

## INSIDE

New Year Forecast . . . Pg. 2  
Vocalists Auditions . . . Pg. 4  
Storytime Sessions . . . Pg. 5  
Daycamp Positions . . . Pg. 8  
Shaping Up . . . . . Pg. 10

A Community Newspaper

# PLEASANTON PATHWAYS

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

Volume V Issue I

Pleasanton, California

January 12, 1987

### A Memorable Date

## Foothill High Senior Approaches Dating Creatively

Remember when high school dates were typically outings to the movies or school dances? And you would have a good time, but unless it was a first date with that special person it wasn't that memorable?

Tom Tenney, a Foothill High School senior, decided he would change his "typical" dating habits and plan something out of the ordinary for fellow senior and unexpected date, Nancy Dabney.

During a summer youth conference, where one of the topics was "Creative Dating", Tenney noted a number of different possibilities for "memorable dates" and decided to invite Dabney to "dine on an island".

First, to set the mood and add a little romantic intrigue, Tenney sent Dabney an anonymous cassette recording inviting her on this special date.

The audio invitation was set to a background of tropical music and claimed that "for an enchanting evening in the warm air and cool breezes of an island paradise, with a modern-day Robert Redford, her date would pick her up at 7:03 p.m."

Dressed in an appropriate Hawaiian shirt, Tenney arrived promptly at 7:03 p.m. Dabney, who initially had decided she wouldn't accept because she wasn't sure who the mystery date was, was convinced



Foothill High seniors Tom Tenney and Nancy Dabney dine on a local "island" on a date they'll both remember.

by her conspiring mother to go, but she did make her date wait!

When she realized her date for the evening was Tenney, Dabney was pleased because they had previously attended their Junior Prom together. But what next from

this imaginative and dashing young man?

They drove directly to the AT&T building at Willow Road and W. Las Positas in Hacienda Business Park, where Dabney quipped "is this where you're picking up the airline tickets?"

Instead, Tenney proceeded to unload his car and set up a card table and chairs, candles, flowers and goblets on the traffic island in the middle of W. Las Positas Boulevard! He then seated Dabney, poured her sparkling cider and served delicious pineapple boats with soft tunes floating on the "island" breezes from his portable cassette player.

The wind was balmy, the palm trees at the AT&T building were in sight and they were on an "island"! What more could a girl ask for?

How about the hope that no one she knew would drive by and see them? "I was a little embarrassed at first," she admitted, "but he really was pretty clever. It was a lot of fun and definitely a date I will remember!"

A number of people, including parents, teachers, friends and a policeman, did in fact make U-turns to get a glimpse of the young couple.

Tenney said he will be planning more unusual dates in the future. "It's more fun to do something original," he said. Apparently his friends think so too. If he gets any more great ideas, they want him to let them know! So Foothill High girls, be on the look out for Mr. Dashing — he may be just around the corner!

### Constant Monitoring

## Hacienda Business Park Ensures Quality Environment

Did you know that the quality of the ground water beneath Hacienda Business Park continues to be well within the federally recommended drinking water standard? And, did you know that the highest one-hour average concentration of carbon monoxide in the Hacienda Business Park area in 1986 was only 33 percent of the California standard and 19 percent of the federal standard for ambient air quality?

Under the direction of co-developers The Prudential Insurance Company of America and Callahan, Sweeney & O'Brien, the Hacienda Business Park Owners Association monitors this type of environmental information and pursues a variety of ongoing activities to ensure the quality of the business park for its tenants as well as the community of Pleasanton. Two such programs are the Air and

Water Quality Management Programs, directed by Environmental Supervisor James Paxson of the Hacienda Business Park Owners Association. Paxson, who is a graduate of the University of California, Berkeley with a Bachelor of Science Degree in Forestry, is also experienced in the areas of natural science research, horticulture, and land use planning and management.

"In keeping with Hacienda Business Park's philosophy of planned business development, the water and air monitoring systems benefit both the tenants and the community because we are constantly aware of the status of both natural resources," Paxson explained. "We have developed a record of normal air and water conditions which will enable us to observe changes and analyze activity on a daily basis," Paxson noted.

Pleasanton's air and water quality control program was part of the Conditions of Approval for Hacienda Business Park in 1982. The comprehensive program is unique to the Bay Area and is the first of its kind to be conducted by a private business entity.

The air quality monitoring program consists of three main activities — meteorological testing, particulate testing and carbon monoxide monitoring.

A mechanical weather station continuously measures wind speed, wind direction, rain fall air temperature and a variety of meteorological information.

Three particulate stations are located in the park to collect air samples that are then analyzed to determine local particulate levels and trace metal concentrations. A separate unit provides reports continuously on the carbon monoxide levels in the air. "We also work closely with the Hacienda Business Park Transportation

Systems Management program to determine the specific effects of traffic and meteorological activity on air quality in the north Pleasanton area," said Paxson.

The water control program consists of a system of 40 test sites located throughout the park to evaluate ground water levels and pressure and analyze the purity of the ground water.

Paxson also noted that the Park went beyond the requirements of the Conditions of Approval to research and comply with numerous local, state and federal agencies for the appropriate environmental development of the park. "We even worked with wildlife organizations to install roosting posts near areawater canals for the native waterfowl!" he claimed.

Since implementing the programs over four years ago, the water and air conditions in the Tri-Valley area continue to be recorded as being well within the federal and state quality standards.

"The fact that the developers of Hacienda Business Park thought about the development's impact on natural resources in the planning and design stages of the business park, and are continuing to evaluate and upgrade the monitoring programs as necessary, displays an exceptional concern for and commitment to maintaining the quality of life here in Pleasanton," said Paxson. "I am very pleased to be a part of this progressive and responsive team approach to commercial development!"

The Hacienda Business Park Owners Association is a valuable resource center for park tenants as well as the community on such concerns as air and water quality, environmental issues, landscaping problems, transportation, and more. For information call the Owners Association office at 463-9040.

The Associates Building displays Hacienda Business Park's commitment to well-planned, environmental development.





*FYI is a bi-monthly column featuring guest writers. This column is by Georgia Stathis, whose background is in business, real estate investment and advertising, and has been a professional astrologer in the San Francisco Bay Area for ten years. In 1978, she received her Masters in Business Administration degree from Pepperdine University. She, since then, has incorporated her business background with her astrological work and cycles research.*

In her upcoming Forecast Talk that she will be presenting at Heather Farms in Walnut Creek on Tuesday, January 13, 1987 at 7:30 p.m., Georgia Stathis will talk about some of the following trends expected in 1987.

Industries that are predominant in steel, iron, diamonds, mining, engines and transmissions, as well as automotive, will be first class investments. This is corre-

lated to the planet Jupiter lining up in the sign of Aries which rules these particular industries. About once every twelve years this particular cycle occurs, thus increasing the value as well as the interest in these industries.

**"This is truly a year for ideas beyond the scope of anyone's imagination."**

In fashion, there will again be a return to the basic turtleneck look. Hats and unusual hairstyles will continue, but take on a degree of sophistication as well as a more tailored look. Anything that emphasizes the head will be "in".

The economy continues to move on the down side of the 18.3 year cycle. It is very important that people do not impulsively spend or overextend themselves in 1987, because there may be a false assumption that things are on the way up, particularly in real estate investment between March and June of 1987.

Layoffs in the big companies will continue -- those who are being offered early retirement at the present time with benefits would do well to start something of a service nature that has perhaps been an avocation. The Wall Street Journal recently coined a phrase -- "The midpreneur" -- middle managers that are retiring early and starting up a unique service business that finds a need and fills it.

There will continue to be unrest in the world particularly in the hotspots in the Middle East as well as in South America.

Along with the heightening of tensions in the world, a grass roots peace movement -- similar to the sixties, yet not necessarily as violent will come forward. One of the groups that might get involved in political rebellion may be that of the Native Americans.

Particularly watch December of 1987

and January and February of 1988, when a certain configuration is taking place in the sky as in 1941 and 1942 that indicates many "Established" types of individuals and industries suddenly finding themselves in a very unconventional and revolutionary frame of mind. Throughout 1987 circumstances will force people to fight for what they believe in -- truly believe in -- regardless of the cost.

In this particular area of Contra Costa/Alameda Counties this next year will be the transition year into a major urban center which will have as one of its greatest challenges the idea of transportation highways, airways, and public transportation. By December of 1987, major highway and public transportation projects will have commenced.

Starting around September of 1987, we should be hearing something about a ma-

**"... middle managers that are retiring early and starting up a unique service business that finds a need and fills it."**

major airport plan or a plan to enlarge many fields like Buchanan Field in Concord, California. Pollution and toxic waste may experience a kind of 'expose' mid year and as a result public response will force action to be taken.

This is truly a year for ideas beyond the scope of anyone's imagination. The last year found people in a space of creative incubation as well as spiritual incubation. On the surface it may not have seemed to appear as if much happened, but starting March 13, 1987, we will begin to see many new proposals that finally surface from this past year's thought.

Stathis primarily works with individuals and entrepreneurial types in plotting their career or life direction as well as their business' direction. By obtaining the time of birth of the individual or the incorpo-

ration date of the company and then using the place and date of birth, she can calculate quite accurately specific dates particularly in the next year when change, renewed action, or caution should be exercised. Usually her sessions are taped because she finds that neither she nor her client will remember all the specific information that is given in a session.

Each session lasts approximately one hour and fifteen minutes. Not only will she cover career direction, but personal issues also. By combining her information about business and cycles with planetary movements studies, she also tracks similar things that may have been occurring for the individual at certain periods prior to the session.

"This is not lucky guessing, but very concentrated study and analysis of what my computer calculates from the birth data I feed it. Some people still believe astrology is fortunetelling or psychic -- it is neither. It is a 2,500 year study that has been sophisticated with the advent of computers particularly in the last ten years. We can get a lot more information in a much shorter period of time," Georgia states.

She and her husband, John Nunes, who is in real estate, have two small children, Alexandra, five, and little Gus, two. "I've held a lot of different jobs," she states,

**"Throughout 1987 circumstances will force people to fight for what they believe in ..."**

"but my first love has always been astrology and I have been in this longer than anything else I have ever done. It never ceases to amaze me about how accurate this system is if an individual has their time of birth as well as their place and date of birth"

For more information, call (415) 943-7559.

## On The Street

*What is your prediction as to what type of year 1987 will be for you?*



**Betty Cowdery**

*"Lots of growth. 1986 has been a learning experience. I gained a great dimension of experience. Some good and some not so good. I feel my growth will be positive in all phases of my life --- personal, career and spiritual."*

**Rosemarie Pease**

*"It's going to be a great year. A lot of fun, I have one child that's getting married, I'm now planning and looking forward to it. Each year I look forward to it as being a wonderful year."*



**Claudia Montaute**

*"I'm looking forward to having a lot of fun in 1987. I feel it is going to be an exciting year for the entire valley."*

**Bruce Jobson**

*"Fantastic!!"*



**Haruo Abe**

*"There is only one way to go and that is up. I'm very positive. I should get married in 1987, but I have to find someone first."*

**Bruce H. Jones**

*"I see a very good year. A lot of growth in the firm and in the valley."*



### Notes from Lilly's Pad

*For most of us, this time of year brings renewed hope, enthusiasm and eagerness to forget our past and start life anew.*

*While we are all busy making resolutions to reach our new goals and objectives for the new year, perhaps we should also examine our scruples.*

*"Scruples?"; you ask, "Do I have scruples?" Let's hope you do, however, there are some people who don't.*

*Webster's dictionary defines scruples as your conscience telling you right from wrong.*

*Some individuals believe they never do anything wrong. They will lie, cheat, steal, stab people in the back just to gain what they selfishly desire for themselves with no feeling for others. These people have no scruples.*

*These people are generally very assertive, self-centered people who are basically unhappy within themselves and want to blame everyone else for their shortcomings. They never see the good in people or life. They always look for the negative side of things, enjoy gossiping about people and always find excuses for any wrong they create.*

*Then there are those people who are power hungry and will use any scheme to obtain this goal. They use people and take credit for new ideas, successful projects or any positive results even if they had nothing to do with it.*

*If a project of theirs is unsuccessful, these people will find someone to blame. In situations harming others for which they were responsible, they deny involvement. These people believe they can fool all the people all the time. Scrupulous individuals have a high and mighty attitude, they expect your undivided attention when they enter a room.*

*For instance, take individuals who walk into an office and take over the use of another's desk without asking permission from anyone.*

*They proceed to use the phone or other items on the desk as if they own the place. This could be an example of very bad manners or no scruples or perhaps both!*

*So while the spirit of the holidays is still within us, let us make our resolutions to better ourselves, but not at the expense of others.*

*Let us look upon one another with brotherly love, patience and understanding throughout the year. With good thoughts within us for our fellow men, life will be a joy.*

*Best wishes to all for an extra good year in 1987!!!*

**Personality Profile**

# New Executive Director Named For Valley Community Health Center

The Valley Community Health Center recently announced the appointment of Kathleen Herwatt as Executive Director

for the health service organization. Herwatt has been an agency employee for the past eight years, most recently

serving as the Health Center's Director of Community Services.

In her new capacity as Executive Director, Herwatt will oversee the Valley Community Health Center medical clinics in Pleasanton and Livermore, all community services, new program development, and all fiscal and personnel administration for the agency.

An integral member of the agency staff since 1979, Herwatt developed the Community Services component of the Health Center which primarily provides adolescent information and education health services for the Tri-Valley area. As director of this program she was actively involved in teen pregnancy education and counseling.

Currently a PHD candidate in Organizational Psychology at the Professional School of Psychology in San Francisco, Herwatt is a graduate of California State University at Hayward in psychology. She is an active member in the California Association of Marriage, Family and Child Counselors and is a past representative for Community Agencies to the California State Department of Education.

The mission of the Valley Community Health Center is to provide wellness and promote health through a variety of services regardless of financial status, according to Herwatt. With the enthusiastic and

dedicated staff here at the Health Center, my job as Executive Director is a pleasure," admitted Herwatt. "We continue to receive excellent community support for our programs which helps us in our efforts to find community health needs and fill them," she emphasized.

A resident of Pleasanton since 1967 with her husband and three children, Herwatt admitted she couldn't think of a more rewarding profession or particular health center to be involved with. "Pleasanton is not only a wonderful community in which to live, but its support of our health services has been invaluable," she said.

The Valley Community Health Center, which handles over 30,000 patient visits per year at the two sites, is proud of its ability to service and access those who need health assistance, according to Herwatt.

Staffed with bi-lingual, licensed physicians, nurse practitioners and counselors, the Health Center offers a variety of primary health care from sports physicals and pre-natal care to general pediatrics and adult care. It offers transportation services, a growing senior support services component and a variety of health seminars and public awareness programs on such topics as hypertension and nutrition. For information on available services call the Valley Community Health Center in Pleasanton at 462-1755.



"Kathie" Herwatt, right, and Bobbie Montoya are always busy at the Valley Community Health Center.

## Let's Eat Out

Things are bigger than ever at Scotland Yard. This cozy eatery and lunch time favorite moved from its Rose Avenue location and expanded both its restaurant and its menu.

Now located in the new Pleasanton Station at 4713 First Street, Scotland Yard sports a lovely new outside eating area. An enclosed deck adjacent to the restaurant has six tables with colorful striped umbrellas. Though overlooking the parking lot, the trellised enclosure and bright blue skies make for very pleasant dining.

Inside, the dining area is much larger than the previous location. On your left, as you enter, there are colorful coffee mugs and tea cups and other appealing gift items displayed. Fresh ground coffee, teas and tempting sweets are also for sale.

The luncheon menu offers a good variety of salads, sandwiches and soups. All portions are generous, the prices are reasonable and the service is pleasant and friendly.

The salads are the favorite of the lunch time crowd which ranges from secretaries on a lunch break, realtors talking business and homemakers stopping in after a tennis work-out. The salads are served piled high on an oval platter. If accompanied by a large piece of homemade cornbread, the house special, any of the salads will make for a satisfying lunch.

Croissant sandwiches are also large and stuffed with various meats and cheeses. My luncheon companions ordered from the sandwich offerings which come with a choice of soup or salad. The croissant with turkey, ham and cheese was very good and would adequately serve two weight-conscious ladies. The veggie sandwich is served on hearty dark wheat bread and includes avocado, sprouts, mushrooms and tomatoes. Italian coffees and desserts are the perfect compliment to the lunches.

Scotland Yard has also expanded its hours and is now open for lunch on Saturdays, lunch is served Monday through Saturday 11 a.m. to 2:30 p.m.

Open Monday through Saturday, 9 a.m. to 4 p.m., Scotland Yard is a good before-work stop, a cup of fresh brewed coffee and a warm breakfast croissant or Danish pastry will start your day off right!



Outside dining is a popular feature of Scotland Yard.



Lions Club President Pat Bruce, center, and Program Chairman Rick Lydon, right, presented checks to Barbara Green of the Oakland Blind Center and Lisa Wahl of the Diablo Blind Center. The Lions Club raises funds throughout the year to contribute to sight organizations.

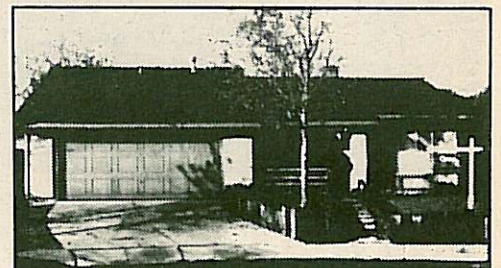
## Put Number 1 to work for you.™



ACADEMY REALTORS

(415) 460-8500

Hacienda Plaza  
5677 Gibraltar Drive  
Pleasanton, California 94566



4287 Waycross Ct. Open Sun. 1-4 p.m.

"Pleasanton ... Heritage Valley"

Ranch-style 4 bedroom, 2 bath. 1,671 sq. ft. with decorator decor. Central air, formal dining. Fireplace in living room. **Bonus:** 1/3 acre lot, completely landscaped, sprinklers, gunite pool/spa, side access for R/V or boat with double gate & storage shed. Close to schools and easy access to freeways.

\$189,900



Downtown Association

# Top Winners In Coloring Contest

Ten-year old Lori Hanks and five-year old Megan McCoy, both of Pleasanton, were top winners in the recent Pleasanton Downtown Association-sponsored Holiday Coloring Contest.

Hanks' artistic use of negative space in the Downtown Association's Christmas Logo Coloring Contest won her a Peugeot 20-inch BMX bicycle from California Pedaler and the Downtown Association. McCoy received a large Snuggle Teddy Bear from Teddy Bear Express and the Downtown Association for her colorful logo.

The two young "artists" also received limosine rides around Pleasanton from Touch of Elegance Limosine Service for their winning entries. Hanks, who noted that she had always dreamed of having a limosine ride, was thrilled with the prize saying "this is almost better than winning

the bike!"

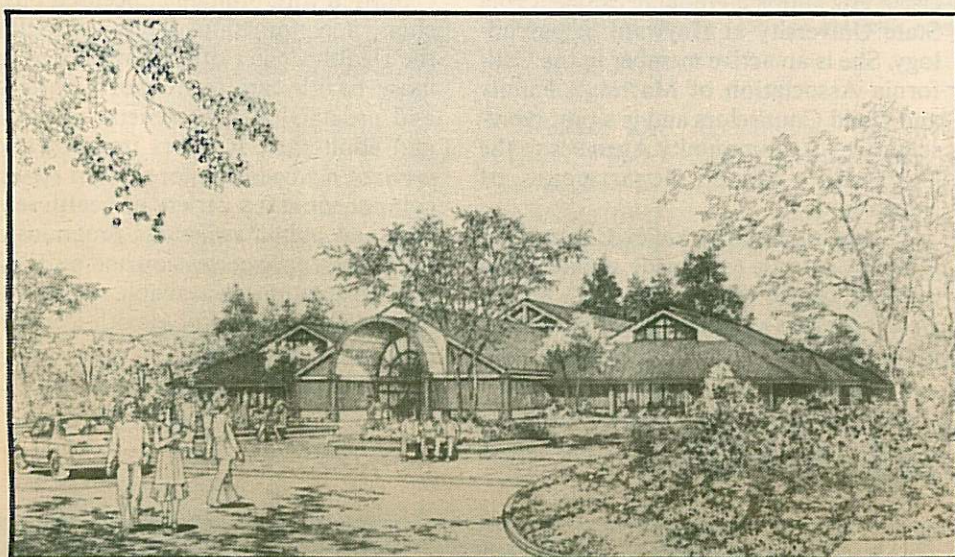
Merit awards were also given to Heather Mitchell, Scott Nobriga, Alyssa Nobriga, Amanda Schukle, Scott Trumbo, Lynette Jones, Brooke Lee Aderman, Breeann Cambra, Kerry McLaughlin, Piper McCoy, Colleen McCarthy and Nick Barresi.

Judges for the Holiday Coloring Contest were Kathy Jahn, Main Street Art Gallery; Dorothy Barlett, Barlett Gallery; Kirk Bates, Pleasanton Art and Frame; and Bob Cornett, Pleasanton Wildlife Art.

Merit award prizes were donated by Barlett Gallery, Gingham Corner, Finishing Touch, Jeweler's Gallery, Scotland Yard, Teddy Bear Express, Main Street Art Gallery, Best of Seconds, Cole's Market, County Fair Market and the Pleasanton Downtown Association.



Volunteer Involvement Program Executive Chairperson Nancy Lehto, poses with one of the many toys AT&T employees wrapped for this year's Toys for Tots campaign.



Artist's rendering of new Pleasanton Library.

July, 1988 Occupancy

## New Pleasanton Library Takes Shape

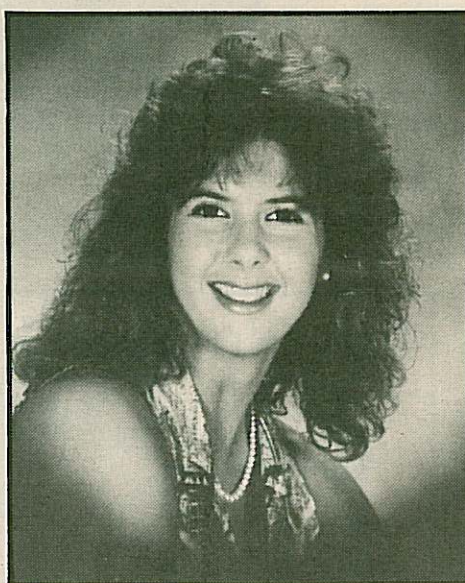
The new Pleasanton Library, designed jointly by Pacific Urban Design and Wurster, Bernardi & Emmons, will be a state-of-the-art reference facility that will enhance both Pleasanton's private sector and school district use in the near future.

The 30,000 square foot library will accommodate over 150,000 books, three times the current number available. The

new design also calls for an expanded children's reading area, senior citizen reading area and a 2,500 square foot community meeting room which will be available for public meetings and school activities. Construction is expected to begin in the spring, with completion and occupancy scheduled for July, 1988.



Miss Alameda County, Andria Ottoway.



Miss Pleasanton, Lynn Riera.

Local Talent

## 1987 Pleasanton Beauties

Two Tri-Valley girls have captured the coveted Miss Alameda County and Miss Pleasanton beauty titles for 1987.

Andria Ottoway, a 20-year old Chabot College student and former Foothill High School graduate, was chosen from among 11 finalists during the November beauty pageant. Ottoway's year will be filled with special appearances and modeling and

will culminate with the Miss California Pageant in San Diego in June.

Pleasanton resident and Granada High School junior, Lynn Riera, was crowned the new Miss Pleasanton at the local beauty contest held in October. Riera currently attends modeling classes at Dove International Modeling School in Dublin and is a past Miss Teen Livermore.

AT&T

## Volunteer Involvement Program

The Volunteer Involvement Program (VIP) at AT&T, which began in February of this year, was instrumental in supporting the U.S. Marine Corps Reserve in its Toys for Tots campaign for Christmas. As active participants in this year's drive, VIP members helped collect over 50,000 toys in Alameda County and contributed hundreds of toys locally.

The mission of the VIPs, which has involved over 300 Pleasanton employees to date, is to provide human resources to worthwhile community projects through employee volunteerism. The objective of the group is to complete at least one community project every quarter in the Pleasanton area.

Toys for Tots was selected by VIP members because of its far-reaching benefits as well as the joy it would bring to many homes in the Tri-Valley area this

Christmas.

The AT&T effort got underway when the VIPs heard that Toys for Tots planned to participate in a Christmas party for the children of parents affected by the closing of the Newark Peterbilt plant. In an effort to help, the group enlisted the support of employees to wrap toys that were provided by Toys for Tots. The toys were distributed to over 400 children at the December 14 party.

"We really enjoyed this," said VIP Chairperson Nancy Lehto. "We wrapped everything from teddy bears to trains, all the while thinking of the children who would be happier at Christmas because of the donated toys." In addition to the wrapping party, AT&T employees also collected toys and food at each AT&T building in the Hacienda Business Park in Pleasanton.

A New Program

## Weekly Weight Watchers Workout

Start the new year off with a bang! Don't put off losing that added holiday weight any longer.

A new "Weight Watchers at Work" program will begin on January 23 in Suite 107, the Community Room, at Chabot

Center. The weekly meeting will be held from 12 noon until 1 p.m. on Fridays.

Participants must register prior to the January 23 meeting. For further information, call Twila Gilliland at 463-0870.

First Concert In March

## Choral Group Auditions Vocalists

The Valley Choral Society, directed by David Babbitt, is currently seeking singers to join the chorus which is preparing for its "Colossal Baroque" concert to be performed in March.

The well-known Tri-Valley choral group will be auditioning new singers through January 15 according to spokesperson Kathy Walker. Prior choral experience is

preferred and there are a number of tenor and bass openings available.

Rehearsals for the "Colossal Baroque" concert, which will combine several choirs and brass instrument groups in a truly majestic musical evening, will begin January 5.

For information or to schedule an audition, call Kathy Walker at 443-9889.

A Sellout Event

## Lions Annual Crab Feed

It's time to put on our bibs and eat again! The Pleasanton Lions Club will be hosting its Annual Crab Feed in the Exposition Hall at the Alameda County Fairgrounds on Saturday, January 31.

The popular Crab Feed will begin at 6:30 p.m. and will be followed by danc-

ing from 9 p.m. to 1 a.m. Tickets are \$18 per person.

To obtain tickets early, for what is expected to be another sellout crab feed, call Ben Fernandez at 846-4423 between 8:30 a.m. and 5 p.m.

# What's Cooking?

Now that the holidays are over, the new year brings with it resolutions for losing weight which include everything from fad diets to vigorous exercise programs.

If you have decided to be "fit" and not "fat" in 1987, that's the first step according to Valley Memorial Hospital's Nutritional Services Director Evelyn Bakken, R.D. A registered dietician and 1987 president of the Diablo Valley District of the California Dietetic Association, Bakken suggests first evaluating your current eating habits and then tailoring a weight loss plan that's right for you.

"People tend to say 'I'm going on a diet, particularly to start the new year,'" she said, "which indicates they want to change that part of their lifestyle. But really your diet should be an ongoing part of your lifestyle instead of typically depriving yourself of good foods. We really need to take the longer view and modify our lifestyles to include healthy eating habits, and then we would lose the desired weight and be healthier."

Bakken stressed that fad diets can be dangerous. Unless a diet is balanced nutritionally, and many of the fad diets are not,

it could be harmful if followed for long periods. Diets that encourage little or no eating, diets that promote heavy eating of only one kind of food and very low calorie diets can cause health problems.

The first step is to take an inventory of your eating habits. Bakken recommends starting on just a couple of areas first such as cutting calorie intake. "If you make healthier, and less fattening substitutes in your diet, instead of cutting everything out over night, your chances of success are increased," she emphasized.

Whether its five or 20 pounds to lose, the only way to lose weight is to use up more calories than you take in. And this means either you select foods containing fewer calories than you normally eat or you increase your activity level — preferably both. Generally, to lose one pound per week, you should decrease the daily caloric intake by 500 calories or burn up 500 calories with physical activity.

Protein, vitamins, minerals and some fat and carbohydrates are essential to a good diet, but the healthy approach to losing weight is to choose a variety of foods providing the nutrients needed and go easy on the foods that supply mainly calories.

Bakken noted that being aware of "hidden fats" in foods is a good place to start. There are twice as many calories in fatty foods such as avocados, red meat, nuts and cheese as there are in protein and carbohydrate foods. By cutting down on fats and substituting carbohydrates and proteins found in legumes and beans for examples, you would be making a tremendous diet improvement. "A good tip is to check the saturation of fat and calorie and

cholesterol count on food boxes or in food books to help you determine which foods have more nutritional value," she suggested.

Bakken said that the Heart Association, Cancer Association and the USDA are all in agreement on the importance of good nutrition and the do's and don't's for a healthy diet. They agree that the American diet is too high in salt, fat and sugar and too low in fiber. The seven dietary guidelines of the USDA are:

1. Eat a variety of foods.
2. Maintain a desirable weight.
3. Avoid too much fat, saturated fat and cholesterol.
4. Eat foods with adequate starch and fiber.
5. Avoid too much sugar.
6. Avoid too much sodium.
7. If you drink alcoholic beverages, do so in moderation.

Bakken not only agrees with these guidelines to good nutrition but she also highly recommends the USDA's hints for controlling overeating — eat slowly, take smaller portions and avoid "seconds".

She also recommends two books for diet and nutritional information, Ellen Coleman's "Eating For Endurance" and Jane Brody's "Good Food Book". To start off a healthy new year, and to satisfy that overactive sweet tooth resulting from the holidays, try these Carrot-Oatmeal Cookies from the "Good Food Book". They offer the high fiber content that's so important and minimum levels of sodium, cholesterol and fats. Healthy New Year!



Evelyn Bakken, R.D., right, directs diet clerk Tracy Buzzell in food preparation.

## AT&T Toll Free Directories Available

New editions of the popular AT&T Toll-Free 800 Directories, containing more than 120,000 toll-free telephone numbers, are being distributed now.

The directories — consumer and business versions — contain 50 percent more listings than last year's editions and are being distributed free to one million selected households and more than 360,000 businesses.

In 1985, more than three-billion interstate calls were made to AT&T 800 Service numbers — 10 times more than in 1975. The service began in 1967.

The two directories list thousands of phone numbers that can be called free of charge. Both directories offer businesses and consumers the opportunity to order products, inquire about goods and services and even talk to a member of Congress.

Each of the directories contains an alphabetical listing of businesses, government agencies and other organizations with AT&T 800 Service numbers. A products-and-service section groups companies and organizations by the type of goods and service they offer.

Companies that choose to be listed in the directories are among those that subscribe to AT&T 800 Service, which permits a company or organization to offer toll-free calling to the public.

### Pleasanton Library

## Preschool Storytime Sessions

If your child is between three and five years of age, now is a perfect time to introduce your preschooler to stories and picture books, and the perfect place for that introduction is the Pleasanton Library.

Registration for the Pleasanton Library's Winter Preschool Storytime Sessions will begin January 5. The first ses-

AT&T 800 Service subscribers whose 800 telephone numbers appear in the directories receive a listing at no charge in the directory of their choice. They can also purchase additional display advertising to better deliver their promotional messages.

"The free listing is like hanging out a national shingle to attract business, while additional advertising is available for a modest investment," said Janan Weber, a district manager for AT&T.

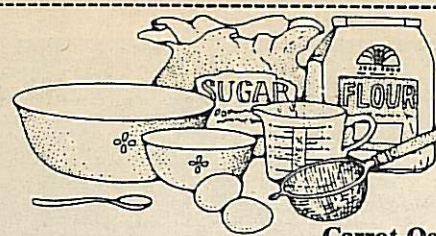
Households and businesses receiving free directories are chosen through market research. The consumer edition is distributed to randomly selected households with annual incomes over \$35,000, whose members have attended college, make purchases via mail or telephone and are holders of major credit cards.

Business editions are being sent to medium- and large-sized companies and are targeted to specific functions and individuals — such as purchasing agents — who have been identified by researchers as being the heaviest potential users of such directories.

Individual copies of either directory may be purchased by calling AT&T at 1-800-426-8686. Consumer editions are available for \$9.95, and business editions for \$14.95. Postage, handling and tax are added to each order.

sion will be held on Mondays at 10:30 a.m. from January 12 through March 2. The second session will be held on Thursdays at 2 p.m. from January 15 through March 5.

For information on the free children's program, contact Children's Librarians Steven Engelfried or Monica Ten Eyck at 462-3535.



Carrot-Oatmeal Cookies

1/3 c. vegetable oil  
1/3 c. brown sugar  
1/3 c. unsulfured light molasses  
1 egg  
1 c. unbleached white flour  
1/2 tsp. baking powder  
1/2 tsp. baking soda

1/4 tsp. nutmeg  
1/4 c. non-fat dry milk  
1/2 tsp. salt, optional  
1/4 tsp. cinnamon  
1 c. grated carrots (2 medium-large)  
1/2 c. raisins  
1 1/4 cups quick-cooking rolled oats

In large bowl, beat together oil, brown sugar, molasses and egg. In another bowl, sift together flour, baking powder, baking soda, nutmeg, dry milk, salt and cinnamon.

Add the flour mixture to the oil mixture. Add the carrots, raisins and oats to the flour and oil mixture; mix the ingredients well. Drop the dough by rounded teaspoons about two inches apart onto lightly oiled baking sheets.

Bake for 10 minutes in a preheated 400° oven, or until the cookies are a light brown around the edges. Remove the cookies to a rack to cool. Makes 3-4 dozen cookies.



# LA ROCHELLE

French Continental Cuisine  
Lunch • Dinner • Cocktails

348 St. Mary's Street  
Pleasanton, CA 94566  
Telephone: 846-5740

SINCE 1976

27 ENTREES TO CHOOSE FROM  
FEATURING  
SEAFOOD, VEAL, STEAKS AND FOWL

Early Special Dinner \$7.25

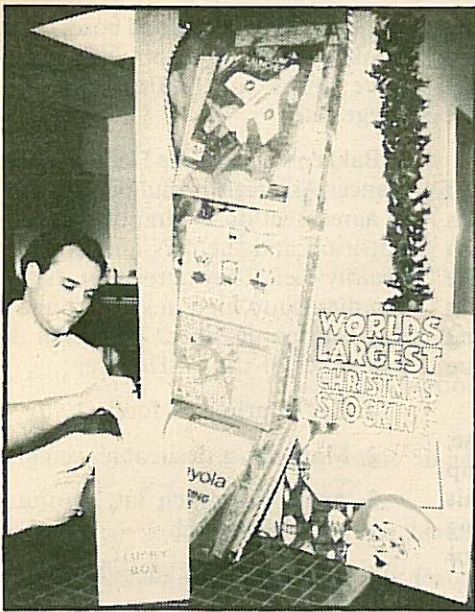
Includes: soup or salad, coffee and dessert

All our desserts made on the premises

Closed Sunday and Monday

Fond Memories

# One Of The Joys of Christmas Was Sharing With Others



Troy Witt adds final entrants to the drawing at Wienerschnitzel for the "World's Largest Christmas Stocking". Pleasanton resident Craig Peterson was the lucky winner!

The holidays of 1986 are now fond memories. However, trying to make sure everyone had a happy season, many activities were performed by various groups, businesses, organizations and individuals.

Shown here are a few of the dedicated groups busy with good will and good cheer for others.

Let us hope this feeling of doing for others will be with all of us throughout the year.

Best wishes to all for a happy, prosperous new year!



Ray Baptista, one of Santa's busiest helpers, waves goodbye until next year.



The winning AT&T department in the Hacienda-sponsored Christmas Can Tree Food Drive, collected 500 cans and was treated to lunch by Manager Ray Lefebvre.



Fifth-grade students of Vintage Hills School gather for a group picture with items they collected for an adopted needy family.



Jeanne Bracher and Susan Bitner of AT&T present a check to Donna Warren for the "Dine With Us" senior program. The funds, collected from AT&T employees in December, will feed one senior citizen for one year.



Cub Scout Troop 901 enjoyed caroling in local neighborhoods.



Annette Cahill and Paula Austine preparing gifts for a needy family.

## DON'T MISS CREATOURS' EXCITING TRIPS

SAT. JAN. 24- Reno turnaround. Gambling package includes cash back and bonuses!

THU. JAN. 29- Pebble Beach AT&T golf tournament. First round of Pro-Am play.

WED. FEB. 4- People Are Talking TV show, lunch in the City and Mission Dolores.

For more information about these trips or arrangements for your group trip, call:

**CREATOURS**  
(415) 846-0768

## Associates Bank Adopts Families For Christmas

Associates National Bank made Christmas a merry one for 16 families this year by adopting them for gift giving.

Steering Committee Chairperson Annette Cahill, said over 500 employees participated in this year's program which was organized through the Contra Costa County Social Services Department.

"Each of our departments at Associates National Bank was given a family to 'play Santa to,'" said Cahill, "and the response was tremendous. We received everything

from Big Wheels, dolls and stuffed animals to welcomed winter clothes and food boxes."

The Adopt-A-Family Program, which was the second annual effort for the bank, received the same enthusiastic response that it did last year. Two vans were required to transport all the wrapped gifts and food packages collected by Associates National Bank employees to needy families in the Tri-Valley Area.

*First Annual*

# Park's Christmas Canned Food Drive A Rousing Success

Over 5,000 cans of food were collected during Hacienda Business Park's December food drive, making the project a rousing success. The food was distributed to local needy families in cooperation with the Pleasanton Salvation Army and the Livermore-Amador Valley Emergency Fund.

Cal Fed Asset Management, Hewlett-Packard, Amador Valley Savings & Loan and AT&T Communications generously provided collection sites for the food drive. Displays were set up in the companies' lobbies, where contributors left food and signed giant Christmas cards.

Tenants, such as Sheraton and AT&T, sponsored competitions between departments; food distributors such as Fleming Companies, donated "samples"; Boy Scout Troop 948, Girl Scout Troop 1353 and Brownie Troop 1448 collected from friends and neighbors; and employees and the community emptied their cupboards to help build Christmas can trees throughout the Park.

The food drive, which was the first park-wide community service project undertaken by Hacienda Business Park Owners Association, was very successful according to Hacienda Owners Association representative Karen Fraser-Middleton. "We were gratified by the overwhelming positive response from companies in the Park and the enthusiasm of local residents," she claimed.

She also noted that the Owners Association hopes to organize and coordinate future service projects with the support of Hacienda corporate tenants and their employees. "The Christmas food drive was an outstanding display of park-wide cooperation and participation and we hope to facilitate further involvement in community service projects," she said.

The following companies and organizations promoted and contributed to the "Can Christmas Trees": Amador Valley Savings & Loan, Associates National Bank, AT&T Communications, Bissell & Karn, Bradshaw Company, Cal Fed Asset Management, Callahan, Sweeney & O'Brien, AT&T Centerpoint, Century 21, Dillingham Construction, EG&G Energy Measurements, Executive Travel, Fleming Companies, Ford Motor Credit, General Electric Credit Corporation, Hacienda Child Development Center, Hewlett-Packard, Koll Company, Lincoln National Life Insurance, The Martin Company, Pedro's, Pleasanton Courtyard by Marriott, Property Management Systems, Prudential Insurance Company of America, Safeco Title Insurance, SCJ Insurance, Security Pacific National Bank, Sheraton Pleasanton, Siemens Medical Laboratories, Spreckles Sugar, Sun Diamond Growers, Tel Plus Communications, Trans Tech Services and Viacom Cablevision.



Gerry Weatherford and Sue Porter at Hewlett-Packard's display.



Roger Price, Lt. Dennis Payton of the Salvation Army and Dale Chestnut of AT&T load canned food on to the Salvation Army truck.



Karen Fraser-Middleton, Roger Price, James Paxson and Lt. Dennis Payton check over the donations of canned food at Chabot Center.



Jo Burrows, Tanya Bohannon and Ana Maria Prado of Amador Valley Savings and Loan build a canned food Christmas tree.

## TWO for ONE

Present this coupon when you order up to 500 of any printed item (envelopes, business cards, flyers, etc.), and get the same number FREE.

Typesetting and photocopies not included. Cannot be used in conjunction with any other offer. Materials for printing must be camera ready.

Coupon expires 02/01/87



**AMERICAN  
SPEEDY  
PRINTING  
CENTERS**

**The real printers.**  
We're fast. We're good. We're ready.  
7901 Stoneridge Dr., Ste. 124  
Pleasanton, CA 94566  
(415) 847-3028

# a bit of trivia a bit of trivia

by Ben Fernandez

What the heck happened to 1986? That is the first question for today. Let's give 1987 a go.

1. What is the only college football team to win all four major bowl games --- Rose, Cotton, Sugar and Orange?
2. Robert Redford and Barbra Streisand get it on at a New Year's party in what famous 1973 movie?
3. What school has won the most Rose Bowl games?
4. This one's easy --- but what song is traditionally sung at the stroke of midnight on New Year's?
5. The 49'ers no longer have to say "wait 'til next year," but what famous song ends with the line "Maybe next year"?
6. By what name is the first day of the Jewish year known?
7. "That Wonderful Year" was a weekly feature of which 1950's television show?
8. Gary Cooper threatens to jump off the Empire State Building at the stroke of midnight on New Year's Eve in what famous 1940 movie?
9. What famous Stanford player of the 1930's played 60 minutes in three consecutive Rose Bowl games?
10. Joe E. Brown is reunited with his daughter, Kathryn Grayson, on New Year's Eve in what famous movie musical of 1951?

Answers on page 9

## New Offices

### CPS Celebrates Christmas And New Location



Bart Rinker and Chip Wisner.

To celebrate the holiday season and its new offices, CPS, a Commercial Real Estate Company, Pleasanton, held a festive open house December 11.

The event, attended by over 250 people included a variety of community leaders, developers, clients and other real estate related people, officially introduced CPS's new headquarters in Meyer Center South at 4900 Hopyard Road.

"We're very pleased to be in our new location on Hopyard Road," said CPS partner Jim Field. "Meyer Center provides us with a strong identity, luxurious as well as efficient office surroundings and excellent access for our clients."

The commercial real estate firm, which is one of the first commercial brokerage firms active in Pleasanton in 1981-82 when the initial business park growth began, specializes in office, and industrial sales and leasing, land sales and investments.

## Jaycees

### Developing Potential Abilities

The Pleasanton Jaycees will be sponsoring an individual development program Tuesday, January 20 from 7 to 9 p.m. at the Holiday Inn at 11950 Dublin Canyon Road in Pleasanton.

Guest speaker Eddie C. Snow, president

of Eddie C. Snow & Associates which presents Dale Carnegie training classes throughout the East Bay, will speak on "Developing Your Latent Potential Abilities". For information call Don Chernoff at 443-8456.

## B & G AUTOMOTIVE

Complete Automotive Repair  
Cars, Trucks, Vans, etc.

- |                                       |   |
|---------------------------------------|---|
| • Computerized Electronic Repair      | • Valve Jobs                                  |
| • Smog Test and Repair Station        | • Engine Rebuilding                           |
| • Air Conditioning Services & Repairs | • Personal Service-Supply Rides for Customers |

30 Years in the Automotive Business

18 Years in Pleasanton

\*Five minutes from Hacienda Business Park

3687 Old Santa Rita Road

Pleasanton, CA

(415) 463-9393

Hours: 8 a.m. to 6 p.m. Monday through Friday

## Lifelong Learning

### Adult Education Classes Available

Learning doesn't stop when you graduate from high school or college. In fact, the learning process never ends according to two local "lifelong learners" participating in the ongoing adult education classes in Pleasanton.

The purpose of adult education in California is "to provide quality lifelong educational opportunities and services that respond to the unique needs of individuals and communities." That is exactly what Phyllis and Ron Bolt, two of Amador Valley Adult School's most avid students, feel they are receiving.

The Bolts have enjoyed a variety of adult education classes but they have most recently been actively involved in a series of natural science courses taught by Pat Jacobsen.

Their interest was piqued after noticing a class entitled "Know the Flora and Fauna of the Sunol Wilderness". "We decided to find out about what we had been looking at in our own backyard for so many years," said Ron. "So we enrolled and here we are, seven years later still taking classes!"

During the past seven years, the Bolts have enjoyed classes on insects, trees, wildflowers, mushrooms, birds, tidepools and marine and land mammals, taking at least one class each quarter. "Now that we really have the time to pursue our nature

studies, we're pleased that the teachers and classes available in the adult education program are of such a high caliber," said Phyllis.

Their multiple disciplines have enabled them to enjoy frequent trips into the Sierras and along the Pacific shoreline to investigate varieties of fauna and marine life. The classes have included excellent guest lectures, a colorful undersea photography presentation and excursions to the annual Oakland Wildflower Show.

"Not only do we enjoy the unlimited learning available in the natural sciences," noted Ron, "but the adult education classes also allow us the opportunity to meet others who share our interests; they provide a diversion from the job routine and they are something we can do together."

They both agree that adult education classes offer something for everyone, from learning a craft or hobby like clock repair, to mastering sailing skills so you can buy that long-awaited sail boat. "We're just sorry we don't have more time to take a variety of classes! There are so many good ones to choose from," claimed Phyllis. The Bolts are excellent examples of the many students who are pursuing life-long learning through adult education.

For information on classes and registration, contact the Amador Valley Adult School at 462-0022.



Phyllis and Ron Bolt, center and right, share some of their finds with fellow students.

## Public Education Forum On Legislation Effecting Local Schools

The Steering Committee of the Pleasanton Legislative Action Committee on Education (PLACE), has voted to reschedule their second annual public education forum to a date that would be more advantageous for considering educational legislation in relationship to local school district goals.

The 1987 forum, entitled "Educational Goals and Funding For Our Children", will be held on Saturday, January 24 in the City Council Chambers at 200 Bern Avenue from 9 a.m. until 12:15 p.m.

Senator Bill Lockyer, representing the 10th district, and Assemblyman Bob

Campbell, an active member of the Ways & Means and Education Committees, will be the guest speakers.

Assistant Superintendent of Business for the Amador-Pleasanton School Districts Buster McCurtain will speak on District Funding, and members of the Amador and Pleasanton School Boards will address District Goals. Other topics will include legislation affecting education and activities of the Ways and Means Committee regarding education.

For reservation information, call Sandie Dibiase at 462-9395.

## Soroptimist Donates \$7,500

Soroptimist International of Pleasanton recently held its fourth annual fundraiser, "Stepping Out in Monte Carlo", which was recorded as a huge success.

The festive evening at Stafford's in Dublin, raised over \$7500 which will be donated to the Tri-Valley Haven for Women and the Tri-Valley YMCA. Some of the funds will also be earmarked for the Soroptimists' Training Awards Program, the Youth Citizen Award and Women of Distinction Award.

Over 180 Soroptimists and guests clad in tuxedos and sparkling evening gowns enjoyed gaming at blackjack and craps

tables, slot machines and roulette wheels, a delicious buffet dinner and dancing to the "Over the Limit" band during the charitable event.

## Summer Daycamp Staff Positions

Attention college and high school students! The Tri-Valley YMCA is accepting applications for Summer Daycamp staff positions.

Available positions include directors, assistant directors, bus drivers and counselors. The minimum age to apply is 17. Deadline for receipt of applications is March 15. For applications or information, call the YMCA at 462-0270.





Manu Shaghafi inspects the work of his employees in the newly expanded Hacienda Cleaners facility on Gibraltar.

## Doing Good Cleaning Job Pays Off For Hacienda Cleaners

Hacienda Cleaners, one of the original services to open in Hacienda Plaza, is thriving with corporate and residential business according to owner Manu Shaghafi. Business is so good, in fact, that he has recently opened another drop-off and pick-up location at 156 Neal Street in downtown Pleasanton. He has also expanded his original facility and added alterations to his cleaning services.

The Hacienda Business Park location is one of five cleaners owned by Shaghafi and is his first cleaning operation in Pleasanton.

It serves primarily the park's corporate tenants, employees and north Pleasanton residents and offers a convenient same-day valet service. Hacienda Cleaners will pick up and deliver for orders of \$25 or more within the park and north Pleasanton area at no extra charge. Corporate discounts are also available.

"This is our way of making a special effort to serve area business people," said Shaghafi. "Our emphasis is on service to our customers. Pleasanton is a beautiful town and people here appreciate good service so our primary goal is to please our

customers."

Hacienda Cleaners is located at 5682 Gibraltar, next to the Community First National Bank, and is open Monday through Friday from 6:30 a.m. to 7 p.m. and Saturdays from 8 a.m. to 5 p.m. For valet service and corporate discount information call 463-8900.



Ferial Jalil will gladly accept your laundry at the new Neal Street location.

### League of Women Voters

## "Crisis Control...Preventing The Last Mistake"

The Livermore-Amador Valley League of Women Voters sponsors monthly Bag Lunches featuring a variety of speakers and topics.

The first Bag Lunch of 1987 will be held Wednesday, January 14 at 12 p.m. at Homestead Savings & Loan at 999 E. Stanley Boulevard in Livermore.

A brief video tape entitled "Crisis Control — Preventing the Last Mistake", will

be shown and Dr. John Harvey, a physicist with Lawrence Livermore National Laboratory, will comment on the tape and discuss the feasibility of the suggested crisis actions.

The public is invited to attend the free lunch-time seminar and should bring a bag lunch. For further information contact Lydia Lo at 462-6752.



CPR Childcare Center --- Doris Farzar, Linda Rasmussen, Yolanda Rudishule and Elizabeth Nunes receive infant and childhood CPR and first aid instruction from Red Cross instructor Judy Nichols.

### TRIVIA ANSWERS

- |                         |                         |
|-------------------------|-------------------------|
| 1. Alabama              | 6. Chanukah             |
| 2. "The Way We Were"    | 7. The Garry Moore Show |
| 3. USC                  | 8. "Meet John Doe"      |
| 4. Auld Lang Syne       | 9. Bob Reynolds         |
| 5. "Send in the Clowns" | 10. "Showboat"          |

## COMMUNITY CALENDAR

- Wednesday, Jan. 14** League of Women Voters monthly bag luncheon. 12 p.m., Homestead Savings & Loan, 999 E. Stanley Blvd., Livermore. For further information, call 462-6752.
- Tuesday, Jan. 20** Jaycees sponsoring an individual development program. 7 to 9 p.m., Holiday Inn, 11950 Dublin Canyon Road. For further information, call 443-8456.
- Wednesday, Jan. 21** Newcomers Club get acquainted coffee, 10 a.m. For further information, call 484-2438.
- Friday, Jan. 23** "Weight Watchers at Work". Chabot Center, Hacienda Business Park, Suite 107, 12-1 p.m. For pre-registration and further information, call 463-0870, ext. 278.
- Saturday, Jan. 31** Lion's Annual Crab Feed, Exposition Hall, Alameda County Fairgrounds, 6:30-9 p.m. For tickets or information, call 846-4423.
- Saturday, Jan. 31** Del Valle Fine Arts, concert, Mescha Lefkowitz, violinist. First Presbyterian Church, Fourth and L Streets, Livermore, 8 p.m.

### CLASSIFIEDS

#### For Sale

- 1983 Volvo DL Station Wagon**, 5 speed standard transmission, 50,000 miles, burgundy, air conditioning, AM/FM cassette, excellent condition. \$9,200. Call 463-9040, days.
- Bedroom set**, single head board, desk, book shelf, 2 dressers, mirror, night stand. Excellent shape. \$190 or offer. 829-7485 eve.
- "Tandy 100 Portable Computer**, 32K memory, many extras, \$250. Call 462-0275.
- "Tandy 200 Portable Computer**, 72K memory, carry case, extras, \$500. Call 462-0275.
- Scanner Bearcat 250**, 50 channel 32 MHz/450MHz with external antenna. \$250 or offer. Call 846-3095.
- 1980 Datsun 280ZX**, original owner, low miles, immaculate condition. T-top, power windows, all options. \$7,200. Call 462-8118 after 6 p.m. or 463-2750 days.
- Wet suit**, full body glove brand, new style, gray, red and turquoise, men's large. \$110. Call 462-8118 after 6 p.m. or 463-2750 days.
- Super twin water bed with heater**. Needs new liner. \$20. Call 484-3669.
- Dining room table**, \$60. (Four wood chairs with fabric backs and seats free, if desired.) Two table leaves. Table light colored wood finish. Call 846-8194, evenings best.
- Microwave oven plus new stand with two-door cupboard storage and butcher block top**. Works great. Sold together: \$90. Sold separately, \$50 each. Call 846-8194, evenings best.
- Home**. We've been very happy in our first home, but now that "baby makes three", two bedrooms are not enough. If you enjoy a warm crackling fire on a cold winters eve and a relaxing swim in the pool during the warm summer days, you may be interested in looking at our home. We have enjoyed picnicing in the nearby park, and returning to relax with a tall, cool drink on our flower filled balcony. If this appeals to you please give us a call and we would be honored to show you our home. Call 462-8719.
- Telephone system**, 3 telephones, 2-400E line cards, and a 4-line KSU with dial select intercom. \$400 or best offer. Call 463-0680.

#### Help Wanted

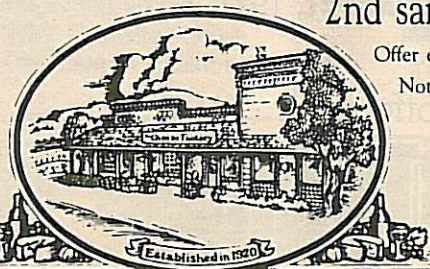
Sell magazine advertising in Inflight, Bridal, Real Estate, Business and Travel magazines, Part time or full time. Commission only. Positions available throughout Northern California and Nevada. Call (415) 846-0649 or (800) 453-2339.

**Classifieds must be submitted in writing by Friday, January 16th.**

A 1987 NEW YEAR GIFT TO YOU!

**87¢ SANDWICH**

Buy 1st sandwich at the regular price and with this coupon get the 2nd sandwich for 87¢.



**The Cheese Factory**  
Thank you for your patronage.

Offer expires 1-31-87 2nd <= 1st --- 1 ticket  
Not good in conjunction with any other offer.

830 Main Street  
Pleasanton  
846-2599

Open 9:00 a.m. - 6:00 p.m.  
7 days a week

Weight Loss and Toning Up**Exercising Becomes Top Priority After Holidays**

1987 is here! And with it comes enthusiastic exercisers with new year's resolutions for weight loss and toning up.

Schoeber's Athletic Club in Pleasanton experiences this new year tradition every January. According to the club's Fitness Director, Ann Wallace, she sees all sorts of new faces on the racquetball courts, aerobic floors and nautilus machines during January and February.

"January and February are two of our busiest months," she claimed. "People are past due on exercising because of the busy holidays and their good intentions toward fitness in the new year quite often result in setting their goals too high." As an example, she said that many feel they are in good physical condition, so they begin in an intermediate aerobic class only to find it too much for them. They're exhausted and sore when they finish, if they finish, and subsequently may not continue in the program after a couple of sessions.

For the new year, Wallace emphasizes starting out slow and not pushing yourself. She encourages people to have a physical first, particularly if they are over 35, smoke and haven't had a physical within the last year. "After you've been cleared for exercise, a good way to begin is with light conditioning classes or low-impact aerobic classes, both of which involve a lot of stretching," she said, explaining that contrary to popular belief, you don't have to feel totally exhausted and be aching after a workout to improve your physical condition.



Ann Wallace checks Corinne Petrich's aerobic progress on the popular "Stairmaster".

Wallace also recommends that new members and returning members have a health history screening by a staff member to assess their current state of fitness. "This allows us to tailor an exercise program that will fit your lifestyle and meet your individual goals," she noted.

"It's important to do physical activity that you enjoy and start out at an appropriate level so that you can achieve initial success. Then you'll be motivated to con-

tinue your fitness program. The real keys to keeping an interest in health," she said, "are finding a physical activity that you enjoy doing and then finding the time to do it." Wallace said that there are so many options available that it shouldn't be difficult to select one. "Once you've determined you enjoy exercise, you'll make the time," she stated.

The fitness director suggests giving yourself at least an hour to warm up, do

the physical activity and then cool down, emphasizing that you need to not only prepare your muscles for activity to prevent injury, but you must also relax them afterwards to prevent soreness.

Schoeber's, which was initially a racquetball club, has increased its offerings so that it is now a total-fitness club. A wide variety of fitness activities are available including aerobic classes, nautilus and aerobic equipment, an indoor lap pool, continuing education programs, weight loss support groups and social activities geared specifically toward physical fitness.

One of the club's newest and most popular pieces of aerobic equipment is the "Stairmaster", which is a computerized set of stairs that can be programmed to appropriate speeds. The machine's digital display board indicates and monitors pulse rate, climbing speed, number of stairs climbed and the number of calories burned.

The club also has an advisory board comprised of a chiropractor, podiatrist, nutritionist and physical therapist who are available once a week for diagnostic and advisory consultations.

"With the variety of exercise options available today, and a well-trained and enthusiastic staff to assist you," said Wallace, "we can help you achieve your fitness goals and enjoy your new-found health while you're at it!" Why not start now — the year is young!

**Amador Valley Rolls Over Granada; Falcons Pulls Off Major Upset**

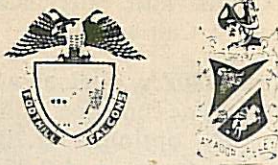
New Amador girls basketball coach Anne Cooper saw her team get off on the right foot against Granada High in the league opener for both squads. The Dons blew Granada off the court by shooting better than 65% from the field in the initial half of play, and by playing aggressively on defense.

The score at intermission was 43-12 as the Dons, now ranked third in East Bay polls, forced Granada into 15 turnovers in the first half of play.

In the second half, Amador's shooting fell off slightly, but they still shot 52% for the game. The Dons, now 10-3 on the season, really took it to Granada, led by Kelly Grannis and Charmon Logan with 14 and 12 points respectively.

Granada, which lost most of their players from last year's team that won the North Coast Section 3-A title, was never really in the game. Amador started off quickly, scoring the first 10 points of the game before Granada managed to tally a point. The Matadors trailed the Dons by

a score of 22-6 at the end of the first quarter, were down 43-12 at the half, and lost by a final score of 60-39.



Somebody forgot to tell Foothill High they were a young, somewhat inexperienced team about to face one of the pre-season picks for the E.B.A.L. title. The Falcons played sixth ranked Dublin in the league opener for both teams, and Coach Carolyn Hill's charges pulled off a tremendous upset by defeating the Gaels 45-43.

Foothill's Kaylyn McIntosh led all scorers with 15 points, as the Falcons displayed excellent passing and a tough defense. Marianne Spotorno tallied 11 points for Foothill, while Laura Stankovich with 10 and Amy Conners with 5 also got into the scoring act.

Sheryl Staub of Dublin, who was averaging nearly 25 points per game, was held to just 14 points by the rugged Falcon defense. Jennifer McNair, another standout performer for the Gaels, tallied 12 points in her team's upset loss.

The key to the game seemed to be the intensity displayed by Foothill defensively, as they hounded the Gaels all night and

pulled down most of the key rebounds. For a team that was 2-12 in league play last year it was a great way to start the season, and coach Hill couldn't be happier. She has really motivated the young Falcons, and while they won't sneak up on anybody from now on out, Foothill now knows they can compete with anyone in the league.



Amador High School Boosters Club President Bill Gray received a check for \$500 from Gretchen Sloan, Race Coordinator and Activities Director for Amador Valley Athletic Club, which was raised from the 1986 Heritage Days Run. The contribution will be added to the Sports Department's general fund to benefit the various sports programs at the high school.

**Foothill, Amador Girls Wage Soccer Titanic**

The Foothill Falcons and the Amador Valley Dons engaged in a real soccer match January 6th, and Foothill rallied late in the game to pull off an upset with a 3-2 victory over Amador. The win for the Falcons represented their first ever victory over Amador, and was a tribute to Foothill's outstanding coach, Gerri Sherman.

The first half of the contest resulted in no scores for either team, as the defenses prevailed. The second half was a different story, as Michelle Michelotti scored an unassisted goal for the Falcons only to see Amador's Stacy Shorum do the same. Christi Smith subsequently scored off an

assist from Jennifer Schneider to give Amador a 2-1 lead with just five minutes remaining.

As they have all season, the Falcons called upon Michelotti to get them back into the match. The superlative sophomore forward tied the game by heading the ball into the nets, and later took a throw-in from Renee DiPiano goalward and scored the winning goal on a beautiful sliding kick.

Amador did not fold, and mounted a last gasp rally which saw Glyniss Roberts' header attempt for a goal go over the net. That made Foothill the winner, and broke a long string of losses to Amador.

**SHAPEDOWN**  
Weight Management Program  
for Teenagers

Starting January 21, 1987

Now offered at  
**SPORTCARE**

PLEASANTON

463-3500

Affiliated with the Alta Bates Health System

## Competitive E.B.A.L.

# High School Basketball Season In Full Swing

Area high school basketball teams have finished the pre-season portion of their schedules, and are now looking at league play in the highly competitive East Bay Athletic League. Amador Valley, Foothill and Dublin high schools all face the rugged task of trying to unseat league favorite San Ramon High, but San Ramon is not the only team in the league with talent this

year. Monte Vista, California and Livermore will also put competitive teams on the floor, making the title race a real dogfight.

### Amador Valley

The Dons, under coach Don Underwood, return a veteran team from last year led by 6'5" senior center Marc Monahan, 6'6" junior forward Mike Allen, senior guards Boydell Garcia and Gary Kreider, and 6'1" senior forward Steve Solomon. Backing up that group, Underwood has guards Chuck Mercer, Don Henderson and John Gard, along with Brian Patterson, Doug Peterson, Bob Hankins and Lee Conolly at the forward position. Karl Chrisman and 6'6" Magnus "Swede" Hallberg give the Dons good size at the backup center position.

Amador won the Bill Cartwright Tournament in early December, took the Consolation Championship in their own Amador Basketball Classic on December 13, and have played very well in the remainder of their pre-season contests. With last year's juniors now seniors, the Dons look like a mature team with a good blend of scoring, defense, and ball handling. Monahan and Allen, along with Garcia, have been scoring well for Amador in all their early games. Kreider gives the Dons a scrappy defensive player who can also chip in with some scoring, and Solomon is an excellent player who seldom turns the ball over and possesses a fine jump shot. Garcia runs the offense well, is a clutch shooter, and plays relentless defense. With this kind of leadership, the Dons should finish near the top of the league standings and could give San Ramon a real battle.

### Foothill

Falcon coach Tom Hansen returns only three players from last year's varsity team, but has some real talent in 6'6" Joe Pena, 5'10" guard Loren LeBeau and 6'3" guard Jeff Crawford. Pena, who can leap with the best of them, should be a real defensive force for the Falcons and will develop into a consistent scorer this year. LeBeau is an outstanding shooter, with a variety of off balance jump shots and drives. Crawford, a ball hawking defensive specialist last year, has a smooth jumper and should contribute significantly to the Falcons' offense this year.

Up from last year's junior varsity team are guards Dean Vomacka and Brian Crawford, each at 6'2", along with Jeff Morosetti, a 5'11" point guard. Vomacka is an excellent outside shooter, while Crawford and Morosetti are strong defensive players and fine passers. Morosetti, whose father Ron was an All Big East selection as a jumpshooting guard for Duquesne in the early 60's, can also shoot from the perimeter.

Other players up from last year's junior varsity are seniors Rob Richards and Vince Perry, at 6'2" and 6'5" respectively, and 6'1" juniors Jim Reding and Kevin Lemmo. Richards and Perry can score inside, and should provide Hansen with some strength on the boards. Rounding out the Falcon squad are Greg Zuffelato and Tim Hansen, two players from last year's frosh squad. Zuffelato, at 6'5", will give Foothill additional scoring and rebounding help, while the 5'9" Hansen will be utilized as a point guard.

Although the Falcons are a young team, they should get better and better as the season rolls along. And if they do, the Falcons could be a formidable opponent for any of the top clubs in the league.

### Dublin

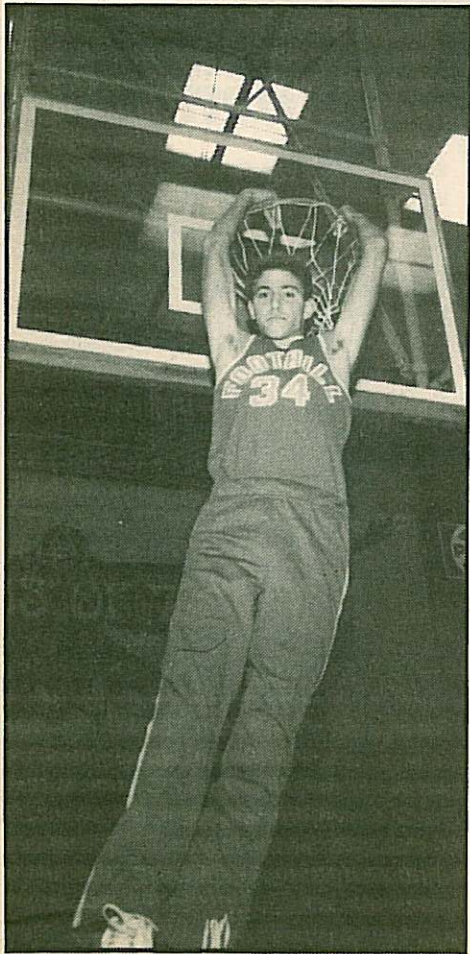
The Gaels proved they have talent during the Amador Basketball Classic when they played Cleveland High of Southern California, the eventual tournament champion, virtually "even" for most of the first half of their game. Although finally being beaten, the Gaels demonstrated a rugged defense, good ball handling skills, and some excellent scorers in 6'2" Ernesto Smith, 6'4" Norm Hudak and 6'1" Ed Kulak.

Coach Tony Costello has a veteran team returning to the E.B.A.L. wars this year, with Smith, Hudak, Kulak, point guard Rob Vera and 6'3" Barry May back to provide leadership. Smith, an All-E.B.A.L. pick last year, is a fine scorer and rebounder. Hudak and Kulak are rugged inside defenders and score well, while May and Vera contribute all around games to the Gael effort.

Backing these players up are seniors Pat Smyth, Dennis Sidbury and Greg Pitts, along with juniors Brian Hoxsie, Jim Gavenda and sophomore Brian Wilson. Sidbury is a fine passer with a smooth jump shot, while Pitts and Hoxsie are excellent passers and play tough defense.

With Vera running the offense, Hudak, Smith and Kulak scoring and rebounding inside, and May playing well all over the court, the Gaels should develop into a fine team under Costello's hand.

The experience gained in the Amador Basketball Classic gave the Gaels a taste of what playing strong teams is all about, and that should speed their growth as a team. While not possessing great size, Costello's clubs are known for their rugged defense, and this year's team seems to have that same characteristic.



A reverse "dunk" by Joe Pena.

# Girls Basketball Teams Active On Hardwood

The girls' basketball teams at Amador Valley, Foothill and Dublin High schools have been rolling through their pre-season schedules in fine fashion, with each school racking up a winning record through the latter part of December.

### Dublin

Under coach Mike Iijima, the Gaels won tournament titles at the Tracy and Turlock Tournaments, and were ranked seventh in the mid-December East Bay Prep Writers Poll with a record of 9-1.

Leading players for Iijima are Sheryl Staub and Jennifer McNair, two excellent guards, along with Simone Hein, Carina Saber, Allison Barr and Tracy Smith. Staub averages 25 points per game, while McNair contributes at a 10.8 clip. Smith, a forward, averages 12.5 a game, and is an outstanding rebounder. Couple that offense with the Gaels' aggressive defensive style, and it is easy to see why Dublin is dominating the competition.

The vital key to Dublin's success, however, is Iijima himself. Firm, diplomatic, friendly but serious, the Gael coach is well liked by his players and he makes their practice sessions a lot of fun despite the rugged conditioning drills. There is an old saying that "all things being equal, the coach who is personable and has a smile and words of encouragement for his players, will win more games than an equally talented coach whose players don't like him. Iijima personifies the former, and Dublin's record demonstrates the way his charges play for him.

### Foothill

Under dynamic first year varsity mentor Carolyn Hill, the Falcons are going through a successful pre-season schedule, closing out December with a record of 6 wins and 3 losses. Hill, has been putting the Falcons through some rugged practice sessions and Foothill's record reflects that effort.

Standout players for Foothill so far this year are Amy Conners, a center who led the Falcons to the Consolation Title at the Miramonte tournament, along with Laurie Sheridan, Kaylyn McIntosh and Marianne Spotorno. Conners, who made the All-Tournament team at Miramonte, is a strong rebounder for the Falcons and scores well inside. Sheridan, a quick, aggressive guard, possesses a smooth outside shot, inherited no doubt from father Bill Sheridan who was an outstanding jumpshooting guard for the University of San Diego during his collegiate years. Spotorno, a fine all around player, can score from anywhere on the court and is a strong rebounder, while McIntosh and Laura Stankovich are excellent ball handlers and also score well.

If hard work and dedication win ball games, the Falcons should be in virtually all their games this year. Hill is taking a no-nonsense approach to her job, and the results thus far are encouraging. A number of the Falcons are returning from last year's team, and with a popular, hardworking coach, a tenacious defense and a team oriented offense, the young Falcon team should improve markedly on last year's 2-12 finish in E.B.A.L. play.

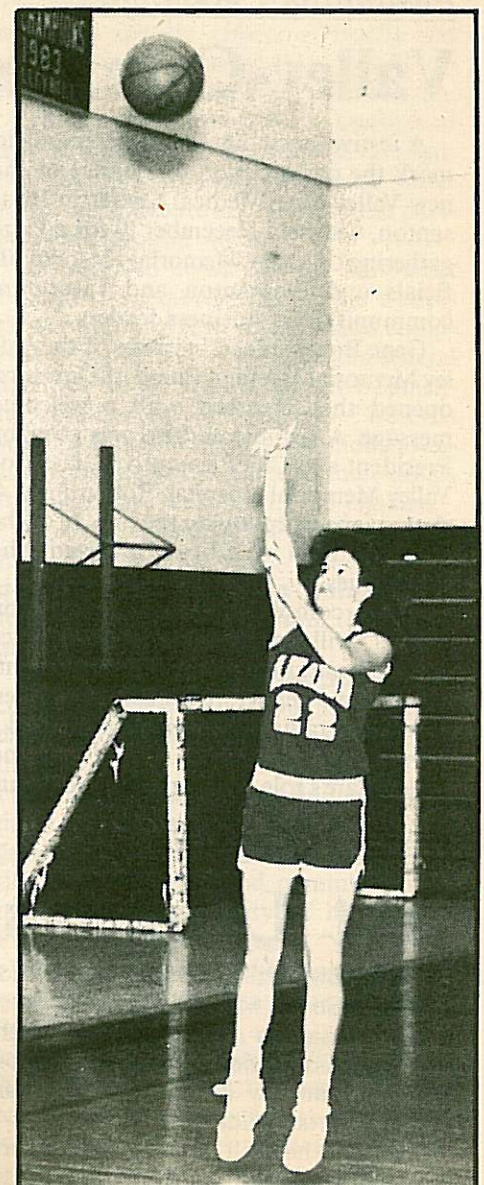
### Amador Valley

A former Don roundball star, Anne Cooper, who was an All-American selection at St. Mary's College in her undergraduate days, is the new coach at Amador Valley. Taking over from former coach Don Anger, who led the Dons to the league championship last year, Cooper has some big shoes to fill.

Anger left the cupboard well stocked for Cooper, however, as the Dons return a talented team for the 1987 campaign. Lisa Stennette, Sandy Davis, Michelle Malone, Kelly Grannis and 6'3" Kris Gainey are all returning letter winners from last year, along with Charmon Logan, an All-E.B.A.L. performer. Only Karen Rocca graduated from the 1986 team.

Cooper has her players performing well in pre-season, and the Dons give every evidence that they will contend for the league title again this year. Injuries have been a problem however, as Logan, Gainey, Stennette and Davis have all suffered problems at various times during the month of December. All are back in shape, and Cooper is optimistic about the season.

With Logan and Grannis shouldering most of the offensive load, and Gainey, Stennette, Davis and newcomer Nicole Mango providing support in rebounding, scoring and ball handling, 1987 should see Amador Valley in the midst of another battle for the league title.



All-E.B.A.L. Forward Charmon Logan.

## ROP

## Computer Lab Offers State-Of-Art Equipment And Training

The recently opened new Computer Lab at Sonoma School in Livermore, offers high school and adult students state-of-the-art AT&T computer equipment and training to meet a variety of needs.

As part of the Amador-Livermore Regional Occupational Program, the Computer Lab has met with excellent community response according to ROP Director Sandy Sandoval.

He explained that the AT&T computer system is unlike any other computer center in the Valley. It is a full network system that enables various computers to "interface" or talk to each other. "The AT&T system allows our center computers to communicate with the five other high schools in the Tri-Valley area. It also enables us to tie in with a Unix Operating System which provides us with a broader spectrum of applications currently used throughout the industry," Sandoval noted.

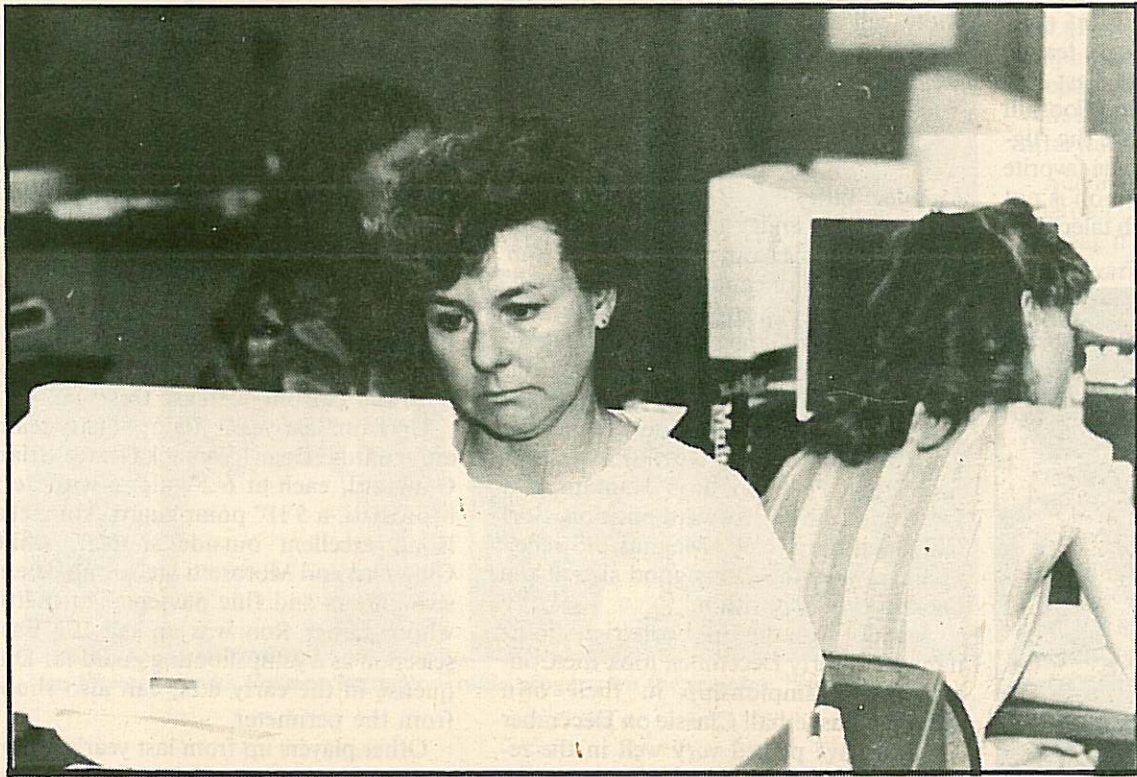
The real beauty of this new center and computer system is that on this single system a student can learn an array of different applications and program capabilities".

Students can pull from other modes to learn such programs as database, spread sheet and wordprocessing, all of which are within this new AT&T system," he explained. Free-standing systems require an operator to physically change software to access a certain program.

The AT&T system was selected for the ROP program because it is ranked among the top five micro-computer corporations. The new AT&T Unix Operating System is now the premier multi-user operating system in the computer industry.

Sandoval explained that because the system is IBM compatible, it allows students to transfer their Lab training to any IBM compatible system found in business.

He pointed out that as Hacienda Business Park and the San Ramon Valley business corridor continue to develop, it is obvious that the clerical and mid-management divisions of companies moving into the area will require more



A student at the computer lab practices on state-of-art equipment.

computer-trained personnel.

"We're talking about companies that have extensive network-style information needs. Students usually get basic computer training in school on free-standing systems but it's important to be experienced in computer networking because of the vast array of applications used in business today."

The purpose of the Computer Lab according to its director, is to work closely with business and industry to develop programs that will provide basic training or retraining of personnel. "We're an application mode training center. We're not attempting to turn out computer programmers. We want to equip students and adults with the computer skills that most employers require such as a speed of at least 55 words per minute on a system and the application skills to adapt to a variety of software programs."

The Pleasanton Center is equipped with

a Wang-System 25 and IBM PC's and the Livermore Center at the Sonoma School is equipped with the new AT&T 3B2 Computer System. Both centers offer a wide range of computer applications.

At a recent IBM computer system seminar, Sandoval observed over 300 executives familiarizing themselves with the latest computer functions.

He indicated that their biggest concern was flexibility of the touch system on the computer keyboard. "Both of our labs offer this basic training since knowing the ten-key computer pad and basic keyboard is critical to computerease."

Sandoval hopes that businesses will recognize the increasing need to keep their personnel updated on computer applications and be willing to release personnel during the work week for training programs such as those in the ROP program.

The new AT&T system also benefits business and the ROP program by link-

ing the career centers and work experience in each of the high schools to establish a central employment database. The ROP offices are then able to disseminate employment needs on a regular basis to facilitate qualified employment throughout the Tri-Valley area.

The Regional Occupational Program is a joint effort between Amador and Livermore High School Districts to provide vocational, technical and occupational education to high school and adult students.

In addition to the expanded computer program, a variety of classes are offered, including auto repair, child care, cosmetology, drafting, forestry, graphics and printing and floriculture.

For information on the new Computer Lab courses or other classes available, contact the ROP offices at 455-9416.

### Pleasanton Ceremonies

## Valley-Care Center Breaks Ground For Construction Of Phase I

A festive ground breaking ceremony to mark the construction of Phase I of the new Valley-Care Medical Center in Pleasanton, was held December 19 for a large gathering of Valley Memorial Hospital officials and Pleasanton and Livermore community and business leaders.

Gene Broadman, Chairman of the Valley Memorial Hospital Board of Directors, opened the ceremony with a welcome message. A keynote address was given by President and Chief Executive Officer of Valley Memorial Hospital, Robert Fish. A champagne reception on the site of the new medical facility followed the ceremonies.

When completed, the \$15-20 million project will include a medical office building, surgi-center, X-ray department, laboratory, behavioral medicine center, pharmacy, radiation therapy center and a physical therapy center. This will expand Valley-Care's role as a regional health care

provider to the rapidly growing Tri-Valley communities.

According to Patricia Renn, Community Relations Director for the hospital, "the Valley-Care Medical Center represents the fulfillment of the 1958 Articles of Incorporation of the Hospital Committee for the Livermore-Pleasanton Areas, and its specific purposes which were, "to plan, design, construct, build, maintain, operate and conduct in the Livermore-Pleasanton areas, one or more hospitals for the sick, injured and disabled people and to afford medical and surgical care and treatment, either within or without such hospitals."

Located at the corner of Santa Rita Road and Las Positas Boulevard in Pleasanton, the three buildings, which will encompass 100,000 square feet of medical space, will be developed on the 27-acre site owned by Valley Memorial Hospital. Construction of the first phase is expected to be completed early in 1988.



Dublin Vice Mayor Georgean Vonheeder, Livermore City Councilwoman Judy Bartoli, State Assemblyman Bill Baker, Valley Memorial Hospital Board of Directors President Gene Broadman and Pleasanton Vice Mayor Karen Mohr, officially break ground for the new Valley-Care Medical Center in Pleasanton.

### Well-Known Artist

## Art Leagues Feature Figure Painting and Workshops

Well-known artist and painting instructor James Soares will be the featured guest at the Pleasanton Art League and Livermore Art Association's shared meeting on Monday, January 19 at the Pleasanton Cultural Arts Building.

Soares, who will demonstrate figure painting in oil at the meeting, will also conduct a two-day figure workshop in both oil and watercolor painting for area artists January 31 and February 1, at the

Cultural Arts Building on Black Avenue in Pleasanton.

Soares is a graduate of California State University, Fresno, and attended the Art Center School in Los Angeles, where he majored in Advertising Illustration. Soares has worked as an art director and illustrator, and has operated his own graphic art studio in Fresno.

A two-time winner in the American Advertising Federation Annual Art Competi-

tion, Soares' works have been exhibited in numerous art shows throughout the country and he has won awards in such art shows as the National Arts Club's 83rd Annual Show in New York, the Carter-Sexton Purchase Award of the National Watercolor Society and the California State-Wide Open in Santa Cruz, where his work won the Best of Show award.

A member and past director and vice president of the National Watercolor

Society, Soares now resides in Reedley, California, where he paints and illustrates full time, and conducts demonstrations and workshops throughout the United States.

Cost for the two-day Pleasanton Art League-sponsored workshop is \$55 for non-members and \$40 for members. Reservations must be made by January 19. For information call Nancy Mudloff at 462-2777.