

PLEASANTON Pathways

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Pleasanton, California

July 16, 1984

Ground-breaking a hot time in the Old Town

Hewlett-Packard Calls Pleasanton Home

Over 100 excited Hacienda and Hewlett-Packard employees and Pleasanton officials braved the 100 degree mid-day heat to attend the ground breaking on Thursday, July 12th, for Hewlett-Packard's new office facilities in Hacienda Business Park. The two story, 55,000 square foot facility will house the newest North California branch office for the company's Neely Sales Region. The office will be located on the corner of West Las Positas Blvd. and Stonedridge Drive. This first phase of construction will be completed and ready for occupancy in Spring of 1985.

Some 80 people are currently employed at Hewlett-Packard's temporary San Ramon offices and will transfer to the new building in April, 1985. Another 20 to 30 people are expected to be hired in sales, service and administration by the end of the fiscal year in 1985. Total employment at Hewlett-Packard's Hacienda office is expected to triple over the next five years.

"This represents a very positive move for Hewlett-Packard," commented

Mark Anderson, Branch Business Manager for the company. "Hewlett-Packard has always had a good track record in providing jobs within the community where we locate. Hacienda, too, has consistently demonstrated the same commitments to quality and to the community and we're very enthused about the move."

"Hewlett-Packard is exactly what Pleasanton has been hoping for and we are proud to welcome a firm with its prestige into this park," said City Manager Jim Walker, who spoke on behalf of the City. "We're also looking forward to the anticipated revenue," he added with a chuckle.

It is estimated that Hewlett-Packard will provide the City treasury with approximately \$650,000 per year off of sales taxes on the Hewlett-Packard computers the Neely Sales division will sell.

Roger Gage, General Manager of Real Estate Operations for The Prudential Insurance Company of America, (co-developer of Hacienda, along with Callahan-Pentz Properties), also spoke briefly. "They (Hewlett-



Roger Gage (left), Reed Hilliard (center), and Jim Walker show off Hewlett-Packard's proposed new building at ground breaking ceremonies.

Packard) have just been super to work with right from the very beginning,"

Also attending the ceremonies for Hewlett-Packard were Reed Hilliard,

Regional Branch Manager, and Nate Schussel, Region Operations Manager, whom Gage called, "a first-rate professional from a first-class operation."

Olympic Torch Heads For The Bay Area

The Bay Area will get a chance to glimpse a bit of Olympic history on July 16 when the Olympic Flame passes through San Francisco and Oakland on its way to Los Angeles to signal the official start of the Olympic Games on July 28.

A morning entrance over the Golden Gate Bridge, a colorful, zig-zag path through downtown San Francisco and its environs before a fast-paced exit over the Bay Bridge for an official mid-afternoon ceremonial welcome to Oakland, should provide onlookers ample opportunity — and spectacular backdrops — to view the Olympic Flame as the torch is passed from runner to runner along the relay route's path.

The arrival of the torch in San Francisco will also signal the end to thousands of hours of logistical support logged in by The Telephone Pioneers of America. The 500,000 member service organization made up of retired and longtime telephone company employees provided all facets of logistical support along the route's course for AT&T, the sponsor of the Olympic Torch Relay.

According to an AT&T spokesman, tentative plans call for the torch to be carried from Marin over the Golden Gate Bridge, through the Presidio and

the Marina looping into Golden Gate Park. The torch will go past City Hall via a run down Divisadero and Van Ness streets before a noontime jaunt into Chinatown and the city's financial



Pleasanton's Kim Daniel is off to Jackson, California in the Sierra Foothills to carry the Olympic Torch.

district. The torch relay will exit over the Bay Bridge for a 2:00 p.m. ceremony with Mayor Lionel Wilson and former Olympians in downtown Oakland.

Later that afternoon the torch is scheduled to pass through San Leandro and Hayward, cross the San Mateo Bridge and head for Stanford University on its way to San Jose and Olympic history.

Accompanying the torch will be a 35-vehicle caravan of support services and personnel, media and AT&T cadre runners.

The cadre runners carry the torch along the route's 9,000 kilometers (5,000 miles) that have not been sponsored by a person or group's \$3,000 donation to charity. Since these kilometers are usually far away from cities, along rural highways and run into the night, arrival in San Francisco should bring some well-deserved relief for cadre runners — most "Youth Legacy Kilometers" in the Bay Area have been purchased and will be run by local, designated runners. Kim Daniel, a 19-year-old Pleasanton resident, has been sponsored by Hacienda Business Park and will run her one kilometer on Saturday, July 14th in the Lake Tahoe area.

Funds generated by the sale of these kilometers will stay in the Bay Area to support youth athletics after the torch relay is past. Money will go to the Family Y's, Boy's and Girl's Clubs of America, Special Olympics and other charities. The Hacienda contribution has been earmarked for the Tri-Valley YMCA on Neal Street in Pleasanton.

Aiding the torch relay's human energy — and spirit — is a new minicomputer, the 3B 20S (TM) that keeps the torch on schedule. The 3B 20S, which utilizes Bell Labs UNIX (TM) operating system, utilized a 32-bit architecture, high-speed memory, a direct memory access structure and distributed input/output processing.

According to AT&T, that means the minicomputer keeps the relay on course maintaining its 125-mile-a-day clip.

High technology is also offering another service. Daily updates on the torch relay's progress are also available by calling 900-407-0711. Listeners will be charged 50 cents for the first minute and 35 cents for each additional minute they stay on the line. This special AT&T DIAL-IT 900 Service is being underwritten by the Dallas-based Southland Corporation, an Olympic corporate sponsor and parent company of 7-Eleven Food Stores.



IN MY OPINION

In My Opinion is a bi-monthly column featuring guest editors. This month's column is by Andy Jorgensen, who is a lifetime Pleasanton resident, a past Pleasanton school teacher, and is currently the President of the Children's Theatre Workshop.

For the past three and a half years, it has been my greatest pleasure and grandest challenge to serve as Executive Director of Children's Theatre Workshop. CTW is a Tri-Valley based, non-profit organization dedicated to producing quality theatrical experience for our young people, their families and community. Our Major Production Program provides four family-oriented productions per year. Adults are cast in adult roles and young people are cast where it is appropriate. Great emphasis is placed on obtaining the highest production values that our resources allow. Over 7,500 people, half of whom were adults, attended our 1983-84 season. A Theatre in The Schools Program tours with professionally produced plays to the area's schools. *The Arkansaw Bear*, next year's enchanting production has

already been booked by 20 schools and is quickly becoming a sell-out. Almost 200 young people and adults are currently enrolled in Children's Theatre Workshop's Summer Conservatory.

"As you might guess, we are serious about children's theatre and most serious about developing Children's Theatre Workshops as a major cultural force."

As you might guess, we are serious about children's theatre and most serious about developing Children's Theatre Workshop as a major cultural force. But why? Too often the term, "children's theatre," conjures up images of poorly designed, poorly produced, poorly performed production of poorly written condescending plays complete with gratuitous pratfalls and silliness — something to be endured on a Saturday afternoon. Yet children's theatre, well done, committed to a sound philosophical and artistic base and produced by professionals can enthrall us with an immediacy unknown to television or film, nurture the artistic heart of a community and contribute to the preservation and advancement of our culture. Children's theatre at its

best can:

1. Help our young people develop their own aesthetic sensibilities and criteria;
2. Assist children in their psychological development by providing positive role models;
3. Pass on basic ethical tenets and social mores that are common to our own culture and community;
4. Develop self-confidence and stimulate the intuitive, creative side of the intellectual process; and most important for me . . .
5. Help us all share, child and adult alike, all those feelings of enchantment, mystery and excitement that we all too soon lock away in some other place as we grow older and take up the burdens and worries of everyday living.

Because we believe in all these reasons and a good many more, the Board of Directors, staff, volunteers and supporters of Children's Theatre Workshop raise and expend \$50,000 to \$60,000 a year and put in thousands upon thousands of hours to produce family theatre that is fun and important at the same time. It is gratifying to see how many people are beginning to catch on to the idea that fun, enchanting meaningful children's theatre is serious, important business. Attendance is way up from last year. This year, major contributions from Mervyn's, Alameda County Art Commission, The San Francisco Foundation, Pacific Telephone, Hacienda Business Park Owner's Association and addi-

tional support for businesses, individuals, employee associations, etc., have all helped in that constant, relentless struggle to meet expenses and keep prices reasonable. Local cultural arts organizations, recreation departments, city and county governments, local school districts, the media and citizens from all walks of life have contributed in-kind support that is essential to maintain our growing program.

"Children's theatre at best can . . . pass on basic ethical tenets and social mores that are common to our own culture and community . . ."

I am also constantly reminded of the power and concomitant responsibility that we have as producers of family theatre, not in the grand global scheme of things certainly, but in those small exquisite moments during a performance when a child's eyes brighten, when an adult says to himself yes, yes I remember, when a family walks away talking excitedly or quietly about the feelings they shared that time, anticipating the next. Those are the things we take seriously and oh, what a grand time we have!

— Andy Jorgensen

"Miss Piggy" Meets Her Maker At Livestock Auction

Auctioneer Bill Lefty auctioned off the 4-H and FFA (Future Farmers of America) market swine, beef and sheep on the closing day of the Alameda County Fair, July 8th. The noisy and fast-paced event took place in the Amador Pavilion.

Buyers and sellers of the top four animals in each class were:

SWINE: The 4-H Champion hog owned by Patricia Krause of Fremont and weighting 240 pounds was bought by Livermore Locker for \$3.00/lb. The FFA Champion owned by Jeff Maberry of Fremont weighed 238 pounds and was purchased by Faye HE Manufacturing Corporation of Tracy for \$3.50/lb. The 4-H Reserve Champion owned by Valerie Pfiester of Livermore was bought by Kelly's Meats of Livermore for \$3.00/lb. The hog weighed 215 pounds. And the FFA Reserve Champion hog weighting 225 pounds and owned by Mike Bettencourt of Fremont was sold to Scenic Landscaping of Pleasanton for \$3.50/lb.

Market price for swine is 55 cents per pound.

BEEF: The FFA Champion Beef owned by Darryl Phelps of Fremont weighed 1240 pounds and was bought by Cameron Concrete of Fremont for \$3.00/lb. Purdue Tire of Newark bought the 1245 pound 4-H Champion owned by Patricia Krause of Fremont for \$2.00/lb. FFA Reserve Champion was bought by Coors Distributing of Hayward for \$2.25/lb. The 1194 pound

market beef was owned by Gina Barbera of Livermore. Ade Schipper of San Leandro purchased the 4-H Reserve Champion owned by Jill Jess of Tracy for \$3.50/lb. The beef weighed 1025 pounds.

Market price for beef is 65 cents per pound.

SHEEP: Ferguson Welding of Union City bought the 4-H Champion sheep owned by Lori Foscalina of Livermore. The sheep weighed 248 pounds and was purchased for \$12/lb. The FFA Champion owned by Gina Barbera of Liver-

more and weighing 138 pounds was bought by J.C.H. Construction of Walnut Creek for \$6.50/lb. The 4-H Reserve Champion was bought by Amador Valley Savings and Loan of Pleasanton for \$9/lb. The sheep, owned by Colleen O'Laughlin of Sunol, weighed 386 pounds. And Joe Jess of Tracy bought the FFA Reserve Champion for \$4/lb. owned by Debra Foscalina of Livermore and weighting 110 pounds.

Market price for sheep is 56 cents per pound.



Twelve-year-old Lisa McCann took 4-H Champion Registered Heifer with her cow, Peanut. Lisa has raised dairy cows for the past two years.

Local Art Helps Sick

Paintings by Peggy Haitman, Mary Langhorn, Esther Sills, and John Harder, all deceased Valley artists, now decorate the covers of note papers being offered to raise funds for Hope Hospice.

The local artists' families have donated their works to support Hope Hospice in its work with the terminally ill and their families.

The note cards are packaged eight to a box. Each card provides enough space for writing a short message, and since the cards are not designed for any particular event or holiday, they meet the need for special events or thank you cards.

The cards are \$3 per package with all proceeds going to Hope Hospice, an organization which serves the areas of Pleasanton, Livermore, Dublin and Sunol.

The designer notes are available at the following locations: The Clothes Tree, Alessandra's and Community First National Bank in Pleasanton; Drug City Rexall, Reveille Waterbeds and Peg's Quality Look in Dublin; and Alden Lane Nursery, Granada Drug, and Paglers Drug in Livermore.

Further information regarding the cards or the services of Hope Hospice can be obtained by calling 462-9353.

Pleasanton Pathways is a bi-monthly newsletter published by the Hacienda Business Park Owners' Association

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Jack Kolln plays a jazzy number on the ivories.

Personality Profile

“Save The Store, I’m Coming Home.”

119 Neal Street and 600 Main Street are two very significant addresses in the life of Jack Kolln. The first is the house he has lived in most of his life, and the other is that of Kolln Hardware, which has been owned or at least run by a member of his family since before even The Great Depression.

Jack has been a Pleasanton resident since 1919, when he was born. His family moved here from Sunol around 1900. His father Herman, went into partnership with Cruikshank to open Cruikshank and Kolln Hardware, in 1905.

Jack grew up, as did the other Pleasanton children of his era, by working hard, and living simply. He attended local schools. He helped out in his father’s store, and he became enchanted with the peaceful, rural existence so prevalent in Pleasanton.

Jack remembers, with a laugh, the first automobile in town. It was owned by Henry Mohr, who was a big farmer around town. He purchased the car in the late 1920’s. It was a White touring car, and everyone in town had one opinion or another about the vehicle. “There were those who said that this kind of contraption meant nothing but trouble. Others, however, saw it as the first step into the wonderful development our country has seen.”

Jack attended Amador Valley High School, and then later went on to study music at the University of California at Berkeley. He earned his spending money by playing in bands with his friends at different dances and social functions.

Still an accomplished pianist, Jack once played with the orchestra at the Claremont Hotel in Berkeley. At that time, the Hotel was an upper class retreat: an esoteric resort across the bay for San Francisco’s elite society.

One of his favorite memories is of the year that he and his band were

booked to play a dance at the Alameda County Fair. Unfortunately for Fats Waller, a famous rag-time musician at the time, Jack and his band enjoyed a very successful turn-out. Everyone had come to see and hear the local boys swing. Poor Fats just wasn’t much of a draw that year in Pleasanton!

When Jack was called away to serve his country in World War II, he traveled to China while in the Army. There, he was commissioned to play piano for the troupes in an effort to rally their dampened spirits. So Jack went on tour with the Army’s show, while still holding down the job he was sent there to do as a radar mechanic.

While he was away, Jack received a letter from his father, stating that if Jack wished to return to Pleasanton and take responsibility for the hardware store, it was his. However, if he did not wish to return, it would be sold.

Jack decided he had been away from Pleasanton long enough, and so he responded quickly to his father’s letter by saying, “Save the store, I’m coming home.”

“I just felt that I’d been away long enough. I’d seen the things I wanted to see, and I’d traveled over-long. It was time to settle down,” explains Jack.

Now in his sixties, Jack has seen Pleasanton take on many new dimensions.

The development in North Pleasanton he feels was “just what the town needed to stay prosperous.” He admires the beauty and the high quality of the new structures being built.

How does he feel about the Pleasanton of the 1980’s? “In almost every way, it’s exactly the same as I remember it. Sure, there’s a little more noise, certainly more cars and more people,” he says. “But the Pleasanton I grew up in is much more than that. It’s the feeling you get when you’re here. That Pleasanton will never change!”



It seems that everyone loves to receive mail and I’m no exception to that, . . . as long as it’s not bills!

I open and read everything. Some letters I open more quickly than others.

Take for instance the big brown envelope I received the other day that stated in big, bold, red print — “You Are The Guaranteed Winner Of The Amount Revealed.” And also on the envelope it said, “Urgent! You May Already Be The Biggest Winner,” in this particular company’s history.

I didn’t know exactly how they meant “biggest,” but I ripped open the envelope and saw the statement. Again in big, bold letters — “The Guaranteed Winner Of \$250,000 is: Mrs. DeWitt Ault.”

“Alright,” I said to myself, already thinking of a million and one ways to spend my “guaranteed win.”

However, giving myself the credit of being of sound mind, I immediately began to speed-read through all the print on the two-sided, 11 x 17 brochure looking for

the “catch” to all my good fortune.

The more I read, the more exciting and enticing the information became. Why, I could already see my smiling face in a picture next to those “previous winners” of fabulous amounts of money!

That’s their way of “catching” the reader to read on! And as the reader continues, the “catch” line to the lucky person comes forward in fairly small print.

I’ve been assigned five numbers and if this one particular number of mine is selected, I’m the recipient of \$250,000.

However, if my number is not the “already” selected number under safe guard, enclosed were five sweepstake certificates entitling me in addition to, or in place of the big stakes, a chance at \$25,000 in possible prizes.

Send no money, and no obligations attached. If, when I receive the merchandise on a trial basis, I’m not happy with it, I write “cancel” across the bill.

Well, my envelope is in the mail so it will arrive before August 3rd, so I qualify for other bonuses.

The big day to learn if I’m a big winner is November 30, 1984. I won’t hold my breath until then but we’ll see what fun can be had in this wheel of fortune game.

If I’m that big winner, I’ll buy myself a “real” pad and throw away all my notes!

Keep your fingers crossed for me!



LIVERMORE AIRSHOW

(Wings for Charity non-profit organization)

Flying For Funds

- EXHIBITION - UNLIMITED CLASS AIR RACE
- WAR BIRD FLY-BYS
- KIRK McKEE (AT-6/SNJ) - AEROBATICS
- JULIE CLARK (T-34) - AEROBATICS
- CURRENT MILITARY FLY-BYS
- (DUAL PITTS ACT) - AEROBATICS
- BOB OLIVER MIKE VAN WAGENEN
- BOB OLIVER (PITTS - AEROBATICS)
- CALIFORNIA PARACHUTE (SKYDIVERS) - HIGH ALTITUDE FREE FALLS
- CANOPY RELATIVE OPERATIONS

JULY 21 & 22, 1984
(Saturday and Sunday)

LIVERMORE AIRPORT
Gates Open at 6:00 AM

INFORMATION
CALL 449-2012

Admission Adult \$5.00
6-12 2.00
0-6 FREE

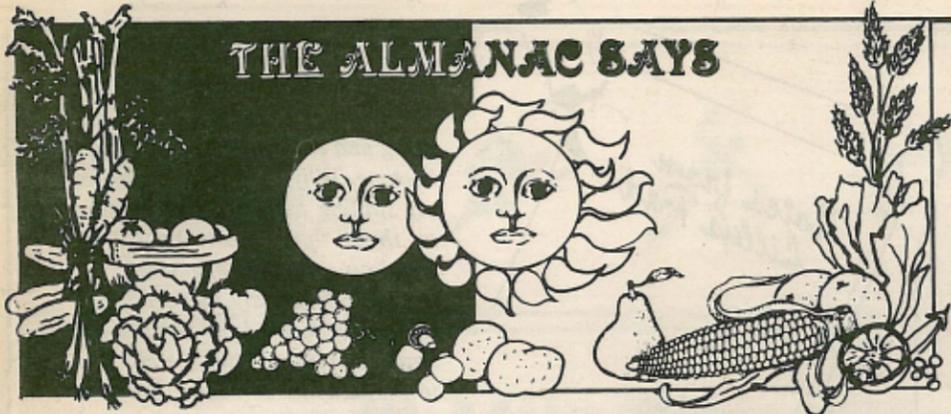
Library Searches For Design Talent

The Pleasanton Library is conducting a contest to design a book cover for distribution to 23,000 Alameda County high school students. No experience is required. No salary, just lots of fame and recognition.

Interested teenagers, 13 to 19, may pick up an entry form at the local Alameda County Library.

Finished art must be submitted by Saturday, July 28th, 1984, 5:00 p.m.

THE ALMANAC SAYS



The other day I happened to wander into a drug store. A good old-fashioned drug store just like the kind one remembers from high school days.

It had a luncheon counter, of course, with shiny red leatherette stools. There was a smooth pink counter-top upon which rested glass-covered display racks holding 4" high slices of chocolate fudge cake and lemon meringue pie. To tell you that there was a gleaming silver malted milk blender on the back counter would just be stating the obvious. *Of course* there was a malt maker!

Other parts of the store were just as I remember, too. There was a whole section just devoted to "Notions" (I never knew exactly what that word meant. It always seemed to me that it had something to do with your frame of mind when you happened upon this section filled with assorted and sundry things . . . as in I think I've a "notion" to buy this hairnet.)

Then I found the candy and snack section and my spirits soared.

Here were all the candies and snacks which had ruined my teeth. Today's kids munch on carob bars and yogurt-covered raisins. They have banana chips and tigers milk suckers. Seeds

and kernals that used to belong exclusively in the Pet Food section now come packaged and ready to eat on the trail. Kids today would be hard pressed to find a preservative in their group of no-nonsense snacks.

Anyway, what I found this day in my drug store, were the things I remembered eating at Saturday matinees of long ago. (My mother used to drop me off at the drug store across the street from the theater and for the price of one thin dime, you could walk away with any three deliciously sweet indulgences.)

There were Necco wafers (naturally in the see-thru paper so you could avoid getting too many black ones), wax lips and teeth and the little wax bottles filled with some syrupy mix (what a wonderful snack — after you drink the syrup you can eat the container!), ju ju be's (hard little gels practically guaranteed to chip a tooth) and the long striped-and-white straws filled with tart-tasting crystals that turned your tongue a beautiful, albeit, unnatural shade.

When people talk now of the good old days, I know exactly what they mean. I'm sure that they too, are thinking of my drug store.



Robin Walter, Patrick B. Chew, Rick Costello and Renee Lewis rehearse a scene from the Pleasanton Playhouse production of "Fiddler on the Roof."

Musical Comedy Set To Play Pleasanton

Casting has been completed for this summer's musical "Fiddler on the Roof" directed by Dennis Kohles and under the auspices of Pleasanton Playhouse in conjunction with the Pleasanton Recreation Department.

The following play the leads for the performance: Tevye, Patrick Chew; Golde, Renee Lewis; Motel, Rick Costello; Tzeitel, Robin Walter; Perchik, William Cismar; Hodel, Laurie Hedstrom; Fyedka, Peter Crosby; Charia, Kimberly Cass; Yente, Malvina Injayan, and Lazar, Steve Rubin.

Musical Director for the show is Elinor White; Choreographer, Sherri Stockdale; Technical Director, Steve Farman. Behind the scenes help is still needed for set construction, costumes, make-up and stage crew.

The production is scheduled to open at Amador Auditorium on Friday, Ju-

ly 27th, with the option of attending a Gala Opening Party immediately following the performance.

Continued performance dates are July 28th, August 3rd, 4th, 5th, 10th, and 11th.

Ticket prices are \$6.50 for adults, \$4.50 for seniors and children, and are available at the following locations: Pleasanton Recreation Department, 200 Bernal Avenue; Pleasanton Chamber of Commerce, 411 Main Street; Dublin Recreation Department, 11600 Shannon Avenue, Dublin; Galaxy Records, 1870 First Street, Livermore; and Community First National Bank, 749 Main Street. Group reservations are available.

For ticket and other information call the Recreation Department at 847-8160 or Bob Lewis at 846-1945.

PREVIEW SHOWING

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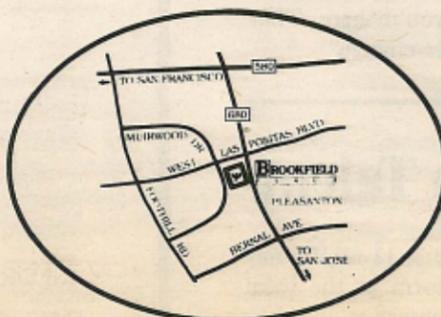


BROOKFIELD

P L A C E

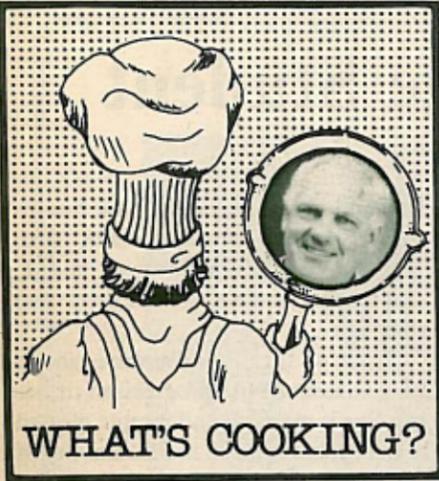
- Excellent Pleasanton location
- Premium features package
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Pleasanton townhomes from the low \$100,000's



For preview information and reservations, phone (415) 820-3432.





cer coach and a referee, also, but his favorite hobby is cooking. The five most used items in this cook's kitchen are his electric wok, a good spatula, a skillet, soy sauce, and a good cooking wine.

He cooks about two to three nights per week, and dinner is his favorite meal to prepare. He especially enjoys large dinner parties and cooking for at least eight people. Susan helps out on such occasions by doing the baking and the desserts.

Larry's advice to beginning cooks is "try to keep it simple" to prevent getting in over your head. He shares with Pathways' readers a complete dinner party menu, with recipes. This meal, he says, "is not too difficult to fix, and is excellent every time!"

He suggests leaving the green leaves on the cauliflower because, when they are cooked, they are an appealing bright green. Many people remove these leaves which are a natural garnish for the dish.

COMPANY DINNER MENU

- London Broil*
- Pilaf*
- Cauliflower Hollandaise*
- Tomato Vinegarette*
- Peda Bread*

LONDON BROIL

Marinade

- ¼ cup soy sauce
- ½ cup red wine
- ½ tsp. ground ginger
- 2 tblspn. salad oil
- ¼ tsp. ground pepper
- 2 tsp. brown sugar

Marinate a thick cut of London Broil in refrigerator for at least 4 hours. Broil or BBQ to desired doneness. Slice on bias and serve.

PILAF

- 2 cups long grain white rice
- 2 spirals coil vermicelli
- 2 cubes chicken bouillon
- 3½-4 cups water
- ¼ lb. butter

In large covered sauce pan slowly melt butter. Add broken-up coil vermicelli to butter and brown very lightly in the butter. Meanwhile dissolve the bouillon in 2 cups water and keep ready. After the vermicelli is slightly golden add the rice and stir. Add bouillon mixture and balance of water and heat to a slight boil. Cover and turn to 2nd lowest heat and steam 30 minutes.

CAULIFLOWER HOLLANDAISE

- 1 large cauliflower w/leaves attached
- 1 package Lennor Swiss Hollandaise Mix (requires ¼-pound butter and 1 cup milk)
- Fresh parsley

In large sauce pan gently boil/steam whole cauliflower in slightly salted water until tender. Prepare Hollandaise sauce according to package directions. Place cauliflower on attractive serving dish base down. Pour sauce on top of cauliflower and garnish with paprika & fresh parsley.

TOMATO VINEGARETTE

Vinigaretti

- 2 tsp salad oil
- ¼ cup red wine
- 2 tsp wine vinegar
- Pinch of oregano
- Pinch of basil

Slice large ripe tomatoes and place on chilled serving platter. Sprinkle vinegarette on tomatoe slices and garnish with Parmesan cheese and fresh ground pepper. Shake vinegarette mixture in crust and reshape just prior to sprinkling on the sliced tomatoes.

PEDA BREAD

- 5½ cups white flour
- 2 packages dry yeast
- 2 cups lukewarm water
- 2 tsp. sugar
- 2 tsp. salt
- 2 tsp. butter
- ¼ cup milk
- Sesame seeds

Place flour in Cuisinart (or hand-knead). Heat 2 cups water to lukewarm and stir in yeast, sugar, salt, and butter. Add the liquid to flour and knead approximately 1 minute till satiny, adding a little flour if necessary. Put dough in covered, greased bowl and let rise to double. Punch down, and let rise again. Divide twice-risen dough on floured surface into 2 oval shapes. Place ovals upon lightly greased tray and let rise about 20 minutes. Slash ovals with a sharp knife and brush with the milk and sprinkle with sesame seeds. Bake 25-30 minutes in pre-heated 425 degrees Fahrenheit oven. Remove and cool on wire rack.



HAPPY FEET ARE HEALTHY FEET

And when you feel good — you perform better. Podiatric medicine is an important part of your good health.

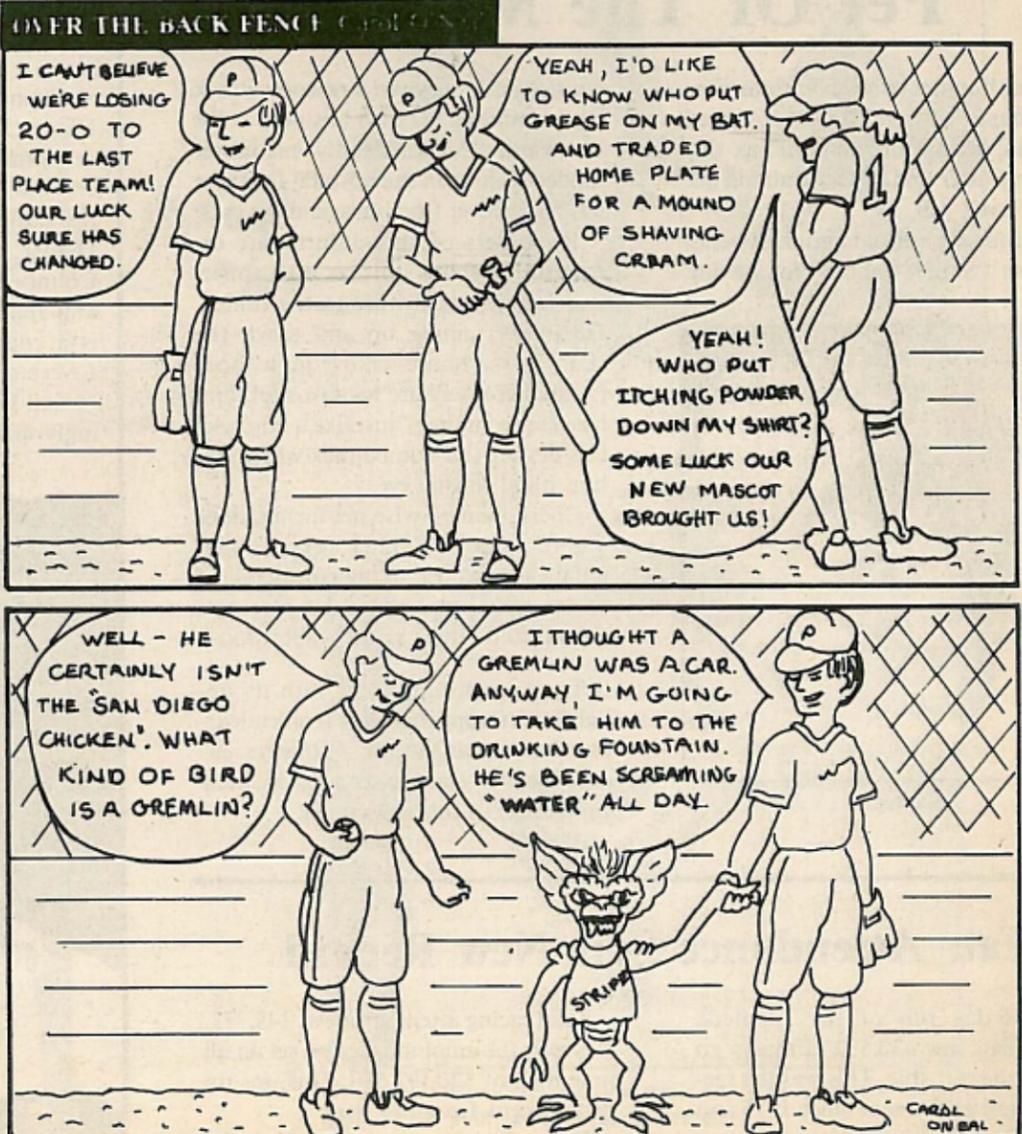
- Heel Pain
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- Geriatrics
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- Children's Disorders

Appointments to fit your busy schedule including: Early morning, lunch hour, evening.

Dr. Jeffrey Grutman

Surgery, Injuries & Disease of the Foot
1475 Cedarwood Lane, Suite A
Pleasanton, CA.
(located near Hacienda Park off Black Ave.)

462-4020



Life is "Wunderbar" For Former Exchange Student

What do stockbrokers major in when they go to college? In the case of Dean Witter Account Executive, Beth Fulgaro, it was German. Beth received her degree in German from Sacramento State University, following her return from Germany through the Youth for Understanding student exchange program. After spending a year as a bored secretary, Beth decided to explore the excitement of a brokerage firm.

It all started one day on a cable car, when the young Beth met a female stockbroker. The woman, upon discovering Beth knew nothing about brokerage firms, ("I didn't even know what a stock was!", Beth laughs), invited her to visit her office and see what it was all about. So, Beth went and she "was so excited by it. It really fascinated me!" she remembers.

In her work now, she is never bored. "Every day there is something new on the market to learn about. Finance is ever changing," explains Beth. She describes her job as "advising people on how to invest their money to meet their own personal goals."

This requires a vast knowledge of money market funds, certificates of deposit, limited partnerships, municipal bonds, and much, much more. The broker of today is no longer simply the person in the middle, a mere go-between for investors and the stock exchange. She had to attend an extensive training program and pass a comprehensive test to prove she was ready



Beth Fulgaro consults with a prospective client.

to start building a clientele of her own.

When Beth decided to actually make her career change, she was, naturally, concerned. But she feels that part of the reason she had the courage to jump into her new career is due to her experience with the Youth for Understanding program. "It gave me the confidence to do things in life that I wanted to do," she believes.

Actually, Beth almost passed up the opportunity to go overseas. "I was afraid it (leaving for a year) would put me behind everyone else. My friends

were heading straight for college," she explains. Now, however, she realizes how valuable her departure was. "It actually put me several years ahead, in maturity, responsibility, and experience."

Beth admits that when she first arrived in Germany, she was terrified. "Imagine not being able to communicate with anyone. I couldn't even read street signs, or understand the television or newspaper!" she exclaims. But by the time her year was up, leaving her German family and friends was

very traumatic. "I had to work for those relationships, and it took time to earn their love and confidence," Beth says. They still keep in touch, though, and she has returned to visit them, and they her.

Grateful for the adventure, she is now content in the progression of her life. She is married, and is quite pleased at being able to work in Pleasanton. "It is such a beautiful community," she says simply. "Americans have no idea how great our country really is, all that it stands for. Until you have seen America through the eyes of people from another country, you just don't realize how wonderful the United States truly is."

"It is for this reason," she states, "that the Youth for Understanding program is so worthwhile. More young Americans should have the opportunity to visit another country and learn, as I did!" Beth says she learned just as much about her own country, as she did about her hosts way of life and their heritage.

The program's only "fault" is its expense. Right now, the organization is working to earn money so kids who can't afford the trip might be able to go. Fund-raising and sponsorship efforts are in the works in an effort to help these students. If you can help, or would like more information on the program, please call the regional office at (415) 948-3300.

Kahlua Is Long-Eared Pet Of The Month

Easter bunnies come in various sizes and shapes. Cheri Welsh, received "Kahlua," a dark brown mini lop, this year for Easter and is busy training her new beloved pet.

The four-month-old animal is being billed as "Super Rabbit" for having



Kahlua

courageously survived a raccoon attack while minding his own business in his backyard. The unfriendly encounter landed Kahlua in the hospital for three days to recover from nose and eye cuts.

Regardless of this unfortunate experience, Kahlua still has high spirits and is enjoying his life to the fullest. He loves running up and down the stairs in the house, enjoys junk food, (animal crackers are his favorite), and has learned to beg "just like a dog." All this despite the 'coon attack which left him blind in one eye.

Cheri, being a wise pet owner, does see to it that Kahlua gets a well-balanced meal each day consisting of rabbit pellets and water. He also gets carrots and other "good" rabbit food.

The French lop rabbit with its delightfully floppy long ears is an endearing Pet of the Month. *Pathways* encourages its readers to send in their candidates to this newspaper.

Fair Attendance Sets New Record

The 16-day run of the Alameda County Fair saw 430,532 fairgoers go through the turnstile. This was the second highest attendance since 1976 and the third highest attendance in ten years.

Total paid attendance for 1984 was over \$350,000, up over three percent from last year.

Total racing attendance was 143,772. However the amount wagered set an all time high of \$20,192,530. This was up two percent from last year.

Fair officials noted that had the temperature not been record high 100 degree heat, this year's attendance would almost certainly have set a new all-time high.

Livermore Offspring Race To Victory

Alameda County has two new Diaper Derby champions!

Adam Tenbrink, 13 months old, crawled 12-feet to the jingling keys of his father in 7.7 seconds to win the Diaper King trophy of the Alameda County Fair. Adam is the son of Art and Joan Tenbrink of Livermore. Art is a counselor at Chabot College in Livermore.

Gail Watling, 8 months old, hesitatingly crawled her way to the Diaper

Queen Trophy. After starting the finals in tears and refusing to budge, Gail finally responded to her mother's calls and key jangle in a not-quite-record time of 46.5 seconds. Gail is the daughter of Jan Watling of Livermore.

This was the 22nd Annual Diaper Derby. Special Events representative Salle Larson, of Pleasanton presided over the contest which featured 27 babies in five separate heats, with boys and girls in separate competition.



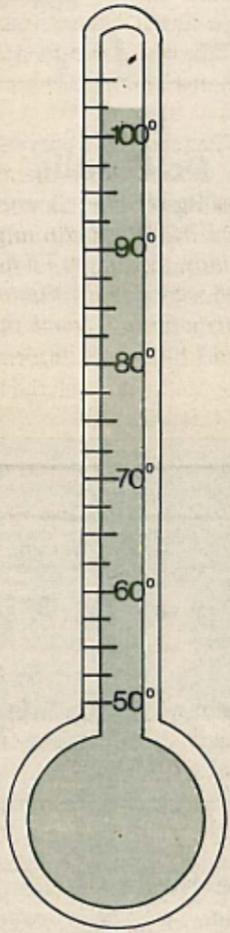
Melanie Christy and Allison Osmond, two of the participants in this year's 22nd Annual Alameda County Fair Diaper Derby.



Beth endures the heat while waiting for Bradley Sekulich to share his ice cream with her.



Sliding into coolness.



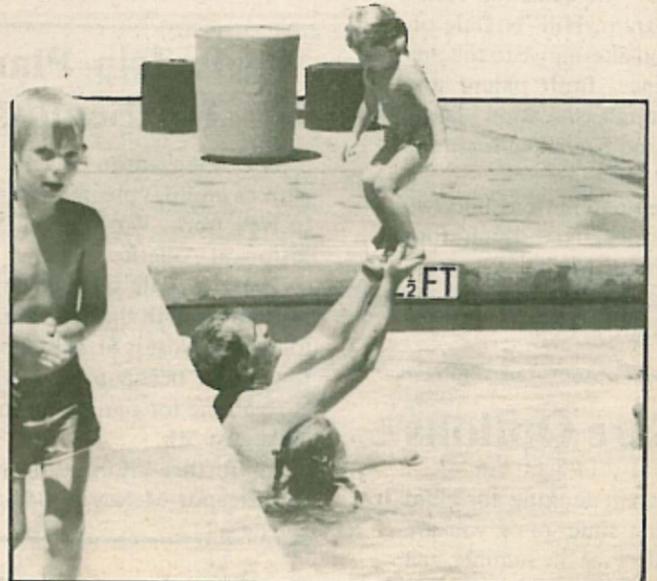
Beat The Heat!



Joan Gravell, her son Michael and Joey Vargas enjoyed a cool lunch in the park before going swimming.



Eight-year-old Ryan Beaman ignores the heat and enjoys a juicy hot dog.



Father and daughter keep cool while enjoying each others company in the pool at the Aquatic Center.

a bit of trivia

By Ben Fernandez

1. Gene Kelly danced with an umbrella in "Singing in the Rain." In 1972, Malcolm McDowell kicked his victim while the Gene Kelly recording was playing. From which movie was this scene taken?
2. Who is the only Oakland A's pitcher to pitch a perfect game for Oakland?
3. Who played Ted Baxter's wife, Georgette, on the "Mary Tyler Moore Show?"
4. Graffiti got its start during World War II with the face of a long-nosed man peeking over fences. This trademark appeared all over the world at various war fronts. What was the caption?
5. What was the name of Barbra

Answers Below

Insurance Help For Non-Profit Organizations

A Workshop featuring insurance for non-profit organizations will be held on August 22nd, from 9 a.m. to 1 p.m. at the Amador/Pleasanton School District Office, 123 Main Street, Pleasanton.

The instructor will be Mary Lai of Lai Insurance Brokers, who specializes in insuring non-profit organizations since 1971. Mary is familiar with the risks and special insurance needs of non-profit organizations.

Topics to be covered will include liability, volunteer coverage, professional malpractice and liability of boards of directors for errors and

ommissions.

Registration is \$15 for one participant from an organization, \$25 for a staff person and board members.

For further information call the Volunteer Center, 462-3570.

Widowed Club

Newly elected officers of the Widowed Men and Women of Northern California are Shirley Watson, president; Jim Chester, vice president; Barbara Dyrek, treasurer, and Sherry Nelan, secretary.

The club meets every third Monday of the month at 7:30 p.m. in the Community Room, Suite 107, of Chabot Center in Hacienda Business Park, 4637 Chabot Drive.

The club is open to all widowed men and women. For further information call 484-1809 or 846-7076.

V.I.P. Trip Planned For Seniors

The Pleasanton V.I.P.'s senior citizens group is planning a 14-day tour to New York, Washington, D.C., and historical America.

The trip will take place Tuesday, September 25th through Monday, October 8th. Cost is \$1,363.00 per person for double occupancy.

Deadline for signing up for the trip is August 5th.

For further information or details, call Eleanor McKay at 846-5853.

Blowing Bubbles

Burt Dixon of Pleasanton was the recent winner of the Bubble Gum contest held during the Alameda County Fair. Burt received 260 pieces of bubble gum as his prize!

On The Street: "What Was The Most Exciting Time Of Your Life?"



Judy Anderson — Nurse — "The most exciting time of my life was Nursing School. I especially like watching surgery."



Bill Souza — Medical Supply Salesman — "Oh, I guess I'd have to say right now!"



Susan DelCastillo — Pleasanton Resident — "I would say when I had my baby. But I have two kids, so I guess I'll have to say both were equally exciting! It was really a thrill to watch them being born."



Billy Gangness — Student — "Going to Knott's Berry Farm!"



Minette Swift — Instructional Aide — "My wedding. There was never a letdown the whole day. The most exciting part, though, was the ceremony itself. It was the crescendo of the whole event."



Pete Huppert — Student — "Getting my bike was the most exciting thing I ever did!"

Trivia Answers

- | | |
|-----------------------------------|----------------------------------|
| 1. Clockwork Orange | 6. The Morning After |
| 2. Catfish Hunter | 7. Ken Norton |
| 3. Georgia Engel | 8. Maude as played by Bea Arthur |
| 4. Kilroy was here. | 9. Billie Sol Estes |
| 5. I Can Get It For You Wholesale | 10. The last shaker of salt |

Pre-School Has Space

Hill 'N Dale Pre-school, a parent-cooperative, has openings in their morning and afternoon classes.

As a part of the Amador Adult Education program, Hill 'N Dale offers a low tuition alternative to the pre-school experience. Both parent and child learn through education classes for the parent and participation in the nursery school sessions.

Any interested parent of a child two years and six months through four years is encouraged to call the school registrar, Trallee Mendonca, at 462-6682 for information.

Child Care Options

If you are a parent looking for child care for the first time, or if you are changing providers for the summer, call Resources for Family Development at 455-5111 and request a free copy of "Choosing Child Care."

Tapes on "Child Care Options" and "How To Choose Child Care" are available by calling Parents' Place at 443-2727.



Armchair Tour Of Scenic Wonders

When you ask Pleasanton residents what it is they love the most about their town, you're bound to hear many different responses, including a frequently spoken appreciation for its central location. Pleasanton's close proximity to many of California's most legendary vacation spots, as well as some delightful but not so well renowned areas make it ideal for the weekend traveller!

In other parts of our own country, Northern California is known as an almost magical land of extraordinary beauty. Within a relatively small portion of our state, there is more to see and do than within almost any other place in the world. To many, this place we call home is a paradise they might only dream of someday visiting.

In the time it usually takes to watch a made-for-television movie, you and your family could be south, in Monterey; as far north as Point Reyes National Seashore; or by heading east, you would be well into the heart of the Mother Lode.

For example, let's take an imaginary trip, heading north. If you were to travel along Highway 1, you would pass Jenner, Salt Point State Park (an excellent site for camping, picnicking, fishing and skin diving), and Point Arena. Along the way you will also travel through Fort Ross State Historical Park.

Fort Ross was once a trading post for Russian Fur traders, established in 1812. It was also used as a seal and otter hunting center. The redwood fort and its adjacent buildings have all been restored to preserve the historical site. The property was sold, in 1841, to John Sutter, whom we all associate with the Gold Rush and Sutter's Fort.

If, like many of our California ancestors, you've got gold fever, that too can be explored close to home. California's Mother Lode country is a

belt extending nearly 200 miles along the western slopes of the Sierra Nevada Mountain Range.

The Mother Lode was given its name by Mexican miners who called a gold-rich stretch of land, 120 miles from Bear Valley to Auburn, "la Veta Madre," which later became known as The Mother Lode and included all of the gold-bearing regions from Mariposa to Downieville.

Upon the discovery of gold, in 1848, many Gold Rush towns sprang up throughout this area to house the thousands of gold-seekers who came from all over the world to seek instant wealth and riches in the hills of California. Many of these towns have developed into busy cities, such as Sonoma, Placerville, and Auburn.

Others, though, have been preserved and retain much of their 1849 flavor. One such town is Sutter Creek, a delightfully picturesque Mother Lode town. By visiting, it is possible to recapture much of the spirit of that era. Do try to visit Sutter's Mill in Coloma, the Empire Mine near Grass Valley, and two former boomtowns, Columbia and North Bloomfield which are now State Parks.

The entire route, along State Route 49, can be driven in a day or two. There are plenty of campgrounds and motels, as well as shops, restaurants, museums, and historical landmarks to inspect along your journey. Spring and Summer are the best times to travel through the mountains.

Also, don't forget that the world famous Yosemite National Park is also along State Route 49. It's magnificent beauty is certainly worth the three hour drive you'll spend getting there. There are shops, restaurants, and two hotels in the valley, as well as numerous campsites, hiking and backpacking trails, and fishing streams.

If you would prefer to travel South, Santa Cruz is only an hour away. The beach and historic boardwalk will keep everyone entertained for the day, or for the weekend if you wish. After you've survived the Boardwalk's famed roller coaster, you might go for a drive just a little further south along the highway.

Along the coast, below Santa Cruz, the charming city of Capitola sits by the sea. Capitola was a popular little resort around the 1900's and it still exhibits much of its turn-of-the-century flavor.

You might want to visit the galleries and boutiques along the main street, which are housed behind the authentic old-time storefronts straight out of the town's past. Also keep in mind, the annual Begonia Festival is in September, and you'll love the Capitola museum, not to mention the sun, the sand and the surf!

There is really no end to the area's adventuring opportunities. Just pick a weekend, hop into the car with a map and a camera, pick a general direction, and you're off! The California State Automobile Association has thousands of maps, in addition to helpful literature and information on various points of interest. Buckle-up and drive safely!

COMMUNITY CALENDAR

Thursday, July 19th

Women's Network taping, 9:30 a.m., Community Room, Chabot Center, 4637 Chabot Drive, Suite 107, Hacienda Business Park. Guests include KKIQ News Director Jay Lloyd; Beverly Kalhoun, Founder and Director of "Shapers" for nutrition and weight management. For free tickets call 462-3373 or 463-0280.

Friday, July 20th

Concert in the Park, Wayside Park, 1st and Neal Streets. Archer and Company. Easy listening popular music, sponsored by the Clothes Tree.

Friday, July 20th

Oakland A's — Milwaukee Brewers game, 7:35 p.m., Oakland Coliseum. Tickets, \$8. Call 357-1961. Benefits Alameda Unit of American Cancer Society.

Thursday, July 26th

Women's Network taping, 9:30 a.m., Community Room, Chabot Center, 4637 Chabot Drive, Suite 107, Hacienda Business Park. Guests include Valley Times Fashion Editor Lynn Carey and Stoneridge Mall Fashion Panel modeling fall clothes. For free tickets call 462-3373 or 463-0280.

Friday, July 27th

Concert in the Park, Wayside Park, 1st and Neal Streets. The Pleasanton Community Band. Traditional concert in the park, sponsored by Kennedy Business Machines — 7-8 p.m.

Friday, July 27th

Reservations deadline for Pleasanton Newcomers, August 1st, luncheon from 11:30 a.m. to 2:30 p.m., at Wente Brothers Winery in Livermore. Catered box lunch by Despotakis Gourmet Deli followed by a wine tasting and tour. Donation \$6.25. Call 482-8189 for reservations which are limited to 50.

Sunday, August 5th

Deadline for signing up for the VIP's East Tour. Call Eleanor McKay for details, 846-5853.

Wednesday, August 8th

Great Books discussion on Anne Morrow Lindberg's "Gift from the Sea," 7:45 p.m. For information call Jan Fussell at 462-8431.

Wednesday & Thursday, August 15th & 16th

VIP's (Senior Citizens) Reno trip, \$42; includes transportation, hotel accommodations and many bonuses. Call Eleanor McKay, 846-5853.

CLASSIFIEDS

HELP WANTED

Typesetter: Pleasanton Pathways has a temporary job opening for a typesetter on a Compugraphics 8400 state-of-the-art system. Typesetting experience essential but will train on 8400 use. August 15th — November 15th. Salary commensurate with skills. Call 463-2750.

Commission Salesperson: Immediate opening. Earn unlimited income while representing national publisher of business magazines including "In-flight." For interview, call 846-0649.

Billing Clerk: Local company needs billing and payable clerk. Filing, computer experience helpful. Benefits. \$1200 month. Call Career Network Personnel, 820-1322 or 463-9000.

Secretary/Receptionist: Very busy, growing office needs decision maker. Re-locating to Pleasanton soon. Type 60 wpm. To \$1100. Call Career Network Personnel, 820-1322 or 463-9000.

Secretary: No fee. Current office experience a must, CRT, type 50 wpm. Handle travel arrangements. Professional office. To \$1200. Call Career Network Personell, 820-1322 or 463-9000.

Printer's Helper: Part-time leading in-to full-time. High customer contact. Knowledge of, or willing to learn print business. Mature and dependable. Call 463-0440.

FOR SALE

Travel Trailer: 1977 — 18 ft., self-contained, perfect condition. Will be shown Sunday, July 21st, 2385 Sandpiper Way, Pleasanton.

Car Seat: GM Love, like new, \$20; Play Pen, \$15; Sesame Street twin bedspread, matching pleated drapes, 92" x 44", \$15. Call 462-0946.

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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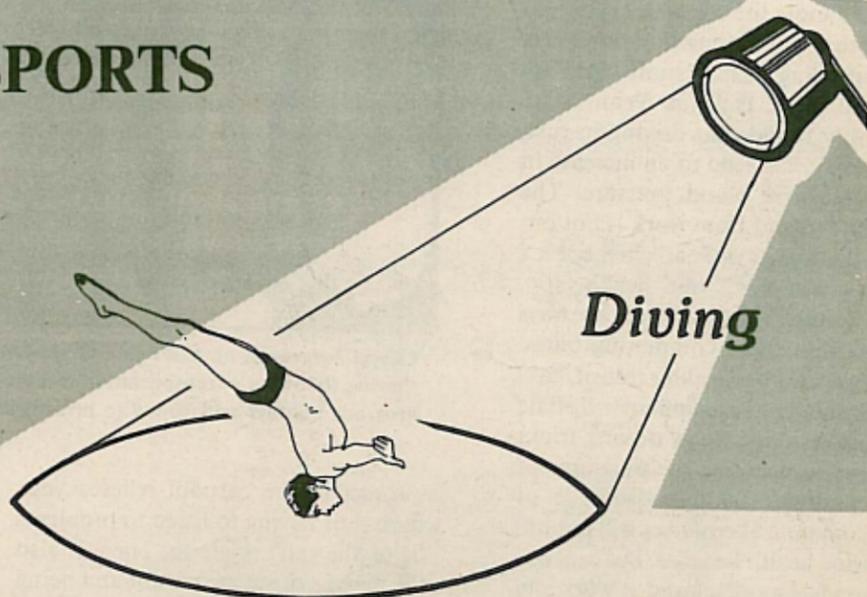
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SPORTS



Spotlight ON SPORTS

"There's so much talent here in Pleasanton, it's unbelievable."



Among the ranks of gifted athletes, there are those who are accomplished performers and then there are those who have a real talent for teaching that skill to another.

As a diver, Monte Young was an accomplished performer. In his sophomore year at Granada High School, he placed first in the East Bay Athletic League, and he was third at the North Coast Sectional Championships.

Monte went on to compete for two more years at Granada, and a couple of years at Chabot College. At 24 years of age, though, Monte's real talent obviously lies in his ability to teach and to guide others in the sport of diving.

Monte is currently coaching the Livermore High School, Granada High School, and the Chabot College diving squads. But luckily for Pleasanton's youth, the talented Mr. Young also finds the time to teach diving courses at the Aquatic Center, here in town.

The classes are held Monday through Friday, from 11:30 a.m. to 1:30 p.m. Monte has divers on every level, from beginning to advanced. His students range from age six on up to 19, and they are coached according to their level of capability.

Some might think six a young start, but Monte says, "As soon as a kid can swim, he can start diving!" Diving is not a dangerous sport, he feels. "The danger is not so much in diving itself — divers usually only get injured because of improper supervision or faulty equipment."

Diving is a fairly big sport on the collegiate level, and the sport is growing in popularity all the time. This year, the United States Olympic Diving Team stands a very good chance of sweeping the Games. Monte indicates our biggest competition will, surprisingly, be China. For some reason, China isn't usually associated with aquatic sports, but as Monte says, "There's a lot about China most people don't know, like their diving team!"



Coach Young keeps a watchful eye on his young students.

For a diver, once amateur (collegiate and Olympic) competition is over, there is not much of an outlet for the athlete. Professional divers can possibly make decent money, but "they only get paid as long as they can make the dives, and believe me, you can't keep doing it forever," Monte says.

He started diving as a freshman in high school. Monte had a friend whose older brother was a diver. "I saw Jerry one day, and I really wanted to try it," recalls Monte.

So he did. Along with three other freshman, Monte spent that entire summer working on the trampoline in a fellow diver's backyard. "The trampoline is irreplaceable as a training aid," he

states. "I spent a lot of hours on that thing," he remembers, "and by the time we got to the board, it seemed easy!"

Monte was also a star wrestler at Granada. When you ask which sport he prefers, he answers, "I like wrestling in the winter, and diving in the summer," but I hate them both when it's the other way around!" Monte's quick to tell of the cold winter diving seasons in high school. "That was not a lot of fun at all!" he claims in retrospect.

With his sights on the future now, Monte competed a few times this year in a couple of club meets. He didn't really practice beforehand, but it was something he just wanted to do. "I didn't crash or anything, so I guess I did alright!" he chuckles. Then, he admits, "After not having competed for about three years, I must say I did feel a little rusty!"

Coaching really seems to be this young diver's niche, however. He has a special rapport with his students, especially the young ones. Children seem to respect him, and yet still feel a certain camaraderie with their coach. "I really enjoy coaching, it's a challenge, but it's a lot of fun, too," he declares.

Monte's newest goal is to start a diving team in Pleasanton. "There is so much talent here, it's unbelievable," he offers. The only problem is the lack of facilities for such a team. "The Aquatic Center is only open a few months of the year, and Amador High School's equipment is so old," Monte claims.

In the meantime, Monte will be teaching his classes at the aquatic center, and constantly looking for more diving recruits. The sport he loves is "a really excellent summer activity for kids," he says, and he's one coach who wants to "show 'em how to do it right!"

If you would like more information on the Aquatic Center's diving and swimming programs, you may call them at 847-8171.

Jaycees Host Golf Tournament

The Pleasanton Jaycees Second Annual Golf Tournament will be held at the Las Positas Golf Course, in Livermore, on Saturday, August 11th. Tee off time is noon.

The entry fee of \$50 includes golf cart, green fees, awards dinner at Haps Restaurant and prizes. Guests may be invited to the awards dinner at an additional \$8 per guest. No host cocktails

begin at 6 p.m. with dinner at 7 p.m.

Proceeds from the events will benefit "Sudden Infant Death Syndrome"

Deadline for entries is August 3rd.

Checks made payable to Pleasanton Jaycees should be mailed to David Gordillo, 6000 Stoneridge Mall Road, Suite 280, Pleasanton, 94566, or call 463-9030 for further information.

Support Seaver Fund!

Save papers and deposit in Lion's paper bins throughout the City.

Attend Oakland A's vs Baltimore Orioles Games, August 25, 1:05 p.m., Oakland Coliseum.

Both benefit Donna Seaver.



30 Mile Bike Ride All In A Day's Work



Traffic engineer, Michelle DeRobertis knows the benefits of alternative transportation!

As a traffic engineer, Michelle DeRobertis knows the importance of utilizing alternative commute methods. Whether it be carpooling, busing, or taking a train, Michelle has had her hand in actual studies done on traffic and its environmental impacts, so she recognizes the vital contribution offered by alternative transportation.

It is her concern that prompted her to start riding her bicycle to work, instead of driving her car. Michelle lives in Oakland, so when she was working in Walnut Creek, she would travel to work via her bike and the BART system. She cycled from home to the station, and from the station to work.

"It was really convenient," says Michelle. "Plus, it helped me keep in shape, without having to make a real conscious effort!" When she started working for TJKM Transportation Consultants in Pleasanton, her "easy" little cycle was quickly transformed into a 60-mile round-trip journey.

"I would have to get up much too early in the morning to make it on time!" she proclaims, "and I just hate getting up that early!" Instead, she is now carpooling to work, but she faithfully cycles home one day per week.

"I bring my bike, in the car, to work. Then, I ride home," she explains. Her course winds along Dublin Canyon Road, to Castro Valley Boulevard, then to Redwood Road which curves

through the hills all the way to Oakland. "It's about 30 miles to my house, and it's really a nice ride," claims Michelle. She then qualifies her last statement by explaining, "I just love the hills!"

Thirty miles takes her about two and a half hours to complete. But she finds it relaxing and it warms her up for weekend rides with her husband, John. "We met because of cycling," she says and recalls how she met John on the Cal Trans Bay Bridge bike shuttle, when they were both commuting to San Francisco. The couple is very grateful for the experience cycling has given them.

Eventually, Michelle would like to start riding in "Centuries" again. These hundred mile tours are held by various clubs and organizations in many different areas. Michelle has completed a few already, admitting, "I've been out of it now for a while, but I'm looking forward to getting started again!"

Michelle encourages others to try riding to work also. "It's relaxing, and great exercise," she urges. "It's also a contribution to the environment and a definite public service. She does recommend that you observe safety precautions religiously. "Wear a helmet and proper cycling attire, and always be sure you are well-equipped for possible emergencies (of the flat tire variety, especially!). A safe ride is a successful ride!"

Horseshoe Contest Attracts Winners

The clang of metal on metal reverberated throughout the Alameda County Fairgrounds July 7th and 8th as contestants in the Bill McNally Horseshoe Tournament vied for cash prizes and trophies.

Jesse Gonzalez of Los Osos near San Luis Obispo took the men's trophy and a \$300 prize by winning all 15 of his games in the event. Sharon Paddock of Rio Del-Scotia near Eureka won \$200



Ed Floral concentrates on his horseshoe pitching.

and the women's trophy for winning all 10 games on the female side of the tournament.

Both top winners will have their names inscribed on the perpetual plaque kept in the office of the Alameda County Fair, which co-sponsors the tournament with the Tri-Valley Horseshoe Club.

All contestants — six women and 16 men — won cash prizes that more than covered their \$20 entry fee and then some.

Other men's winners were Walter Ray Williams of Chino, second, who lost one game; Don Titcomb of San Jose, who lost three; Dave Loucks of Sacramento, who lost four; Ed Floyd of Fremont, who lost five; and Herb Rushing of Grass Valley, who lost seven.

Other women winners were Marisela Mauricio of San Jose, who lost three games; Yvonne Mauzey of Sonoma County, who lost five; Andrea Adams of Turlock, who lost six; Genevieve Lavett of Seaside, who lost eight; and Sandy Hardy of Shasta, who also lost eight.

Mrs. Lavett, who was competing in the County Fair event for the first time, is the widow of Bill McNally, a charter member of the Tri-Valley Horseshoe Club who died in 1971.



(l-r) Front row: Brian Enlinger, 15 years old, Foothill High School — 2 mile relay; Marli Bortorff, 15 years old, Foothill High School — was going to be doing mile relay but has been replaced due to an injury; Keith Videtto, 15 years old, Foothill High School — 2 mile relay and 1500 meters; Rachelle Hayes, 16 years old, Foothill High School — 1 mile relay; Coach Curtiss Smith, Foothill High School — track coach for 3 years. Back row: Claudia Reyes, 16 years old, Foothill High School — 1 mile relay; Dan Gaber, 15 years old, Amador High School — 800 meters and 200 meters; Michelle Cavellini, 15 years old, Foothill High School — 1 mile relay; John Tucker, 15 years old, Monte Vista High School — 2 mile relay; Christina Gangness, 15 years old, Foothill High School — 400 intermediate hurdles, triple jump and the 1 mile relay.

Pleasanton Teens To Compete In National Junior Olympics

Eight Pleasanton teenagers will spend July 19th through the 22nd in Baton Rouge, Louisiana while competing in the National Junior Olympics at Louisiana State University.

These young athletes have qualified for this national competition through a series of three qualifying meets.

The first was held at Acalanes High

School in Lafayette. The second meet was at Diablo Valley Junior College in Concord, and their last test was passed just two weeks ago in Cochran, California. Because of their qualifications, these local youths will be representing all of California and Nevada, in their respective events, competing for the gold, silver, and bronze medals at the games.

How To AVOID Commuter Stress

By Peggy Silva

Hacienda Transportation Intern

Congested highways, honking horns, tailgaters, rising exhaust fumes, and never-ending redlights — are you confronted with these problems? If so, you are one of many commuters who daily have to handle the stress of these and many other commuting situations. It is not surprising that a study done by Wohlwill & Everell at Penn State University found that driving in rush hour traffic can lead to an increase in heart rate and blood pressure. The commute to and from work is not only wearing down your car's life, but it's working away at your health, too. Don't despair, though. There are ways to deal with these commuting blues. Joining a carpool, riding transit, taking advantage of a company's flexible program or using a few driving tricks are ways to decrease the pressures of driving alone. Taking advantage of these commute alternatives will not only provide health benefits, but can also help you feel more relaxed at work and home.

The Penn State study also showed that a person's attitudes in one area of life carry over into other areas. Frustrated commuters carry that stressful feeling to their jobs. According to the Penn State study, 62 percent of those who were satisfied with their commute did not drive alone to work.

Using commute alternatives such as carpooling and transit offer the advantages of sharing the driving or not having to drive at all. There are also less cars on the roads so air quality improves and congestion decreases. Carpoolers also have the ear of a sympathetic audience during the commute. Sharing work problems with co-



Cheryl Jorgenson of AT&T and Grace Miller of Crum and Forster get together on ride-sharing following a transportation meeting held at AT&T. They learned that they live quite near one another and vowed to investigate their carpooling options.

workers in the carpool relieves your spouse of having to listen to problems he or she can't relate to. There is also the benefit of saving money and being able to have more time to read or sleep. You can also use the commute home as a time to unwind from work since you're not worrying about driving. You'll arrive home relaxed and ready to spend quality time with your family.

You can alleviate some commuter stress if you drive alone, if your company offers a flextime program. You can avoid congestion by starting your commute earlier or later, missing peak hour traffic. Flextime allows a flexible schedule so you are never late. Flexible start times take away the stress of having to push through traffic to make it to work on time. You can also plan to work during the time of day when you are most productive — not everyone is

a morning person. Metropolitan Life Insurance Co. and Chevron Corp., both located in San Francisco, are examples of companies who have adopted successful flextime programs. Employees enjoy saving time by commuting on non-congested highways and employers benefit from increased productivity, improved morale and less absenteeism.

Taking advantage of these alternatives, however, doesn't eliminate driving altogether. Commuter Computer in Los Angeles shared its stress-control driving tips with *Pleasanton Pathways*:

1. Sit pretty. Buy a lumbar pillow to support your lower back. Check out air mesh or luscious sheepskin seat covers.
2. Pack a pair of soft slippers in your glove compartment and slide them on when you're driving. You'll feel more

relaxed.

3. Stress often expresses itself in our muscles — particularly those in the neck, shoulders and back. So try some muscle-stretching exercises to loosen up before buckling up.

4. Use your air-conditioner. A car that feels like a sauna can dull your reflexes and make you irritable.

5. Don't crowd your carpool. The whole point of ridesharing is relaxation and convenience.

6. Beware of caffeine. Your ritual cup of coffee before hitting the road may turn you into a jumpy driver. Try decaf instead.

7. Better yet, try a glass of milk just before driving. The calcium in milk is a natural relaxer.

8. Give some thought to how you've tuned your radio. Playing it at top volume may set your pulse racing on the dance floor, but do you really want to feel that way on the freeway?

9. Don't let you gas-needle dip dangerously close to "E." Worrying about whether you'll make it to the office on fumes alone is a classic — and fully preventable — manifestation of commuter stress.

10. Try to be punctual. If you're late, rushing may not only get you a speeding ticket, but the anxiety can raise your heart rate, set your stomach churning and make you unsafe on the road.

If you take advantage of the suggestions above you will find yourself feeling better about your commute and feeling more relaxed at work and home. Decreasing commuter stress can lead you to a healthier and happier commute and also to a more enjoyable and productive life.



Elverta Tebo and Ray Maroney are members of The Singing, Swinging Seniors who performed recently during the Fair in Pleasanton.

Singing & Swinging Seniors

The Singing Seniors of Pleasanton and Livermore performed on Seniors Day, July 3rd, at the Alameda County Fair to a hot, though appreciative crowd.

Calling themselves the SINGING, SWINGING SENIORS of Pleasanton and Livermore, this lively group does indeed sing and swing to good old songs like "When You're Smiling" and "In the Good Old Summertime."

"Our specialty is entertaining the sick and handicapped. We perform each month at three convalescent hospitals and the VA hospital. At the VA hospital our music is broadcast throughout the building," explained Oscar Becker.

"We love to sing and bring cheer to people," he added. The seniors receive no compensation for their efforts other than the smiles of their audience.

Formed 11 years ago by Mrs. Verla Babbitt, the group has since added a new pianist, Fanita Jones, and conductor, Edith Baker and they're still going strong.

Their repertoire included a stunning solo by Irmgard Fox of the Italian song, "Ciribiribin," and a lively can-can dance routine by Elverta Tebo. The show ended appropriately with a medley of patriotic songs including "America, America" and "Glory, Glory Hallelujah."

YMCA Stresses Safety In Care Of Your Child

There has been a lot of concern, lately, over the rising numbers of child disappearances every year. In the face of these statistics, parents must carefully decide what activities will be safe, and, conversely, which might threaten their child's well-being.

Currently, there is a definite push for greater safety precautions. There have been child finger-printing programs, parent awareness programs, and several other new procedures have been implemented to combat the problem.

But what about a child's everyday activities? Especially during the summer months when children are constantly flitting from one place to another, what is the best way to ensure your children's safety?

Of course, nothing is fool-proof, but it does make sense to examine a program's safety record. When your child asks to join an athletic program or sign-up for summer camp, talk to the program's director and find out exactly what safety precautions will be taken.

The YMCA, for example, has an excellent safety record. They have never had a missing child in all their years of successfully running youth day camps, youth excursion programs, and out-

door camping programs.

The YMCA attributes its untarnished record to "proper organization" said a YMCA employee. The organization keeps comprehensive information on every camper from pertinent facts and information, including emergency phone numbers, to complete medical records on each individual.

The YMCA also utilizes a parental sign-in/sign-out procedure which prohibits a child from leaving any activity until that child's parent comes to sign him/her out. The child will not be released into another's custody, period.

When on excursions to heavily populated areas, such as an amusement park, the standard, already high, "counselor to kid" ratio is increased even more. "Proper supervision is a lot of the reason we haven't had any problems," stated another YMCA employee.

The key to effectively determining your child's safety lies in the careful examination of the programs available to him/her. Make sure that the activity in question is well-organized, well-supervised, and that its record is clean. Most of all, make sure that the organization is as concerned for your child's well-being as you are.