

PLEASANTON Pathways

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Pleasanton, California

August 20, 1984

"It was a truly wonderful trip"

Sister City Promotes Brotherhood

By Lilly Ault

If you see 14 Pleasanton residents walking around town on a high, it's not because they are on anything or because they drank too much tequila. It's because they found a new love, understanding and friendship in Tulancingo, Mexico, Pleasanton's Sister City.

This love, understanding and friendship was an experience that I find very hard to put into words — you really had to be there! It's a feeling that will last a lifetime and then some.

The excitement of the trip began almost on boarding the bus from the Mexico City Airport to travel the 50 miles to Tulancingo. It was, however, probably the kind of excitement we all could live without. Driving in Mexico can be a hair-raising experience.

However, our welcoming and traveling committee assured us that we had a good driver and that we had nothing to worry about.

Upon our arrival at Hotel La Joya in Tulancingo we were escorted to a reception befitting royalty.

From that reception at the hotel, the evening continued on to an exciting welcome from the Rotary Club held in their own building. This was also the beginning of our receiving gifts from our hosts — gift giving that continued throughout the duration of the trip. (These gifts will be on display at 450 Main Street during Heritage Days.)

Wednesday, August 1st, we witnessed and took part in the official signing of the proclamation of our Sister City by the Tulancingo Councilmembers. Again, the program featured an exchange of gifts.

Following this ceremony, we returned



Señors Steve Noble, Larry Lindsey, Bob Grimes, Bob Athenour and Frank Capilla tried on sombreros at the Tulancingo Fair.

to our hotel rooms to don our casual clothes and ready ourselves for a tour of Tulancingo. No matter where we went a police escort was always present, seeing that our caravan moved smoothly and without the least bit of interference.

Our first stop was at a satellite station. This impressive facility tour began with a short movie explaining the operation. From this location, the beautiful, green, lush valleys of Tulancingo could be plainly seen. Our

cameras snapped joyously.

Tulancingo is located in the State of Hidalgo, situated in a valley 50 miles north of Mexico City and occupies an area roughly the size of Pleasanton. The population is approximately 80,000.

Our tour of the city included viewing the Red Cross Emergency Center, Fire Department, the Cathedral, a beautiful display of early architecture, and then on to a tour of the Apple Cider Factory and lunch. (The Apple

Cider Factory is very similar to our methods of making wine except they use apples.) The grounds of this establishment could have very well been a setting for a Hollywood production.

The beauty of the ancient buildings was only accented by the abundance of greenery and flowery landscaping surrounding them.

Here again, the warmth of our friends from Tulancingo was displayed and although our tour had hardly

Continued On Page 12

(For More Photos See Page 7.)

Pleasanton Celebrates Annual Heritage Days

The 11th Annual Heritage Days Celebration will take place starting Friday, September 14th. The Celebration is sponsored by the Downtown Business Association, the Chamber of Commerce and the Pleasanton Art League.

For the duration of Heritage Days, the town of Pleasanton, and her people, travel back in time to the days of old. They celebrate old Pleasanton, with a series of events and happenings. The week of celebration is colored by the old western theme which prevails in Pleasanton, but most of all, on Main Street.

Although compete details are not available at this time, we thought you

might like to know about some of the more timely details that need immediate attention for participation.

For example, the Heritage Days Parade is quite an event. It will be held on Saturday, September 22 at 10:00. All entries are encouraged. However, entry deadline is August 31st, so hurry down to the Chamber of Commerce and pick up your application.

There will be an Art show and a street faire all week long, but all of the street faire booths have already been reserved. However, if you are interested in a food booth, there might still be some space available. Call Helen Allin at 455-0249 for more information. If you would like more information on

the Art Show, you can call George Akers at 846-7540.

The celebration will also feature the 2nd annual quiche eating contest, "The Pan-Man Triathlon," sponsored by Scotland Yard. The entrants were all selected and they will be competing by invitation only. The contest will help kick off Heritage Days.

Also on the agenda are the 1st Annual Kaleidoscope Bed Race; the "Roving Jail," which picks up "criminals" who haven't donned their western garb and holds them for bail; a 4-H country fair; a dunking booth, (the dunkies are all Pleasanton City Council candidates); the 1st Annual Heritage Days 10K and Fun Run (additional details

found elsewhere in this issue); and much, much more.

We'll be keeping you up-to-date on the festivities as they develop. Until then, polish up those boots and dust off your old cowboy hat . . . it's almost time for Heritage Days in Pleasanton!

DON'T FORGET!

School begins

Wednesday,
Sept. 5





IN MY OPINION

In My Opinion is a bi-monthly column featuring opinions of guest editors. This column is written by Ann Doss, Curator of the Amador-Livermore Valley Historical Society Museum.

When most of us think about history or historians, we think about being absorbed in events of the past. We all have our favorite periods when we would have liked to have lived or events we would like to have seen. Who wouldn't like to have strolled through the grounds at San Francisco's Panama Pacific International Exposition in 1915 and maybe even buy a jewel from the sparkling Tower of Jewels? Maybe you wish that you had heard a lecture by Sophocles in ancient Greece, listened to Lincoln at Gettysburg or watched Michelangelo paint the Sistine Chapel. Historical museums try to recreate the feel of these eras by showing items from the past dutifully clarified by captions. But do museums exist just to satisfy our desire to nostalgia? In My Opinion, they do much more.

There are two important things which museums do for us over and above just showing the way people lived and worked in the past. We can all laugh at the primitive devices used by our ancestors and be amazed that they were able to do the things they did or travel as far with what they had available to them. But visiting a

museum can also create better communication between family and friends and, if we let it, can expose us to a wealth of knowledge about ourselves and the future of our community.

Studies show that a museum experience is rarely enjoyed alone. It is one of those activities where we seem to need someone along with us to really appreciate the visit. I'm sure that this is no accidental occurrence. It touches on one of the benefits of attending museums.

"Fortunately, in the Valley we don't have to travel to enjoy the benefits of a museum."

One of the most rewarding aspects of setting up any kind of museum display is watching the groups of family and friends view it. Memories are sparked in parents about their childhood and anxious ears listen while stories of Grandma or Grandpa's house flow forth. Reminiscences which parents would never think to sit their children down and tell are recalled at the sight of an old stove or curling iron. The blacksmith shop reminds someone that their Uncle Henry used to work with iron and friends and family alike are treated to the story about the critical part he had to make for a wagon or the job some small-fry had working the bellows. Museums help us to learn about each other and to strengthen the bonds between us.

Museums are also the repositories of all sorts of information about how people thought in the past, some of the things they tried to do, and best of all, how their efforts turned out. The ar-

chives of a museum can reveal the character of an area; the mistakes made by the people who lived there, or their successes; the mistakes made elsewhere that shouldn't be repeated, and how to avoid repeating them. In short, they are holding places for human knowledge. This knowledge can be used by present and future generations to determine who they are and where they want to go. They provide resources for the living to help us plan for our future.

Museums give us the opportunity to review decisions made in the recent past as well, since new materials are collected all the time. We can be sure that the idea whose time was not right today will be waiting for us when the time is right. Perhaps it will wait forever, perhaps not. That's what is so exciting about museums . . . there is always something waiting there, waiting just for you.

"Museums give us the opportunity to review decisions made in the recent past as well, since new materials are collected all the time."

Fortunately, in the Valley we don't have to travel to enjoy the benefits of a museum. The Amador-Livermore Valley Historical Society's museum, currently located on the Alameda County Fairgrounds in Pleasanton, offers a wide variety of exhibits on local history as well as publications and resource information about the area which we all call home. The museum is open regularly on Tuesdays, Thursdays, the 1st Saturday and 3rd Sunday of the month from 1:00 p.m.

to 4:00 p.m. or by appointment scheduled by calling 462-2766.

Museum outreach programs include traveling exhibits, which bring museum materials directly to local classrooms; research efforts like the oral history program, which documents aspects of life in the Valley found only in the memories of its pioneers; and support for Valley preservation projects such as the restoration of Old St. Raymond's Church in Dublin.

" . . . visiting a museum can also create better communication between family and friends and, if we let it, can expose us to a wealth of knowledge about ourselves and the future of our community."

The Historical Society, which was founded in 1963, provides the sole support for the museum and its programs as well as sponsoring social events with a historical flavor.

In 1983, the Society undertook the task of creating a new home for its museum. The City of Pleasanton agreed to lease their old Town Hall on Main Street as the site and designs and plans were drawn. The Society is not only transforming the building into an attractive facility, but is also restoring it, as much as possible, to the way it looked when it was built in 1914. With continued support from the community, this project not only provides an improved museum facility, but protects a piece of our heritage as well.

— Ann Doss

CHORAL GROUP ASSISTS PROJECT

Charlotte Severin, of the Pleasanton Cultural Arts Council (right) accepts a \$400 check from Pam Grove of the Valley Choral Society, as a donation to the renovation of the Amador Valley Theatre. Looking on is Councilman Walt Wood (right) and Dr. William Berek, PCAC trustee. The Society sponsored a Pop's Concert in June for the project and because of the great success of the event, the concert will become an annual event. The Choral Society, under the direction of Edwin Flath, is a 40-voice, four-part audition chorus whose members represent the entire Livermore-Amador Valley. Further information on the group can be obtained by calling 463-4205.



George Montoya, AT&T District Manager — Network Engineering; Fred Wehman, AT&T Vice President — Network Region; Charles Turnbo, Trustee, PCAC, and Duane Brown look over a model of the Amador Valley High School Theater as it will appear after renovation. The model was made and donated by Fee + Munson Architects. Fred Wehman presented a \$5,000 unrestricted grant to the Pleasanton Cultural Arts Council Board of Trustees. This grant will go toward the renovation now in process, of the Amador Valley High School Theatre. Also present at the special meeting was Steve Spivak, AT&T Public Relations Supervisor.

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Councilman Bob Butler is the first to "volunteer" his services with Lori Scott-Venter for the Downtown Association dunking booth during Pleasanton's Heritage Days. The booth will be located at Amador-Valley Savings and Loan, from 11 a.m. to 4 p.m. on September 22nd and 23rd. Interested volunteers are invited to rush to The Photo Plant, on Main Street to sign-up.

County Fair Names President

Joe Perez of Hayward has been elected president of the Alameda County Fair Association, which is comprised of a 26-member Board of Directors.

Perez, who is a partner in Abrott Plumbing in Hayward, has been on the board since 1975. He succeeds John Pleich of Albany as president.

DeWitt Wilson of Pleasanton, a

building contractor, was elected vice president. Wilson has been a member of the Board since 1971.

The officers are elected to one-year terms by their colleagues on the Board.

The Fair Association Board of Directors oversees the annual Alameda County Fair and interim uses at the Fairgrounds in Pleasanton.



PLEASANTON FAIRGROUNDS
OCTOBER 11, 12, & 13, 1984

OFFICE SHOWCASE 84 will be a spectacular display designed to provide a meeting place for business professionals. It provides exhibitors a setting in which to compare products, services and technology in a congenial atmosphere.

Interested exhibitors in the following areas should contact ICA: Office equipment, Office space, Office design, Office supplies, Clerical help, Communications, Computers, Cleaning services, Leasing firms, Executive travel agencies, Printing and advertising, and other office related firms.

Following is a partial list of Exhibitors:

- | | |
|----------------------------|------------------------------------|
| • DUBLIN OFFICE SUPPLY | • INNER LIVING |
| • MICRO AGE | • GATESWOOD SOFTWARE |
| • ACCELERATED PRINTING | • SCOTT'S COMPUTING RESOURCE GUIDE |
| • H.S. CROCKER | • AM COFFEE |
| • CREATIVE SERVICES | • HN ENTERPRISES |
| • DEVIL MT. GREENERY | • AMERICAN TELEPHONE AND TELEGRAPH |
| • PITNEY BOWES | • DREAM LIMOUSINE |
| • AB DICK | • VALLEY OFFICE EQUIPMENT |
| • BREUNERS | • OMI OF CALIFORNIA |
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There is no charge for admission to bone fide business people and invited guests. For those who attend and pre-register there will be an opportunity to win one of two special trips.

Cutting Your Commute Costs

By Peggy Silva
Transportation Intern

Commuting can be expensive as employees of Hacienda Business Park recently discovered. When Hacienda Employees attended the commute alternatives meetings last month, they were given a worksheet to help them calculate their commute costs. Employees calculated that commuting can cost anywhere from \$800 to \$4,000 per year.

Tom Clausen, of TJKM, Traffic Consultants have offices located in Chabot Center, attended a meeting and was able to set up a carpool with one other person for his 42 mile round trip commute from Lafayette. By carpooling 3 days a week, Tom will be able to reduce his annual commute costs from \$2,195 to \$1,705, a savings of almost \$500 per year.

AT&T Communications employee Tom Medanich spends \$3,000 per year on his commute from San Francisco. He can cut his costs down to \$1,400 by carpooling with two other people. That is over a 50% savings.

While most people know that carpooling can reduce gas costs, they don't know about the auto insurance savings for carpoolers. People who carpool and alternative driving can save approximately 10% on their annual auto insurance costs. You might think that carpooling, with the added passengers, would increase a carpool driver's insurance costs. In fact, most insurance companies do not require that carpool drivers increase the amount of passenger coverage. Carpoolers are eligible for a discount because they drive their own car less often. Many insurance companies offer carpoolers a lower rate based on the number of miles they drive.

You might try figuring out how much sharing a ride can save you by filling out the worksheet accompanying this article. When you realize the high costs of commuting you may want to join the many other commuters already profiting from carpooling to work.

COMMUTE COSTS WORKSHEET

- | | |
|---|--------------|
| 1. No. working days/year | 1. _____ |
| 261 — sick days & holidays | |
| 2. No. miles/year | 2. _____ |
| daily roundtrip mi. x line 1 | |
| 3. Cost of gas/year | 3. \$ _____ |
| (line 2 / mpg of car) x cost of gas | |
| 4. Parking & tolls/year | 4. \$ _____ |
| daily charge x line 1 | |
| 5. Oil, tires, maintenance, and repairs | 5. \$ _____ |
| \$0.05 x line 2 | |
| 6. Total operational costs | 6. \$ _____ |
| line 3 + line 4 + line 5 | |
| 7. Annual fees | 7. \$ _____ |
| State registration & licensing | |
| 8. Annual auto insurance | 8. \$ _____ |
| 9. Total cost of driving alone | 9. \$ _____ |
| line 6 + line 7 + line 8 | |
| 10. Carpool operational costs | 10. \$ _____ |
| line 6 / No. of carpoolers | |
| 11. Carpool insurance costs | 11. \$ _____ |
| line 8 - (line 8 x .10) | |
| 12. Total cost of carpooling | 12. \$ _____ |
| line 7 + line 10 + line 11 | |
| 13. Total saved by carpooling | 13. \$ _____ |
| line 9 - line 12 | |



Tom Clausen reaps the benefits of carpooling as he pulls into his preferential parking space.

JERRY LEWIS TELETHON AT HACIENDA

The community room at Hacienda Business Park has been selected as the site for the Alameda County Jerry Lewis Labor Day Telethon Phone Center.

"The" Telethon is an annual fundraiser for the Muscular Dystrophy Association, and will feature dozens of top entertainers during the 21 and one half hour marathon telecast.

Broadcast live from Caesars Palace in Las Vegas, the show will be broadcast on Channel 2, KTVU-TV. The local show will be at the Oakland Hilton.

In addition to Hacienda hosting the phone banks for the County, there will also be activities and entertainment at the Chabot Center Parking lot from 10 a.m. to 5 p.m. on Labor Day Monday, September 3rd.

Several bands, including Pleasanton's own "Whiskey & Lace", will entertain the crowd while they enjoy the food and the activities. The Pleasanton Firefighters will be manning a

Budweiser Beer and Bud Light booth, while nachos, hot dogs, soft drinks, candy and other snacks are sold.

All proceeds from sale of food and drink will be donated to the Muscular Dystrophy Association, as will the money raised at the dunking booth. The dunkers will be some of Pleasanton's, most famous and infamous citizenry.

Strawberry Shortcake and the Care Bears are scheduled to appear, courtesy of American Greeting Cards. Also on hand will be Chuck. E. Cheese, representing his famous parlour.

There will be a wheelchair obstacle course, a space building for kids to jump around in, and stagecoach rides for those who invite adventure.

The public is encouraged to attend the festivities. The more the merrier; all proceeds raised from this event will benefit MDA.

Businesses, groups, and individuals who are interested in becoming involved with this worthwhile project, please call the MDA office at 570-6166.

"Pet Of The Month"



Ernie

Ernie is a frisky little fellow. He stands approximately six inches high and weighs about three pounds. However, he has an identity crisis,

because he doesn't seem to know if he is a person, a dog or a cat.

The two-year-old maltese puppy resides in his own "cat house," which he shares with two real cats. He and the cats are quite compatible and apparently they have no problems sharing the house, their master Jeanne Gill, and each other's food.

Ernie is small but mighty. There is a "beware of the dog" sign posted on his owner's fence.

He does not like being left alone, not even for five minutes. When Jeanne returns to the house after even a short errand, he "goes wild" and scolds and sulks because she left him behind.

One of Ernie's favorite hobbies is to race around the one-half acre background.

Loveable Ernie is a living example that proves the old saying, "Good things come in small packages!"

"THE" TELETHON

Jerry Lewis
Extra Special SPECIAL
Muscular Dystrophy Association

Labor Day Weekend

Hospice Training

Hope Hospice of Pleasanton, a non-profit organization, will be presenting a +30-hour hospice training program for members of the community interested in learning more about hospice care. This will be Hope's first training course and is being funded by a grant from the East Bay Foundation. Topics to be covered include an introduction to the concepts of hospice; family systems theory; physical assessment; pain and symptom control; and death, dying and grief. An optional six-hour program will focus on training for providing nursing and personal care, such as bed baths and comfort measures for terminally ill people.

The 10-week class will begin September 4, 1984 and run through November 6, 1984, on Tuesdays from 7:00 p.m. — 10:00 p.m. The optional personal care program will be held Tuesday, November 13th, and Thursday, November 15th, from 7:00 p.m. — 10:00 p.m. Classes will feature guest speakers and panelists from a variety of disciplines who will speak on their areas of expertise. The course will be coordinated by Joanne Griffith, R.N., a credentialed teacher and a volunteer nurse with Hope Hospice. She is being assisted by a group of dedicated volunteers from Hope Hospice: Pat Belecky, volunteer coordinator; Lynn Kahler, lay volunteer; Theresa Stephany, R.N. volunteer; and Pat Hull, secretary volunteer.

The course provides 30 hours of Continuing Education Units for Registered Nurses, and is open to the community. Classes will be held at Hacienda Business Park, Suite 107, Community Room, 4637 Chabot Drive, Pleasanton. For registration information, contact Hope Hospice, 415-462-9353.

For The Best

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UPCOMING EVENTS

8/25	"Graffiti Night" & Classic Car Show FOSTER'S FREEZE in DUBLIN	6 to 10 PM ** F R E E **
9/1, 9/2 & 3	DANCE MARATHON to benefit Muscular Dystrophy at the OAKLAND AIRPORT HILTON	
9/7	"Classy Chassis Night" Auto Show JERRY'S BURGERS in SAN LEANDRO	7 to 10 PM ** F R E E **
9/8	# Pleasanton Valley Swim Club 50's Party	
9/8	# Highland Oaks Cabana Party	
9/14	# AMADOR HIGH 20 YEAR Class Reunion @ Castlewood	
9/15	# Woodland Hills Cabana Party	
9/21	7TH Annual BEACH STREET REVIVAL Spoli Party @ HOLIDAY INN, SANTA CRUZ from 8 PM 'til ?	
9/21	"Classy Chassis Night" Auto Show JERRY'S BURGERS in SAN LEANDRO	7 to 10 PM ** F R E E **
9/22	# COLLEGE PARK HIGH 20 YEAR Class Reunion	
9/22	# ACALANES HIGH 25 YEAR Class Reunion	Oakland
9/22	7TH Annual BEACH STREET REVIVAL Celebration and Parade; SANTA CRUZ BEACH & BOARDWALK	ALL DAY
9/22	# Schoeber's Party Cruise on San Francisco Bay	
9/29	"Graffiti Night" & Classic Car Show FOSTER'S FREEZE in DUBLIN	7 to 10 PM ** F R E E **
10/2	Fall Bridal Show @ PLEASANTON HOTEL	

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Jerri Long stays on top of her duties at the School District Office

Personality Profile

School District "Longs" for Jerri

As Administrative Assistant to the Superintendent of two school districts, Pleasanton's Jerri Long is never at a loss for something to do. Jerri has been working, in one form or another, for the Pleasanton school system for about 16 years, but her job and her duties have changed many times.

Jerri's present position was given root in 1977, when she was offered a job while working as a reporter for a Walnut Creek newspaper covering the "school beat" for seven Bay Area school districts. At the time, Jerri had complained to the Superintendent of Schools about the lack of communication between the media and the school district office.

Taking the cue, the Superintendent offered her a job as "Community Liaison Specialist," making her responsible for the essential two-way flow of information between the public (through the media) and the district itself. Jerri also worked as a teacher during this time, which is how she came to Pleasanton in the first place.

After obtaining her teaching credential at the University of California at Berkeley, she was hired on in Pleasanton. "Pleasanton was the first district to hire me on as a teacher!" remembers Jerri. As an English teacher, she spent seven years with the Amador Valley Joint Union High School District, and has taught at Amador, Foothill, and Dublin High Schools.

She says, "I have been very lucky in my life, to actually get to do many of the things in which I was interested." These include her teaching, of course, as well as journalism and now her position as Administrative Assistant.

The job has evolved from that first part-time position in 1977, to the complex, busy, and highly challenging job that it now is. "It's really like doing five different jobs, for two different districts

which are going two different directions," explains Jerri, "so it covers about 10 completely different duties. There's just never a dull moment!"

"What's really wonderful about it," she continues, "is that it combines things I've already done, but I still get the chance to learn new things all the time." She adds, "I like a job where no two days are the same!"

Jerri's husband, Rob, is a paleontologist, which further separates Jerri from an average, everyday existence. Not many people can say, "My husband builds dinosaurs!" But, Jerri enjoys living with one who is so enthusiastic, yet content in his lifestyle. "It's great sharing a life with someone who loves what he's doing that much too," she says.

Rob's career choice has definitely had its sillier moments, however. "We've always shared our home with fossils!" laughs Jerri. When their eight-year-old son, Geoffrey, was little, a lot of the bones had to be stored under his crib, and anywhere else the Longs could find space for in their small apartment. Now that they have a house, "Most of the bones are kept in the garage, but we do still have a lot around!" giggles Jerri.

On Pleasanton's recent growth, Jerri believes that "Pleasanton is very special because of the kind of atmosphere it has. This is still a small town in many ways." She says, "The people have a lot of contact with one another, and there is tremendous community spirit!"

Pleasanton has phenomenal parental support, according to Jerri. "The family atmosphere here is better than any place I've ever seen." The family first moved to Pleasanton shortly after Geoffrey was born for that very reason. "We came here because we felt that it was such a good place for families," she states. "It still is!"

Sleepy Hollow Auditions To Be Held

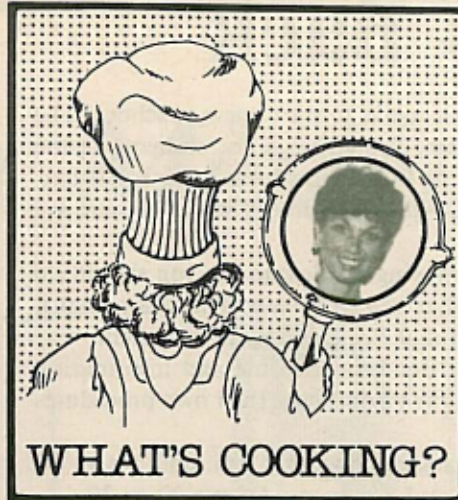
Children's Theatre Workshop will be holding auditions for "The Legend of Sleepy Hollow" from 7:00 — 9:00 p.m. in the Dublin High School Little Theatre.

Auditions for adult roles (high school age and older) will be on Tuesday, September 4th; children's roles (6

years and up) will be on Wednesday, September 5th. Call backs, if needed, will be on Thursday, September 6th.

Interested participants should come prepared for theatre games, movement exercises and cold readings.

For further information on the production, call 846-5400.



If you were going to take a whole foods cooking course, you would probably expect your instructor to be the epitome of physical fitness, a perfect picture of health. All of Candyce Roberts' students will never have to be disappointed.

Candyce has been cooking since high school, and she's always been active athletically. "I started out in college thinking, 'How can people go and run or cycle, and work out hard, and then go eat a candy bar?' It just didn't make sense to me at all!" she exclaims.

So, she studied nutrition and physical fitness, in addition to her major in English, on the way to obtaining her teaching credentials from Cal State Hayward. After teaching for a little while, Candyce soon became interested in other pursuits. Recently, she has been looking for another job, and hopes to find something that will combine her education and her interests.

In the meantime, a lot of her spare time is spent running, swimming and cycling. "Really, I like anything that enables me to be active and out-of-doors," she says. Candyce really is in terrific shape, and although teaching aerobics would be the perfect opportunity for her to combine her teaching skills with physical fitness, she admits, "I'd rather go out and run in the sunshine, and see the people, the animals, and the kids, than raise my leg 100 times to music!" She does, however, love to dance, so she takes several dance classes at Chabot College.

Candyce's husband, Dave, has been very supportive of Candyce's activities. Dave works at the Lawrence Livermore Laboratory, where Candyce has also applied for a job. "It would be nice because everybody works out on their lunch hours there!" she laughs.

Candyce is an excellent homemaker as well as an accomplished cook. She enjoys knitting, and other such "homey" pursuits, but the time for those activities just never seems to be available. Especially during the summer when "I can't stand to be in the house!"

As an experienced cooking instructor, Candyce's classes focus upon nutrition, technique, and the joys of whole

grain cooking. The course features both demonstration and lecture, but mostly "lots of hands-on activity," much to the delight of her students.

Her most recent class was offered through Amador Valley Adult Education. She will be starting another class soon, to be held on Thursday evenings. Candyce teaches at her home, because she discovered that teaching elsewhere was like "packing up my entire kitchen and taking it with me to every lesson!" she laughs.

"If you can't wash it, then don't eat it!" Candyce supports this statement in her nutritional beliefs. "When you look back in history, people ate off the land, with the natural foods that were available to them," she states. "Our society would be much healthier if we followed those guidelines, more, and avoided all of the processed foods we have grown so accustomed to."

To some people, "Whole Foods" mean "Health Foods," a term they associate with hippies and communes. However, what Candyce is referring to is a diet comprised largely of fruits, vegetables, and whole grains. It's not as frightening or complicated as people think, it's really very simple.

"The important thing is not to try and reform all at once," she says. "Try and improve one step at a time. Don't try and change all of your eating habits overnight so that your diet becomes unbearable!"

In her class, she teaches you how to do just that. Complete nutritional information, samples, and recipes are given for all items featured in class. She teaches how to make many different breads, rolls, snacks, desserts, salads, and the most exciting feature... whole grain pastas.

Candyce shares with *Pathways* readers her recipe for Vegetable Rice Salad. "This recipe is delicious, and it's perfect for when the weather is so hot!"

If you would like more information on whole grain cooking, and Candyce's class, you may call her at 462-4499.

VEGETABLE RICE SALAD

- 2 cups cooked rice (brown)
- 1 cup cooked garbanzo beans
(cook about 2 hours,
or used canned)
- 1/2-1 cup toasted cashews
- 1/2 cup chopped carrots
- 1/4 cup chopped parsley
- 1 t. dried basil
- 1/4 cup green onion, chopped
- 3 T. fresh lemon juice
- 3 T. vegetable oil
- 1/4 t. salt & pepper, each

Combine all ingredients and refrigerate several hours to allow flavor to blend. You may add shredded cheese if desired, but it is not necessary for protein requirements. (Serves 8)

Widowed Group Supplies Support

The purpose of the newly formed club Widowed Men and Women of Northern California is to provide supportive strength, understanding and a social setting to those who have lost a spouse.

The club is open to all widowed men and women of the Bay Area, and meets the third Monday of each month at 7:30 p.m. in the Community Room, Suite 107, of Chabot Center, Hacienda Business Park, Hopyard Road and Stoneridge Drive, Pleasanton.

Membership or additional informa-

tion can be obtained by calling Jim at 846-7076 or Sherry, 846-6881, after 6 p.m.

A Family Pizza Night is scheduled for August 23 at Gay 90's Pizza, Pleasanton, at 7:00 p.m.

On August 26, the group will have brunch at the Flying Lady in Morgan Hill. Persons interested in attending the brunch should contact Dorothy Weaver at 462-4633. Carpools will leave from Hacienda Business Park at 10:10 a.m. on the 26th.

School's Back

With September approaching, it is time once again to start anew at school. The new school year will commence on Wednesday, September 5 for students in the Amador Valley Joint Union High School and the Pleasanton Joint School Districts.

Whether you are new to the area or your child is a returning student, there are certain procedures you should be aware of.

If you have not registered your child since moving to Pleasanton, you should do so between August 23-31. All of the school offices will be open by Thursday, August 23. For grades 7-12 you should call ahead to make scheduling appointment.

Sophomores through Seniors need to pick up their schedule and information packets before the first day of school. The various schools have their own procedures for this.

Dublin High students may pick up their packets between 8 a.m. and 4 p.m. on August 23, 24, 27, or 28; or between 8 a.m. and 8 p.m. on August 20 or 30.

If you will be attending Amador High, schedule packets will be available on August 27-31, between 8 a.m. and 4 p.m.

Foothill High students' parents are required to pick up their packets. The Foothill office will be open from 8 a.m. to 8 p.m. on August 22-24.

If you are a freshman or a new student at any one of these schools, you should plan to attend an orientation session at your school. Dates and times for each school are as follows:

Amador Valley High — Tuesday, September 4, at 11 a.m.

Dublin High — Tuesday, September 4, at 10 a.m.

Foothill High — Thursday, August 30, from 9 a.m. to noon, and followed by a barbecue.

An orientation session will also be held for new students and seventh graders who will be attending Harvest Park School for the first time. The Orientation schedule is as follows:

Last names A-G, Tuesday, August 28 from 9 to 11 a.m.

Last names H-M, Tuesday, August 28 from 1 to 3 p.m.

Last names N-S, Wednesday, August 29 from 9 to 11 a.m.

Last names T-Z, Wednesday, August 29, from 1 to 3 p.m.

Schedules and teaching assignment lists will be posted at all schools by August 31st as well as bus schedules.

The bus transportation system functions on a pay-to-ride basis. If you would like information or registration forms for the service, you may call the transportation department at 846-3798.

School offices will be closed on Monday, September 3rd, Labor Day. They will be open the next morning at 10 a.m., following a district-wide staff meeting.

Students should be prepared to begin another year of excitement and fun on the morning of Wednesday, September 5. Starting times vary, so you might want to check with your school.

In your anticipation of that big first day back to school, don't forget that there are necessary steps to be taken now. Although "back to school" starts officially in September, preparations should begin this month!



(l-r) William Miranda, Roger Dean Underwood, and Robert Doscher gather at the Hacienda Community Center for a Sons in Retirement gathering.

They're Retired But Not Shy

The Sons in Retirement is an exclusive social club for retired Pleasanton men. The group meets once every month, usually for a luncheon meeting to discuss the latest happenings and developments.

The club, along with members' wives, met on Wednesday, August 8th, in the Chabot Center Community Room at Hacienda Business Park.

The Community Room was ideal site for the gathering. They had been meeting at a Dublin restaurant, but

have found Hacienda a delightful alternative.

The club is "strictly for enjoyment" states Chairman Gin Opdahl. His wife, Eleanor, serves as co-chairperson, and says "We don't charge dues, we are non-profit and non-political! We just have fun!"

To become a member of the club, you must first be brought in by another member, otherwise, the club is closed to outside applicants.



The birthday girl, Alice Trimingham (seated) is joined by her son, Jim Trimingham and daughter Joan Graham.

Valley Resident Celebrates Her First 100 Years

Alice Trimingham says you shouldn't smoke cigarettes or drink liquor if you want to live a long and healthy life. Alice should know, because she'll be celebrating her 100th birthday on August 21st!

She feels her longevity is a reward for years of eating right, getting plenty of exercise, and most of all, she says, "I think it's a matter of good ancestry!" and that should be good news for all five of Alice's children.

The former Alice Chamberlain, who was born in Mendocino County, married John Trimingham in 1907. The family spent many years living in Sunol where John ran a general merchandise store and dabbled a bit in farming as well.

Of the five children, only Jim Trimingham has remained in the area. Jim came to Pleasanton in 1930, when he ran the Pleasanton Service Station. After a brief move to San Jose, Jim returned to Pleasanton, and has remained here ever since. Jim served as manager of the Alameda County Fair in 1956.

Jim thinks his mother's secret is her attitude. "Everything's fine with her," he explains. "She doesn't worry or get too upset about anything." Alice is a noticeably happy woman with a twinkle in her eye and a delightfully contagious laugh.

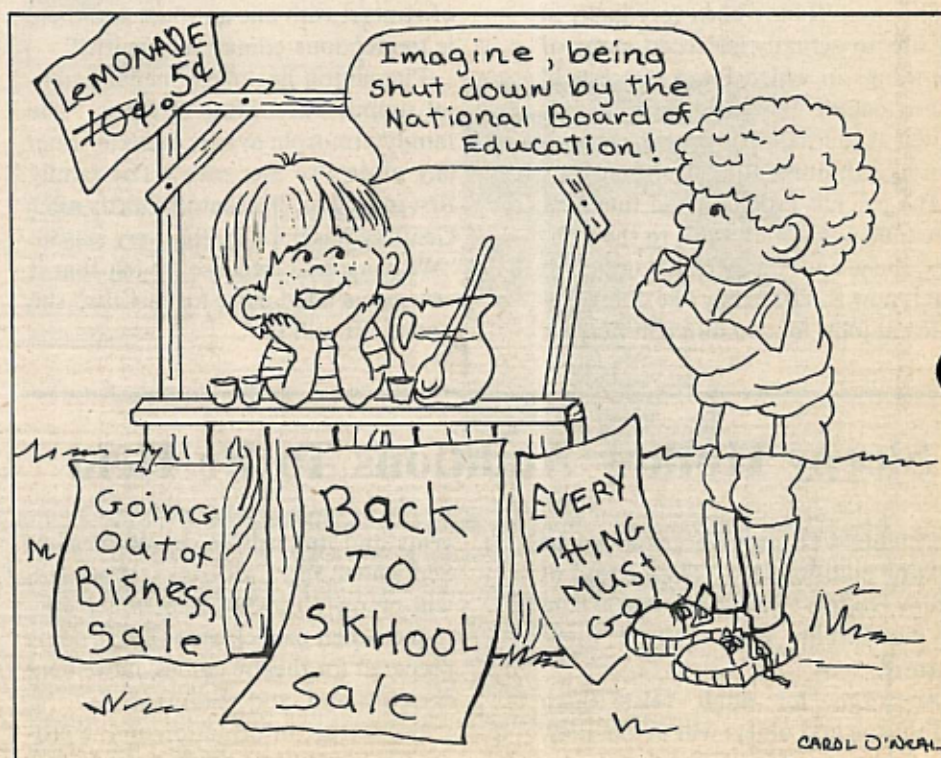
Alice's daughter, Mrs. Jean Graham, has always made an effort to be near her mother. At the present, Alice is living at St. Joseph's Convalescent Hospital in Castro Valley, so Jean lives in Castro Valley, too. "I like to be close to my mother, wherever she is," says Jean.

Jean also testifies to her mother's optimistic outlook. "She just takes things as they come along. She doesn't fight it." She adds, "She really does avoid a lot of unnecessary stress that way."

As for her rules on eating and living right, Jim attests that, "She has very definitely led a clean life!" Alice says that young people should be much more careful of the way they care for their bodies. She advises, "Always take care of your health, it's the most important thing you have!"

Still chipper, after one century of living, Alice insists she'll be around a while longer. "I want to live as long as I'm healthy and happy," she's decided. From the looks of things, Alice Trimingham will have a lot of birthday candles to blow out, not only this year, but in many years to come!

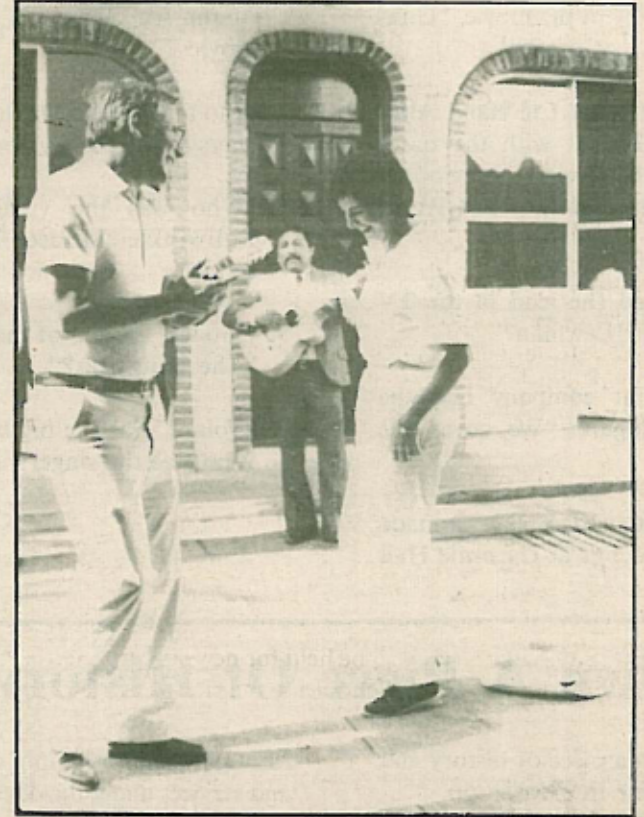
Pleasanton Pathways and all of Pleasanton would like to wish you a very Happy Birthday, Alice Chamberlain Trimingham, and many happy returns of your day!



¡Viva La Mexico!



Tulancingo resident and Jim Krouse look on while Mayor Ken Mercer receives "Key To The City" from Tulancingo Mayor Eric Saucedo-Delgado.



Rick Aguiar and Caroline Cardinalli enjoyed the Mexican Hat Dance.



Mike Parsons presents a painting of Pleasanton to Rotary president Emilio Ahued



Steve Noble and Bob Athenour present photo of Pleasanton Hotel to Tulancingo Lion Member.



A young couple demonstrated Mexican dance during a luncheon gathering.



Delegates to the Sister City Tulancingo were: Front row (l-r) Sally Tockey, Bob Athenour, Frank Capilla, Lilly Ault, Mayor Ken Mercer, Caroline Cardinalli and Larry Lindsey. Back row (l-r) Rick Aguiar, Jim Krouse, Councilperson Karen Mohr, Councilman Walt Wood, Steve Noble, Bob Grimes and Mike Parsons.



a bit
of trivia

By Ben Fernandez

1. Who did Burt Lancaster and Kirk Douglas play in the movie, "Gunfight at O.K. Corral?"
2. Who did Grover Cleveland Alexander strike out with the bases loaded in the seventh inning of the seventh game of the 1926 World Series?
3. Who played the lead in the TV series, "The Lawman?"
4. What paint company had the famous slogan, "We cover the earth?"
5. What great swing orchestra made a historic debut at Carnegie Hall in 1937?

6. Who is the actor that played in five of the six "Planet of the Apes" movies?
7. Who are the two Oakland A's pitchers to win the Cy Young award?
8. Who was the villain on the Bullwinkle Moose TV comic series?
9. Who was the star of the TV series, "The Detectives?"
10. "Volare" was the big hit of 1958. Who was the singer?

Answers Below

Own A Piece Of History

You can own a piece of history and insure the future in Pleasanton.

For a small donation, Valley residents and businesses can purchase certificates of deed good for one square foot of prime air space within the "new" Old Town Hall Museum, now undergoing renovation.

The price of \$100 per share is tax deductible. Each buyer will receive an official Amador-Livermore Valley Historical Society "Certificate of Deed" for the described property situated in the Township of Pleasanton, County of Alameda, State of California.

The "square foot" is being sold in order to restore the building located at the corner of Division and Main Streets in Pleasanton. The Society has set a cash goal of raising \$75,000 to help finance the renovation and construction. Many trades and businesses are already supporting the renovation

through their donation of materials and services under the direction of project general contractor AlaCon Construction.

Certificates of Deed may be purchased by sending \$100 for each square foot to Amador-Livermore Valley Historical Society, P.O. Box 573, Pleasanton, CA 94566.

Among the first proud certificate owners are Home Savings of America, Lillie Fiorio, Don and Judy Person, Ernie Schweertscharf, William Keizur, Alden P. Lewis, William Gale, Jr., and Hilma Hageman.

For more information call 462-2766.

Women and College

Women interested in entering college for the first time or returning to college are encouraged to enroll in the Chabot College — Valley Campus course entitled "College and the Mature Woman."

This Autumn psychology course, offered during the daytime on Tuesdays and Thursdays from 11:30 a.m. to 1:30 p.m., is designed to assist women in learning more about themselves and in knowing more about the vocational opportunities available to them. In addition, such topics as: self-awareness, self-esteem, and inter-personal relationships will be explored.

This group serves as a support group for women returning to college or entering college for the first time. It offers an opportunity to earn credit, practice some of the skills necessary for success in college, find a direction in life and meet new friends.

Dr. Dee Roshong, who heads the counseling service at Valley Campus, will serve as instructor for this popular course. Dr. Roshong's experience in teaching psychology courses and in helping women to make choices for new direction in their lives, makes her especially resourceful as the instructor of this course.

Women interested in enrolling in this course are encouraged to call Chabot College — Valley campus for registration instructions. The phone number is 455-5300.

VIP Schedule Of Events

The V.I.P.s have an exciting, busy schedule lined up for the fall season.

Members are requested to check the list, mark their calendar for those trips they would be interested in taking and make their reservations early!

On September 26th, the club will travel to Marine World and on October 3rd and 4th, the V.I.P.s will tour the wine country. Deadline for reservations for this event is September 1st.

A trip to the Pasadena Rose Tournament is scheduled from December 29th through January 2nd.

For further information on the club or any of the trips, contact Eleanor McKay at 846-5853.

Pleasanton Newcomers

The Pleasanton Newcomers will hold its installation luncheon at the Pleasanton Hotel on Wednesday, September 5th, beginning with cocktails at 11:30 a.m. Cost is \$7.90 per person.

For reservations and further information, call Nancy at 462-8189 by Friday, August 31st.

On The Street:

"What Is Your Biggest Pet Peeve?"

Gretchen Clatworthy — Pleasanton Resident — "I have so many, it's hard to choose just one. But since we're at the grocery store, kids who ride their bicycles along these sidewalks, right by the doors. They zip right past the signs that say 'No Bicycle Riding.' It's really dangerous, especially for elderly people. Someone could get very seriously injured!"

Lee Jay — Carpenter — "When the person in front of me is going too slow in traffic!"



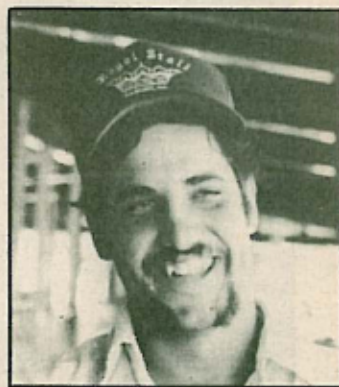
Joan Dorner — Pleasanton Housewife — "All the motorcycles while you're driving. I hate being surrounded by a lot of them. Especially when I'm up by Sunol. When I have about 10 of them around me, I get a little nervous!"

Jim Frerkinde — Purchasing Agent — "Traffic!"



Christine Flowers — Amador High School Student — "I hate it when I'm talking to someone and they're not listening to me!"

Greg Mello — Carpenter — "The Army. Because I hate being told what to do, I hate being yelled at, and I hate getting up in the morning!"



Trivia Answers

- | | |
|---------------------------------|---|
| 1. Wyatt Earpe and Doc Holliday | 7. Vida Blue (1971) and Catfish Hunter (1974) |
| 2. Tony Lazzeri | 8. Boris Badinov |
| 3. John Russell | 9. Robert Taylor |
| 4. Sherwin Williams | 10. Domenico Modugno |
| 5. Benny Goodman and Company | |
| 6. Roddy McDowall | |

SCHOOL SCHEDULE

For your convenience in making family plans during the school year, printed below is the school calendar for 1984-85.

Thurs., Sept. 4	Amador Board Mtg., 7:30 p.m., District Office (D.O.)
Wed., Sept. 5	First day of school — both districts Pleasanton Board Mtg., 7:30 p.m., D.O.
Thurs., Sept. 13	Dr. Hal Sandler, "Beyond War & What About the Russians?" 7:30 — 9:30 p.m.. School location to be announced.
Tues., Sept. 25	Joint Board Mtg., 7:30 p.m., D.O.
Thurs., Sept. 27	Rosh Hashanah — Jewish New Year
Fri., Sept. 28	Rosh Hashanah — Jewish New Year
Tues., Oct. 2	Amador Board Mtg., 7:30 p.m., D.O.
Sat., Oct. 6	Yom Kippur (Jewish Holiday)
Wed., Oct. 10	Pleasanton Board Mtg., 7:30 p.m., D.O.
Thurs., Oct. 11	Sukkot (Jewish Holiday)
Fri., Oct. 12	Sukkot (Jewish Holiday)
Wed., Oct. 17	CBEDS Information Day
Thurs., Oct. 18	Shemihi Atzeret (Jewish Holiday)
Fri., Oct. 19	Simchat Torah (Jewish Holiday)
Sat., Oct. 27	Adv. Placement Conf., Dublin H.S., 9-2:00
Tues., Nov. 6	Amador Board Mtg., 7:30 p.m. D.O.
Mon., Nov. 12	Veteran's Day — legal holiday
Wed., Nov. 14	Pleas. Board Mtg., 7:30 p.m., D.O.
Thurs., Nov. 22	Legal Holiday — Thanksgiving
Tues., Nov. 23	Local Holiday; HS
Tues., Nov. 27	Joint Board Mtg., 7:30 p.m., D.O.
Tues., Dec. 4	Amador Board Mtg., 7:30 p.m., D.O.
Wed., Dec. 5	Pleas. Board Mtg., 7:30 p.m., D.O.
Mon., Dec. 24	Local Holiday — HS — Winter vacation begins
Tues., Dec. 25	Legal Holiday — Christmas
Mon., Dec. 31	Local Holiday — HS
Tues., Jan. 1	Legal Holiday — New Year's Day
Mon., Jan. 7	School Resumes — HS
Tues., Jan. 8	Amador Board Mtg., 7:30 p.m., D.O.
Wed., Jan. 9	Pleas. Board Mtg., 7:30 p.m., D.O.
Mon., Jan. 14	Leagl Holiday — Martin Luther King, Jr. Day
Tues., Jan. 22	Joint Board Mtg., 7:30 p.m., D.O.
Tues., Feb. 5	Amador Board Mtg., 7:30 p.m., D.O.
Wed., Feb. 13	Pleas. Board Mtg., 7:30 p.m., D.O.
Fri., Feb. 15	Legal Holiday — Lincoln's Birthday
Mon., Feb. 18	Legal Holiday — Washington's Birthday
Tues., Mar. 5	Amador Board Mtg., 7:30 p.m., D.O.
Wed., Mar. 13	Pleas. Board Mtg., 7:30 p.m., D.O.
Tues., Mar. 26	Joint Board Mtg., 7:30 p.m., D.O.
Mon., April 1	Spring Vacation Begins — HS
Mon., April 8	School Resumes
Thurs., June 13	Last Day of School — HS

COMMUNITY CALENDAR

Friday, August 24th
Happy "Sweet 16," Patti.

Friday, August 31st
Pleasanton Newcomers deadline for installation luncheon. Call 462-8189.

Wednesday, September 5th
Installation luncheon for Pleasanton Newcomers Club, Pleasanton Hotel.

Saturday, September 8th
V.F.W. Post & Auxiliary 6298 Annual Barbeque, 6:30 p.m., Alameda County Fairgrounds. Public welcome. Donation \$9.00. Bring your own silverware.

Friday, September 14th
Heritage Days Art Show Preview.

Friday, September 14th through the 23rd
Heritage Days, Main Street and Shopping Centers, Pleasanton Variety of activities. Details to follow.

Wednesday, September 19th through the 23rd
Sister City Delegates of Tulancingo visit Pleasanton.

COMING EVENTS Mark Your Calendar

October 6th, 7th, 12th-14th, & 19th-21st
"Godspell," Amador High School Auditorium.

October 12th-14th, 19th-21st, & 26th-28th
"The Legend of Sleepy Hollow" First weekend at the Barn in Livermore; second weekend, Dublin High School Theatre and third weekend, Pleasanton School Auditorium.

Saturday, October 27th
Foothill High School Marching Band review.

Saturday, October 27th
Soroptimist Benefit for Tri-Valley Community Fund and Statue of Liberty Community Fund.

Saturday & Sunday, November 3rd & 4th
V.F.W. Auxiliary Christmas Boutique, 10 a.m. to 5 p.m., Saturday, 11 a.m. to 4:30 p.m., Sunday, Veteran's Memorial Building, 301 Main Street.

Saturday, November 10th
Holiday Reflections, Pleasanton Cultural Arts Assoc., Stoneridge Mall.

Friday, November 23rd through the 25th
Ballistic United Soccer Club, "Turkey Bowl," Pleasanton Sports Park, 8 a.m. to 5 p.m.

CLASSIFIEDS

HELP WANTED

Secretary: Good secretarial skills and accurate typing at 55 wpm required for position in lovely office. Lite accounting or word processing knowledge a definite plus. To \$1,400 plus benefits. Call Career Network at 820-1322, or 463-9000.

Word Processors: Experienced, dependable word processors with excellent typing skills needed for local firms. Salary to \$1,500 plus benefits. 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.

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

FOR RENT

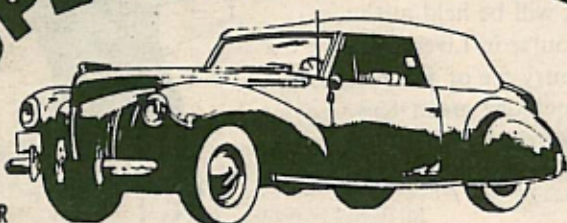
Apartment: Attractive 2/bdrm, upstairs apt. in Livermore, approx. 1,000 sq. ft., pool, A/C, unfurnished. \$525 per. mo., + \$600 deposit. Available immediately. Call 443-7640.

FOR SALE

Pick-Up Truck: '84 Mazda SE-5, silver w/black striping, sport wheels. Exc. condition. Assume lease w/approved credit, \$1,500. Call Mickee, 463-2750 or 846-2851.

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

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Pleasanton
CLOSED TUESDAY

484-2262



Pleasanton To Host Soccer Tourney

When the first Washington Day Friendship Soccer Tournament was held in 1976, it attracted 128 teams from as far away as Canada, New York, Virginia, and Texas, in addition to the many teams from all of the western states. For seven years it was one of the largest tournaments in the country.

However, the inevitable, unrelenting rains, that usually come in the month of February, always seemed to happen on the tournament weekend. It had to finally be cancelled out of concern for the safety of the players and the maintenance of the fields. One former player remembers, "By the time you made it to the finals, the fields were so bad, you'd be literally knee deep in mud!"

The tournament was given new life, however, in September of 1982, when the First Annual Friendship Classic Tournament was held. Back by popular demand, the re-vamped tournament will be held this year in sunny September, the 1st through the 3rd, at the Pleasanton Sports Park.

The tournament is sponsored by the Pleasanton Girls Soccer Association,

under the direction of tournament director, Nino Pompilio, who has served in that position during all of the previous nine tournaments.

A dedicated staff of volunteers has also helped to bring this tournament to life. They are: Referee Coordinator, Pete Googins; Jeri Laundra, Housing; Judy Bricker, Programs; Dennis Mino, Fields; Joe Winstead, Publicity; Billie Comer and Len Garcia, Ways and Means Committee; and Fran Bongiorno, in charge of the Barbecue to be held following the tournament.

The barbecue is the finale to a weekend filled with soccer, sportsmanship, and above all, special friendships. "Friendship" is the central theme of the tournament. Nine of the visiting teams this year will be housed by members of local teams and their families.

There will be a total of 58 teams this year, representing such communities as Sacramento, Santa Rosa, and Stockton, as well as some from Southern California. The Bay Area will, of course, be well represented at the tournament also.

The under-10, 12, and 14 age-group



Soccer players practice for the Friendship Soccer Tournament, September 1st through the 3rd.

teams will be playing five preliminary rounds of intense competition. The leader of each bracket will be advancing to the finals, to be held on Mon-

day afternoon.

If you would like more information on the tournament, you may call Nino Pompilio at 846-5190.

Heritage 10K Run Scheduled

The First Annual Heritage Days 10K and 2-mile Fun Run will be held on Sunday, September 16th, to help kick off the week-long celebration.

The race will begin and end at Amador Valley Athletic Club in Pleasanton. The T.A.C. sanctioned race will benefit the Amador Joint Union High School District Athletic Fund, and is being sponsored by Meyer Properties, Community First National Bank, Great Expectations, Michelob Light, and the Markstein Beverage Company.

Pre-registration deadline is September 1, 1984. Fee is \$6.00 which includes a T-shirt to the first 300 entrants. Race day registrants must pay \$8.00, and will not receive a T-shirt.

There will also be a division for corporate teams of three persons. The team with the lowest cumulative time

will receive an award. Corporate teams must pre-register!

The race is slated to begin at 8:45 a.m., Sunday morning, but there will be a stretch and warm-up class offered at AVAC prior to the start of the race, at 8:15 a.m.

A \$100 cash award will be given to the first male and the first female finisher in the 10K run. Custom made warm-ups will be given to the top male and female in each age-group category, and there will be a special award for the under-14 age-group winners.

A drawing will be held for a trip to Hawaii, among all registered runners, along with drawings for over \$5,000 in prizes from Pleasanton area merchants.

If you would like more information on the race, you can contact Teresa Jackson or Pam Hutton at 846-5347.

ENTRY FORM

Enclosed is my tax deductible check for (\$6.00 pre-registered or \$8.00 race day registered) \$_____ made payable to "Heritage Run." and my self addressed, stamped envelope for my race packet to be mailed to me. MAIL ENTRY BEFORE SEPTEMBER 1, 1984.

Race <input type="checkbox"/> 10K <input type="checkbox"/> Fun Run	Birthdate: ____/____/____ Age on Race Day: ____	FOR OFFICIAL USE CHECK CASH RACE NUMBER
NAME: _____ LAST _____ FIRST _____ MI _____		
Address _____		
City: _____	STATE _____	ZIP _____
Phone: _____	Day Phone: _____	
T-Shirt size: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large		
Corporate Team Name _____		
Team Captain: _____ Phone Number _____		
Other Team Members: 1. _____ 2. _____		
Corporate teams must pre-register. Companies may submit more than one team, but each must have a different team name. Each team member must fill out a separate entry form.		

WAIVER - PLEASE READ
The purpose of this release is to hold harmless and indemnify Amador Valley Athletic Club, the City of Pleasanton, First Finish Race Services and the Race Sponsors from any and all liability arising out of this event including, but not necessarily limited to, liability which results from the active and/or passive negligence of Amador Valley Athletic Club and the Race Sponsors. Accordingly, in consideration for acceptance of my entry in the Pleasanton Heritage Days 10K and Fun Run, I, for myself, my heirs, executors, administrators, successors and assigns agree to RELEASE, HOLD HARMLESS and INDEMNIFY Amador Valley Athletic Club, the Race Sponsors and their respective officers and employees of each from and against all actions, claims, costs, expenses and demands with respect to death, injury, loss of or damage to my person or property however caused including, but not limited to, the active and/or passive negligence of Amador Valley Athletic Club or the Race Sponsors, their respective officers and employees, arising out of or in connection with my entry and participation in this event. In executing this RELEASE, HOLD HARMLESS AND INDEMNIFICATION AGREEMENT, I represent and agree that I am in sound physical condition, that I have sufficiently trained and am knowledgeable in this event and that I have read and understand this RELEASE.

SIGNATURE _____ DATE _____ SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 YEARS OF AGE _____ DATE _____
Where/How did you receive this flyer? _____
THANK YOU PPI

Tennis League To Benefit Charity

The Tri-Valley Cancer League invites all tennis-buffs to "Take a Swing at Cancer," in their fall tennis league. The fundraising effort will host a round robin tournament play from September 9th through November 3rd.

The league will be open to Men's doubles, Women's doubles, and Mixed doubles teams. There is an entry fee of \$10.00 for this event, which will benefit the American Cancer Society in their

fight against cancer.

Entries are due on August 22. If you would like to register, please contact Barbara Corrin 4217 Cabernet Court, Pleasanton, CA 846-6180. You will receive rules and further information by mail, following your registration.

The Cancer Society urges you to "choose a partner and join in the fun!" while helping out a worthy cause.

Hospital Golf Tournament Tees Off

With a shotgun start at Noon, the Valley Memorial Hospital Foundation autumn Golf Tournament will begin on Wednesday, September 19, 1984.

The tournament will be held at the Las Positas Golf course in Livermore. A tax-deductible entry fee of \$50 will be assessed and includes green fees, electric golf cart, refreshments, a golf bag name tag, tee prizes, and other awards.

There will be a barbeque awards dinner, also open to the public, following the tournament. Dinner tickets are \$18.00 per couple, \$10.00 single, and \$5.00 per child. The dinner will be held at the Livermore Airport Aircraft Parking Lot, across from the Club House at Las Positas.

If you would like to enter the tournament, contact the Valley Memorial Hospital Foundation at 455-0161. All proceeds will benefit the Foundation.



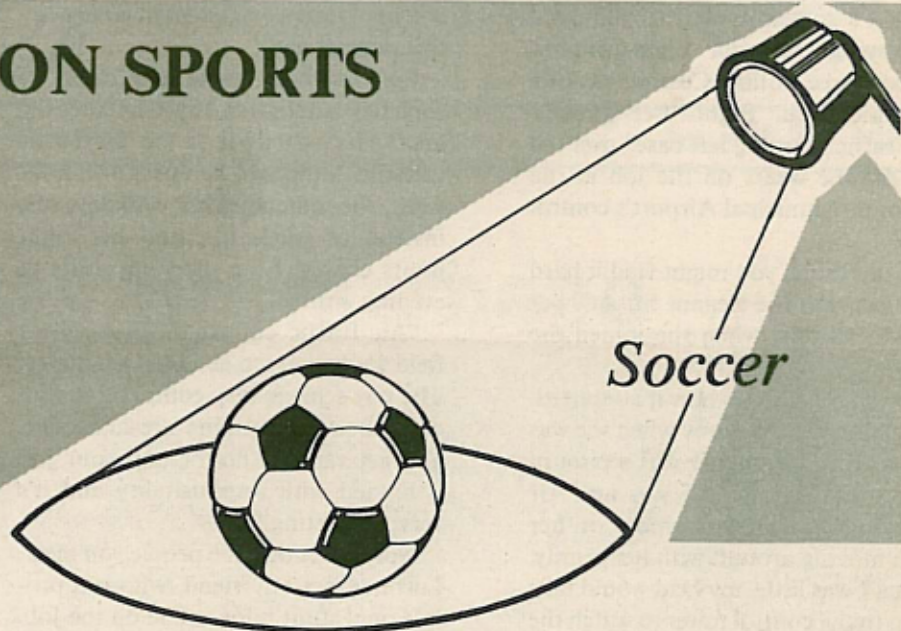
SPORTS



Spotlight ON SPORTS

"Playing in the Olympics was great!"

Soccer



Pleasanton's Crow is United States Best

Kevin Crow is one of many young men who have grown up with the Pleasanton Youth Soccer Program. Kevin spent the better part of his childhood, not only playing, but eating, breathing and sleeping soccer. His devotion was the natural product of an instant and deep love for the sport. At the time, Kevin hadn't an inkling of what the game would mean in his future, or what lay ahead in the many matches he was destined to play.

After graduating from Amador High School in 1979, Kevin enrolled at San Diego State University. It was there, under the "excellent coaching" of George Logan, who switched Kevin from his usual forward position to fullback, that he was noticed, and then recruited by the San Diego Sockers professional soccer team. When his full four years of intercollegiate athletics had run its course, he was drafted into the world of professional soccer.

Kevin enjoyed a phenomenally successful rookie year. In both indoor and outdoor play, the tall blonde defender was a definite standout for the team. It was widely believed that he would receive rookie-of-the-year honors, and many were shocked when he did not.

However, disappointments are often a precursor to good fortune. For the 22-year-old athlete, this was certainly the case. Just recently, U.S. National coach, Alkis Panagoulis, replaced the former U.S. Olympic coach who was adamantly against choosing professional soccer players for Olympic competition. Panagoulis, on the other hand, quickly named Kevin, along with 13 other professionals and 3 amateurs to represent the United States at the Games of the XXIIIrd Olympiad.

Kevin jumped at the once-in-a-lifetime honor, although he admits, "I know that technically, professionals are now allowed to compete in the Games." Other countries, as well as the U.S. have professionals playing on their soccer squads through similar variances. "Soccer is just kind of a different situation," he explains, "especially here in the U.S.. We really needed that variance."

As it was, with the professional variance, our Olympic team's victory over Costa Rica on Opening Day was the first American Olympic soccer win since 1924. The game drew a record crowd for a North American soccer match — 78,265

people. Yet soccer competition was still denied television coverage, much to the dismay and outrage of the sport's dedicated fans.

"Playing in the Olympics was great! I just wish we could have done a little better," says Kevin. The team followed their 3-0 triumph over Costa Rica with a close match against one of the favored teams, Italy. The Italians pulled ahead in the second half with a goal which would eventually mean the difference.



Kevin Crow enters Stanford Stadium's Olympic Soccer venue in anticipation of the U.S. vs. Egypt match played August 2nd.

That loss placed them in a must-win situation against the team from Egypt. The U.S. vs. Egypt match was hard fought. In the end, however, the score was a 1-1 tie, and that had the effect of eliminating the U.S. from further Olympic competition. U.S. forward and leading American scorer, Rick Davis of the St. Louis Steamers surmises, "Except maybe for five minutes of it, I know we dominated that game. Unfortunately,

the final score didn't reflect that."

With the 1984 Olympics now but a memory, Kevin can look forward to many seasons of professional ball yet to come. His newly signed contract keeps him in San Diego at least until May of 1987. He says, "If I stay healthy and uninjured, I think I'll be able to play until I'm 33 or so."

"That means taking better care of myself than I did when I was younger. I'm making a living with my body, really, and as I get older, it won't be so easy to keep it in good shape!" he realizes.

For his inevitable post-soccer years, Kevin has been preparing with his continuing education. Even with athletic distractions, he expects to graduate from San Diego with a degree in accounting by the spring of 1986.

The young Pleasanton man really enjoys the San Diego area, but tries to visit his hometown and his friends as often as possible. Opportunities, such as playing the San Jose Earthquakes, arise about six or seven times during the year so Kevin can get back and enjoy Pleasanton for a few days.

Most of the year, he spends about six days travelling, and then he'll be home for a week and a half to two weeks. "It's really not bad at all," he feels. "It's not any worse than any of the other professional sports." Kevin's girlfriend, Brenda, would disagree however, "It was really hard at first," she says. "It's one of the least attractive aspects of the job, but I guess I'm getting used to it."

Soon, the rising star of the North American Soccer League will begin vying for a place on the United States World Cup team. The 1986 World Cup competition will be held in Mexico City. The World Cup is soccer's premier event, and Kevin Crow plans to be there. "If I had to guess, I'd say I'll probably be on the team, but you just never know!" says Kevin.

Kevin has come a long way from Amador High School play, where his team won the East Bay Athletic League Championship two out of three years he played for coach Mike Gieb. "I know a lot of guys who were just as good as I was . . . they just didn't encounter the same opportunities." He states, "I think I was pretty lucky, really." When you see Kevin on the soccer field, however, you know that luck had very little to do with it. He's just good at what he does.

Livermore's Beautiful Lori Oliver

The Sky's The Limit For This Lady

Lori Oliver is hardly your average air traffic controller. The stunning blonde looks as though she could be a model. If not, perhaps an interior decorator is more her style, or an exclusive financial consultant to the wealthy.

But it's somehow hard to imagine her saying "Cessna eight-four-six number three, follow Cessna two one half mile final. Eight-three-Quebec, your traffic's turning left base" over the head-set she wears on the job at the Livermore Municipal Airport's control tower.

Furthermore, you might find it hard to believe that the elegant Miss Oliver got into all this, when she joined the Army!

Nevertheless, that's how it all started. Lori enlisted in the Army when she was 18 years old. Her father was a pilot in the Air Force and Lori was an "Air Force brat" who spent most of her youth moving around with her family. "When I was little, my Dad would take me up to the control tower to watch the planes take off," she remembers.

"The Air Force wouldn't take me, however, because they had a 5'4" height requirement, says the petite beauty, so I went into the Army instead!" Back then, pre-air controllers strike, it was virtually impossible to get work as an air traffic controller without military experience. "I've always known that's what I wanted to do, and I knew the Army was the only way to get there!"

says Lori.

"I really did have a great time, though!" Lori laughs, "I met a lot of good people and had some really fun times!" She admits it did have its negative aspects, but she feels, "If I had it all to do over again, I'd do exactly the same thing!"

Lori has been living in Pleasanton for a few months now, and she loves the area. Her schedule at the airport is variable. Although she works a 40-hour week, she sometimes has weekdays off, instead of weekends, and her eight hours change from morning shifts to evening shifts.

"Air traffic control is an excellent field for women to get into" she states. The pay scale is very competitive, and of course the benefits are attractive. You get variable hours, and your job is loaded with responsibility and it's very interesting."

Not to mention the people you meet. Lori met her boyfriend, who is a professional stunt pilot, while on the job. He is one of the two "Tahoe Aces", who perform at air shows almost every weekend. Lori says she doesn't worry too much about his occupation, "I trust him and I know that he knows what he's doing," she explains. "Besides," she says defensively, "you can get killed driving down the freeway easier than you can flying a plane!"

If you're considering a career in air traffic control, Lori suggest that you



Lori Oliver keeps a watchful eye on the incoming flights at Livermore Municipal Airport.

visit a tower. "Almost any tower will be happy to have you come on up and take a tour. At the larger airports you should probably call and make an appointment first, but they love to do it!" she says.

Lori spent about 6 months working at Los Angeles International Airport. "That was a completely different ballgame!" exclaims Lori, "I didn't particularly like that at all!"

But then, she claims that when she first came to the Livermore Airport she didn't know a Cessna from a Cherokee,

because most of her Army training had been with helicopters. "If it had a high wing it was a Cessna. If it had a low wing it was a Cherokee. That was how bad I was!" she giggles.

Now, however, Lori is one of the best; she has reached the top of the tower. For the time being, she's happy right where she is. But should she ever tire of Livermore, she knows her future is secure since she knows a Cherokee from a Comanche, from a Decathlon, from a Cessna, and so on . . . !

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begun, the people and the city already had a special place in our hearts. The people there know how to enjoy life, put strangers at ease and let them become a part of their culture.

Our evening was filled with plaudits, gifts, food and entertainment in the home of the local Chamber of Commerce.

Thursday, August 2nd, we began our day with a tour of a newly built school for the handicapped.

From there we proceeded to City Hall to meet with City staff people

A tour of their Cheese Factory preceded our delicious lunch served on the premises complete with music and dancing.

It was Fair time in Tulancingo while we were there, so a trip to the Fair was on our agenda. Their fair is very similar to our Alameda County Fair. They have the agricultural displays, the animals, top name entertainment, and the commercial exhibitions. Instead of horseracing, however, cock fights are their big attraction.

For our evening activity we were dinner guests of the Lions Club in their spacious, new building.

Friday, our last day in Tulancingo

had us off to the State Capitol for a visit with the Governor. This was another unforgettable experience. The Governor was a very gracious, friendly, intelligent man with a good sense of humor.

The band that played for our arrival and entertainment while at the Capitol, was then sent to Tulancingo at the request of the Governor to play for us while we had lunch.

Lunch was at La Gran Fonda Restaurant owned and operated by Wenceslao and Paulina Angulo and their children. All the food consumed, and it was there in abundance, was cooked and prepared by Wenceslao.

We took a tour of the textile mill before having our final evening gathering at the Chamber of Commerce.

The evening was delightful, with an exchange of our experiences and feelings of the past few days.

No good-byes were said — instead it was, "until we meet in September."

Our Sister City friends will be in our town September 19th through the 23rd. They will be the Grand Marshals of our Heritage Days Parade. Come out and greet them. They will love meeting you and you will love meeting them.

See you at the Heritage Days Parade!



City officials and dignitaries gathered at the new Valley Avenue Bridge across the Arroyo del Valle for an opening ceremony of the 1.25 mile section of Valley Avenue between Hopyard Road and Bernal Avenue.

Bowl-A-Thon Is A Success

On Saturday, August 4th, the Pleasanton Jaycees and the Granada Bowl in Livermore joined forces to co-sponsor the 9th Annual Muscular Dystrophy Bowl-A-Thon.

The event has successfully raised over \$70,000 to date in its eight year history. This year's total was well over \$5,000, raised by the adult and youth bowlers during the 12-hour event.

Over 200 bowlers participated on the 4th, and another division was held for pre-schoolers on August 17th.

"Most of the money we raise is from the pledges the kids collect" states Granada Bowl Youth Director, Donna Williams. However, additional monies

were raised through raffle sales. Reveille Waterbeds donated the Grand Prize for the raffle.

There were awards for the top ten pledge-getters, who recieved Jerry Lewis watches for their outstanding efforts in this most worthy of causes.

Pleasanton brothers Adam and Matt Penney made the top ten, with 13 sponsors. While Art and Migio Gordillo placed 5 and 6 in the standings with 18 sponsors each. Joshua Cherry was the highest placing Pleasanton resident, with a grand total of 19 sponsors!

Congratulations to all for their accomplishments.



First class service including roses & champagne to and from the airport for the Pleasanton Delegates to Tulancingo was donated by Sue Burch and Ron Page of Touch of Elegance Limousine Service; Gordon Gooch and Russ Johnson of Admiral Limousine Service and Russ Johnson of the Private Limousine Service of Fremont.