and a total of five ribbons. "Winning a blue ribbon is a lot of fun!" says Tim. But he loves to cook for the sake of cooking, before all else, "Cooking is a lot of fun. The only part about cooking that isn't fun, is cleaning it all up!" moans Tim.

However, in 4-H cooking courses, the clean-up is stressed equally with the preparation. Tim began cooking when he joined the 4-H program four years ago. He was simply following in the footsteps of Maureen, who has become deeply involved in the 4-H sewing program, in addition to her cooking interests.

Tim is quite adept in the kitchen. He especially enjoys baking cookies and breads. Tim's mother has had to spend a lot of time in the hospital lately, so Tim's making a real effort to "get better at cooking meals and more complicated things."

Dennis and Pat Reidy's son is an intelligent, exceptionally well-spoken young man with bright hopes for the future. A student at Harvest Park School, Time hopes to one day attend Harvard University on his way to becoming a successful lawyer.

Tim once thought of studying to become a master-chef, but he decided "it was just too much work!" "And besides," explains Tim, "I'd rather enjoy cooking for the fun of it, just for itself." After a moment of reflection he adds, "Anyway, I like to watch TV., but I don't like being on it!"

For now, the young Master Reidy spends his days riding his bike, playing basketball or tennis, and participating in his other 4-H activities; his classes, in addition to cooking, include sewing, ceramic molds, and first aid. He also does yard-work for the neighbors, "although Dad won't let me loose in our backyard, yet!" he laughs.

Tim says he has been teased a little for being an accomplished male cook and seamstress. He recalls that "it did bother me a little at first." But as Tim says, "Anyone can cook. You don't have to be a girl to need to learn to take care of yourself!"

Tim shares with *Pathways'* readers one of his favorite recipes, "Almond Puff Pastries." The recipe is an old favorite of the Reidy's, which Tim's mom has been making for years from an original recipe in *Sunset* magazine.

The recipe isn't terribly difficult, but Tim indicates that patience is in order, "especially when you're spreading the bottom layer." He recommends that you follow each step carefully and completely, "if you want it to come out just right!"

The pastries are ideal, he suggests, served for Christmas Brunch, with orange juice, scrambled eggs, ham, fresh fruit, and hot chocolate. You might try some variations of your own, but do try Tim's Almond Puff Pastries!"

ALMOND PUFF PASTRY

Stir together:

1 cup flour (unsifted)
2 tablespoons sugar
¼ tsp. salt

With pastry blender or 2 knives, cut in ½ cup butter or margarine until mixture has texture of cornmeal. Add 2 tablespoons cold water. Mix until it holds together in a ball. Press into bottom of a 9" x 13" baking pan, forming an even layer.

Sift enough flour to measure 1 cup. In a saucepan, combine 1 cup water & ½ cup butter or margarine; heat until butter is melted, then bring mixture to a full rolling boil over high heat. Add the flour all at once, immediately remove from heat and stir vigorously until mixture becomes a smooth very thick paste that clings together and comes away from the side of the pan.

Stir in 4 eggs, one at a time, beat with a spoon until the paste is smooth and shiny. Spread mixture evenly over pastry base. Bake, uncovered, in a 425 degree oven until golden and puffy, about 35 minutes. Cool on a rack until warm (puff will settle slightly while cooling). If made ahead, cool thoroughly, then cover and store at room temperature.

To reheat pastry, bake, uncovered, in a 350 degree oven for 5 to 10 minutes until warm. Mix together 2 cups powdered sugar, 2 tablespoons milk, and ½ teaspoon almond extract. Beat until smooth. Drizzle over warm pastry and sprinkle with ¾ cup sliced almonds. Makes 12 generous servings.



Mayor Ken Mercer, and Vice Mayor Frank Brandes are among the city officials attending the ribbon cutting ceremonies that opened the long-awaited West Las Positas overcrossing. The overcrossing will facilitate traffic from West Pleasanton into downtown. Federal, state and city funds were used to build the overcrossing.



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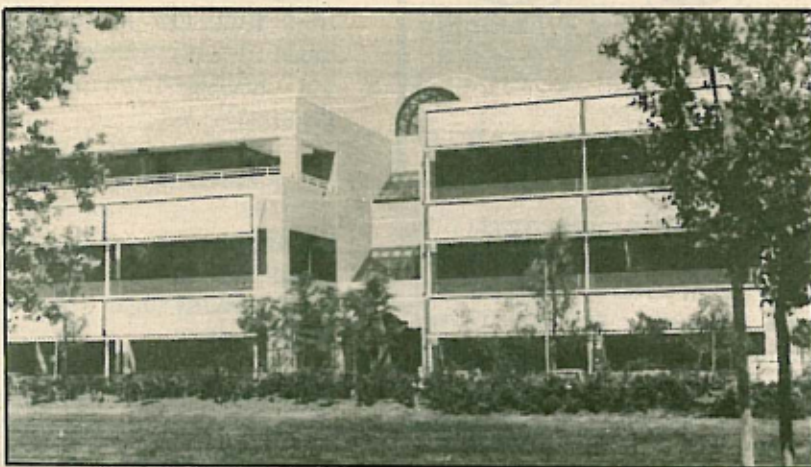
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462-0955

Hacienda Grows With Pleasanton

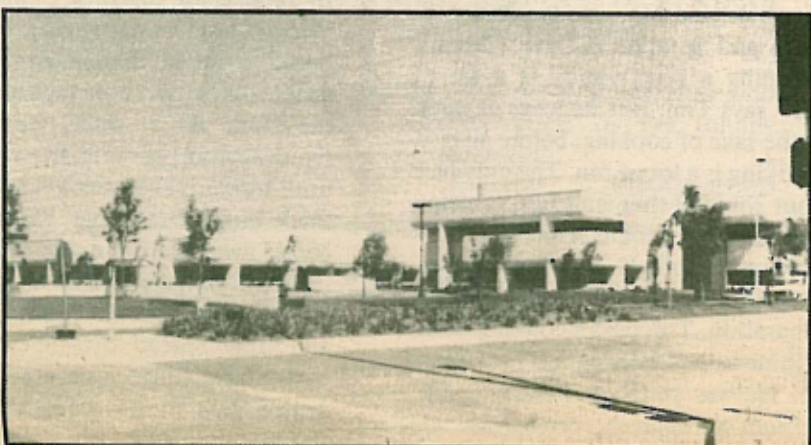
For all of you who have asked, "Who's in that building?" and "What is that going to be?", here's a short tour around the Park.



Chabot Center, the award-winning multi-tenant garden office building is located just off Stoneridge and Chabot Drive. Note the architects' use of the arch theme throughout.



The Prudential Insurance Company of America's showpiece of the park is the 3 tower, 5 story Hacienda Center, located in the center of the Park at Stoneridge Drive and Hacienda Drive. The building is of the highest quality design.



Willow Center has been the site of many community and charity events since its completion in the summer of 1983. Negotiations with a tenant, however, are in the final stages on this building located on the corner of Stoneridge and Willow.



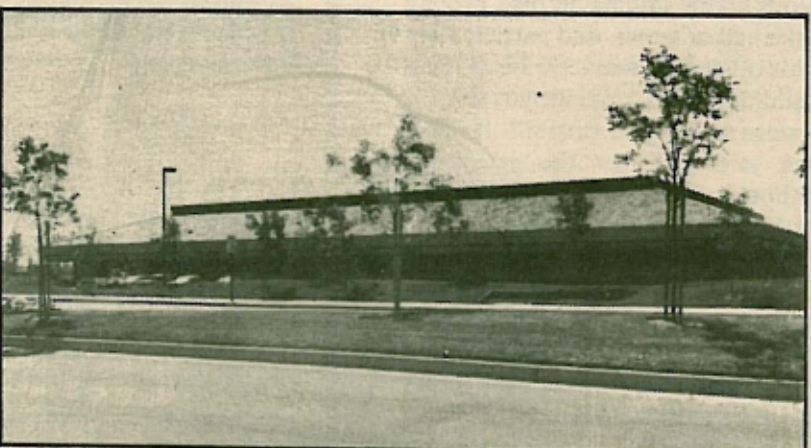
AT&T calls the Amador II building home for some of its 1500 employees. It is located on the corner of Willow Road and Inglewood Drive.



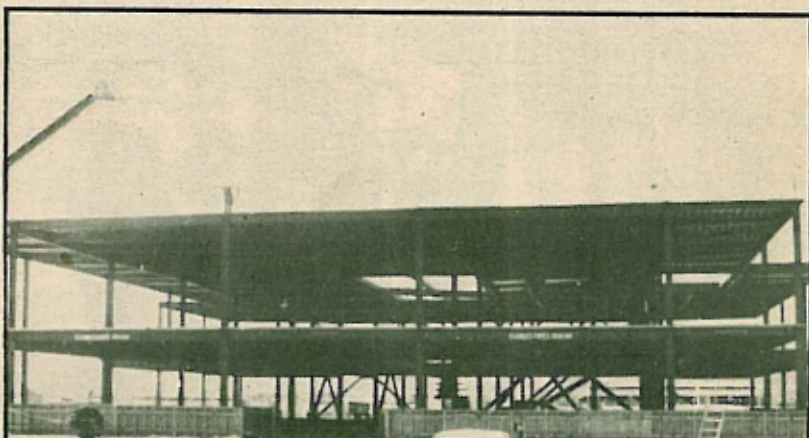
AT&T has leased these two buildings on the south side of West Las Positas. The one and two-story buildings are distinctive for their shades of gray tilt-up walls.



Drivers down Hopyard can look eastward and view the construction underway on the newest building in the Park, Saratoga Center. The blue-toned building was designed by Fee & Munson, who also designed Chabot Center.



Crum & Forster Personal Insurance is located in this red-tile roof building located on the south side of West Las Positas Boulevard near the Tassajara Canal.



Viacom's new building located just off of Hopyard Road on Stoneridge Drive is in the first stage of construction.



Dave Tennant of Tennant & Varner Insurance is seen here with Joe C. Stinnette Jr., President and Chief Executive Officer of Crum & Forster Insurance, and Paul C. San Gregorio.



Invited guests Mr. and Mrs. Bill Diehl, Mark Nassie, and Mr. & Mrs. Rich Lewis, enjoy Crum & Forster's hospitality.

Crum & Forster Insures A Good Time



Mike Glassco, Vice President of human resources for Crum & Forster in New Jersey shares a laugh with Sherry Merrill, whose husband Lan is an independent insurance consultant.

Crum & Forster Personal Insurance Company held its Grand Opening on Friday, July 27th, exactly five months after the company first moved into their new office at 5724 West Las Positas in Hacienda Business Park.

Crum & Forster is a national company, with their Hacienda office serving as regional headquarters for the insurance operations related to the company's personal insurance lines. Crum & Forster's commercial lines headquarters is still located in San Francisco.

Howard Dreyfus, Regional Vice President, says they waited five months for the official opening "because we wanted to be sure that both the building (decor, landscaping, equipment, etc.) and our insurance operations were running smoothly first!"

Crum & Forster is over 100 years old, but the concept of separating personal

insurance from commercial lines is a relatively new one. Crum & Forster began their separation three years ago, and now, according to Dreyfus, "We are one of the very few companies which is completely separate; we have our own President and Board of Directors."

The President of Crum & Forster Personal Insurance, Mr. Joe Stinnette, Jr., travelled from New Jersey to be on hand for the Grand Opening. Also in attendance were several local agencies, company dignitaries and Crum & Forster employees, as well as the invited guests.

"We're very happy to be here," stated Dreyfus. "Pleasanton is a beautiful town, and we have found the environment, the people we've met, and the attitude of this area make it just an outstanding place to do business."



Barry Reublin, Regional Sales Manager — Crum & Forster; Sylvia Sampson; and Alan Sampson — Sampson & Sampson Insurance Agency.



Agents Ray Hudson and Vern Elston pose with Crum & Forster's Tish Reilly and Dick Nelson.

a bit
of trivia

By Ben Fernandez

Having run this series for the last six months, I am often asked by some people why the questions are so easy. However, last week, a local businessman asked me why I made the questions so hard. So, being a local businessman myself, I have decided to try to make them even easier. But, if the local businessman still cannot answer these questions, I will start making them even harder again for people who really enjoy this stuff.

1. Name the actors originally chosen to play both Dorothy and the Wizard in MGM's 1939 "Wizard Of Oz?"
2. What major league pitcher won All-Star games in both the American League and National League?
3. Who played Mrs. Baxter on the TV show "Hazel?"
4. What was the product advertised on the commercial with the catch

phrase, "I can't believe I ate the whole thing?"

5. Who was the late singer that sang "Bad, Bad Leroy Brown?"
6. In "Bonnie & Clyde," the gangsters picked up a couple hitch-hiking. The man later became a famous comedic actor starring in movies of his own. Who is he?
7. Who was University of California's football coach the last time they played in the Rose Bowl?
8. What was the name of the character played by Efrem Zimbalist, Jr. on the old TV series, "77 Sunset Strip?"
9. Who was the star of the TV western series, "Restless Gun?"
10. Who was the Amador grad who sang frequently on the Johnny Carson show?

Answers Below

CPR Lifesaving Classes Offered

With summer activities getting under way, more people become concerned with safety and self-sufficiency in their activities. CPR, or Cardiopulmonary Resuscitation, is a vital skill which every person should learn.

CPR is a combination of mouth-to-mouth breathing and manual artificial resuscitation that is recommended for cases of cardiac arrest. This skill is easy to learn, and has saved countless lives that were in danger.

The City of Pleasanton's Recreation and Parks Department offers CPR classes, with the next session beginning on Monday, August 20th, from 6 — 10 p.m. More classes will be offered in early September. This course is \$10 and meets at the Community Clubhouse.

If you prefer, Chabot College also offers a Cardiopulmonary Resuscita-

tion course through its health department. Chabot Valley campus has both day and evening hours for this course, which will cost you the college admission fee in addition to the small class fee.

Other good avenues to try are your community swim club and your local YMCA for information on their programs. The Recreation Department's telephone number is 847-8160, and you may reach Chabot College at 455-5300.

Newcomer's Luau

The Pleasanton Newcomers Club will have a Hawaiian Luau on Saturday, August 25th, at 6 p.m. for its August social.

The pig roast will be held at the Pleasanton Fairgrounds. Price is \$15 per couple.

Deadline for reservations is Monday, August 6th, and can be made by calling Cyndee at 462-0690.

August's "get acquainted" coffee for Pleasanton Newcomers is scheduled Wednesday, the 15th from 10:00 to 11:30 a.m.

Call Arlene at 484-1465 by Monday, August 13th, for reservations.

On The Street:

"When Did You Know You Were Going To Marry The Person That You Married?"



Les Wilson — Domestic Buyer for Daughtery's — "We dated all through high school, we were always together. When we graduated, and I had a job and she had a job, we just decided it was time!"

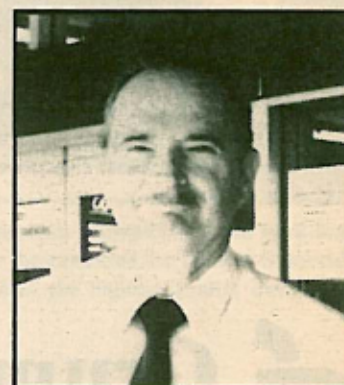


Ray McClatchey — Supervisor for Electroglass — "I'm not really sure how I knew. The woman I married, I've known all my life; her brother is my best friend! I hadn't seen them in a while, when they moved up here about four years ago. I started dating her, and I discovered that she had the same outlook on life as I did. I realized we wanted the same things out of life, and then I decided to ask her to marry me!"



Gwen Webb — Pleasanton Housewife — "We started dating our senior year in high school, but I'd known him for about two years before that. I knew I wanted to marry him after about six months of dating. After he was commissioned in the service, we were married."

Judy Smith — Resolutions Clerk, AT&T — "I met my husband on December 21, and he proposed before the new year. We were married the 28th of March. We've been married almost 21 years now. I'd heard a lot about him, and I just knew he was the right one!"



Ada Egan — Computer Entry, AT&T — "When I met my husband, he was in the Army in Michigan. I was working in a restaurant there, and I used to cook his meals. We went out for about two months, and he was a perfect gentleman. He was very quiet, and different from anyone else I'd ever met. I knew he was the right one in about six weeks."



Mark Sweeney — Sales Manager — "The second I saw her, I knew right then that I would marry her, so I went up and introduced myself. That night, I called a friend to tell him I was getting married. He said in astonishment, 'But I didn't know you were even dating anyone!' 'I'm not,' I told him. 'I just met her today, but I know she's the right one!' She was."



Trivia Answers

- | | |
|------------------------------------|--------------------|
| 1. Shirley Temple and W. C. Fields | 6. Gene Wilder |
| 2. Vida Blue | 7. Pete Elliott |
| 3. Whitney Blake | 8. Stuart Bailey |
| 4. Alka Seltzer | 9. John Payne |
| 5. Jim Croce | 10. Donna Theodore |

Aquatic Center Sets Swim Classes

Registration is being accepted for Session 5 of Learn to Swim and Special Classes at the Aquatic Center. Learn to Swim Lessons are available both in the morning and in the evening August 13th through the 25th.

Special classes available are Advanced Lifesaving, Adult Lessons, Wake-up Workout, Slim Trim, Basic Rescue, Teen Lessons, Diving and Adapted Aquatics.

Registration is held at the Aquatic Center during office hours, Monday,

Wednesday and Friday 9-1 p.m., Monday through Friday 1:30-7 p.m. and Saturday and Sunday 1-7 p.m. Afternoon recreational swimmers are given first priority for service. Registration for pre-schoolers and Advanced Lifesaving requires proof of age.

For more information, please consult the Recreation Department summer brochures or contact the office at 847-8171 during scheduled office hours.



Pushing a sure winner in the "Decorative Bed" contest, (l-r) are: Angela Periera, President, Jaycee Women; Art Gordillo, President, Pleasanton Jaycees; Evelyn King, Executive Director of Kaleidoscope Center, and Lewis Gordillo. The exhausted "pushers" look ready to hop on the bed with Jan Penny, race director.

A Bed Race For Pleasanton

The Kaleidoscope Center for children with developmental disabilities will hold its first annual Bed Race on September 15, 1984. This event will be the major fundraiser for the center this year.

The Bed Race "will provide an opportunity for the community at large to support and participate in some serious silliness!" says Evelyn King, Executive Director of Kaleidoscope Center. The proceeds will go toward the aid of handicapped children valley-wide.

Anyone can join in the fun of this event, which will be a major part of the Heritage Days celebration opening ceremonies. If you can round up a team of ten people, and construct your own race-bed; Kaleidoscope needs your help!

Each team will consist of five men and five women. Four of each sex will be "bed-pushers," and the remaining man and woman will be passengers along the four block race-course which will include an obstacle course and a "water trap"!

There will be prizes for the winning

team, as well as a Decorative Bed contest. There will also be a perpetual "Sweepstakes" trophy award for the team with the best combined Decorative Bed score and finishing time. For team members on the different squads, they will also be drawing for various prizes having to do with the bed world: such as sheets, blankets, pillows, pajamas, etc.

There is currently an effort to obtain beds for those groups with teams but no vehicle. So if you have a race-squad but no race-bed, the Center might be able to help you out. Entry deadline is August 15, 1984, after which time a late fee will be charged. "Please call now, we need more beds!" says Jay Penny, Race Chairman.

The Pleasanton Jaycees are providing major support and a staff of volunteers for the race. If you, too, would like to enter or offer your assistance, you can contact the Center at 7416 Brighton Drive, Dublin, California 94568, or phone them at 828-8857. You may contact the Committee Chairperson, Jan Penny at 846-5944.

Actors Needed For Fall Musical

Pleasanton Playhouse will hold auditions for their Fall production "Godspell" on Monday, August 6th, and Tuesday, August 7th, at 7:00 p.m. at Amador High School Auditorium, 1155 Santa Rita Road, Pleasanton.

Singing and dancing roles for five or six males and five or six females are available. Interested performers are asked to prepare a ballad and an upbeat tune. An accompanist will be

provided.

The show will run October 6, 7, 12, 13, 14, 19, 20 and 21.

Rock musicians are also needed as well as "behind-the-scenes" help with costumes, make-up, tickets and ad sales, set design and construction, lighting and sound, stage crew and others.

For further information contact Bob or Renee Lewis at 846-1945.

COMMUNITY CALENDAR

Monday, August 6th & 7th

Auditions for "Godspell," 7 p.m., Amador High School Auditorium. For further information call Renee Lewis at 846-1945.

Monday, August 13th

Tri-Valley Widowed Group meeting, 7 p.m., St. Charles Recreation Hall, Livermore. For information call 447-3987.

Wednesday, August 15th

Newcomers "get acquainted" coffee. Call 484-1465 for information and reservations.

Wednesday, Thursday, August 15th & 16th

VIP's Senior Citizens Reno trip, \$42. Includes transportation, hotel accommodations and many bonuses. Call Eleanor at 846-5853 for further information.

Saturday, August 18th

Summer Celebration.

CLASSIFIEDS

HELP WANTED

Secretary: Crum and Forster Personal Insurance is seeking a secretary with 1-2 years of general office experience including typing, record keeping, telephone answering, making travel arrangements, filing and maintaining updated reports. Qualified candidate will also possess an accurate typing speed of 65 wpm and excellent oral and written communication skills. We offer comprehensive major/minor medical and dental insurance, life insurance, a company savings plan, retirement plan, and a credit union, among other benefits. For immediate consideration, call Denise Frak, Crum and Forster Personal Insurance, 847-2605.

General Office: Part-time, 12:30 to 4:30 p.m., Mon.-Fri. Word Processing skills desired. Non-smoking environment. Call 443-3910.

Assistant Manager: Local company needs well-organized detail person for sales department. Good secretarial skills plus phone and customer contact. Some travel. To \$1300. Call Career Network at 820-1322 or 463-9000.

Executive Secretary: Excellent secretarial skills required to work for CEO of Co. relocating to Pleasanton. W.O. a must, great benefits. To \$2000. Call Career Network at 820-1322 or 463-9000.

Account Executives: For growing East Bay Ad Agency for Oakland, Contra Costa, San Jose, and Stockton. Base plus commission. Write Box 143, Pleasanton, CA 94566 or call (415) 463-0680.

Office Trainees: Need several entry people for local company. Will train to do filing and general office work. Call Career Network at 820-1322 or 463-9000.

Paste-Up Artist: Per project or on call basis. Call 463-2750.

FOR SALE

Home: 4 bedrooms, 2½ baths, separate family room, central air, R.V. access, tri-level. Stoneridge area, beautifully landscaped, \$198,950. Call 462-6088.

TO RENT

Wanted: M/F of good character to share large furnished clean home & duties. \$410 per month, no util. References required. Call 846-8222.

Home: Furnished or unfurnished; 2 bedrooms, 2 baths, laundry, dishwasher, family room, formal dining. Available September, \$900/mo. Lovely Pleasanton area. Call 484-3664 or 447-3566.

Room: Beautiful Stoneridge Townhouse, pool & tennis, very clean, non-smoker, quiet. \$345/mo. Call 484-3664 eves., 447-0440 days.

LOST

Cat: Beige, striped, male, with reflector flea collar. Lost from Division Street area. Reward. Call 846-4098.

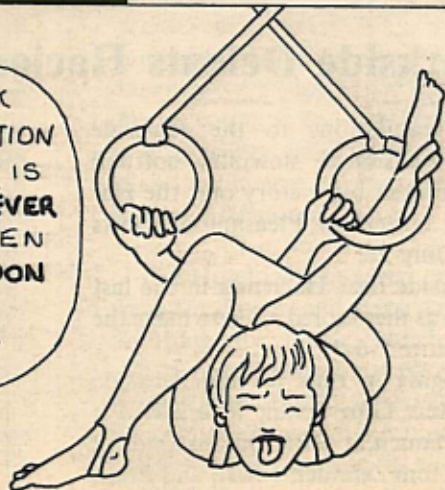
VANPOOL

Vanpool forming, from Tracy — Thrifty Drugs parking lot, to Hacienda Business Park in Pleasanton. Centerpointe Building, 8:30 a.m. — 5:00 p.m. Call Allan at 460-6713 or (209) 835-3228 (eves.).

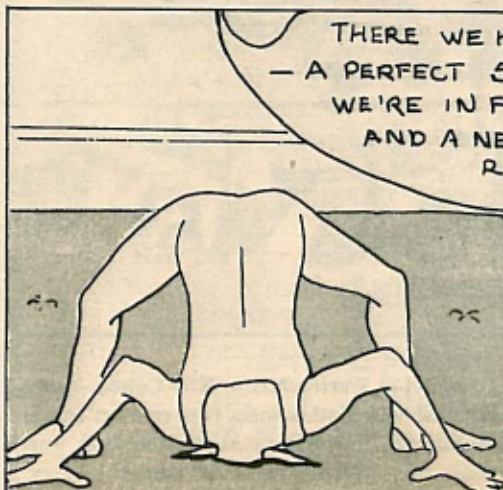
OVER THE BACK FENCE/Carol O'Neal

3 HRS. LATER

WE BRING YOU BACK TO THE STILL RING COMPETITION WHERE OLYMPIC HISTORY IS STILL BEING MADE. NEVER HAS SUCH A MOVEMENT BEEN ATTEMPTED AND AS SOON AS HE DISMOUNTS THE JUDGES WILL DELIVER HIS SCORE.



THERE WE HAVE IT LADIES AND GENTLEMEN! — A PERFECT 5 POINT LANDING. I'M SURE WE'RE IN FOR A SCORE OF "10" AND A NEW PRECEDENT FOR RING DISMOUNTING!



CAROL O'NEAL



YMCA Offers Swim Classes

The Tri-Valley YMCA is offering a summer aquatic program beginning August 13th through August 24th and August 27th through August 31st, at the Oakhill Private Swim Club, 7624 Olive Drive, Pleasanton.

The program will also offer a parent/child class which covers water exploration for children aged six months to three years.

"Tadpole" classes are for children three to five years of age with emphasis on water adjustment; putting faces under water, etc.

Beginners, ages six years and up, will learn front and back crawl, breathing and floating.

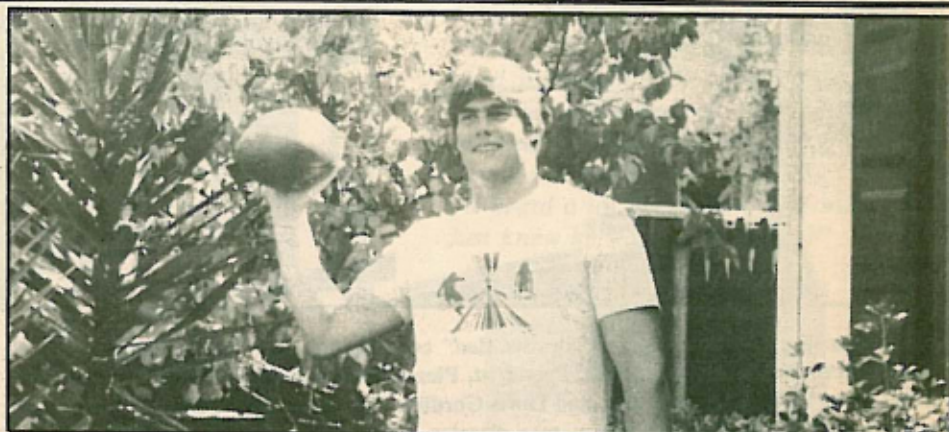
Private lessons are also offered at all

levels.

All classes are for 30 minutes and run Monday through Friday. The cost is \$11 for one week, and \$22 for two-week sessions. The instructor is Linda Fox.

Class schedules are as follows: 8:00 a.m. — 8:30 a.m., Beginning; 8:35 a.m. — 9:05 a.m., Tadpole; 9:10 a.m. — 9:40 a.m., Parent/Child; 9:45 — 10:15 a.m., Tadpole and 10:15 — 11:00 a.m., Private Lessons.

Registration should be made at the Tri-Valley YMCA office, 10 West Neal Street, Pleasanton, or by calling 462-0270 for further information. Office hours are from 9 a.m. to 1 p.m. and 2 p.m. to 5:30 p.m.



Ron Sebahar laughs and says, "I don't usually throw this thing."

Sebahar Brothers Score Big

Last February, *Pathways* did a story on Football's Sebahar brothers. We thought we'd keep you up to date, and let you know what the boys have been up to.

Ron, the youngest of the two, is anticipating his departure for Berkeley, where he has been granted a scholarship to play football for the Bears. Ron will be working on completing standard lower division course work for a while, and then he's considering a major in communications. "I like to write, but I also think it would be exciting to work behind the cameras!" says Ron.

The University will be quite a change for him. After enjoying "senior status" at Amador Valley High School, he'll now join the ranks of "lowly freshmen." I know it's going to be tough," he acknowledges, "but no matter where you go to college as a freshman, you just know you're going to die!" he laughs.

His teammates, as well as his competitors, will be much larger compared to what he's been used to. Ron was told by his new coaches, however, that he should not worry too much about that, but just concentrate on being fast and in good shape. The size will come later.

So, this summer, Ron has been preparing for his August 13th departure by running three miles every morning, lifting weights in the afternoons, and working on his speed in the evenings. He's working at the water slides, which he claims "is very exhausting, because it's not easy being in the hot sun all day." (Not to mention the eye strain from hours of bikini inspection.)

Ron's older brother, Steve, is presently in Rocklin, California, at the San Francisco 49'ers training camp. The team will go through a series of eight

cuts or more. Steve could spend a month or more in training, without ever knowing whether he's made the team.*

A recent graduate from Washington State University, Steve 23, studied insurance, just in case his shot at professional football wasn't successful. "Steve's married, so if things don't work out in football, he and his wife will probably just settle down and he'll get a job," Ron believes.

"Football's great, but you just can't count on only one thing like that," Ron feels. The 18-year-old is 6'5" tall and weighs 230 pounds. He knows that his height has had a great influence on his success to date. "I have a lot of friends who are really good ball players and they were passed up just because they're weren't tall enough!" he declares.

You can catch Ron in the Alameda County vs. Contra Costa County All Star game on August 11th at Diablo Valley Junior College. Ron was one of thirty young men chosen for the team from only 75 to 100 players selected for consideration from all of the teams within Alameda county. The game promises to be an exciting event.

Ron thinks he might have a chance at making the Bears' travelling squad. He says they are low on defensive linemen, (his position), this year. "They have about nine now, and they'll take eight. Someone could get injured, or I could do really well," he says. "You just never know what might happen!" Keep an eye on those Sebahar boys, Pleasanton!

*Steve will apparently not make the 49'ers this year. Tryouts were very rough and Steve left the Rocklin camp in mid-July.

Pleasanton Team Is All-Star

National League All-Stars baseball play began last month with the teams in each age bracket hoping to advance through the 10-game, double elimination tournament.

The All-Star teams are selected at a managers' meeting. Each coach nominates four boys from his team for All-Star play. The final selections are then made by a managers' vote.

Pleasanton's National League belongs in District 57, which encompasses 17 leagues in all. The All-Star team, then, plays other teams from this district which stretches all the way from Danville, south to Newark.

The Pleasanton National League

Majors (11 and 12 year olds) '84 All-Stars advanced through their first several rounds of play before they were unfortunately defeated at the hands of the Twin Creeks All-Stars from San Ramon on July 19th. The loss was their second in the '84 series, and eliminated the team from future play and any hopes of the finals.

The only Pleasanton team to continue further in All-Star play, this season, was the Junior (all 13 year olds) American League All-Stars, who were able to advance to the semi-finals before being defeated by the Danville All-Stars. The Juniors' coach is John Vomacka.



Pictured are the National League Majors: (1st row, l-r) Warren Nairn, Kris Cohen, Andy Spinola, Jimmy Stevenson, Todd Strong, Ken Sandahl, and Matt Bomely. (2nd row, l-r) Trevor Horton, Jason Hendricks, Erik Heritage, Erik Krueger, David Ferry, Mike Nicholson, and Rusty Guasco. (3rd row, l-r) Bob Heritage, coach; Steve Spinola, manager; and Rick Ferry, coach. Not pictured: Mike Daley.

Parkside Defeats Hacienda In Close Game

Congratulations to the Parkside Men's division 1 slowpitch softball team in their big victory over the Hacienda Hitters at Pleasanton Sports Park, July 26.

Parkside beat Hacienda in the last inning, as they scored a run to make the final score 7-6.

Bringing in runs for the Parkside team were Greg Schur, with 2 RBI's; Bruce Fouch, 1 RBI; Bill Arsondi, 2 RBI's; Tom Zehnder, 1 RBI, and Brian Blancett, also with 1 RBI.

Hacienda pitcher, Mike Hunt turned in a valiant performance, along with his catcher Jim Apple, who sustained a painful injury to his right leg. Apple, though, being the trouper that he is, ignored the pain and managed to finish the game.

Hacienda runs as a result of RBI's by Frankie Pappalardo, (1); John Steinbuch, (1); Rob Gibbons, (2), and Pat O'Brien (2).

Good game guys! (Better luck next time, Hacienda.)

SPORTS



Soccer can be hard on the feet.

Foot Injuries Can Slow You Up

This is the season for runners to fully enjoy a morning's workout along their favorite path and for the eager soccer fanatics who have patiently waited to frolic on the turf with abandon under the warm summer sun.

Unfortunately, according to Dr. Brent S. Collins, a Pleasanton Podiatrist, these two sports incite the highest incidence of podiatric injuries. "Most of the athletic injuries I see have been caused by running or by playing soccer, especially in the young, 10 to 13 year old age brackets," he claims.

Running injuries usually occur because the runner increases his mileage or his times too rapidly, or because of improper footwear. "You should only increase your mileage by 10% per week," Dr. Collins recommends. "More than 10% in mileage or time is too stressful on the body, in so short a period of time."

Stress fractures are common, in this instance. "A stress fracture is a small crack in any bone of the foot or the leg, due to excessive stress applied to one area for a prolonged period of time," he explains. If an area is excruciatingly painful to the touch, and there is some swelling, you might have a stress fracture. Diagnosis can only be made by x-ray, however, seven to ten days after the injury is sustained. Radio-active dyes are now being used which enable x-ray diagnosis to be reliable as soon as the next day.



An average person's foot can undergo as much as 1000 pounds of pressure per foot strike while running.

The only treatment for a stress fracture is, of course, rest — no running! Prevention is a matter of watching your mileage, running on soft surfaces, and wearing the right shoes. A good pair of running shoes should have a leather heel counter for stability, and a partial leather toe box, with the rest of the upper being some type of vinyl or similar breathable material. You also need an adequate arch support and a thick mid-

sole to absorb shock.

"If you have a high arch, you will have more of a problem with shock absorption," says Dr. Collins. Such runners are commonly plagued with outer knee pain, and arch pain. Usually proper arch support will relieve the pain and prevent the injury from recurring.

Those with a low arch, on the other hand, are more susceptible to inner knee pain, "because of the inner torque they inflict upon their knees," he explains. This problem, too, can be helped with better support, which will relieve the inflammation and pain.

If normal support measures are not successful, a sporthotic might be in order. It is a semi-flexible arch support which is made by taking an impression of the foot, in a neutral position. The sporthotic is then made to fit into your own shoe and prevent knee and arch injuries. It is a type of "custom-made" support device.

"Sporthotics are not for everyone, though," warns Dr. Collins. He feels that some people can be helped with simpler, less involved devices, and might never have a problem again. Sporthotics can be used by an athlete in any sport: soccer and running, certainly, but also tennis and even skiing.

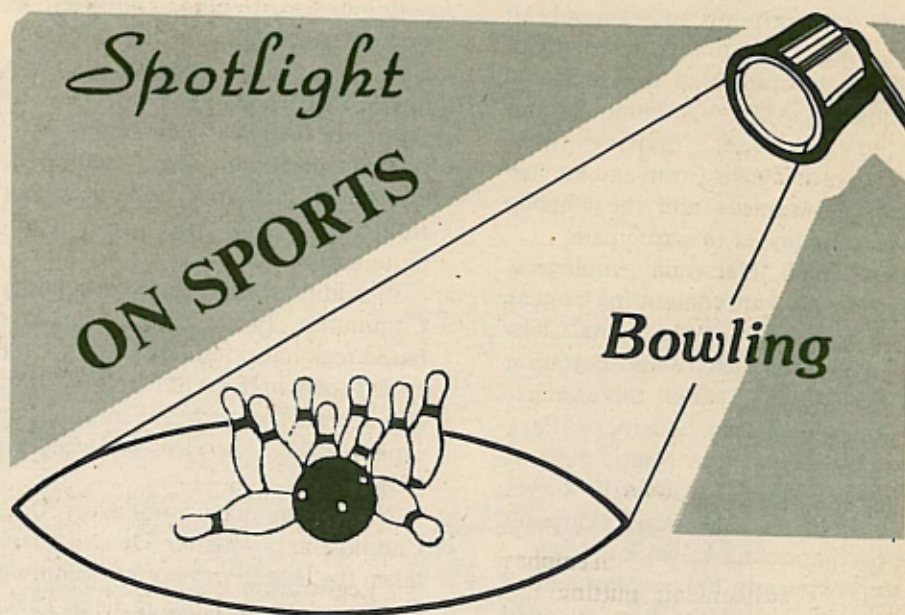
The most common injury Dr. Collins encounters among the ranks of young Pleasanton soccer players is heel pain. "This is usually due to the soccer shoe itself," he states. Shoes with two cleats under the heel tend to create a pressure point, pushing up into the heel. It is much safer to have a shoe with four cleats under the heel, and Dr. Collins strongly recommends molded cleats over the screw-in type.

Another common soccer-related injury is apophysitis. This is an irritation where the achilles tendon is attached to the secondary growth center in the foot. This is usually the result of simple over-utilization and is generally treated with a heel lift and some stretching exercises. If this isn't successful, arch supports may be used to take more pressure off the foot. Most of the inflammation should then subside.

Another nagging problem common to the summertime-athlete are blisters. One way to avoid them is proper fitting athletic shoes ($\frac{1}{2}$ " to $\frac{3}{4}$ " space between the longest toe and the end of the shoe). "You might also try applying moleskin to prominent areas which are more susceptible to friction," Dr. Collins offers.

If you have already discovered a nasty blister, drain the watery-fluid from one place, with a sterilized needle. Puncture the blister at the side, near where it is attached to the skin, drain the liquid, then apply some antibacterial cream and a bandaid. Never remove the surface of the blister. You will invite infection. And be careful out there!

Spotlight ON SPORTS



"I'll Just Keep Getting Better"

Rob Williams has just about the strongest right arm of any 12-year-old you'd ever want to meet. He's an avid baseball fan, and hopes one day to play professional baseball. But, much to his dismay, his real talent seems to lie in the bowling alley.

There, Rob is the king of the lanes. He's been bowling for only $3\frac{1}{2}$ years, but in that short period of time he has been named to the Northern California All Star Bowling Team twice.

It is quite an honor. Rob was selected from over 20,000 other youth bowlers in Northern California, and was one of only 79 other bowlers sharing the honor. Rob is even more excited this time than the last, because he feels that "winning the award for a second time is more thrilling than it was when I won before."

Rob averages 160 a game, but frequently scores 200 plus. His personal record is a 232. Professional bowlers usually average in the 250 to 260 range, so that's what Rob is aiming for. "If I can't be a baseball player, then I'd want to be a professional bowler," he says. And if that falls through, Rob would consider law school as a viable alternative.

The Wells Intermediate School eighth grader easily maintains a B average, and says he enjoys school. He is looking forward to computer classes. In the meantime he's been studying French.

Rob hasn't the shyness or the insecurities one might expect from a young man his age. He is remarkably well-mannered, with a quick wit that doesn't betray his strong sense of direction and purpose. Rob Williams is a noticeably ambitious young man.

Rob bowls once a week at the Hillman Cloverleaf Bowl in Fremont. The 20 minute drive, he says, "isn't bad at all!" But what do Mom and Dad think about it? "They're my biggest supporters," he says proudly of his parents, Bob and Gerri Williams.

Rob says his Dad accompanies him to most of his tournaments and "helps me keep my head cool when I start to get down on myself." Rob thinks that is the biggest mistake a bowler can make. Bowling is largely a mental game, a test of concentration. "If you do poorly one game, you've got to shake it off so you can improve on your next one," he warns.



Bowling champ Rob Williams

Rob truly loves baseball, too, however. He played Little League this year for the Red Sox. He collects comic books and, of course, baseball cards. He has a total of 2,000 of the latter and nearly 600 of the former. He also enjoys drawing baseball games and sports scenes.

Next year, Rob will move up a division and bowl with the 13 to 16 years olds. It will be a little tougher, but Rob's not nervous. "It's just a matter of choosing where you want to throw that ball, and concentrating. Sometimes I suffer a little slump, where I don't really improve much," but he enthuses that, "I'll never get worse, though, I'll just keep getting better!"

Hacienda Carpools Are Forming

By Karen Fraser-Middleton
Hacienda Business Park
Transportation Manager

All during the month of July, employees at Hacienda Business Park had an opportunity to meet each other, and to form carpools and vanpools at the series of commute alternatives meetings co-sponsored by Hacienda employers. AT&T Communications hosted the event, inviting their employees as well as Crum and Forster Personal Insurance and the Chabot Center employees to participate.

Over 1200 Hacienda employees, some of whom are commuting from as far away as Sacramento, Santa Clara and Marin, completed a transportation survey conducted earlier this summer by the Hacienda Business Park Owners' Association. Nearly 50% of those employees returning the survey indicated they would consider carpooling or vanpooling to work.

Approximately 300 people attended the meetings and the best attended meetings were those held for Oakland/Alameda area, Concord, Hayward, San Francisco and Pleasanton areas. Some carpool groups were formed on the spot and several people requested help in establishing vanpools. The employees who attended were tired of traffic, the time it takes to commute and the costs of operating a commute vehicle. They were truly interested in finding someone to carpool with. Dale Chesnutt, AT&T's Commute Coordinator, commented, "We were very encouraged by the enthusiasm and interest expressed by the employees and anticipate the program being successful and beneficial to the employees as well as the Business Park."

Six AT&T employees — Ada Brown, Mellie Kakarigi, Jerry Trujillio, Siena

Hong, Ginny Bjorndal and Sue Fielding — won \$50 prizes at the commute meeting drawings. Tom Clausen, an Associate with TJKM, a transportation consulting firm, won the \$50 prize for Chabot Center employees.

Employees attending the meetings received a list of people they could ride with, a carpool kit explaining how to organize a carpool, and a worksheet to figure out their yearly commute costs. At the meetings, some employees discovered that they were spending from \$1000 to \$4000 per year on commute costs.

In addition, RIDES for Bay Area Commuters, Inc., the San Francisco based regional ridesharing agency, set up a display in the AT&T building and sent representatives to the meetings to explain RIDES' services and vanpool program.

AT&T Commute Coordinators, Dale Chesnutt and Jennifer Henard, have taken the lead in promoting commute alternatives at Hacienda Business Park. Polly Welsh of Chabot Center and Denise Frak of Crum & Forster encouraged their employees to attend the meetings and personalized the materials, developed by the Hacienda Owners' Association and AT&T, to fit their companies' styles.

The carpool meetings were the first step in a series of efforts to help employees find a better way to get to work and to reduce the number of vehicles being used at Hacienda. In the next few months, the company coordinators will be offering personal assistance to employees forming carpools, preferential parking for ridesharing vehicles and a computerized matching system to further encourage employees to use commute alternatives.

Student Of The Month

Lucia Kelley, 1984 graduate of Foothill High School was selected as the Student of the Month by the Small Business Committee of the Pleasanton Chamber of Commerce.

For her student on the job training experience, Lucia worked at the Livermore Air Terminal for two and one half months under the supervision of Lori Oliver.

Her work included a weather observation course, local and ground

monitoring, aircraft recognition, in-flight observance and the language of the profession.

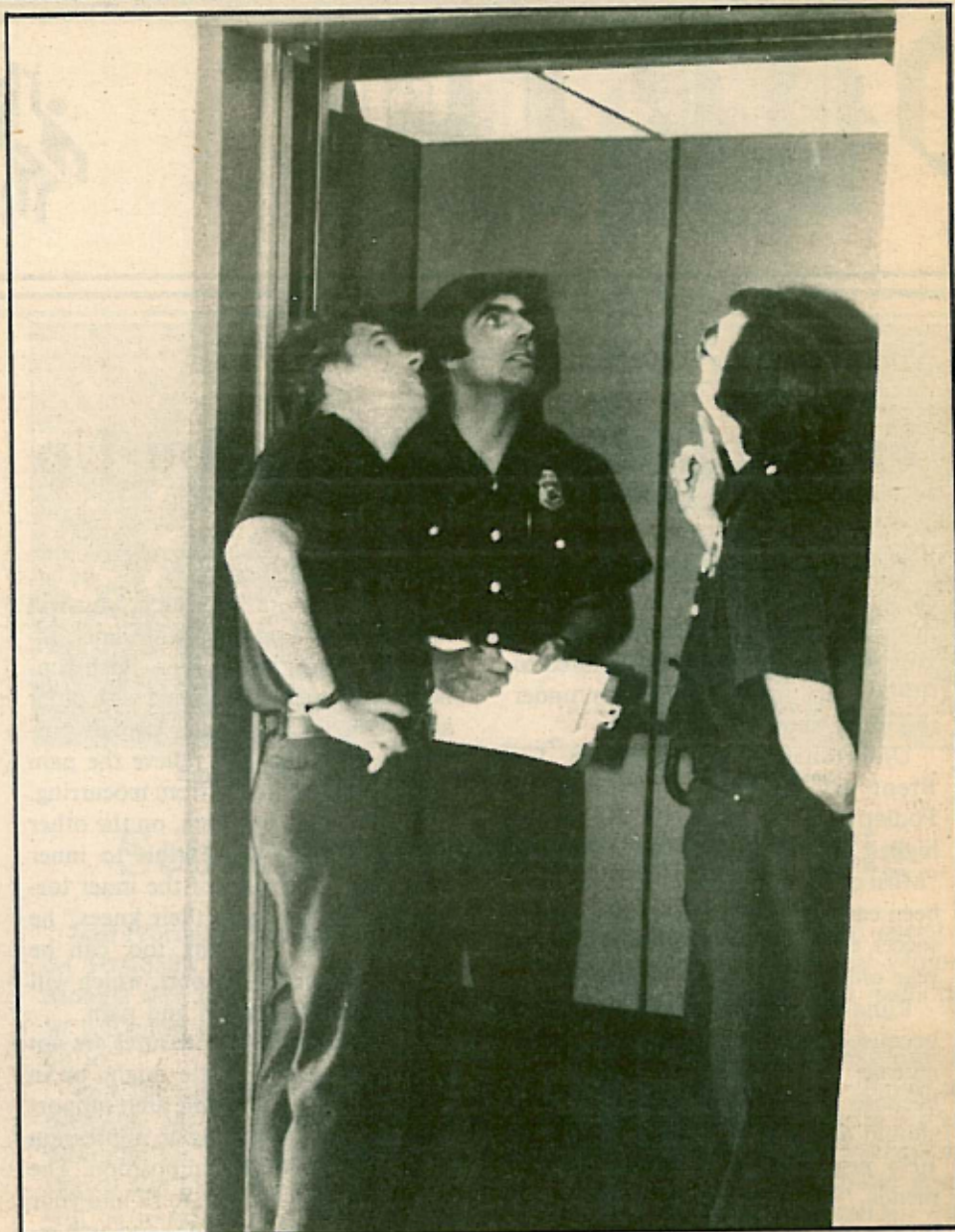
She also has been a dorm counselor for the school districts in the outdoor education program during the Fall and Spring.

Her hobbies are snow skiing, photography, biking, swimming and soccer.

Lucia plans to attend San Diego's University to study communications.



Lori Oliver (background) of the Livermore Airport Terminal works with Foothill High School student Lucia Kelley.



Pleasanton firemen (l-r) Joel Pernus, Cornell Holmes, and Curt Grasso out on a commercial fire inspection.

"Only You Can Prevent Fires"

Fire Marshal Theodore Klenk has been with the Pleasanton Fire Department for 18 years and if anyone knows how to prevent fires from starting, Ted Klenk does.

Summer, unfortunately is usually the biggest season for fires but, although our firemen have been busy, the department hasn't seen as much action as they usually do this time of year. "Since men, women, and children are the three major causes of fires," he says, "someone seems to be cooperating."

How can you help prevent fires? The basics of fire protection are very simple. Since a fire needs air, a combustible, and an ignition source, limiting these things would seem to be the answer.

"Obviously we can't limit air or oxygen! So, we must limit or control the things that will burn, and whatever might start them burning. It's as simple as that," Klenk states.

This means getting rid of the firewood stacked up by the house and keeping the weeds at least mowed down if you can't get rid of them. "What you pile up for winter, get rid of now!" he declares.

In order to limit ignition sources you've got to consider cooking and heating appliances, lamps and light fixtures (make sure they are far away from draperies, papers, etc.), and especially children who like to experiment with matches. And for all of you do-it-yourselfers starting summer projects, make sure your equipment is in good shape!

Other common ignition sources that people don't often consider are car exhaust and misused gasoline. Many fires

have been started by cars driving through dry, open fields, chefs who attempt to prime their barbecues with gasoline, and others who attempt to fuel up the lawn mower with gas right smack-dab in the center of their highly flammable lawns. These things spell disaster.

"We go to fires like that every year," Klenk insists, "just because people don't stop to think or use their common sense." If you're not sure whether something in your home might be a fire hazard or not, call the fire department and ask. They'd be more than happy to answer your questions. An inspection might be in order, and that, too, can be arranged.

Another point to consider is proper home identification. Make sure your address is clearly visible from the street, by daylight and at night. Make sure there are no bushes covering the numbers and that they are well lit in the dark. If someone is having a medical emergency, and your house cannot be identified, those extra minutes the emergency crew spends searching for the right house could mean life or death, yours or someone you love.

Also, be sure that your whole family knows what to do in the event of a fire. Fire Marshal Klenk suggests that the children should definitely be included in planning discussions. "Make it a family project! Then, they will feel confident and secure in knowing how to take care of themselves should a fire occur," he explains. "Make sure that everyone has a safe avenue of exit at night, and especially in two-story homes.