

# PLEASANTON Pathways

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Pleasanton, CA  
Permit No. 182

Volume 3 Issue XVI

Pleasanton, California

August 26, 1985

### Stepping Lightly

## Shoes That Set Her Feet A-Dancing

Perhaps Barbara Walsh is listening to a different drummer when she slips her size-six feet into dancing shoes that are two sizes too small.

She inflicts such punishment on her feet daily that the soles have grown tough and hard from pounding them into the floorboards.

Only her toenails can't seem to take the beating of daily workouts in the studio. Once every six months or so, the big toenails fall away, revealing the smooth beds underneath.

"It's not that bad," said Barbara. "They grow back."

By comparison, a new pair of gillies, the black lace-up shoes worn by the Highland dancer, cost \$35 so Barbara rotates her seven pairs to keep the shoes from wearing out.

In order to make the shoes fit skin tight, she buys them two sizes smaller.

"These dances were originally done by warriors," she said. "Women really have to work extra hard to develop the leg strength for the spring. It looks easy but it's not."

Soon, she'll be stepping lightly through "Flora MacDonald's Fancy" and the "Irish Jig" at the World Highland Dancing Championships in Dunoon, Scotland. The Highland gathering and games takes place on August 31 and September 1.

On the first Saturday in September, she will dance again in the centuries-old Braemar Gathering patronized by Queen Elizabeth II.

Barbara, who was one of the Highland dancers at Davies Hall in San Francisco when the Queen visited last year, said "I'm not nervous about the

competition itself. I'm pleased with my performances but I'm a little worried about having to compete against 16-year-old dancers."

At 35, Barbara said she will be among the oldest dancers at the Scottish gatherings this year. Her dancing career peaked, she said, at 12 years old, when she became the U.S. Junior Champion Highland dancer.

After this year, the former Miss New Jersey 1968, plans to retire from competitive dancing and devote more time to her students.

"I'll still be attending competitions but it will be to critique my students," she said. "This kind of dancing takes an enormous amount of physical power."

She said she'll be very busy after retirement. She plans to spend more time with her newlywed husband, Scott Walsh, a Pleasanton fireman. She will continue to teach Highland dancing.

Ironically, she is Barbara Davies Walsh, an Irish girl from New Jersey. Her adoptive parents were Scottish immigrants, who exposed her to Highland dancing at the tender age of four.

Before she was sixteen, she had competed all over the East coast, Scotland, Canada and Nova Scotia. She also danced in the Broadway play, Brigadoon, and at both the Montreal Expo and the World's Fair in New York.

Her career came to an abrupt halt when she contracted what is now known as Legionnaire's Disease. The illness left her legs paralyzed for almost a year.

When asked about her recovery, Barbara said, "I don't want to be portrayed



Highland dancer Barbara Walsh: 'Women have to work extra hard to develop the leg strength for the spring. It looks easy but it's not.'

as a hard luck case who survived against all odds.

"It wasn't easy to recover and I really thought I would never dance again. I think what helped me the most was that I was very strong before I got sick," she said.

Several years passed before she regained full use of her legs and even then, she said, "Dancing was difficult. I tried several times and broke my ankle three times."

Perhaps when she returns from her Continued on page 12

### Gala Evening

## Preview Kicks Off Pedro's Grand Opening

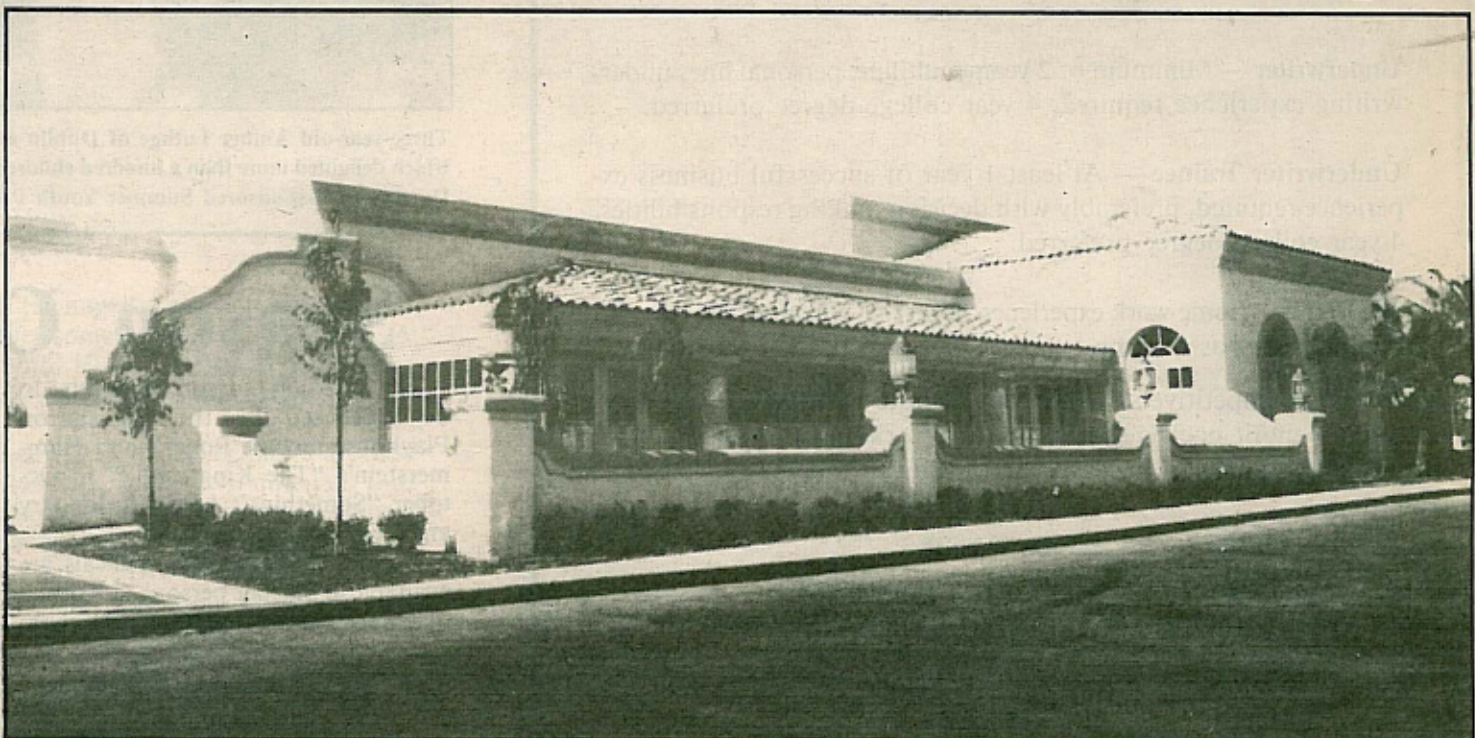
On the night before the long-awaited August 17 grand opening of Pedro's Restaurant and Cantina, the sound of laughter could be heard all through Pleasanton's newest eatery at the corner of Hopyard Road and Gibraltar Drive.

The evening carried all the pomp and ceremony of an elegant ball as more than 2,000 guests streamed through the restaurant's massive double doors during a special preview grand opening.

While the by-invitation-only crowd milled through the restaurant's light, airy rooms, Pedro's waiters and waitresses rushed to pour wine and champagne for guests.

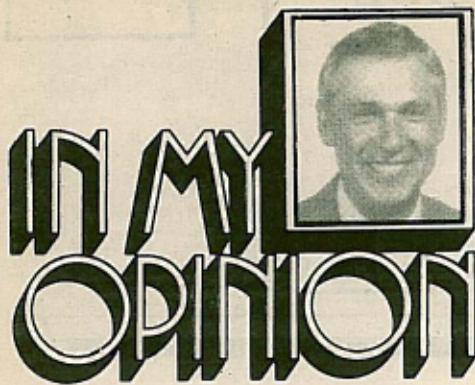
According to Jim McMillen, regional director for the Santa Clara-based Pedro's Food Systems, Inc., the party was held to give local business people and civic leaders a chance to preview the Pedro's concept of dining — a tropical, Mexican oasis."

As laughter rose from the Continued on page 12



A new addition to Hacienda Business Park is Pedro's Restaurant located at the corner of Hopyard Road and Gibraltar Drive.





*In My Opinion is a bi-monthly column featuring the opinions of guest editors. This column is by Bill J. James, Superintendent, Amador Valley Joint Union High School and Pleasanton Joint School Districts.*

When we officially open the doors of the Amador/Pleasanton Public Schools on September 4, we anticipate an enrollment in grades kindergarten — 12th of about 8600. Our enrollment is increasing and we expect growth to continue as our community continues to grow.

We are proud of the strong programs within our 11 schools. Each year our high school graduates walk away with scholarships to top colleges, universities, and military academies throughout the nation. Approximately 70 percent of our graduates seek some form of higher education.

There are two key ingredients in the successes of our students: *Involved parents and dedicated teachers.* Each of our schools has a site council, made up of elected parent, teacher, support staff, and (grades 7-12) student representatives. School site councils help determine how each school can best meet the needs of the students it serves.

Of our 297 teachers, 70 percent have had six or more years of college training; 25 percent hold Master's degrees; and 5 have completed doctorates. They average a decade of full-time classroom experience.

We are big on "basics," utilizing special programs such as:

\* Project WRITE (for training elementary students how to organize their thoughts into clearly written paragraphs and essays).

\* Bay Area Writing Project (for improved methods of teaching intermediate and high school students how to vary their writing).

\* San Mateo Spelling Program (to utilize a variety of learning modalities in teaching spelling rules).

\* Heath math series (for sequential learning of computational skills).

During the 1983-84 school year, statewide test results showed that our third graders were ranked at the 89th percentile in reading; 93rd in written language; and 81st in mathematics. Sixth graders' scores placed them at the 87th percentile in reading; 84th in written expression; and 85th in mathematics. Seniors were ranked at the 88th percentile in reading, 93rd in written expression; 90th in spelling; and 88th in mathematics.

### "Approximately 70 percent of our graduates seek some form of higher education."

Test scores are not the whole picture, but we think they help establish why it is that we're proud of our "product."

Our *Special Services* department coordinates programs involving speech therapists, counselors, psychologists, reading specialists, resource specialists, and teachers specifically trained to help students with learning disabilities or handicaps.

Our districts receive special funding from the state for a program designed to reach students with exceptional abilities in leadership, art, one or more academic areas, or physical agility.

*Gifted and Talented Education*

(GATE) in some instances matches an individual with an adult mentor from the community. Other times GATE offers group instruction in areas such as archeology, electronics, calligraphy, or drama. Fourth through twelfth graders have the opportunity to participate in 4-member teams for Future Problem Solving (an international, competitive program). Each school has a GATE coordinator. Each of our three comprehensive high schools offers some Advanced Placement courses (suitable for college credit).

### "We are big on 'basics,' utilizing special programs . . ."

The *Regional Occupational Program* teaches high school students (and some adults) entry-level job skills in such diverse areas as tree surgery, cosmetology, meat-cutting, graphics, auto repair, child care — and two dozen other topics!

Hundreds of our community members participate in *adult education*, learning new hobbies or job skills or completing work on their diplomas.

We offer a *summer school* enrichment and/or remediation program for fourth through twelfth graders.

If you would like to visit any of our schools merely go to the school and check in at the principal's office. The following is a list of our schools and principals:

Alisal School (K-6)  
1454 Santa Rita Road  
Pleasanton, CA 94566-5697  
Phone: 846-2878  
Principal: Steve Maher

Adult/Alternative Education  
1169 Santa Rita Road  
Pleasanton, CA 94566-6174  
Phone: 462-0022  
Director: Don Seaver

Amador High School (9-12)  
1155 Santa Rita Road  
Pleasanton, CA 94566-6176  
Phone: 846-2818  
Principal: Cyril Bonanno

Dublin High School (9-12)  
8151 Village Parkway  
Dublin, CA 94568-1699  
Phone: 828-6410  
Principal: Joan King

Fairlands School (K-6)  
4151 West Las Positas Blvd.  
Pleasanton, CA 94566-4199  
Phone: 462-1525  
Principal: John Bristow

Foothill High School (9-12)  
4375 Foothill Road  
Pleasanton, CA 94566-9799  
Phone: 462-1615  
Principal: Roger Dabney

Harvest Park School (7/8)  
4900 Valley Avenue  
Pleasanton, CA 94566-5399  
Phone: 846-6828  
Principal: Sally Rayhill

Valley High School (Continuation)  
6900 Dublin Blvd.  
Dublin, CA 94568-3075  
Phone: 829-4322  
Principal: Gary Cochran

Valley View School (K-6)  
480 Adams Way  
Pleasanton, CA 94566-7198  
Phone: 846-2863  
Principal: Marilyn McCurdy

Village High School (Continuation)  
8151 Village Parkway  
Dublin, CA 94568-1699  
Phone: 828-2823  
Principal: Rich Puppione

Vintage Hills School (K-4)  
1125 Concord Street  
Pleasanton, CA 94566-7299  
Phone: 462-4101  
Principal: Cathie Alden

Walnut Grove School (K-6)  
1999 Harvest Road  
Pleasanton, CA 94566-5499  
Phone: 846-4448  
Principal: Bob Wakeling

— Bill J. James

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**File Clerk** — Some work experience preferred. Must be able to stand for long periods of time.

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Crum and Forster Personal Insurance  
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Three-year-old Amber Luthge of Dublin assists magician Leo Luna in one of his illusions which delighted more than a hundred children earlier this month during a Resources For Family Development-sponsored Summer Youth Program held in the Amador Community Park.

## Season Of Musicals

The 1985-86 season musicals to be presented by the Pleasanton Playhouse include Roger's and Hammerstein's "The King and I" in October, "Something's Afoot" in January and "Oklahoma" in April.

Season Tickets to the musicals are available at \$20 per person. Individual ticket prices are \$8 general admission;

\$6 juniors (under 12), seniors, and groups of 20 or more.

Individuals interested in becoming part of the local theater group in acting, dancing, singing or behind the scenes, publicity, costumes, set designs, etc., call 449-2326 for further information.

Pleasanton Pathways is a bi-monthly newspaper published by the Hacienda Business Park Owners' Association  
4637 Chabot Drive, P.O. Box 38, Phone: 463-2750

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Production — Laurie Wade — Geri Foley

Printed by (c) 605

ALCON Printing Co., Inc.  
Pleasanton, CA 94566





Bob Steele shows off one of many hats.

### Personality Profile

## A Man Of Many Hats

Unlike some offices which are stark and reveal very little about the people who inhabit them, W.R. "Bob" Steele's tells his life story.

As soon as you enter the store manager's second floor office inside J.C. Penney's in the Stoneridge Mall, you are face-to-face with a neatly-arranged photo display of his wife, children and grandchildren.

Next to the family, there's a souvenir from his trip to Greece, a tiny carved figure of a discus thrower. However, it can hardly compete with the magnificent seashell encased in a crystal, given to him by Elinor, his wife of 38 years.

Gazing serenely out over this altar of photos and mementos is Mr. J. C. Penney himself and Earl Sands, chairman of Penney's original 1902 Board of Directors.

Moving on from these two 1912 original photos, a pheasant spreads its wings and heads skyward.

"The display department had that sent to a taxidermist for me," said Steele. His favorite sport, hunting, is no secret to his staff.

In a corner, another curiosity beckons. And again, the man sitting behind the desk is more than happy to explain the significance of the many hats hanging from the wooden hatrack whose base is a carved grizzly bear.

The most interesting hat, a soft, green fedora is one of which he is particularly fond. Taking it down for closer inspection, he said, "I wore it while touring Europe." Next to the fedora is the hard hat he wore while the mall was under construction. There is one marked U.S.S. Rotantin which he received at the fortieth reunion of that Navy ship's crew. The remaining baseball caps are those which he wore to various Little League games that Penney's has sponsored.

This year, Steele marked his fortieth

anniversary with the company. During his tenure, he has opened 15 J.C. Penney's stores on the West coast, beginning with Hayward in 1964, and including his present location at Stoneridge five years ago.

"I never did feel that I'd be successful inside four walls," said Steele, who had planned to major in forestry at the University of Oregon after he returned from military duty in World War II.

He went to work in the display window department of J.C. Penney's in Eugene, Ore. on a temporary basis.

"I told the manager that I'd work for him for one year and if he didn't like me or I didn't like the work, then we could say good-bye after that."

He went on to become a sales clerk and a department manager and, later, a store manager. Before he opened the Stoneridge store, Steele was a district manager in the Sacramento area for 16 years.

"The retail business sort of gets into your blood. It's exciting. Most people don't look at it that way but there's something new every day."

Right now, he relies on four top managers and about 200 full and part-time staff to run the store. Another memento on his table has to do with a motto, one that he says helps him in his "number one task."

The message is quite clear and there's no sparing the rod for this store manager.

"If you work for me, I want you to do your job. I'll lead you, pat you on the back, even kick you if you need it. But I don't hold hands," he said.

Next year, after his sixtieth birthday on December 29, he plans to retire and devote more of his time to travel, golf, tennis and taking care of his home in Castlewood Country Club.



To have friends, be one. Sergeant Joe Rose is a perfect example of that saying. He is everyone's sweetheart. No one can walk away from a conversation with Joe without saying, "He's such a nice man."

Sergeant Rose has been friends with his community for many years and the community in turn came out in record number to pay tribute to the 29-year veteran of the Police Department.

Joe's dinner/dance was more than recognition of a retiring policeman. It was a reunion of family, friends and relatives.

The first-class gentleman arrived at the event in a limousine and was greeted with a standing ovation by a crowd of more than 675 people.

"It was overwhelming," stated Joe.

A pin could have been dropped and heard as the silent crowd watched the Pleasanton Police Department Honor Guard make its presentation to Joe.

It takes a big man to step out of a spotlight and turn an honor over to someone else. Chief of Police Bill Eastman did such an act when he allowed retired Police of Chief Walt McCloud to present Joe with his newly polished "Badge Number One."

Chief Eastman, however, also had an opportunity to bestow an honor upon Joe when he announced Joe's promotion to "sergeant." Another standing ovation for Joe!

Many letters of commendation, resolutions and plaques were presented to Joe from various individuals, organizations and businesses.

To name a few, he received a letter from President Ronald Reagan, U.S. Congress, California Senate, Assembly, the Governor and the F.B.I.

Joe received a gold key to the City from Mayor Ken Mercer. This was the sixth key of its kind to ever be presented to anyone since the City incorporated.

He and his wife, Millie, will enjoy an all-expense-paid trip to Hawaii for 10 days — compliments of the Pleasanton Police Explorers.

Because of his love for country-western music, officer Kelly O'Neil presented Joe with a banjo.

The surprise of the evening for the newly promoted Sergeant was the arrival of his old truck.

"Millie kept telling me that was my truck," said Joe, "but I said 'no it isn't, it can't be.'"

"It took me awhile to realize it really was my truck," said Joe, "and when I did, I couldn't believe they were able to make it look so good!"

All the activity of the evening plus Joe's beat have been video taped for Joe's viewing at his leisure, another gift from a friend.

Well, Joe, we won't be seeing you in that police car, but rest assured we will all keep in touch with you and see you in your white truck.

Congratulations, Joe. Enjoy your retirement and God Bless!

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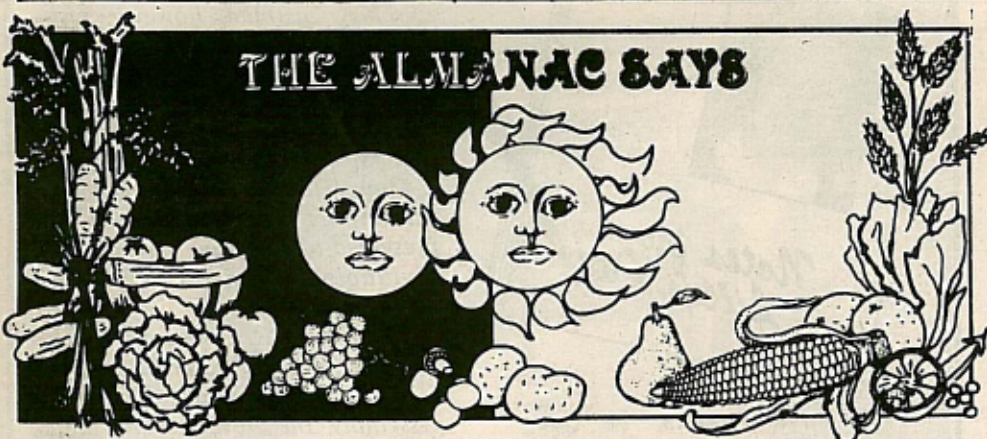
Date: each Wednesday

Special Guest of: Ruth Mayo 846-9349

Call to confirm attendance.



## THE ALMANAC SAYS



Curses and charms are difficult to find these days. While cursing has not gone out of style, the style itself has changed. Cursing in the U.S. has been reduced to swearing and obscenities.

A curse is the calling down of evil, bad luck, or misfortune upon a person, place, or thing.

Charms, on the other hand, could be used to work both sides of the supernatural fence. Most often they are thought of in much the same way as blessings.

Curses and charms often use the same technique, sometimes the same substances, to work their effects.

Here are a few you can try on your friends and enemies:

### CURSES

- To curse a house, enter it backwards while cleaning a boot.
- If a feather lands on your hair, it means an angry day ahead.
- If you meet a donkey at the start of a journey, there will be trouble.
- Burning old love letters bring evil.
- Evil comes when you find: a white collar button, anything black, rags, a

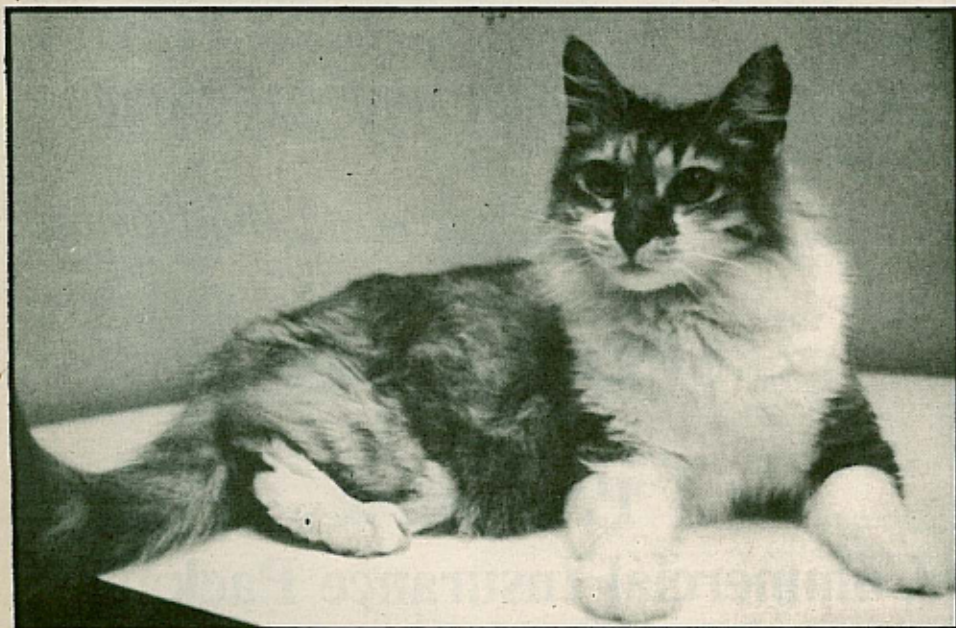
silk ribbon, a nest of snakes, needles, a comb, or an empty peanut shell.

- To rid bad luck, throw a penny over your shoulder. The bad luck will pass to the person that picks it up.
- Spitting once in front of your enemy brings him bad luck.
- Write your enemy's name on a stone, drop it in a well, and you have a curse.

### CHARMS

- It's lucky to carry pigeon feathers in your pocket.
- If you eat a bean before a journey, you will have luck.
- A little salt thrown over the left shoulder will keep evil away.
- If you spit three times in front of your enemies, they'll stop being your enemies.
- Write "be-doan" on an article, and it will keep you from harm by land and water.
- A spider's web kept in a little bag worn around the neck cures whooping cough.
- The water used by blacksmiths to cool red-hot metal is believed to be especially potent for healing.

## Pet Of The Month



This calico, long-haired "Mama" cat as she has come to be known among the other orphans at the Valley Humane Society, is the unfortunate victim of a divorce. But she isn't sulking. "Mama" has retained her affectionate nature and is willing to open up again if she had a good home. She is two years old, spayed and has had her shots. With her sweet disposition, "Mama" would make a perfect pet for an older person or a loving family. She can be adopted free of charge. Call 449-5119 or 484-0941.

### School Begins

## Orientation Dates Set

Orientation dates set for Amador Valley Joint Union High School District and Pleasanton Joint School District are as follows:

**August 27:** Harvest Park Orientation for 7th graders and new 8th graders — last names A-M; 10 to 11 a.m.

**August 28:** Harvest Park Orientation for 7th graders and new 8th graders — last names N-Z, 10 to 11 a.m.

**August 30:** Amador Valley High School Orientation for Freshmen and other new students: 11 a.m., Boys Gym.

**September 3:** Foothill High School

Orientation for Freshmen and other new students. School buses will pick students up at regular bus stops at 10 a.m. They will be taken to the school for a guided tour, orientation, and barbecue. Students will be returned to their bus stops, by school bus, at 1 p.m.

**September 3:** Dublin High School Orientation for Freshmen and other new students: 10 a.m., Little Theatre.

**September 4:** First day of school, all students, Amador and Pleasanton districts.

### Making Comparisons

## Swede Reviews Park

A government official from Sweden visited Pleasanton last week, and it wasn't to count the number of Volvos and Saabs on the roads. Instead, Anders Nylander, Director of Science and Engineering for Stockholm Site and Development Company, came at the suggestion of the Swedish General Consulate in San Francisco to review Hacienda Business Park, one of many developments he visited during a tour of U.S. business parks.

The purpose of the visit was to gather information on business expansion into the suburbs, and how this could best be achieved in the rapidly growing Stockholm area.

Nylander spent a half-day at Hacienda Business Park meeting with experts in design, engineering, finances and marketing. "I was very impressed with Hacienda, and particularly with the planning and cooperation between the City of Pleasanton and the business development," Nylander said.

When asked his opinion of U.S. business parks in general, Nylander said that he found "an overall lack of forethought and consideration for the capacity of the existing infrastructure. At Hacienda, however, you have been carefully considering how traffic can get in and out of the area, how it can best connect with the existing Pleasanton area and with the nearby freeways."

According to Nylander, the one Swedish business park that could be compared with Hacienda is Kista, a 300-acre, high-tech park being developed by his company with the support of the Swedish government. Housing is located just one mile away, a shopping center is located between



Anders Nylander

Kista and the housing area, and there are buses, trains and a subway that provide transportation into Stockholm. "Most people in Sweden commute by public transportation," said Nylander.

In making further comparisons, Nylander said that Hacienda's internal infrastructure and service facilities — like the continuous internal bus route, bus shelters, bike lanes, Par Course and planned child-care center — are better and more complete than such facilities and services found in most Swedish business parks.

"It's not easy for the average company to understand the importance of careful planning," Nylander said. "We have a lot to learn from the Hacienda development and the American example of getting the job done." Nylander hopes to return to Pleasanton in five years to see how the careful planning has paid off.

## CTW Holds Auditions For 'Frankenstein'

Children's Theatre Workshop (CTW) will hold auditions for "Frankenstein" for adults (high school and up) on Tuesday, August 27; children (age six to high school), August 28 and call backs, if needed, on August 29.

All auditions will be held at Dublin High School Little Theatre, 8151 Village Parkway, Dublin, 7 p.m. to 9:30 p.m.

Adult roles are Dr. Frankenstein, Elizabeth, Igor, The Creature, The Creature's Personalities, The Creature's Bride, Mr. DeLacey (the blind man), Townspeople from all walks of life.

Children's roles include Victor Frankenstein the II, (The Creature's Kid), Victor's Brothers and Sisters, The DeLacey Children and Children of the Town.

For further information on the auditions or CTW, call 846-5400.



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## Acquiring Working Skills

# Internship Program Benefits Mother



Dorothy Cherrix performs a variety of clerical skills at Clorox.

Last month, 34-year-old Dorothy Cherrix won a small victory in her quest for a career.

The experience was exhilarating. "I feel terrific," she said. "I opened a savings account for the first time in my life."

Somewhere amid the chaos of her recent divorce, Dorothy had found herself without the job skills needed to support her three children, Gene, 10; Jimmy, 6; and two-year-old Jennifer.

During her marriage, she worked off and on for ten years in various bartending jobs. Following her divorce, she said she felt unprepared to find a better paying job.

"I hadn't worked in any one job for very long and before I knew it, I was pregnant again. I had no skills to get the kind of job I wanted."

Relief came in the form of the Women's Internship Program developed by the Valley Volunteer Center and Chabot College-Valley Campus. Through the program, Dorothy sought on-the-job experience to develop clerical and word processing skills at the Clorox Company Technical Center in Pleasanton.

"I think if it weren't for the Valley Volunteer Center, I wouldn't be signed up for college this fall," said Dorothy, who plans to attend evening courses at Chabot College toward a four-year degree in business administration.

According to program director Bar-

bara Tuck, the internship job program was designed for older women who are either new or re-entering the job market with little or no skills.

"The average age used to be around 46, but the focus is changing. We're seeing both young single mothers and older women," she said.

Since the program began in 1978, she said that more than 300 women have been placed in three-month internships throughout the valley. About half of these have been clerical jobs while some positions involved public relations, dental and medical assisting and drafting.

"The internships vary but generally we can place a woman in just about anything she's interested in," said Tuck.

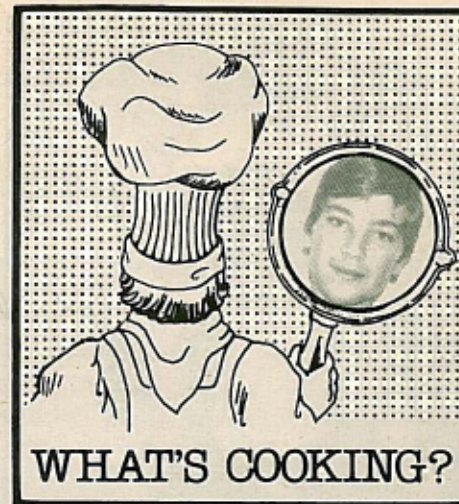
Although the internships are unpaid, she said the VVC picks up the tab for child care during that period. Women work approximately 15-20 hours per week. At the end of the internship, each woman receives a written job recommendation.

Either before or during the on-the-job training, the VVC encourages women to take a career development class for women at Chabot College-Valley Campus.

On September 10 at 10 a.m., the VVC will hold an informational meeting on the program at the Pleasanton Library. The meeting is free and open to women of all ages. For more information call the VVC at 462-3570.

senior citizen participation.

Phyllis Wentworth and Chilli Barlow, store and costume judging; Vernie and Bill Laube, Heritage Family Talks; Bob Athenour and Kathy Kallis, Sister City participation; Carol Bush, Chamber Mixer; and Pat Lane, public relations.



Fourteen-year-old Charlie Stuller has mapped out his life like a recipe, however, the Air Force could add some spice to the master plan.

If one of his wishes becomes a reality, the Foothill High School sophomore may enter the U.S. Air Force Academy at Colorado Springs in two years.

"I want to fly," he said. "It's just a dream I have."

Eventually, Charlie would like to become an astronaut but in the meantime, some of his hobbies include swimming, soccer, computer programming and cooking.

"I prefer baking but anything's fine really. My favorite thing to make is brownies," said Charlie, who has been cooking since he was in kindergarten.

His mother, Mary Lou Stuller, said that Charlie demonstrated his ability to be left alone in the kitchen at a very young age.

"He probably doesn't remember this but he started cooking when he was in kindergarten," she said. "He's very resourceful."

At Christmas time, Charlie takes over the baking of cookies and "they're just as good as mine," she said.

Charlie lives in Pleasanton with his

parents and older sister Judy, 18. He is a member of the California Scholastic Federation and Foothill's drama club.

His interest in flying also developed at an early age, he said. "I love to travel!" His father, Chuck, works as a ticket agent for United Airlines in San Francisco, which helped spur Charlie's aspiration to become a pilot.

"My mother was a stewardess in Detroit. That's how they met," he said. "But I don't think I'll be a commercial pilot. I figure, I'll be in the Air Force until I'm 35 and then maybe I'll become an astronaut."

And after that, who knows? Perhaps Charlie will meet his wife aboard a space shuttle. But that's not in the plan yet, he added.

Along with the recipe below, Charlie provided Pathways with samples of his brownies which are out of this world.

## CHARLIE'S BROWNIES

Melt:

4 squares unsweetened chocolate  
2/3 cup shortening (preferably Crisco)

Beat in:

2 cups sugar  
4 eggs

Sift and beat into the chocolate mixture:

1 1/2 cups sifted flour  
1 tsp. baking powder  
1 tsp. salt

Mix in:

1 cup chopped walnuts  
1 6-oz. package semi-sweet chocolate chips

Stir and pour into a 13X9X2 greased baking pan. Bake for 35 minutes in 350-degree oven.

## Working Towards Healthier Lifestyles

On August 22, Valley Memorial Hospital successfully phased in its new Total Health program.

The newest addition to Valley Memorial's Health services, Total Health is a comprehensive, medically supervised program emphasizing health awareness, preventive medicine and fitness as viable ways of enhancing and improving health, thereby reducing health care costs. It incorporates the aspects of a medical clinic and a health club and expands on them by offering more comprehensive fitness evaluations than a clinic and more medical supervision than a health club.

The VMH Total Health program covers four primary service areas — health evaluation, health improvement, lifestyle management and cardiology. Individuals participating in the program may be involved in just one or any combination of services, depending on their particular health and lifestyle needs.

Health evaluation services include testing and services to assess health and fitness levels and identify potential health problems. Health improvement

services include education, nutrition and exercise programs. Maternity classes are included in the health improvement services category. Biofeedback training, which involves learning how to regulate the body's response to external events, is also offered through the health improvement services.

Lifestyle management and cardiology services provide a number of community-based programs for individuals wanting to change or improve specific aspects of their health and fitness. These programs include weight management, smoking cessation, stress management and exercise prescription.

Total Health services are available to corporations and individuals in the Tri-Valley and surrounding areas. Individuals, however, must have a referral from their physician for any diagnostic tests.

Valley Memorial Hospital's Total Health services are available at the hospital's new Valley Care Center, 1015 East Stanley Boulevard in Livermore. For more information, call Total Health, 373-4000.

## Twelfth Annual Celebration

# Dittrich Heads Up Heritage Days

Veteran Heritage Days committee member Michal Dittrich is 1985 chairman for the 12th annual celebration.

Heritage Days will run from Friday, September 13 through Sunday, September 22.

Assisting her are committee chairmen Bev Davis, Helen McNutt, and Diane Miller, Heritage House Tour; George Akers, Street Fair and Art Show Preview; Lynn Bock, Sandi Bohner, and Pam Lott, shopping centers; Dan Lash, parade.

Bev Morris, 4-H Country Fair; Jan Pinney and Evelyn King, Kaleidoscope Bed Race; Judy Mayhew, International Food Faire and street fair food booths; Bernie Cooper, advertising and graphic arts.

Carol Bush and Ms. Dittrich, Chamber of Commerce Barbecue and Dance; Bev Hamlin, Street Fair entertainment; Pam Hutton and Gretchen Sloan, Amador Valley Athletic Club Run; Keith Warden, Beard and Moustache Contest; Nan Cohan,

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Elaine Albertson celebrates her 17th birthday with her Mexican family.

Looking Back

Sharing Memories Of 'Home'

Editor's Note: We share the speech below written by an exchange student to Tulancingo and recently presented to the Soroptimist Club.

By Elaine Albertson

Good afternoon. Before I start, I'd like to thank the Soroptimist club for giving me this opportunity to speak. I'm really excited to share my memories with you. First of all, my name is Elaine Albertson, or as I'm called in my new hometown, Tulancingo, Elena Rodriguez Cordero.

Looking back, that day was much like any other; there I sat in Ms. Pabon's Spanish class hurriedly trying to finish my English homework by next period.

After I had finished and was on the verge of a very pleasant dream, I heard something that caught my attention. What did she say about a newly-formed exchange student program — to Mexico for a month — and that I was encouraged to apply? No way!

Well, that day after school, I excitedly called my mom at work, told her all about it and refused to hang up until she had agreed to go to an informational meeting on March 4.

For me, March 4 couldn't have come any slower — but at last, it did. My mom went alone to the meeting because I had Spanish homework to do.

That night I half-worked and half-worried about what she would think, but was relieved when she returned and enthusiastically filled me in on all the details. "The only problem that I can see," she told me, "is that I can't go!" From that night on it became mine and my family's goal to be selected as one of six students to spend a month in Tulancingo.

After applications, letters of recommendation, autobiographies, meetings and interviews, I received a phone call one night from Tom Treto congratulating me because I was going to Mexico.

After months of anxious waiting, the six of us including Erin Capilla, Bill Dabney, Dawn Douba, Allison Mohr, Mary Suter and myself were warmly welcomed by literally dozens of equally anxious Mexicans.

From the airport we were taken in private cars to what would soon be our new home. The one-and-a-half hour drive gave us a good idea of what the climate would be like.

We saw miles of lush green flatland, cactus-covered hills and sunsets too beautiful for words.

Because June and part of July are considered spring, we rarely experienced the oppressive heat usually associated with the country; in fact, it was occasionally overcast and very comfortable. While we were there, we even saw an electrical storm which gave

us yet more appreciation of Mexico.

Tulancingo is conveniently located a short one-half hour from the mountains and roughly three hours from beaches on the Atlantic coast which was great for day trips.

In addition to taking day trips, we did many other things as well. In fact, I had to stay up really late just to write letters because we were so busy.

Almost all the stores in Tulancingo stay open until 8 p.m. which was nice when we wanted to avoid the day crowds.

When we weren't shopping, we were bowling, swimming, playing tennis, or dancing at the local discotheque.

During the day we went horseback riding, did aerobics, or just lounged around watching movies like "Rocky," "Ghostbusters," and "Friday the 13, Part 4" with relatives.

We visited Mexico City many times as well as neighboring towns, each with its own history.

I think, for me though, above all it was the people of Mexico that made my trip so special. Everywhere I went I was affectionately greeted with "abrazos fuertes" or strong hugs and occasionally, I was given gifts.

I heard the phrase, "mi casa es tu casa" countless times which in English means, "my house is your house." You know, I bet if I wanted I could live forever in Mexico just by staying at a different person's house every week.

While there, I met a little boy of 8, a girl of 10, and a girl of 14, and two very caring adults, all of who were my host family and became my friends also.

I was immediately taken in as "hermana," sister and "miga," my daughter. I was never introduced as "an exchange student from the United States" but rather as "another daughter."

From the beginning I was meant as a special member of the family as well as an important part of the community too. In fact, one day my good friend Allison Mohr and I were out shopping when we saw some people commenting in English on what a bargain they had gotten for some record albums.

At the same time, we looked at each other and mockingly said, "tourists!" The funny thing was, although we were from another country and out shopping, we never felt like tourists or visitors. We all felt very much at home in Tulancingo.

From my trip to Mexico, I not only learned more Spanish but I feel I've gained a bigger picture of the world and a greater appreciation of the differences in our two cultures.

Thank you so much for giving me your support and allowing me the pleasure of sharing my wonderful experience with you.

Rider Registration

School Bus Services

Amador Valley Joint Union High School District will continue to offer pay-to-ride school bus service to both their own students and to students of Pleasanton Joint School District for the 1985-86 school year.

Fees are based on the difference between the actual cost of the transportation service and what the state will reimburse the district for that service. In this way, transportation does not drain funds from the classroom program.

Because of the need to establish cost-effective bus routes and to hire qualified bus drivers, parents are urged to return their applications and payments as soon as possible. Applications are available at the School District Transportation Department located at the left side of Amador Valley High School, 1115 Santa Rita Road.

Transportation is sold only on a round-trip basis and for a minimum of one school quarter (nine weeks) at a time.

If a student is involved in an incident where his/her pass has been loaned to another student, the pass will be picked up by the driver or a school administrator and no monetary refund will be available.

Bus stop locations and schedules are posted at each school and at the district office, 123 Main Street. To increase efficiency in processing applications, it is requested that a separate form for each student rider be used. (Additional forms are available at the school and at the district office. Be sure to indicate the school your student will attend, September '85, and include a daytime telephone number, where you can be contacted if necessary.

Make checks payable to Amador Valley Joint Union High School District. For further information, call the transportation department at 846-3798.

APPLICATIONS FOR SCHOOL BUS SERVICE FOR THE 1985-86 SCHOOL YEAR

Detach and return to: Transportation, 4750 First Street, Pleasanton, CA 94566-7399

- 1. Student's Name \_\_\_\_\_
- 2. Student's Address \_\_\_\_\_
- 3. Parent's Daytime Telephone Number \_\_\_\_\_ Name \_\_\_\_\_
- 4. What school will this student attend? \_\_\_\_\_ Grade \_\_\_\_\_
- 5. Please indicate the amount enclosed:

	ROUND-TRIP		REDUCED FAIR	
	First Student	Sibling	First Student	Sibling
Year	___ \$128.50	___ \$96.00	___ \$64.25	___ \$48.00
Semester	___ 88.00	___ 66.00	___ 44.00	___ 33.00
Quarter	___ 53.00	___ 39.50	___ 26.50	___ 20.00



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Sept. 25th & 26th...9:30am to 12:00 noon  
SEMINAR I  
"FINANCIAL BUSINESS MANAGEMENT"

Speakers: Oppenheim, Appel, Dixon & Co.  
Certified Public Accountants  
Internationally operated.  
Cost: \$75.00 (Includes lunch and drink)

Sept. 25th & 26th...3:00pm to 4:30pm  
Seminar II.. "MANAGING STRESS"

Speaker: Jim Adams, President of  
WOMDA (Western Office  
Machine Dealers Assoc.  
Cost: \$25.00

Seminar III.. "Art of Negotiating"  
Speaker: Jim Cecil, President of  
Profit Systems in Seattle,  
Washington  
Cost: \$25.00

Combined discount:  
Seminars II III \$40.00  
Seminars I II (or III) \$60.00  
Seminars I II III \$75.00

(Limited enrollment - 40 seats at each seminar)

EXHIBITION HALL  
PLEASANTON FAIRGROUNDS  
Sept. 25th & 26th

- EXHIBITORS
- APPLEONE.....KOPY SHOPPE
  - TAYLOR MADE.....LINDSAYS
  - WANG LAB....POLAR WATER CO.
  - DUBLIN OFFICE SUPPLY
  - ASTRO BUSINESS PRODUCTS
  - A-A OFFICE EQUIP./FURN.
  - ACCELERATED PRINTING
  - AMERICAN NETWORK SERVICES
  - MENDELL'S CONTRACT FURN.
  - OAKLAND AUDIO VISUAL
  - WAYNE COMMUNICATIONS
  - MICRO AGE COMPUTER STORE
  - GRAHAM DEVELOPMENT CO.
  - VALLEY OFFICE EQUIPMENT
  - CALLAHAN PENTZ PROPERTIES
  - G & B RUBBER STAMP CO.
  - CALIFORNIA BUSINESS PROD.

There is still space available for any interested exhibitors.

Wed. Sept. 25th  
Fashion show will be held in the Young California Building.

Interested Exhibitors  
contact 846-4848 or 462-3061





Opening night was a busy one for Debra Wilson.

## It Was A Grand Opening!



Peter Mansfield and Peter Ramirez enjoyed food served at Pedro's.

# Pedro's

Restaurant  
& Cantina



Mary Earle Chase receives assistance from Pedro's hostesses.



Mrs. and Mrs. Peter Ramirez, and Mr. and Mrs. Peter Mansfield, Pedro's owners, take a moment to visit.



Guests John Hannula (left) and Larry Golden (right) are served by one of Pedro's waitresses.



Karen Pappas, general manager of Pedro's, chats with Terrance Wynn and Linda Thompson.



## a bit of trivia

By Ben Fernandez

Walt Disney has been in the news with the recent issue of a "classic" addition of "Pinocchio" and the current release of Disney's newest cartoon, "The Black Cauldron." Let's play around with Walt today.

1. The first all talking cartoon starred Mickey Mouse. What was its name?
2. In the 1930's, Mickey and Goofy had a third sidekick, which was a horse with a large collar around his neck. What was his name?
3. The Oscar-winning cartoon of 1937 featured a bull that refused to fight in the arena. He laid in the field all day smelling flowers. What was the name of the cartoon?
4. What were the names of the two helpful mice in the Disney cartoon, "Cinderella?"
5. Pinocchio and his father, Gepetto, had a pet cat and a pet fish. What were their names?
6. "101 Dalmatians" were terrorized by a slinky, vicious woman. What was her name?
7. Whenever Disney did a full-length cartoon, he used humans as models for the cartoonist. What later famous dancer was the model for Snow White?
8. The Good Neighbor Policy was quite prevalent during World War II. Disney made two full-length cartoons, combining some live action, which promoted this program. What were the names of the movies?
9. In 1947, the Oscar-winning song "Zip-A-Dee-Doo-Da" was from a Disney movie. What was the name of the movie?
10. Where is Walt Disney's body laid to rest?



Bob McCort and Evelyn Reed climb into the van for the ride home.

## Vanpooling Becoming Popular

A new vanpool, formed in July to shuttle employees between the Hacienda Business Park and Manteca, is proving itself a boon to 14 commuters who make the 90-mile roundtrip each day.

"I love it," said Susan Christ, an engineer for Lowry Associates in Chabot Center.

"I can sit and relax, or read; sometimes I sleep. And I'm putting less mileage on my new car," she said.

Unlike the other 13 riders, Susan's commute involves one extra step each way. She rides the Hacienda Express to get from the vanpool drop off point at AT&T Communications on West Las Positas Boulevard to Chabot Drive.

"It's still worth it to ride the vanpool. If I drive myself, it costs about \$100 a month just for gas and I get 40 miles per gallon," she said. Maintenance costs were also depleting her travel budget, she added.

The 14 riders each pay \$60 a month to lease a 15-passenger van from Van American Network in Oakland. The fee covers gas, maintenance and rental.

According to Bob McCort, an engineering associate for AT&T, the new vanpool is a relief for him.

"That drive can get real tiring," he said. Before he joined the vanpool, Bob drove 45 miles each way from Manteca

to Pleasanton by himself.

Now the hour-long drive isn't as taxing, he added.

"I like to sleep or read on my way to work," he said.

Three of the riders must drive to Manteca from Stockton or Tracy to meet the van around 6:15 a.m. Except for Susan Christ, all work for AT&T and start their work day at 7:30. In the evening, the riders assemble at AT&T on West Las Positas around 4 p.m. for the trip home.

Other riders include Mike Ross, Jim Bayly, Paul Briggs, Kermit Clark, Bob Lauzon, Vicki Littlefield, Burt Moore, Jo Otter, Evelyn Reed, Pam Wicks, Darrell Wright and John Montell. At the moment, McCort said the group needs one more rider to reach the van's 15-passenger capacity.

Promotion of vanpools is one element of AT&T's Transportation Systems Management program. The company's efforts include preferential parking for carpools and promotion of the Hacienda Shuttle and bicycling as alternatives to commuting alone.

Ms. Henard thinks that most people are gradually coming around to the idea that vanpooling will save them money and spare them the aggravation of traffic jams.

## ON THE STREET "Do You Watch Soap Operas?"



**Dee Summers** — "When I'm home I watch 'Days of Our Lives' because it comes on at 12:00, and I watch Santa Barbara after that. I work part-time so I can't watch that often."



**Laura Hawley** — "No, because I have my own problems to worry about. They are a waste of time."



**Scot Satterlund** — "Yes. 'Days of Our Lives' because my mom, sister and friends watch it. It's pretty exciting and it's something to do until I go to work at 2:00. My friend, John, thinks Hope is cute too!"



**Trish Hahn** — "I've watched 'General Hospital' for a couple of years."



**Luella Chapman** — "The one I got hooked on was 'As The World Turns.' It came on during my lunch hour."



**Candy VanNort** — "Yes! 'All My Children,' and 'One Life To Live.' 'All My Children' is my favorite. I like Erica because she has a lot of evil in her."

### TRIVIA ANSWERS

1. "Steamboat Willie"
2. Horace Horsecollar
3. "Ferdinand the Bull"
4. Jaq and Gus-Gus
5. Figaro (the cat) and Cleo (the fish)
6. Cruella DeVille
7. Marge Champion
8. "Saludos Amigos" and "Three Caballeros"
9. "Song of the South"
10. His body is frozen at the UCLA Medical Center.



## Burning Calories

# Commuting The Healthy Way

By Dorothy Kraemer

Do you ever wish that you just had a little time to do something nice for yourself? Time to get out into the sunshine or do a little exercise? With Summer here there couldn't be a better time to start a routine to satisfy both these needs, and here's the plan: walk to work. It's as easy as that if you live within a mile or so of work. What are you waiting for?

A brisk mile-long walk takes about 15 to 20 minutes and it's great exercise. According to the American Heart Association, walking affords many benefits, some of which are: increased energy and resistance to fatigue, improved self-image, relief of tension, enhanced muscle tone, increased stamina, and it may even help to control cigarette smoking and high blood pressure.

In addition to these healthful incentives, the person who walks to work no longer has the expense of driving to work. With the Hacienda Express system, walkers can get around easily at lunchtime without their cars.

Another feature of walking is that it is easy to get started. Unlike other activities or sports, you don't need special equipment or athletic ability. The Association suggests that you see a doctor before beginning if:

- You are a male over 45 years of age or a female over 50 years of age and not accustomed to regular exercise.
- You have heart trouble, or heart murmur, or you have had a heart attack.
- Your doctor said your blood pressure is too high and not under control, or you don't know whether your blood pressure is normal.
- You frequently have pain or pressure in the chest, neck, shoulder or arm after you exercise.
- You experience extreme breathlessness after mild exertion.
- You have bone or joint problems.
- You often feel faint or have spells of severe dizziness.

If you have a clean bill of health, all you have to do is put on your walking shoes to begin your walking commute to work.

Because you go to work everyday, this is an exercise program that you know won't discontinue, it will become routine.

You may be interested in following your muscle and heart development throughout your walking program.

For walking to condition your heart and lungs, your heart rate, measured by your pulse, must reach what is called the "target heart rate zone." First, you must measure your maximum heart rate (MHR). This is done by subtracting your age from 220. Your target heart rate is 60-75 percent of your MHR, depending how far advanced you are in your walking program.

After six months of regular exercise, you may exercise up to 85 percent of your MHR, although this is unnecessary to stay in good condition.

The following chart lists recommended target zones.

AGE (years)	TARGET ZONE 60-75% (beats per minute)	AVERAGE MAXIMUM HEART RATE 100%
20	120-150	200
25	117-146	195
30	114-142	190
35	111-138	185
40	108-135	180
45	105-131	175
50	102-127	170
55	99-123	165
60	96-120	160
65	93-116	155
70	90-113	150

Be certain to check your pulse. Place a finger over one of the blood vessels in your neck location on either side of your Adam's Apple. Count pulse for ten seconds and multiply by six for a one minute reading. When you begin your program check your pulse frequently to be sure you are exercising within your target zone as it's important to stay within your limit. After you have been exercising for a few months, continue to check your pulse periodically.

And, of course, walking burns calories. So, not only will you condition your heart and lungs and firm your muscles, but you may also shed those unwanted pounds. The following chart shows the approximate calories per hour burned by walking or jogging.

Activity (Per Hour)	75 lb.	Weight 100 lb.	150 lb.
Walking, 2 mph	125 cal/hr.	160 cal/hr.	240 cal/hr.
Walking, 3 mph	175	210	320
Walking, 4½ mph	245	295	440
Jogging, 5½ mph	365	440	740
Jogging, 7 mph	510	610	920

What these figures mean, for example, is that if you are a 100 pound person who lives a mile from work and it takes you 20 minutes to walk to work, you can burn off 210 calories: that's 10 chocolate chip cookies, two cinnamon buns, a scoop of ice cream with chocolate syrup or 210 calories of what you can't resist.

Walking to work alleviates a great many difficulties while offering at least as many incentives. So, put on your walking shoes and start walking.

## CAPS Meets At Stafford's

All saleswomen and potential saleswomen have an opportunity to meet with CALIFORNIA ASSOCIATION OF PROFESSIONAL SALES-WOMEN on September 16, at 6 p.m., at Stafford's Restaurant, Dublin to hear Kandy Kidd, President of Insight Out, speak on "Interpersonal Tools for Home and Office Use." Her talk em-

phasizes a refocusing on the human side of interaction in the business world.

Come network with other saleswomen beginning at 6 p.m.

Reservations for dinner should be made through Joyce Siason: 462-9536 or 829-5353.



Jim Quinn of AT&T's East Bay Speakers' Bureau clarifies the confusing issue of choosing a long distance company before a gathering of Sons In Retirement at Hap's Restaurant in Pleasanton.

## Speakers Bureau

# Solving Complex Issues

Jim Quinn is a Pleasanton resident who enjoys helping people understand complex issues. As a member of AT&T's newly formed East Bay Speakers Bureau, he has plenty of opportunities to do just that. The regional manager for the company's vendor liaison group spends several hours each month outside his regular work schedule explaining the complexities of choosing a long distance telephone company to organizations around the East Bay.

As a result of a recent FCC decision, customers who do not actively choose a long distance company will be randomly assigned to one. "Customers now have to make a selection which suits their needs," says Quinn, "and this has caused a lot of uncertainty as to how to make the right choice."

The AT&T East Bay Speakers Bureau was created to help assist people in understanding the process. Quinn is one of ten Pleasanton AT&T professionals who serve on the Bureau which was developed to help people through this difficult period by answering questions about carrier selection. "In selecting a long distance company," continues Quinn, "you should make the same evaluations you make when purchasing any service or product, whether it be an automobile or groceries. Take into consideration quality, reliability and convenience of the long-distance service you receive along with the cost."

Clubs or organizations interested in arranging for a speaker may phone the AT&T East Bay Speakers Bureau at 460-2215.

## Foothill High School Extension Of Chabot College

Ten years after its establishment, the Chabot College-Valley Campus is "reverting back to the old days."

Beginning September 16, the college will offer an expanded evening program two nights a week at Foothill High School in Pleasanton.

"It's kind of ironic," said assistant Dean of Instruction Bill Rath. "We started out using classrooms at Granada High School in Livermore. It's like we're reverting back to the old days."

He said evening classes had become so full last quarter that instructors were forced to use a conference room three times a week to hold class.

Approximately 4,500 students attend Chabot College in the two-year degree or vocational programs; about half that number are evening students.

Over the past year Chabot College officials have been working with the Amador Valley High School District for use of Foothill classrooms in the evenings.

The expanded program, called the 580-680 Connection, will offer nineteen classes ranging from art to computer science on Tuesday and Thursday evenings.

The evening location will feature bookstore services and one on-site counselor.

Bill Rath, who is in charge of the evening curriculum, said the college hopes to draw an additional 400 students to its new Foothill location.

"We hope the location is convenient to working people in Pleasanton and Dublin who want to take an evening class."

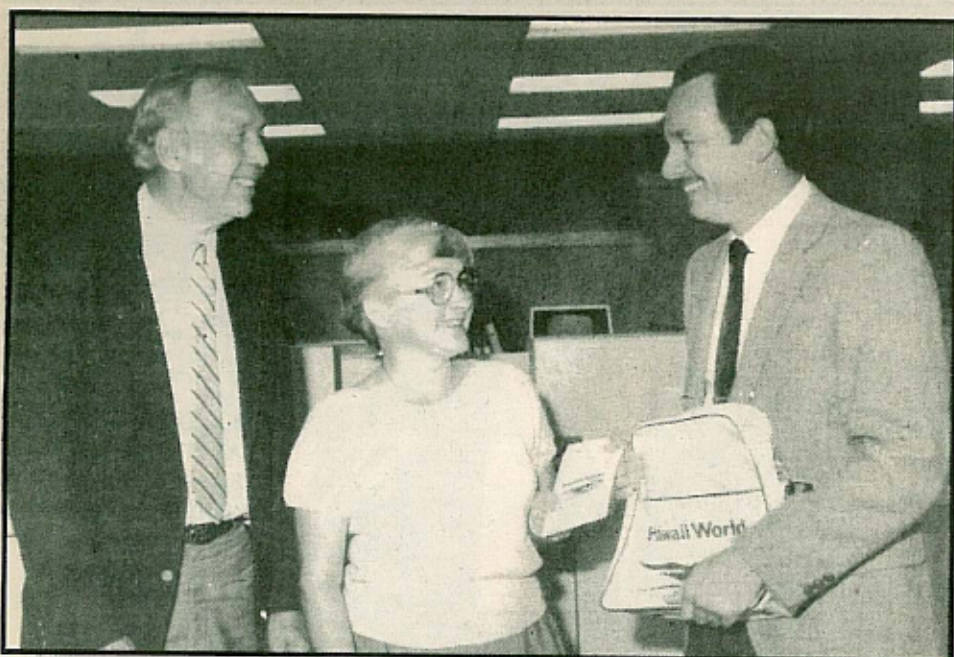
The Dean of Chabot College-Valley Campus, Dr. Barbara Mertis, said that quarterly surveys of students revealed a majority of them come from Livermore.

"We simply were not providing the opportunity for people in the Pleasanton area," she said.

In the wake of state cutbacks over the last few years, she said new buildings are not likely to be constructed on the valley campus.

"We were using every available space and we desperately needed classrooms," she said. "There was no way to expand our curriculum or offer variety otherwise."





Warren Harding looks on as Tui Hedstrom receives a two-week trip to Hawaii from Mike Harris of Community First National Bank. The drawing took place at the grand opening of the bank's new office in Hacienda Business Park. Second place winner was Robin Neal who received a bed and breakfast trip for two to Napa Wine Country. Winners of a \$25 savings account are Toni and Bryan Leyda, John and Claudia Balaban, Leon Relch and Celeste Fontana.

## VFW Holds Annual BBQ

The Veterans of Foreign Wars Post No. 6298 will hold their annual barbecue at the Alameda County Fairgrounds, Area A, Saturday, September 14 beginning with a happy hour at 6:30 p.m. and dinner at 7:30 p.m.

Tickets at \$10 per person are available from members of the Post or at the gate.

A special invitation is extended to Korean and Vietnam Veterans.

The event is also open to the public.

Persons attending are requested to bring their own silverware.

Inquiries about the Post or barbecue may be directed to Cmdr. Juniper at 846-5508.

## Classes For Parents Of Infants

A class in Pleasanton for mothers and infants will start in September.

Offered through the Amador Valley Adult Education, it is planned as a support group, with information and guest speakers.

Some topics included will be: first aid, how to care for an ill infant, nutri-

tion, child development, fostering self esteem, toys and activities, and sleep patterns.

The class is open to women with infants 0 to 4 months, and to women in their third trimester of pregnancy.

Contact Trallee Mendonca at 462-6682 for more information.

## St. Jude's 'Wheels For Life'

Tri-Valley residents are asked to join the St. Jude Children's Research Hospital "Wheels For Life" Bike-a-Thon to be held September 7, at 10 a.m. to 12 p.m. at Bishop Ranch #2, San Ramon.

This ride honors Jaime, a leukemia patient at St. Jude. Riders and sponsors are needed.

Riders who raise \$25 receive a St. Jude T-shirt; \$75 riders receive a barrel tote bag and a T-shirt.

St. Jude Children's Research Hospital is the largest cancer research institution in the world.

Bicycles, tricycles and exercise bikes may be used. Children must have a parent's consent form signed.

## Women's Network Starts Sept. 4

Business Women's Network will start their season on September 4 at the Pleasanton Hotel.

Join with other business women for networking at 5 p.m. and dinner at 6:30 p.m.

President Kathy Zupan will address the meeting and introduce Debra Strong. Debra will speak on, "ADVERTISING YOUR BUSINESS."

Reservations are being taken until noon on September 3, by Al Hornsby at 846-8201.

Membership is currently open.

## Policy For Reduced And Free Meals

The Pleasanton Joint and the Amador Valley Joint Union High School Districts announced its policy for free and reduced price meals for children unable to pay the full price of meals served under the National School Lunch. Each school and the District Office has a copy of the policy, which may be reviewed by an interested party.

**Pathways offers fast and accurate typesetting.**  
**Call 463-2750 and ask for Laurie.**

## Community Calendar

### Wednesday, September 4

School opens.

### Monday, September 9

The Valley Human Society will hold a public information seminar, multi-purpose room of Amador Valley High School, 1155 Santa Rita Road. Guest speakers will include Gar Jorgenson of the Pleasanton Police Department's canine unit. For more information, call 484-0941.

### Tuesday, September 10

Informational meeting on the Valley Volunteer Center's Women's Internship Program, Pleasanton Library, 10 a.m. No charge. Open to the community. Call Barbara Tuck at 462-3570.

### Saturday, September 14

Twilight Dance, Courtyard, Amador Shopping Center. Live country-western music, 8-12 midnight. No charge. For further information, call 462-9555.

### Tuesday, September 17

Boating safety classes, 7:30 p.m. Amador Valley High School. For information call 462-4420 or 828-5159.

### Friday, September 20

Valley Memorial Hospital Foundation Second Annual Golf Tourney, noon, Las Positas Golf Course. For further information call Bill Payne, 447-7300.

### September 25 and 26

Office Showcase '85, Young California Building, Alameda County Fairgrounds. Admission free with business card or \$2.00 for general admission. For information, call 846-4848 or 462-3061.

## CLASSIFIEDS

### FOR SALE

**Light Fixtures:** hanging, hall, kitchen, dining room. All excellent condition. Various prices. Call 846-4299.

**Shelf Unit:** Wood and wrought iron shelf unit. Excellent condition, \$50 firm. Call 846-4299.

**1984 Chevy Blazer:** V-6, 5-speed w/overdrive, 4 wheel drive, AM-FM Cassette, A/C, Tahoe Pkg., all power equipment. Many other extras, \$11,000 or B/O. Call Phil at 828-4365 evenings.

### HELP WANTED

**Waitress:** part-time, Monday-Friday. Ideal hours for a homemaker. Can be home when your children get home from school. Call Manager at the Pleasanton Hotel, 846-8106.

**Outside Sales:** No fee. Local company needs sharp salesperson with intangi-

ble experience. Selling to corporate VIP's. Accounts you establish are your own, to \$30K. Call Career Network, 463-9000.

**Relocation Coordinator:** No fee. Deal with VIP's of Fortune 500 companies. Two years experience in relocation and experience with third party corporate calling. Excellent people skills, to \$22K. Call Career Network, 463-9000.

**Full Charge Bookkeeper:** No fee. Established corporation needs experienced bookkeeper thru financial statements. Company opening new restaurant, to \$25K. Call Career Network, 463-9000.

**TOGO'S EATERY:** Opening soon in Pleasanton. Hiring for all positions, day or night shifts. Housewives and seniors welcome. If interested mail name, telephone number and address to Carolyn, P.O. Box 2072, Livermore, CA 94550



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GOOD SPORTS



A Winning Team

Tennis Is Their Racquet

It was no love match for Sue and Doug Balaben. In the championship match of the Equitable Life Insurance Family Tennis Challenge held last month in Santa Clara, Doug and Sue won 6-7, 6-4 and 6-2 and nabbed the grand prize all-expense paid trip to New York. The couple recently celebrated their tenth wedding anniversary and twelve years as a tournament tennis team. Doug, an insurance agent with William A. Lenson Insurance Agency in Pleasanton said, "Most married couples don't play in tournaments because it's a stressful situation. You seem to get angrier if it's your spouse out there." Along with their recent victory, the couple has finally reached a happy accord on the court. "I always used to panic," said Sue. "We'd get behind and I'd really get nervous. When a team needs to score a point, the man always hits the ball at me as hard as they can."

"I'm prepared for that now. And I don't get upset anymore because I know we'll catch up," said Sue. During their six-day stay in New York, Sue and Doug will compete in the U.S. Open in Flushing Meadows. The U.S. Open is the most prestigious tennis tournament in the United States. "We did well in the Equitable tournament because we've been playing a lot of matches," said Doug. "That helps in competition because we don't get as nervous during the game." Winning is nothing new for Doug, 32, who won the East Bay Athletic League singles tennis championship two years in a row for his alma mater, Amador Valley High School. He went on to play tennis at the University of Redlands in Southern California but passed up the chance to pursue a professional career in tennis. "It's pretty tough to turn pro," he said. "I wasn't willing to give up all my time." Instead, he majored in music and



Sue and Doug Balaben

went into teaching. Until a few years ago, Doug was a band director for Amador before going into the insurance business. Off court, Sue is a self-employed interior decorator. Although Doug insists that he doesn't spend much time on tennis, Sue admits that they play every day at the Amador Valley Athletic Club in

Pleasanton. "We also walk, run and lift weights to stay in shape for tennis," she said. Occasionally they stop playing for short periods when they feel "burned out" however Sue said, "The most important thing is that we keep going back to it because we enjoy playing as a team and it's a great way for us to spend time together."

AVAC Plans Heritage Run And Aerobics Marathon

You will be able to run, walk, dance or anything in between at this year's Pleasanton Heritage Days Run to be held on Sunday, September 15 at Amador Valley Athletic Club. The proceeds of this event, presented by AVAC, will benefit the Amador Joint Union High School District Athletic Fund (for the smaller male and female sports programs). More than 1,000 individuals of all ages are expected to turn out for this year's events. Two new events have been added to this year's run festivities. A 2.8 mile Fitness Walk will begin in the front of the AVAC/Hilton Hotel parking lot at 8:15 a.m., while a 1-1/2 hour team-taught Aerobic Dance Marathon will get rolling at 8:30 a.m. outside the club. "Each year we'd like to add a new event to the Heritage Days Run," revealed Race Director Pam Hutton. "We want the day to offer something for EVERYONE. A little competition, a little fitness and a lot of fun!" Hutton explained that fitness walking, often termed "striding," will be featured more prominently in events around the country. The Heritage Days Run will again be highlighted by a popular 10K race that loops around Stoneridge Mall and Pleasanton Business Park, and a 2.86 mile Fun Run that circles the business park only. The events begin at 8:45 a.m. and 8:30 a.m., respectively. Last year's 10K winner was Dan Harvey, former Dublin High School student, with a time of 29:25, and Frannie Castro of Livermore with a women's lead of 36:41. Hutton added that there will be corporate trophies, cash awards, division plaques, and a \$5,000 random prize drawing for all race participants. The post-race awards ceremony will also feature lively music, free beer, complimentary refreshments and snacks, and muscle evaluations provided by the Batkin Chiropractic race crew. Entry forms are available below, at AVAC, local sports shops and downtown merchants. Pre-registration before September 1 is \$7, while registration on race day is

\$9. Free T-shirts with an original design depicting "Old Town Pleasanton" will be given to the first 400 individuals to pre-register. The event is sponsored by Community First National Bank, Pleasanton Hilton Hotel and Conference Center and Michelob/Markstein Beverage Company. For further information contact Pam Hutton or Gretchen Sloan at 463-2822.

ENTRY FORM

Enclosed is my non-refundable tax deductible check for (\$7.00 pre-registered or \$9.00 race day registered) made payable to: "The Heritage Run," and my self-addressed, stamped envelope for my race packet to be mailed to me. MAIL ENTRY FORM BEFORE SEPTEMBER 1, 1985.

10K Race Fitness Walk Birthday / / SEX: ☐ MALE ☐ FEMALE  
Fun Run Aerobic Marathon Age on Race Day

NAME: LAST FIRST MI

Address:

City: STATE ZIP

Phone: Day Phone

T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-Large

Corporate Team Name

Team Captain: Phone Number

Other Team Members: 1. 2.

Divisions (Check one only) (Age on race day)

Men	Women
A 14 & under	H
B 15-19	I
C 20-29	J
D 30-39	K
E 40-49	L
F 50 & over	M
G Wheelchair	N

Corporate teams must pre-register. Companies may submit more than one team, but each must have a different team name. Each team member must fill out a separate entry form.

WAIVER - PLEASE READ

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

SIGNATURE DATE SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 YEARS OF AGE DATE

Where/How did you receive this flyer? THANK YOU



## School Age Mothers

# Turning Their Lives Around

At one time, a school for teenage mothers was considered absurd.

"In my day, they made a high school student who was pregnant either drop out or so uncomfortable that she would leave," said Ellen Turner, director for the School Age Mothers center in Dublin.

Fortunately for approximately 60 young mothers who attended classes at the SAM center last year, a high school diploma and job skills are just around the corner.

"The girls who come here already have it rough," said Ellen Turner. "But they want to turn their lives around. They want to graduate."

Depending how on much they apply themselves academically, the students receive credit toward graduation according to the amount of work they complete. They are subject to the same graduation requirements as any other high school student, Turner said.

The school serves young mothers between the ages of 13 and 19 in Dublin, Pleasanton, Livermore, Sunol and southern San Ramon. The ten-

year-old program is funded by a state grant dispersed through the Alameda County Superintendent's Office.

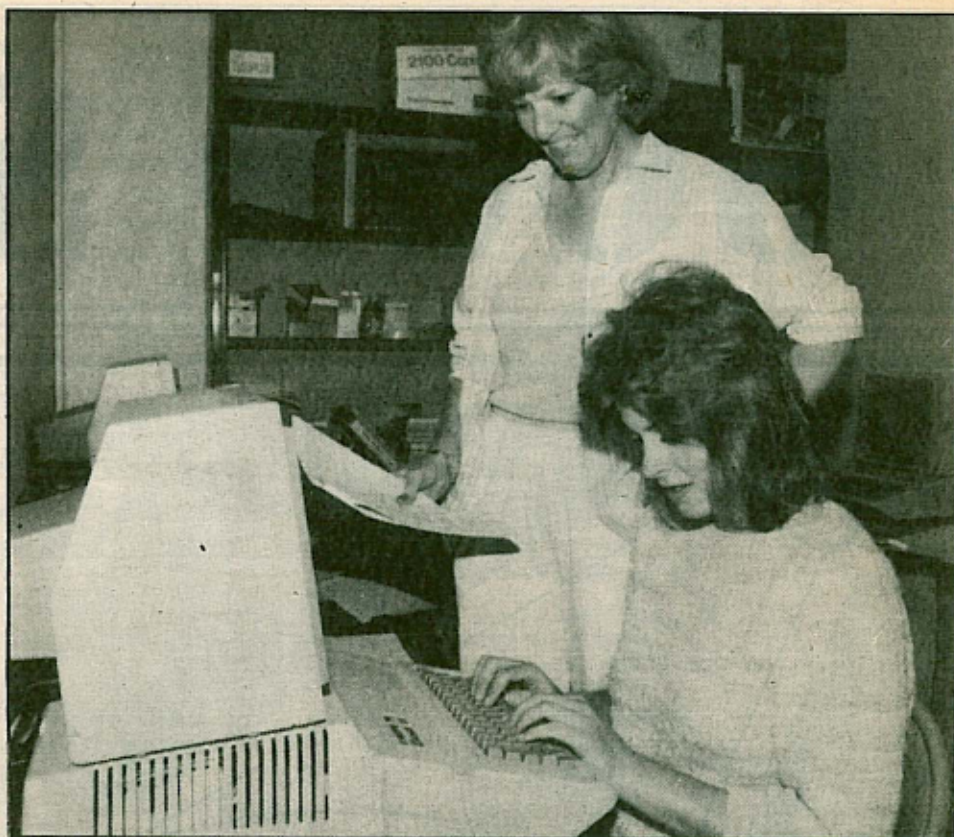
This year, SAM was able to offer an "updated" version of a six-week summer course in word processing. A \$10,000 state grant, SB803, enabled the school to purchase two word processors, office furniture and additional audio-visual equipment for use as teaching aides.

Under the center's previous courses, a young woman could acquire only a very rudimentary understanding of office procedures, according to business instructor Phoebe Traxler.

"Two years ago we were using tape recorders and a broken typewriter to learn record keeping, bookkeeping and typing. It was really pathetic."

With new word processors and instructional equipment, she said the students may soon be able to learn basic programming.

"We keep adding new things but it takes time," she said. Besides Traxler, SAM has one other instructor, Lynn Kerbel, and an aide, Lauren Jaeger.



Phoebe Traxler instructs Diana Morris on the word processor.

Ironically, the school itself began in 1975 with six young mothers in a two-room apartment in a Livermore senior citizens' complex. Later it moved to Livermore's First Presbyterian Church and still again to a Livermore school district facility before finding a permanent home three years ago in a wing of Dublin High School.

By comparison, the present quarters are roomy and the additional hardware has considerably updated the school's curriculum.

With the remainder of the state grant money, Traxler said SAM has plans to buy calculators so students can learn 10-key and beginning accounting. She also wants to work with local businesses for advice on what skills should be added to the program.

"There's so much you can do when you have modern equipment," she said.

About 20 teens completed the word processing course this summer. While they received instruction, their children played under the supervision of an aide in the school's nursery.

Many of the young mothers, particularly the unmarried ones, expressed a hopeful attitude that they would eventually find a job and support their child.

Seventeen-year-old Diana Morris, who lives with her brother and sister-in-law, said, "I have a lot of support

right now from my family and friends that I've made here. I understand that I have to be dependent before I can be independent."

Diana, whose son Joseph is 20 months old, said the office skills she learned through SAM will be helpful in a future career in hotel management.

When asked if she would have pursued a high school education regardless of SAM's existence, Diana said it was likely that she would have dropped out of school altogether.

"I feel more accepted here than in a regular high school. The counselors understand how difficult it is to be a single parent. They treat us as adults," she said.

At the moment, Lori Summers, 19, is the oldest student participating in the program. Next year when her son, Joseph, is two years old, Lori wants to look for an entry level job in computer programming.

Referring to the word processing course she recently completed, Lori said, "I like working with the computers. I'm glad I had a chance to learn the word processor."

Aside from the knowledge of job skills and continuation of high school graduation requirements, SAM director Ellen Turner emphasized the importance of the school as a vehicle to maintain the mother and child bond.



Suzann Dolan cares for her 15-month old son, Christopher, during a break in classes.

## Pedro's Newest Facility

Continued from page 1

14,500-square foot dining and bar area, guests marveled at the brightness of the rooms, which were decorated with hanging plants, shining brass figures of birds, stained glass, terra-cotta tiles and stone columns imported from Mexico.

Under construction since June, Pedro's General Manager Karen Pappas said, "We're extremely pleased. We've gotten nothing but great comments about the food and the atmosphere."

As the festival-like mood prevailed, the crowd was further delighted by the prompt, courteous service from the Pedro's staff.

Throughout the evening, guests consumed 1,700 raw oysters, 60 pounds of crab legs and 30 pounds of shrimp. Pedro's specialty, Steak a la Pedro, was also a popular item. About 70 pounds of the marinated medallions of beef were washed down with 900 bottles of champagne and white wine.

The Pedro's staff also provided guests with a steady supply of mini empanadas, flautas, bean and chorizo dip

and tortilla chips and salsa. Generous trays of watermelon, cantaloupe and honeydew melon capped the hors d'oeuvre feast.

On Saturday, Pedro's officially opened its fourth Mexican restaurant in the Bay area. Other Pedro's are located in Santa Clara, Los Gatos and Palo Alto.

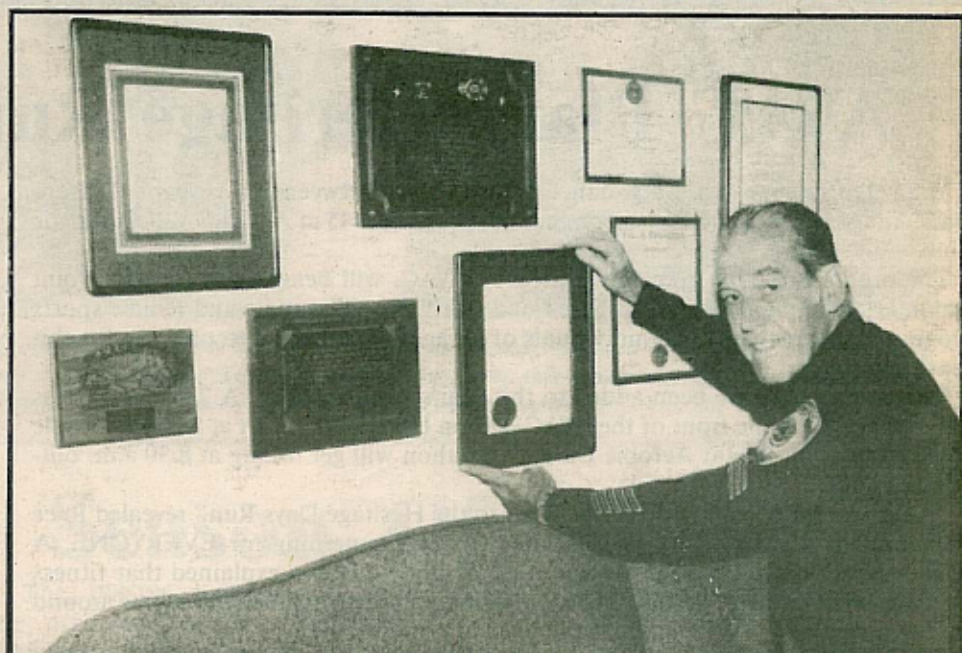
The Pleasanton restaurant has seating space for 200 in its dining area and 140 at the bar. Although there are no banquet rooms, Pedro's General Manager Karen Pappas said that the restaurant can section off areas for parties of up to 50 people.

## Dancing Shoes

Continued from page 1

Scottish sojourn in mid-September, there will be more medals to add to the already crowded wall in her Pleasanton home.

"My advice to young people who



Sergeant Joe Rose hangs up one of his many awards presented to him during his retirement dinner/dance held on August 10. For further details on the event, see "Notes from Lilly's Pad," page 3.

want to get into this type of dancing is to find a good teacher and be willing to work very hard. You'll build muscles, win medals and meet really friendly, down-to-earth people at competitions."

For Barbara, the wail of bagpipes is one of the greatest rewards.

"It reminds me of my roots. Even if you're not emotional, you can't hear the pipes playing "Scotland the Brave" and not choke up."