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A Community Newspaper

PLEASANTON PATHWAYS

BULK RATE
U.S. POSTAGE
PAID
Pleasanton, CA
Permit No. 182

Volume V Issue VIII

Pleasanton, California

April 27, 1987

Fairlands School To Hold Forum On School Budget

On April 28 at 7:30 p.m. the Fairlands School Multi-Purpose Room will turn into a forum on school budgeting, a topic of concern to many in Pleasanton.

David Gordon, Deputy Superintendent of Public Instruction for the State of California in charge of government and public affairs, will address this pressing issue and the question, "Will You and Your Kids Survive the School Budget Cuts?"

A question and answer period will follow Gordon's speech, which will focus on the impact of the governor's current school budget proposal, plans for long term stable funding of education and what needs to be done immediately to change the 1987-88 education budget.

The event is being co-sponsored by such organizations as the Amador Valley High School District Board of Trustees, the Amador Valley Teachers Association, the Pleasanton Joint School District Board of Trustees, the Pleasanton Legislative Action Committee on Education, PLACE, and the Association of California School Administrators. For information, call PLACE chairman Carol Boster at 462-4863 or Harvest Park Home & School Club President Sylvia Epp at 484-1096.



Teddy Ruxpin made a surprise appearance during the Pleasanton YMCA's Summer Camp registration kickoff held on April 4. Promoting summer camps and camping, the life-size best friend for many kids was on hand to greet children as they signed up for one of 12 week-long summer day camps or one of four week-long resident camps. Registration in the special youth camps is still available. For information, call the Pleasanton YMCA at 462-0270.

Budget Proposal Regarding Education

The release of the Governor's 1987-88 budget for education, has sparked controversy and a need for all to be more informed of what the proposed cuts mean to the school districts in Pleasanton. In order to maintain current educational programs and then continue to progress and carry out any new programs, Pleasanton residents should become involved and advocate more dollars for education.

How Do Schools Receive Their Funding?

A district's money comes from a combination of federal, state, and local sources, but the largest portion comes from the state. Every summer the California Legislature adopts a budget for Kindergarten through 12th grade education. The Legislature also decides how much of the schools' money will come from local property taxes and how much will come from state taxes.

Currently, all local property taxes are channeled to the State which redistributes these monies back to all of its school districts. State monies provide about 66% of our districts' budget, local property taxes provide about 19%, and the other 15% comes from federal and other local sources.

A district's income depends on its average daily attendance (A.D.A. students attending daily), base revenue limit and special programs (categorical aid) each district receives.

The revenue limit is the amount of State and local taxes a district can get for

continued on page 12

Shaping-Up

Combining Daily Exercise With Daily Commuting

Summer is just around the corner so now is the time to get fit for summer fashions and fun. An excellent way to get into shape is to make exercise part of your daily routine. Those of you living near work can incorporate fitness into your commute by walking or riding a bike to work. It is much easier to get aerobic exercise on the way to or from work rather

than signing up for an exercise class or going to the gym to swim laps. Combining your exercise program with your work commute can also leave more time in your day for other activities.

Walking and cycling will make losing or maintaining your weight much easier. For example, a 150-pound person walking at a modest pace of 3 miles in one hour will

burn 320 calories. Walking 4½ miles per hour eliminates 440 calories. Cycling burns 240 calories if a 150-pound person travels 6 miles in one hour. Riding 12 miles per hour on a bike equals to 410 calories.

There are other benefits to getting regular exercise. More energy, better resistance to fatigue, improved muscle tone and the ability to cope more easily with stress are often experienced by those who put cycling and walking into their daily routine.

Another benefit is reduced risk of a heart attack. The American Heart Association reports that "compared to physically active people, inactive people have 1½ to 2 times the risk of having a heart attack". Of course, if you have had heart trouble or are not used to rigorous exercise, you should consult your doctor before embarking on an exercise program.

If you want to find out more about exercising on the way to work, attend Hacienda's Local Commute Day on May 14, 11:30 a.m. to 1:30 p.m., being held at the Hacienda Retail Plaza, at the corner of Stoneridge and Gibraltar Drives.

Experts from Kaiser Medical Center and Valley Memorial Hospital will be available to comment on the health benefit of physical activity and conduct blood pressure testing. Additionally, local athletic clubs will participate, offering information and body composition tests. Dublin Cyclery will demonstrate preventative bicycle maintenance. A chiropractor and

podiatrist will be on hand to answer questions. The City of Pleasanton will be registering bikes, and WHEELS will provide route planning assistance. Brochures, cookies and prize drawing will also be part of Local Commute Day. Walk or ride over to find out how you can get fit and prepare for summer activities.

For more information, call Stephanie Malatesta at the Hacienda Commute Improvement Center, 463-9044.

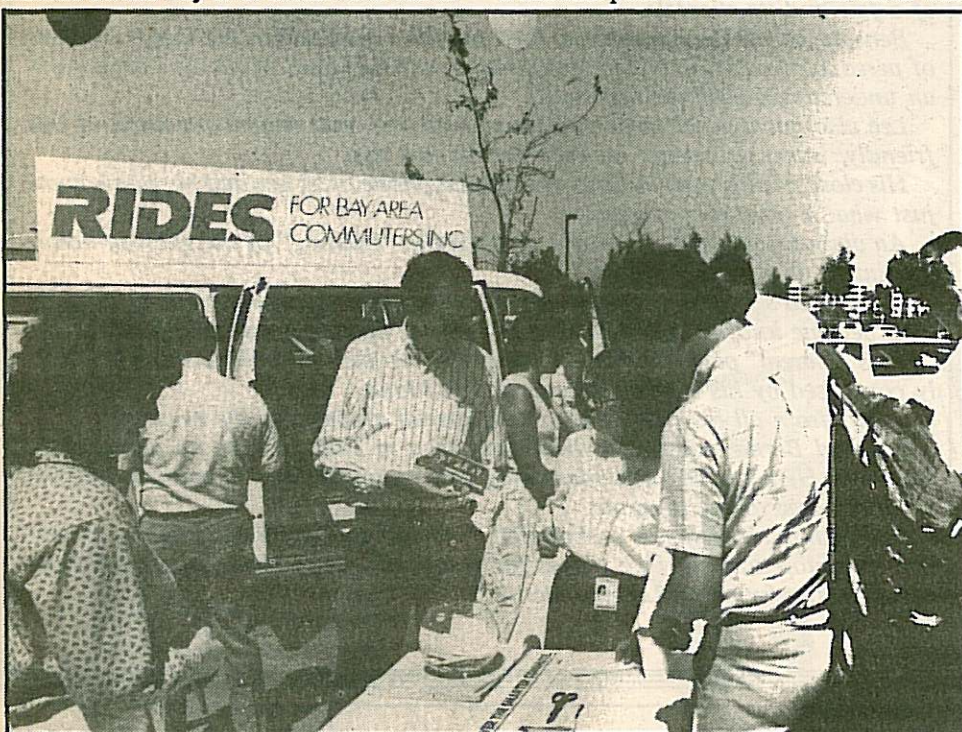


Organizations Directory

The most complete guide to Valley clubs and service organizations is now available through the Valley Volunteer Center in Pleasanton.

The 1987 Directory of Organizations in the Livermore-Amador Valley is a helpful resource for locating civic, education, social, service, cultural, theatre, support, recreation, youth and senior citizen organizations and agencies.

It is an indispensable aid to all residents and businesses located in the Tri-Valley area, new families relocating here, corporate public relations and community service departments and those organizations wishing to improve their communication networks.



RIDES for Bay Area Commuters holds regular information sessions on the benefits of van-pooling for Hacienda Business Park employees.



FYI is a bi-monthly column featuring guest writers. This column is by Mary Kroesen, secretary to the Superintendent of Schools/Board of Education for the Livermore Valley Joint Unified School District; and President of Professional Secretaries International - Las Positas Chapter.

The theme for Professional Secretaries Week 1987 is "Creating Our Future", which emphasizes the control secretaries worldwide must take in order to shape their role in the automated office of today. Professional Secretaries International (PSI) was founded in 1942 for the purpose of elevating the standards of the secretarial profession and has approximately

30,000 members and 12,000 affiliates located on five continents and in 64 countries. Professional Secretaries Week was originated by PSI in 1952.

"One of the activities of the foundation is a Secretary Speakout held every other year."

A mission statement adopted in November of 1986 states: Professional Secretaries International "... effects increased productivity, career development, and quality of work life within the office environment by providing opportunities for educational, personal, and professional growth".

The goals of the organization are to

- (1) provide educational resources and opportunities to achieve and maintain the highest level of professional competence and professional development;
- (2) project a professional, strong, and authoritative image which is recognized and valued by the business community; and
- (3) increase PSI membership.

As an example of elevating the standards of the secretarial profession, PSI offers a two-day examination twice a year which covers six areas: behavioral science in business, business law, economics and management, accounting, office administration and communication, and office technology.

To attain the Certified Professional Secretary (CPS) rating, which is the registered service mark for the rating that has become the recognized standard of measurement of secretarial proficiency, a secretary

must meet certain education and work experience requirements and pass the examination.

To provide additional educational resources to secretaries, PSI has signed a contract with South-Western Publishing Company to form a training company called the Office Productivity Institute. South-Western will administer the public seminars in the United States and Canada and the customized, on-site corporate training.

PSI will serve as a resource and consultant on the development of the training materials and will assist in marketing efforts.

PSI Research and Educational Foundation, an independent, non-profit trust, coordinates and authorizes research, distributes findings, and provides public instruction related to the secretarial profes-

"In addition to the educational and professional areas of PSI, there is also a retirement home for secretaries."

sion; works with those conducting studies of the profession; and collects data about the role of the secretary in a technologically oriented business environment with concentration on the evolving changes in business organizations.

One of the activities of the foundation is a Secretary Speakout held every other year. This year's Speakout will be held in Atlanta, Georgia, and the topic will be, "A Profession In Motion." It is co-sponsored by PSI, National Association of Educational Office Personnel, the National Association of Legal Secretaries, and the National Association of Rehabilitation Secretaries.

In addition to the educational and pro-

fessional areas of PSI, there is also a retirement home for secretaries in Rio Rancho, New Mexico. Vista Grande was built by and operates under the direction of Professional Secretaries International Retirement Centers Trust. It is situated on 11.157 acres with 166 apartments, a community center, chapel, infirmary with resident nurse, dining room and restaurant kitchen, library, laundry, and arts and crafts room.

The local chapter of PSI, Las Positas Chapter, is one of seven chapters in the San Francisco Bay Area who work together in planning and presenting a one day Bay Area Seminar for secretaries each year. The seminar is now in its 16th year.

Las Positas Chapter secretaries from the Livermore/Amador Valley and the San Ramon area meet the third Wednesday of each month at various locations in the Tri-Valley. Speakers address our members on topics related to the profession as well as what is currently happening in the business world. Several interesting presentations that our members have enjoyed was learning how to make colorful overhead transparencies for presentations and learning how to get the most out of networking. We encourage secretaries who

"The local chapter of PSI, Las Positas Chapter, is one of seven chapters in the San Francisco Bay Area."

look at their work as a career to attend our meetings and become active members of PSI. A CPS rating is not needed for membership. For further information, contact Mary Kroesen, 447-9500, Mimi Powers, 828-2551, or Janet Welch, 422-7381.

On The Street

What is the most unique "little white lie" you ever told?



Debbie Mehlhaff, accounting consultant
"The worst 'white lie' I ever told was when I played hookie from work for three days. That was when I was on another job, not the job I'm on now."

Judy Henriksen, data base technician
"If someone calls that I don't want to speak with, I'll step out on the deck and then they can say, 'she stepped out for a moment'."



Kathy Stewart, accounting clerk
"I tell the family to say I'm in the shower if I don't want to talk with someone on the phone."

Kevin McLaughlin, buyer
"I had to lie about my age once. I had to say I was younger than I really was."



Charles Semkins, engineer
"I tell my wife I have work to do when I want to work with the computer."

Jamie Ahmah, mechanical engineer
"Basically I'm a very honest person. However, my girlfriend called to borrow my car to go to an art show at 7 p.m. I told her I had to be at the airport at 9 p.m., but I didn't have any plans. After that I had to leave the house in case she drove by. I didn't want her to see my car in the driveway."



Notes From Lilly's Pad

It was "A Night In Maui Land" and what a night it was! A capacity crowd filled the room at San Ramon Royal Vista Country Club to pay tribute to a man they admire and will miss. That man is Lee Hall, retiring secretary-manager of the Alameda County Fairgrounds and his wife, Bernie. Lee's health has forced him to depart from his job at the fairgrounds. The gentleman leaves behind him a 17-year record of dedicated services and work that produced one of the best fairs in California -- the Alameda County Fair. Lee was a tough manager. He was there to do a good job and many times he may have created a dust storm but the job got done and done well. Many may have considered him a little too tough, but this didn't seem to bother Lee. He is a man of beliefs and principals and he sticks by those guidelines in doing his job. If you ever worked with Lee, you may not have always agreed with his decision, but you knew what that decision was and why. And that helps any individual to do a better job. He was true to his employees. Complaints, as they often do at fair time, come to that front desk rather frequently concerning the working force, however this boss always backed up his staff with support. After the meeting with the complainer, he might have to call you in his office to hear your side of the story and offer constructive criticism. It paid to listen to this wise gentlemen as one became more knowledgeable about the workings of a fair and its clientele. Beneath all of this ruggedness, there stands a man with a big heart. In times of personal need he was there extending a helping hand, words of comfort and an understanding of the situation. Lee also has a good sense of humor. And that was evident the night of this friendly, warm gathering. He received his just due. His close friends went in front of the microphone to let Lee and his guests know just what a great guy he really is. An abundance of laughs were had while the "roasting" of the guest-of-honor continued during the program. The retired secretary-manager also acknowledged the many ladies of his staff who became known as "Lee's Harem", with a beautiful pale purple lei. This "Harem" paid a special tribute to their leader with several songs originally composed by his efficient secretary, Pat Mann. A gift from all his friends became a special moment in the evening. Lee and Bernie will be leaving Pleasanton in June to take up residence in Roseville. Here Lee will be undertaking new responsibilities in coordinating the satellite horse racing program. The community extends its heartfelt "thanks" to Lee for his years of service in Pleasanton and our best wishes for good luck, good health and much happiness in the future to Lee and Bernie.

A detailed map of the development area. The map shows a network of streets including Gibraltar Drive, Chabot Drive, Willow Road, Stoneridge Drive, Hopland Road, Coronado Lane, Inglewood Drive, Hacienda Drive, West Las Positas Boulevard, and Santa Rita Road. A dashed line indicates the Commute Shuttle route, and a solid line indicates the Lunch Shuttle route. Small squares represent shuttle stops. A legend in the bottom right corner defines these symbols. A north arrow is also present. A box labeled 'WHEELS TRANSFER POINT' is located near the intersection of Coronado Lane and Hopland Road. A list of facilities is provided in the top right corner: Hacienda Retail Plaza, Velvet Turtle, Pedro's, Child Development Center, and Bank of America-Versatel.

Development Center and other conveniences.

5:35 5:44 6:10

HACIENDA RETAIL PLAZA
VELVET TURTLE
PEDRO'S
CHILD DEVELOPMENT CENTER
BANK OF AMERICA-VERSATEL

GIBALTAR DRIVE
CHABOT DRIVE
WILLOW ROAD
STONERIDGE DRIVE
HOPLAND ROAD
CORONADO LANE
INGLEWOOD DRIVE
WILLOW ROAD
HACIENDA DRIVE
GIBALTAR DRIVE
WEST LAS POSITAS BOULEVARD
SANTA RITA ROAD

NORTH

--- COMMUTE SHUTTLE
--- LUNCH SHUTTLE
■ SHUTTLE STOPS

WHEELS TRANSFER POINT

I.D. Tags Protection For Children

As part of Community First National Bank's ongoing community service, an I.D. tag protection program for children is now underway according to Vice President Michael Harris. Over 1000 Lifesaver I.D. tags are now available to customers and the public at Community First National Bank.

The one and a half by two inch tags, which are durable, non-erasable and waterproof, list a child's name, address, phone number, brief medical history, blood type, insurance number, doctor's phone number and parental consent signature in case of an emergency. The tags may be tied into laced or velcro shoes and worn on the inside.

After reading an article about the Life-

saver I.D. program, which noted that children do not have any formal identification on them until they acquire a driver's license, Harris decided to pursue the distribution of the informative tags. "The program plans to go nationwide," said Harris, "and the more people that are aware of the I.D. tags on children the more protection and assistance we can provide them in emergencies. You can't always be with your child when an emergency arises so these tags could prove to be real Lifesavers!"

To pick up I.D. tags just stop by Community First National Bank in Hacienda Business Park or for information on the Lifesaver I.D. tag program call Michael Harris at 460-0537.



Shireen Harris, Kristin Rollinger and Janell and Mark Harris receive Lifesaver I.D. tags from Community First National Bank's Bernie Rollinger, Lee Ball and Mike Harris.

Hacienda Child Development Services



Registration For Fall Kindergarten Class



- 5 Years Old By December 1st
- Open To The Public
- Small Class Sizes
- Two Teachers Per Class
- Extended Day Care
- Optional Computer Training

Enroll early -- space is limited.

For further information, call Flora at 463-2885.

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Otto Guiliani, Howard Dull, Larry Todd, Steve Teter and Gerry Cockrill "ring in" the new Pleasanton North Kiwanis Club.

Pleasanton Chapter

Chartering Of A Kiwanis Club

March 26 was a memorable evening for the 35 Pleasanton businessmen who became charter members in the newly organized Kiwanis Club of Pleasanton. Pictured are Otto Guiliani, president of the Livermore Kiwanis Club, Howard Dull, immediate past governor of the California, Nevada and Hawaii District, Larry Todd, Pleasanton Kiwanis Club charter president, Steve Teter, president of the Hay-

ward Kiwanis Club, and Gerry Cockrill, lieutenant governor of the Southern Alameda County Kiwanis Division 40. The Pleasanton Kiwanis, which was co-sponsored by the Livermore and Hayward clubs, meets every Thursday for lunch at 12:15 p.m. at the Hungry Hunter, 5104 Hopyard Road. For membership information, call Art Gordillo at 463-9030 or Harold Radtke at 484-3926.

Special Mother's Day Concert

Long-time Pleasanton resident and accomplished pianist Dennis Schnabel will perform at the Walnut Creek Civic Arts Theater at 1641 Locust Street in a special Mother's Day concert on Sunday May 10.

Tickets for the Mother's Day performance are \$10 and may be ordered by calling the Civic Arts Theater at 943-5862. For information, call Suzann Shepard at 881-4956.

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6.25%	BASE RATE
Plus! Extra Interest	ALL-STAR BONUS Two basis points (0.02%) will be added for each game your team has won more than lost from April 6-July 13 (at the All-Star Break).
Plus! Extra Interest	GRAND SLAM BONUS Two basis points (0.02%) will be added for each game won over lost from July 15-October 5 (from All-Star break to end of season).
Plus! Extra Interest	WORLD SERIES BONUS Twenty-five basis points (0.25%) will be added if team wins the World Series!

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Available Only Until July 1, 1987



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- 2911 Hopyard Rd. 415/426-0200
- 5698 Stoneridge Dr. 415/460-0611
- 1711 Santa Rita Rd. 415/484-5100

* Team must be a professional ball club and based in California

What's Cooking?

By 11:30 in the morning, delicious aromas begin to waft through the halls of Amador Valley High School. The smell of fresh breads, hot pies, spaghetti or pineapple glazed short ribs originate from classroom B-10, Jack Ogden's Creative Foods class and they are enough to make even the most dedicated student stop taking notes and start thinking ahead to the lunch hour!

The fourth period class of 30 students do not carry armloads of books to this special class, instead they bring with them a special interest in learning about foods and a willingness to plan and prepare fine meals.

Ogden, a long-time member of the English department at Amador Valley High School, responded to a request from the principal for another teacher to direct cooking classes. "I've been cooking for years for my family so this was a natural extension of something I enjoy doing," he admitted. In fact, he began cooking dinners for his working parents when he was quite young and pursued his culinary interests in college by taking cooking class-

es. Following college, he worked with Sigi's catering service learning the details of successful catering and helped a friend open a restaurant from start to finish in Sutter Creek.

"Now, teaching kids to cook has brought me full circle. I enjoy teaching them how to prepare nutritious meals and entertain effectively as well as providing the basics to those who are serious about pursuing culinary careers, plus cooking is an enjoyable way to meet and get to know students," he said.

Ogden's students learn how to make and serve a variety of appetizers, soups, salads, main dishes, desserts and some specialty foreign foods during the semester. He selects several menus and the students choose the ones they want to prepare. The feasts are then provided for faculty members once a week and desserts are sold to students and faculty members during the lunch hour. Students are more than willing to pass by the vending machines to purchase a slice of chocolate mousse pie or triple-layer chocolate cake! The desserts have become so popular that



Amador Valley High School students hover around desserts baked by Jack Ogden's Creative Foods class -- hoping for leftovers that don't sell during the lunch break!

the class is now taking orders from faculty and students for whole desserts "baked to order".

The students learn all the basics of cooking and serving according to Ogden. "I want them to get experience doing it all, from setting tables properly and serving meals to planning menus and learning to increase or decrease recipes accordingly, and they are quite proficient at it already," he claimed. The class serves an average of 25 faculty members each week all of whom buy their "meal tickets" well in advance to ensure themselves a Creative Foods lunch. "These young chefs are great," said special education teacher June Vieira as she picked out a 'dessert-to-go'. "For \$3.75 we get a complete lunch, fully prepared and served to us and it's delicious every time!"

Students in the class however, don't

always enjoy their creations as much as their adult customers do according to Ogden. "They turn their noses up at some of the entrees we try because kids still opt for pizza and hamburgers if given a choice," he smiled.

The class turns out such marvelous and tempting dishes as butter and garlic roasted potatoes, celery and red onion vinaigrette salad, beef and rice stuffed squash, kielbasa split pea soup and macademia nut chocolate mousse pie. "We do make mistakes on recipes sometimes," said Ogden, "but that's part of learning and at least our mistakes are edible!"

Chocolate lovers take note. Ogden recommends this simple yet delicious favorite of both faculty and students, Chocolate Bittersweet Pie, and don't forget the whipped cream!

Chocolate Bittersweet Pie

Baked 9" pie shell	1/8 tsp. salt
1 (12 oz.) pkg. semisweet chocolate pieces	4 eggs, separated
1/4 cup milk	1 tsp. vanilla
1/4 cup sugar	whipped cream

Combine chocolate, milk, sugar and salt in top of double boiler. Cook over hot water until mixture is blended and smooth. Cool slightly. Add egg yolks, one at a time, beating after each addition. Stir in vanilla. Beat egg whites until stiff peaks form. Fold into chocolate mixture, blending well.

Pour into cool pie shell. Let set at least 2 or 3 hours. To serve, spread with thin layer of whipped cream. Makes 8-10 servings.



Mulberry Branch members Estelle Newcomb and Clare Harris with Renee Rice, owner of The Clothes Tree and Emily Cornara, manager of Hastings, on the S.S. Mulberry Cruise Ship.

S.S. Mulberry Cruise Ship

The S.S. Mulberry cruise ship will be outfitting vacationers with cruise fashions at 7:30 p.m. in the lobby of the Hacienda West Building, when the Mulberry Branch of Children's Hospital in Oakland sponsors a fashion show gala for men and women on May 16.

The Prudential Development Group generously donated the facility at 3825 Hopyard Road, Hacienda West in Hacienda Business Park, for the fundraising event which will benefit Children's Hospital.

Cruise fashions for women will be provided by The Clothes Tree in Pleasanton and men's fashions will be provided by Hastings in the Stoneridge Mall. The fashion show will be accompanied with piano music by Hal Norris of Livermore and refreshments will include Stoney Ridge White Zinfandel wine and an assortment of cheeses and desserts.

Following the fashion show, prospective "cruisers" may dance to the music of The Illusions. Tickets are \$17.50 per person. For information call co-chairpersons Clare Harris at 447-0356 or Estelle Newcomb at 846-3776.

Car Wash For Boy's Shelter

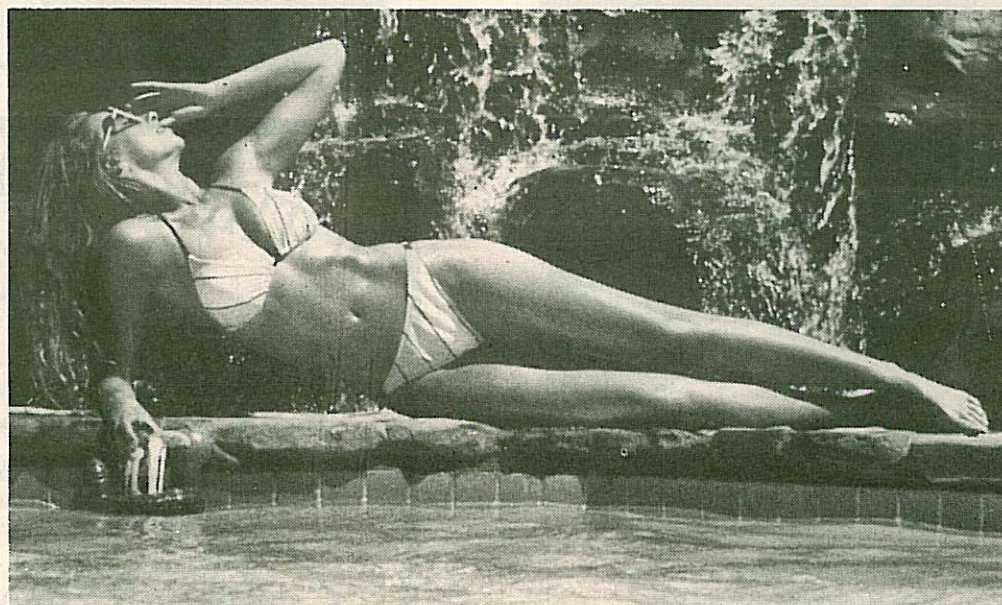
Members of the Pleasanton Sister City Association will wash cars on Saturday, May 9 to benefit a boy's shelter in Tulancingo, Mexico.

The car wash will be from 9:30 a.m. to 4:30 p.m. at Bob Comb's Chevron Station on the corner of Valley Avenue and San-

ta Rita Road.

Proceeds are to help the Alberque Boy's Shelter in Pleasanton's sister city of Tulancingo, 72 miles north of Mexico City.

Anyone wishing to contribute to Alberque, can call David Martin at Community First National Bank, 846-2891.



Shape up for Summer!

amador valley athletic club



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It starts at **amador valley athletic club** with fitness testing from SPORTCARE, our sports medicine clinic, and a workout program tailored to meet your needs. Then our professional staff will guide you through a terrific aerobic or nautilus workout, and you'll be "bathing suit beautiful" before you know it!

Join today and get a head start on summer!

**Call 463-2822
for membership
information**



Jim Trimmingham and Joyce Getty.

Hewlett Packard Host C

Over 200 individuals representing the business and community attended the Chamber of Commerce Mixer held at the Hewlett Packard Business Park.

Taking time out from friendly conversation and networking opportunity to see the company's various products that were on display.

The monthly event is sponsored by the Pleasanton Chamber of Commerce by various members of the Chamber.

Any members interested in hosting a mixer, or anyone wanting to join the Chamber, may call the office at (415) 462-8579.

The next mixer will be held at the Pleasanton Mission Alameda County Fairgrounds, on May 13 from 5:30 to 7:30 p.m.



Jae Blott and Gisela Mewes.



Jon and Carol Murray, Richard Boysal, and Robert Ebster.



Marlene Billen and Larry Smith.



Mike Favier and Susan Katz.

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Chamber Mixer

professional segment of the com-
sted by Hewlett Packard in Hacen-

networking, attendees had an oppor-
re on display for viewing.

Chamber of Commerce and hosted

companies, business or individual
846-5858 for further information.
ature Golf Course adjacent to the
to 7:30 p.m.



Mark Anderson, Steve Salvatore and Seth Goldman.



Tom Athenour and Mr. & Mrs. Bob Anglin.



Terry Scott and Debra Strong.

MOONLIGHT CELEBRATION IN THE PLAZA

MAY DAY SIDEWALK SALE & SPECIALS

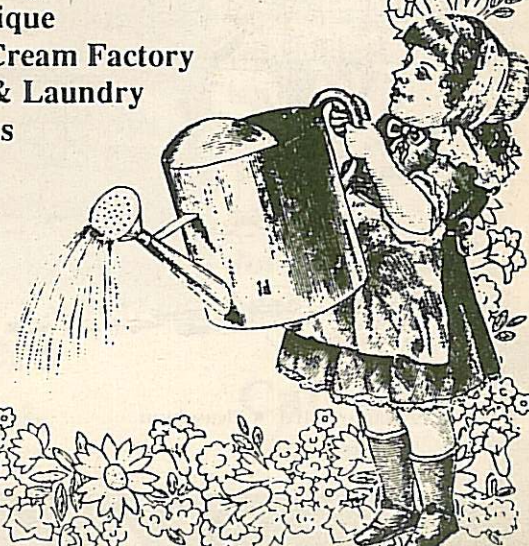
FRIDAY -- MAY 1 7 -- 10 PM

DANCING TO LIVE MUSIC

- American Home Interiors
- American Trophies & Tennis
- Country Heritage
- Don Rico's Mexican Food
- Going to Pieces
- Hat Creek Anglers
- California Image
- Jacques Daniel Frame & Art Gallery
- Mail Boxes Etc. USA
- Mother Nature's
- Natural Trading Company

- Original Sam's Pizza
- Paquette's Cyclery
- Pleasanton Office Supply
- Schafer's Bakery
- Store of Knowledge
- Sue's Wig Boutique
- Swenson's Ice Cream Factory
- TCL Cleaners & Laundry
- Toad Hall Books
- Video to Go
- Wesson Optics

MISSION PLAZA -- SANTA RITA RD. -- PLEASANTON



Tiptoe Through Trivia

by Ben Fernandez

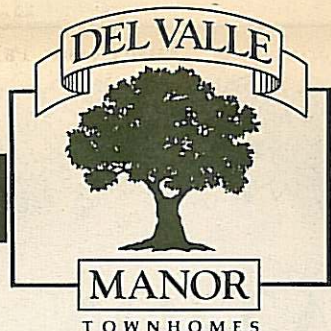
It's Mother's Day again, so we should pay tribute to everybody's favorite person, their Mom. Since I have been spending a lot of time with a grandmother lately, we should speak about Grandma's also.

1. Who was the famous painter known as Grandma?
2. What was the full name of the painter of "Whistler's Mother"?
3. Ma Barker was one of the famous gangsters of the 30's. What was her real first name?
4. Who played Mama in the 1949 movie, "I Remember Mama"?
5. Who played Grandma on "The Waltons"?
6. Whose mother sat behind the A's dugout during most of the seasons 1980 and 1981?
7. Who was the star of the 1947 movie, "Mother Wore Tights"?
8. She used to play Jane in the Tarzan movies, but she played the mother of "Hannah and Her Sisters" in 1986. Who is she?
9. Who is the actress mother of Mia Farrow?
10. She has to look like everybody's favorite mother and her face has appeared on candy boxes since the 1939 World's Fair in San Francisco. Who is the famous advertising face?

Answers on page 9



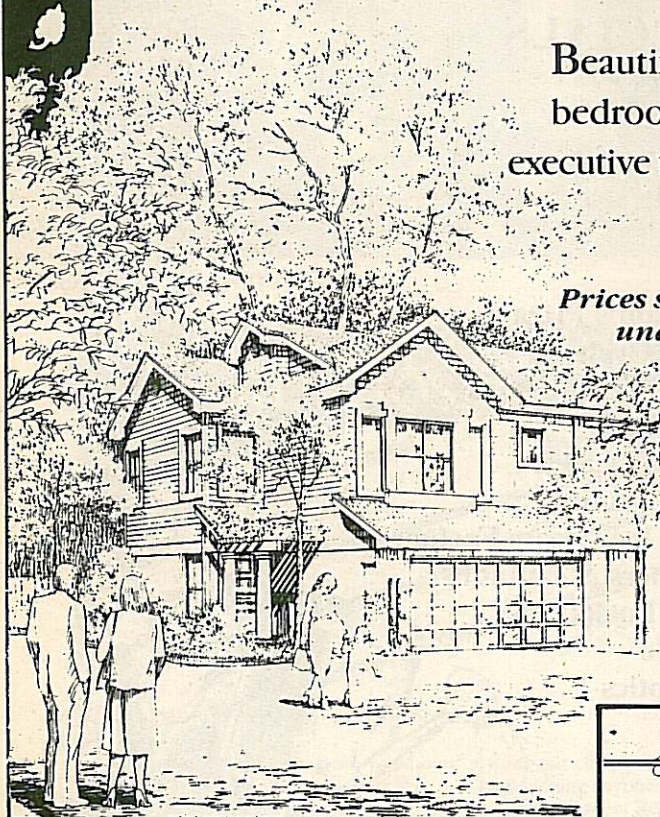
Charter President Chuck Pickens inducts Mayor Ken Mercer into the Pleasanton North Rotary as an honorary member.



Now Open!

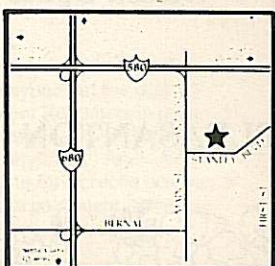
Beautiful 2 and 3
bedroom, 2½ bath
executive townhomes.

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Carol Orne, District 517 Governor, presents Chuck Pickens with the new Rotary Club Pleasanton North charter.

Rotary Club Of Pleasanton North

The largest newly chartered Rotary Club in the history of California and the western United States, recently received its new charter as Rotary Club of Pleasanton North at the Velvet Turtle, with 58 charter members on hand to celebrate.

The 58 members are joining more than 1,026,910 members of "the world's first service club organization" composed of 22,681 clubs in 160 countries.

The new club is the 56th club in California District 517, which is recognized nationally and internationally as the top contributor in the world to the Rotary Foundation. Last year the district contributed over \$550,000 to the special foundation. Rotary Clubs worldwide have committed to raise enough money by 1992 to stamp out polio and seven other preventable diseases by the year 2005.

Charter member officers of the Rotary Club Pleasanton North are Chuck Pickens, charter president; Bruce Jobson, president-elect; Michael Harris, secretary;

Donald Wilson, treasurer; Gary Malaspina, club service director; Bruce Jones, community service director; Sergio Carvacho, international service director and Larry Smith, vocational service director.

The historic evening was directed by Master of Ceremonies Jarrett Johnson, who introduced Past District Governor Richard King as the keynote speaker. Also highlighting the evening was Pleasanton Mayor Ken Mercer's induction into the club as an honorary member for exemplifying the Rotary motto, Service Above Self, for his many years of dedicated service to the city and people of Pleasanton.

Locally more than 400 Rotarians belong to six clubs in Pleasanton, Livermore, Dublin, Livermore Valley, San Ramon and now Pleasanton North.

The Pleasanton North Rotary Club meets every Friday at 12 noon at the Velvet Turtle. For information call Chuck Pickens at 463-3700 or Tom Fox at 462-0800.

Alameda County Fair

Livestock Alumni Showmanship

This year, in celebration of its 75th anniversary, the Alameda County Fair is holding the first Livestock Alumni Showmanship and Reunion, which will be open to all former Alameda County Fair junior livestock exhibitors who have not exhibited for five years or more.

The event will be held Friday, July 10 at 8 p.m. at the county fairgrounds in Pleasanton. The reunion will be held on Sunday, July 12 in conjunction with the Junior Livestock Auction and barbecue.

For information on this special event, call Terry Hagemann at 846-2881.

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Stacy R. Cohn, M.B.P.A.



AT&T employees Dee Waller, George Sanguinet and George Zike test the new stereo the firm presented to the Pleasanton Guest Home. The stereo was purchased with funds raised during a bake sale sponsored by Building E personnel and contract employees. It was the first of several service activities planned for the senior citizen community which AT&T has adopted for the year.

Soroptimist International

“Teddy Bear Hop”

It's time to grab your favorite teddy bear, colored scarf and bobby socks, tee-shirt and jeans and dance all night to “oldies but goodies” like Blue Moon! Tri-Valley Soroptimist International is holding a Fifties “Teddy Bear Hop” Saturday, May 16 at the Veterans Building in Pleasanton from 8 to 12 p.m.

Denny St. John of KOFY radio will host the swinging evening which benefits a variety of Soroptimist programs. Dance

proceeds will fund training awards for women pursuing entry and re-entry into the job market, Youth Citizenship Awards, the annual Youth Seminar, senior citizen home service and the “Women Helping Women” and “Women of Distinction” recognition programs.

Tickets to the “Teddy Bear Hop” are \$12.50 per person. For further information, call Renee Rice at 846-7577.



Soroptimist “50's gals” Renee Rice, Claire Plake, Sharon Roberts and Charlotte Mayhood, practice for the Teddy Bear Hop.



Happy Mother's Day -- May 10th



Community Calendar

Saturday, May 2

Del Valle Fine Arts Concert, Pianist Marc-Andre Hamlin, First Presbyterian Church, Livermore, 8 p.m. For tickets, call 447-2752.

Sunday, May 3

Bug Bash, all VW car show. Swap meet, dealer displays and entertainment, Alameda County Fairgrounds. \$10 per car and individual driver, \$5 each additional occupant. Show car entries \$15 per car and driver. Spectator admission \$5 per person and children under 12 admitted free. For information, call 484-3112.

Monday, May 4

Camera Club meeting, Homestead Savings, Livermore, 7:30 p.m. For further information, call 462-4772.

Wednesday, May 6

Newcomers May Luncheon, Castlewood Country Club, featuring a fashion seminar by Nordstroms. For more information, call 484-2438.

Business Women's Network, Velvet Turtle, Networking 5:30 p.m.; dinner 6:30 p.m.; guest speaker Gary Allen. Call Al Hornsby at 846-8201 for reservations and further information.

Thursday, May 7

Bay Talk, taping of community television show. Community Room, Chabot Center, 4637 Chabot Drive, Suite 107, Hacienda Business Park. Guest speaker; Sammy the Psychic and Interior Designer Catherine Keskham.

Monday, May 11

Free Brown Bag Seminar; “Help the Kids Get Organized This Summer”. Community Room, Chabot Center, 4637 Chabot Drive, Suite 107, Hacienda Business Park. Leader; Lindy Webb L.C.S.W. For further information, call 846-8653.

Pleasanton Community Toastmasters meet Wednesdays, 7:30 p.m., Pleasanton Library. For more information, call 462-3384.

Host families sought to house students from Japan for four weeks in summer. Call Joe Cerniglia at 462-0692.

CLASSIFIEDS

For Sale

Antique dining room set, American oak in show room condition. 8 pieces, \$2,500. Hutch and buffet, maple, excellent condition, \$375. Doors, double front solid wood, 32", \$100. Call 846-6991

Volvo-Coupe 262, special edition, V-6, zenith wire wheels, all leather interior. Asking \$11,000 or best offer. Call 463-1283.

Wine cabinets, custom built, solid oak wine racks. Each holds 350 bottles. Will sacrifice at \$500 each. Call Rob at 846-2577.

Old Avon decanters, large collection, most are unopened, moving and must sell. Call 846-8375.

Canary, variegated buff with peach coloring, 1½ years-old, good singer. Cage, food, book and etc., \$55. Call 846-1077.

House, by owner, super buy, A-1, 9 years-old, landscaped with sprinkler system, 3 bedroom, 2 bath, bricked floor to ceiling fireplace, carpets, garage door opener, very nice neighborhood, 50 minutes to Pleasanton. Will help with financing. A steal at \$92,500. Call 846-1396.

Brass and glass dinette set. Excellent condition. \$300 or best offer. Brass headboard, double size. Call 846-1249 or 846-8567 evenings.

Matching twin headboard, frame, 6 drawer dresser, mirror, 2 drawer nitestand, \$250. All bedding and matching curtains, \$35. Call 846-6574.

Help Wanted

Office work. Part time, flexible, experienced, reliable. Call 484-4743.

Decorating. Excellent opportunity to start in the field of decorating and be associated with a National Design Firm. Local designers will provide comprehensive training for the right applicant. Unlimited income potential for part or full time work. Call 462-6414 for interview.

Receptionist; part time. Busy Pleasanton real estate office needs receptionist to work 8-1, 5 days a week. PBX telephone experience necessary, general office and typing skills. The ideal candidate will be enthusiastic, have a good appearance and pleasant voice. Send resume and salary expectations to D. Johnson, P.O. Box 1960, Pleasanton, CA 94566.

Lifeguards. Part time for summer. Must have current Red Cross certificates: water safety instructor, CPR and First aid. Send resume and copy of your certificates to Pleasanton Valley Swim Club, P.O. Box 151, Pleasanton, CA 94566.

Memberships available in Pleasanton Valley Swim Club, conveniently located off Hopyard Road at Golden. 2 pools, 1 safe and fun for the smallest of toddlers. Large pool great for family fun. Lifeguards, lessons and activities for all ages through the summer months. For more information to join or visit, call 484-3440.

Services

Housekeeper, excellent references. 15 years experience. Thorough and excellent cook. 4-5 hours. Call Darlene 484-4439 after 5 p.m.

TRIVIA ANSWERS

1. Grandma Moses

2. James McNeill Whistler

3. Arizona

4. Irene Dunne

5. Ellen Corby
6. Billy Martin's mother

7. Betty Grable

8. Maureen O'Sullivan

9. Maureen O'Sullivan (doubled up on you, didn't I?)

10. Mary See (See's Candies)

Fine Arts & Crafts Selected for Originality

Ladybug Boutique

Quality Handcrafts

Our 16th Annual Mothers Day Show & Sale Includes: Fresh Flower Arrangements, Folk Art, Soft Sculpture, Handwoven Baskets, Toys, Portraits in Oil, Scrimshaw, Pottery, Childrens Furniture, Lustre Porcelain Vases, Ukrainian Eggs, Appliqued Sweatshirts, Rubber Stamps, Country Ceramics, Fine Gold & Silver Jewelry, Dolls, Wreaths & Hearts, Batik Animal Shirts, Baby Clothes, Perfumes, Victorian Lace & Potpourri, Silk Florals, & Much More! Also Light Meals, Wine, Baked Goods.



PLEASANTON FAIRGROUNDS

Exit 680 at Bernal - Use Valley Ave. Gate 8

Friday, May 8th – Saturday, May 9th
11 am-9 pm 10 am-5 pm

FREE ADMISSION & PARKING

Sorry. No Baby Strollers

Promoting Culinary Education And Professional Advancement

The Amador-Livermore Regional Occupational Program, ROP, and the newly formed East Bay Culinary Association, EBCA, have joined forces to promote culinary education and professional advancement in the Tri-Valley.

According to Marjorie Henry, ROP Restaurant Occupations teacher, the new culinary association, led locally by Vice President Dan Catanio, executive chef at the Pleasanton Hilton, has taken a long time to form but was worth the wait. "The group's new members will be very helpful in furthering education in this special field," she commented.

The EBCA is affiliated with the American Culinary Federation, a national organization of 18,000 chefs and culinarians throughout the United States. The new local chapter, which held its first meeting in January, already boasts 100 members in Contra Costa, Alameda and Solano Counties, and is looking forward to supporting the ROP program, according to Catanio.

"When the ROP class came over to the Hilton on a field trip I was impressed with the students' genuine interest in the culinary arts," said Catanio, "and their enthusiasm is what inspired me to become a part of the program. Anything to do with education is great." The well-known executive chef is an active member of the ROP Industry Advisory Committee, which contributes expertise and direction toward developing instruction that will meet industry hiring requirements. He has also been a guest speaker and demonstrated cooking techniques for the restaurant classes on several occasions.

The ROP restaurant program has been serving junior and senior high school students and adults since 1968 and is uni-

que because there are very few of these programs in ROP. The intent of the program is to prepare people for entry level positions at restaurants and hotels and to prepare high school students for higher education in restaurant and hotel management. "We have had a lot of interest in the program in past years," said Henry, "and now with the EBCA's support we anticipate further enhancement of our program classes and increased enrollment."

The restaurant-food service classes, which currently have an enrollment of 35 to 40 students at Granada High School in Livermore, run a restaurant that is open daily to the public and is very popular. Two \$1000 scholarships are also awarded annually to deserving students to further their restaurant educations.

A graduate of the famed Culinary Institute of America in New York, Catanio said he's excited to be a part of both the ROP restaurant program and the EBCA. "The East Bay and particularly the Valley has a lot of culinary talent which is now surfacing with all the new hotels and restaurants. We're almost neck and neck with some of the fine San Francisco restaurants for first class foods, chefs and restaurant environments, as evidenced by the criteria the EBCA had to meet," he ventured. "We hope to continue this growth by promoting and contributing to the ROP program to help others enter what I think is a wonderful profession."

May 2 and 16 and June 6 and 20, from 1:30 to 3 p.m., the Pleasanton Hilton will be hosting fund raising food demonstrations to support the ROP restaurant program and the new EBCA. The Hilton will feature chefs and culinarians from the local EBCA chapter demonstrating the art of cooking including Oriental, American



Marjorie Henry and Amador High School student Mark Mikelonis receive carving instructions from Pleasanton Hilton Executive Chef Dan Catanio.

and European variations. A food taster will be selected from each audience to sample the finished dishes and some excellent California wines. A \$2 donation will benefit both organizations.

For information regarding the scheduled food demonstrations or membership in the EBCA, which meets the second Monday of each month, call Dan Catanio at 463-8000.

Fashion Merchandising Program Offered At Chabot Valley Campus

Chabot College Valley Campus is offering its popular Fashion Merchandising Program again this year for students interested in both design and merchandising. Fashion show production classes, scholarships and luncheons highlight the special emphasis in this event.

The program provides training for individuals in management, marketing and merchandising fashion items and clothing, and also enables students to work in their chosen field to gain experience while attending classes. Courses are offered in day and evening schedules, and some are conducted in the Stoneridge shopping facility.

Funds raised from regularly scheduled fashion shows contribute to the scholarship fund which helps further high school students' pursuits in the fashion industry. Applications are currently being accepted from high school seniors in the Tri-Valley area and can be obtained from Joan Long, Fashion Merchandising Program Coordinator, by calling 455-5300.

The benefit fashion shows often spotlight former graduates of the Chabot College Fashion Merchandising Program, several of whom are already local personalities in the fashion industry.

One such "star" is Julie Spero of Livermore. Her business, the JL Spero Company, designs and produces updated knits and raw silk separates for boutiques and specialty shops nationally.

Spero, who founded her design business in 1982, wanted to reach the women who she felt would most appreciate her design style — career women desiring fashionable, yet practical, wardrobes that would accommodate both office and evening activities. To do this she began creating contemporary separates that have really caught on. "I design many pieces in solid-color silk noils," she said, "because these fabrics are excellent to work with and they are stylish without being overly expensive." She is also becoming well known for her line of knit jackets, sweaters and skirts.

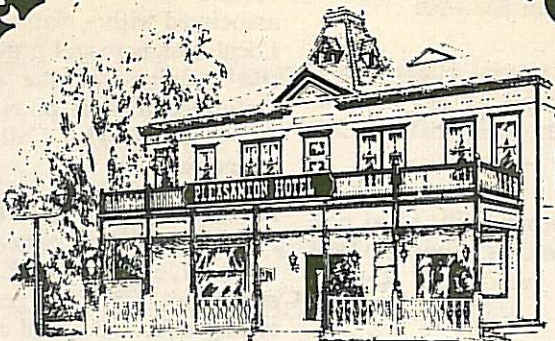


Steve Maher, Sherline Montgomery, Ed Prinz and Clark Fuller have selected their steeds early and are preparing to ride like the wind during the upcoming 'A Night At The Races' fundraiser for Alisal Elementary School. The event, which will be held Friday, May 1 at 6:30 p.m. at St. Augustine's Church, 900 E. Angela in Pleasanton, will include an international Food A'Faire, dancing, an auction and drawings for a trip to Disneyland for four, and \$50 in lottery tickets. Admission is \$5 at the door. All proceeds from the Alisal PTA-sponsored race night will be used to purchase workbooks and large playground equipment. For more information, call Susan at 462-7332.

PLEASANTON PATHWAYS

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PLEASANTON HOTEL



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DINNER WITH THE WINEMAKER

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• 5 COURSE WINEMAKER DINNER WITH AWARD WINNING WINES

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• LIMITED SEATING, BOOK EARLY!

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Amador, Foothill Baseball Teams Active In Easter Tournaments

Amador Valley High

Both the Amador Dons and the Foothill Falcons saw heavy action over the Easter Holiday, participating in the Verl Thornock and Alhambra Easter Baseball Tournaments.

The Dons got off to a rocky start in the Thornock event, losing several close games in the early rounds of play. Amador showed their competitiveness against Fremont, however, as they battled the Tigers all the way before losing 5-4. In the fifth inning, the Dons scored four times to take the lead. One run scored on a Fremont error, and senior first baseman Chuck Mercer added to the score with a run scoring single. Rob Brandon then followed a walk with a two run single to give the Dons a 4-3 lead.

In the sixth inning, the Tigers mounted a rally, and with a walk and a double down the left field line Fremont had runners at second and third with one out. Coach Derek Bills then brought in Rob

Brandon to replace Steve Norton on the mound. Brandon faced Terance Frazier, who proceeded to line a two run single up the middle which won the game for Fremont.

In a consolation game against San Lorenzo, the Dons found themselves in a dogfight once again. Having lost two prior tournament games to Arroyo and Fremont by 5-4 scores, Amador turned the tide and defeated San Lorenzo by an identical 5-4 score, as Chuck Mercer drilled a line drive over the head of the San Lorenzo right fielder and beat the relay to the plate for the winning tally in the bottom of the seventh.

Mercer pitched the first five innings for the Dons, giving up four runs as San Lorenzo took a 4-2 lead in the fifth. Chris Schunk came on in relief of Mercer and struck out three in pitching the final innings of the game. Schunk also did a job with his bat, nailing a fourth inning home run which staked the Dons to an early 2-1

lead. Mike Malone also had a home run for the Dons in the sixth inning rally which forged a 4-4 deadlock.

Foothill High

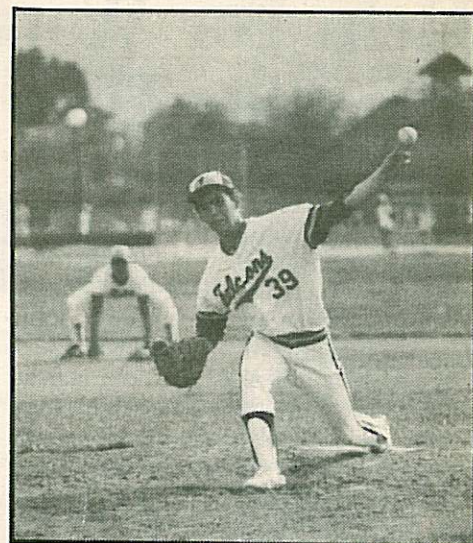
Foothill Coach Bud Bonetti, prompted in part by the loss of a number of his players who were on Easter vacations, elected to experiment with some of his younger pitchers during the Alhambra Tournament. And what an experiment it was.

Against first round opponent Acalanes, an Honorable Mention team in the East Bay Writers Poll, Bonetti started junior Bob Reasoner who responded with an 11 strikeout performance in Foothill's 5-3 extra inning win. Reasoner showed excellent velocity and a sharp breaking curve as he silenced the Acalanes' bats.

Leading the attack for the Falcons was Jay Shah, one of Bonetti's starting pitchers for most of the season, who played third base without error and went 2-4 with two key RBI's in the critical eighth inning to win the game.

In their second round game, Foothill defeated Albany 9-4 to advance to the Tournament's Championship game. Dean Vomacka, another junior Bonetti elected to use on the mound, entered the game as a relief pitcher in the fourth and simply mowed down the Albany hitters. Vomacka allowed only one hit over the final four innings, while putting nine batters down via strikeouts.

Foothill went ahead for good in the fifth inning 5-4, and added four more runs in the seventh to ice the game as Vomacka and his defense did the rest. Tony Grego, filling in at shortstop, made the defensive play of the tournament as he barehanded a slow hit ground ball to erase the final



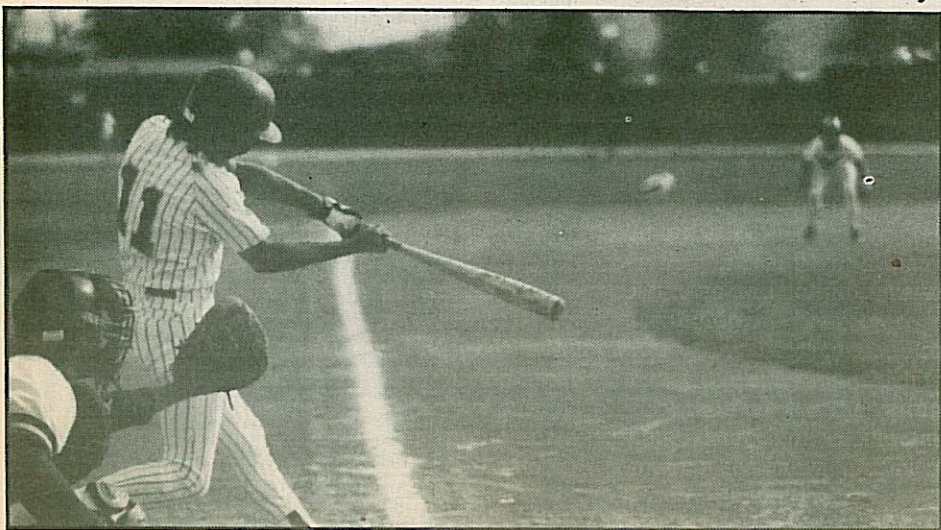
Falcon southpaw Greg Doran displays fine pitching mechanics in recent victory.

Albany hitter of the game. Catcher Jon Dunphy also had a superb night behind the plate, blocking virtually every low pitch and throwing with power and accuracy.

In the championship game against Mt. Eden, Foothill faced one of the East Bay's finest pitchers in Levon Larga. Larga's fastball kept Foothill's hitters at bay all night, as he recorded 15 strikeouts and permitted only one Falcon hit in Mt. Eden's 8-0 win.

Senior Randy Kincaid started for Foothill, and allowed only three earned runs in the four plus innings he pitched against the highly ranked Monarchs. Several singles and a walk in the second inning led to Mt. Eden's first two runs, and they upped that to 6-0 in the fourth inning on three more hits and a series of Falcon errors.

Senior Greg Doran worked the final two innings for the Falcons, allowing two runs and two hits, while whiffing four batters.



Amador's Chris Schunk (11), rips a base hit in recent baseball action.

Ballistic United Soccer Club 1987 Registration

The Pleasanton Ballistic United Soccer Club will hold soccer registration for boys with birthdates in 1969 through 1982 for the 1987 season. Registration will be held at the Cultural Arts Building next to the Aquatic Swim Center on Black Avenue on the following dates; Saturdays, May 2 and May 30, from 9 a.m. to 4 p.m.

All registrations after these dates will be placed on the waiting list only, if room

permits, based on field and coaching assignments.

One parent or guardian *must* accompany the boy to registration. Registration by mail will not be accepted. Players not previously registered with Ballistic United Soccer Club must bring a copy of a birth certificate or other proof of age.

The registration fee will be \$40 per boy, but limited to \$70 per family. Medical in-

surance through California Youth Soccer Association (CYSA) is included in the registration fee, as well as Booster Club membership for parents.

Payment of registration fee will only be accepted in the form of a check or money order made payable to BUSC.

Fathers and/or mothers are invited to register as coaches and/or referees. New parent participation is needed each year

to maintain the program's growth and to assure that there will be room for every boy who wants to participate. Information will be available at registration regarding clinics, especially for persons unfamiliar with soccer.

If additional information is needed, please call 846-7168.

Alameda County Fairgrounds Holds Big Bug Bash On May 3rd

A very special automobile event is being staged at the Alameda County Fairgrounds in Pleasanton on May 3rd, when the California Bug Bash will draw in excess of 600 lowered, louvered, custom painted and upholstered Volkswagens, fitted with all the latest "Trick" parts and

equipment for high visibility and high performance.

Northern California is teeming with thousands of Bug Sedans, Convertibles, Notchbacks, Squarebacks and VW Things, which have undergone treatment that turns the once-upon-a-time ugly

ducklings into the street Hot Rods of the 80's. They will be much in evidence at the Fairgrounds on May 3rd.

The California Bug Bash will consist of a huge car show, a used parts swap meet, driving proficiency contests, a Miss California Bug Bash Bikini Contest and live

entertainment featuring the music of "Alibi", one of Northern California's finest Rock & Roll Bands. Prices are \$10 per VW, \$5 per adult spectator, and kids under 12 will get free admission. For further information, call 484-3112.

Army ROTC Scholarships

Attention high school seniors! Between now and November 15, you can request applications for Army ROTC four-year college scholarships which provide for tuition, educational fees, textbooks and supplies. Each scholarship includes a subsistence allowance of up to \$1000 for every year the scholarship is in effect.

The scholarships are awarded on a worldwide, competitive basis to students who will be entering college as freshmen. Two and three year scholarships are also available to students who are already enrolled in college.

Completed applications received by August 15 will be considered for early scholarships which will be announced in October. For more information, call Staff Sergeant Cole at 829-4242.

Derby/Preakness Highlight Inter-Track Wagering

Wagering on two of racing's Triple Crown events, the Kentucky Derby and

the Preakness, as well as daily races from Golden Gate Fields, highlight the first



Friends from Hayward stopped in to enjoy the satellite racing at the Alameda County Fairgrounds.

satellite racing for thoroughbreds at the Alameda County Fairgrounds in Pleasanton.

The newly refurbished Hall of Commerce is the venue for five weeks of inter-track wagering beginning Wednesday, April 22.

America's most famous horse race, the Kentucky Derby, takes the Pleasanton spotlight on May 2, followed two weeks later, May 16, by leg two of the Triple Crown, the Preakness from Pimlico Race course outside Baltimore.

Golden Gate Fields will beam its full card of nine races each Wednesday through Sunday, post time 1 p.m.

General admission is \$3 with no one under 18 admitted.

Patrons must enter through the Valley Avenue gate where they will be directed to the general parking lot (free) or the preferred lot (\$2).

Help For Working Mothers Who Are Tired Of Doing It All

Working mothers at AT&T, and businesses throughout the Tri-Valley, now have a place to go and someone to talk to about the frustrations inherent in "trying to be working mothers that do it all". Thanks to the inquisitiveness and concern of John Kincart, manager of the employee assistance program for AT&T, and the dedication of Barbara Nelson, a marriage, family and child psychologist at the Altamonte Counseling Center in San Ramon, Super Moms workshops and seminars are available for women experiencing a not uncommon plight known as "Superwoman Syndrome".

Nelson, who has been counseling and holding a variety of women's workshops at the Altamonte Center for three years, was also a working mother experiencing many of the frustrations, self-doubts and ultimate "burnout" that today's active women encounter while attempting to be everything to everybody.

During individual counseling sessions, Nelson found many similarities between the women she interviewed, all of which suggested superwoman syndrome. These same concerns became apparent to Kincart during his personnel counseling at AT&T and prompted him to call the Altamonte Center and attend some of Nelson's workshops. "I wanted to find out more about the causes and characteristics of superwoman syndrome so that I could better counsel our personnel," said a concerned Kincart. "After meeting Barbara and sitting in on several sessions, it became clear that workshops and mini-seminars would benefit a greater number of employees. We organized our first programs last year and have continued to of-

fer them."

The Pleasanton facility is the pilot program for AT&T. Based on its success Kincart has targeted Denver, Colorado for a second program. "The resolution of this increasing problem among working women lies in education," Kincart explained. "If we can increase everyone's knowledge about how and why they feel the way they do, and help them to realize they are not alone, then hopefully it will be easier for women to avoid this syndrome or at least overcome it early on."

Kincart admitted that by attending the classes he was able to increase his awareness of what women face in today's hectic society while trying to balance a career and family. "It was exhausting simply listening to it all!" he claimed.

Nelson, who recently conducted a "Super Moms" seminar for over 80 AT&T employees, also conducted a recent seminar for Lawrence Livermore Laboratories and will be leading a "Support Group for Superwomen" this month on Thursdays from 7:30 to 9 p.m. at the Altamonte Counseling Center.

A graduate of John F. Kennedy University in Orinda, with a masters degree in clinical psychology, Nelson decided to go back to school so that she could effectively work with women she saw experiencing the same things she had. "Most women today believe they have to be everything to everybody -- worker, volunteer, wife, mother, homemaker—which often puts them on an emotional roller coaster. When women push themselves too hard, many experience burnout. They reach the point at which they exhaust all their energy which can be harmful to the in-



Barbara Nelson, Betty Ryder and Donna Fernandez discuss problems facing Super Moms.

dividual as well as to their family and work relationships."

She also pointed to a predominance of guilt feelings among working mothers which often surface through insomnia, substance abuse, or backaches to name but a few physical symptoms. "The common scenario is that women will keep pushing themselves to do it all until they physically can't do any more. The physical ailments are what finally prompt women to seek assistance," she said.

The workshops, which provide women with the opportunity for interaction with others experiencing the same difficulties, focus on over achievement, stress, self-nurturing, personal limitations, setting priorities and superwoman syndrome symptoms.

"The support groups and our mini-

seminars have been very well received," said Nelson. "We hope to do more because the need is tremendous." Nelson, whose goal is to help more women become aware of their situations, said, "Awareness is half the battle against 'Superwoman Syndrome'. More education and opportunities for sharing will facilitate the process."

Some suggested readings from Nelson's Top Ten Women's List include "The Type E Woman" by Harriet Braiker, "The Superwoman Syndrome" by Marjorie Hansen Shaevitz and "Women's Burnout" by Freudenberg and North.

For more information on the Super Moms seminars and workshops, call Barbara Nelson at the Altamonte Counseling Center, 833-0824.

School Budget Proposal

continued from page 1

general education purposes. Revenue limits vary from district to district. They depend on whether the district is elementary, high school, or unified and on how much the district spent on each child's education in 1972.

Despite an attempt to bring revenue limits closer together for all districts, (Serrano-Priest Decision) Pleasanton's revenue limit remains one of the lowest in the state because the local districts were considered "low-wealth" in 1972 based on the amount of dollars spent per student at the time.

Although Pleasanton contributes a high amount of local property taxes to the state, the school districts within Pleasanton actually receive less per pupil than a comparable district due to the 1972 formula. Any increase in local property taxes is offset by a reduction of state funds.

Categorical aid programs are funded separately. They include Gate, Special Ed., reading specialists, and SIP (School Improvement Program).

Categorical aid programs are in an area that may be adversely affected by the Governor's proposed budget.

Budget Proposal Regarding Education

The Governor's 1987-88 budget proposes a 1.1% increase in funding to K-12 schools. Because of inflation and a statewide increase in student enrollment, the proposed budget actually reduces educational funding below the level of the current school year, making it the lowest level of spending for schools since 1984-1985.

The proposed budget is substantially below the level needed to maintain support of current education programming, and will not address scheduled improvements to be implemented in the coming year.

Because of the low proposed COLAS (cost of living adjustments), many districts with declining enrollments, such as the Amador Valley High School District, will be faced with substantial reductions. In Pleasanton the high school district will need to cut \$1,281,298 and the elementary district \$493,741.

The proposed budget falls \$600 million short to maintain current programs; eliminates state support of special programs

over the next two years, and shifts the savings to reduced size in grade one; includes no funds for enrollment increases or cost of living adjustments for many programs.

What About The Lottery?

While it is true that the lottery has contributed 34% of its receipts to public schools and colleges, this accounts for only 3% of the total state funds spent on education. Due to a drop in lottery participation these funds amount to less than what was expected, and are far below what is needed to bring California up to the national average.

What You Can Do

With this proposed budget, the state administration is reversing its policy of strong support for education. You can help by taking action now in writing the Governor and your State Senators and Assemblymen, urging them to increase the budget allocation for education.

May 7, 1987 has been targeted for a letter writing campaign. Write or call the Governor and legislators listed below on or before that date. Your children's education is at stake. You can make a difference.

Governor George Deukmejian
State Capitol
Sacramento, CA 95814
Tele.: (916) 445-2841.

State Senator Bill Lockyer
State Capitol
Sacramento, CA 95814
Tele.: (415) 847-6041, Pleasanton
or
(916) 445-6671, Sacramento

State Assemblyman William Baker
State Capitol
Sacramento, CA 95814
Tele.: (415) 932-2537, Walnut Creek
or
(916) 445-8528, Sacramento

For further information on local involvement, call Cindy McGovern at 462-1278, Sharrel Michelotte at 462-2419 or Pam Blinn at 484-3644.



George Johnson with daughter Amy and sister Sandie, displays one of the many deli sandwiches available at his restaurant.

Plaza Deli In Hacienda Plaza Celebrates First Anniversary

The Johnson family, which has been in the deli business for more than 20 years, recently celebrated the first anniversary of their new Plaza Deli in Hacienda Plaza. According to owner George Johnson, his daughter Amy and his sister Sandie, they enjoyed a very successful first year and are looking forward to a strong future at the new 5694 Stoneridge Drive location in Hacienda Business Park. The fresh European-style sandwich shop offers a wide

variety of sandwiches, soups, imported beers and a well-stocked salad bar. Plaza Deli's catering service for business luncheons and meetings has become increasingly popular and plans are underway to offer "early bird" breakfasts. The restaurant is open Monday through Friday from 10 a.m. until 6 p.m. and on Saturdays from 11 a.m. until 3 p.m. For information, call 463-DELI.