

PLEASANTON Pathways

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Pleasanton, California

July 2, 1984

Local Family Garners Service Award

The Pleasanton Chapter, Order of The Eastern Star, recently had a happening in their organization that was a first in the club's history.

Three of the members who also happen to be members of the same family, were honored for 50 years of service in the club.

Edward and Melvin Nielsen and Dorothy Nielsen Anderson joined the order of the Eastern Star on April 27th, 1934, and have been active with the Chapter ever since.

The three are also recipients of a 50 year pin with Demolay and the Masonic Lodge.

Ed was born in Oakland, moved to Pleasanton at the age of one, and has been here ever since.

He was in partnership with his uncle in "Johnson and Nielson Garage," located at Main Street and Stanley Blvd.

Following closure of the business, Ed went to work at a steel plant in Niles, where he worked until retirement.

Ed, or as he is commonly called, "Speed," was also a volunteer with the Fire Department.

"Speed" was so dedicated to his job



Dorothy Nielsen Andersen, Ed and Melvin Nielsen receive congratulations from guests attending a reception honoring the three for their 50 years service in the Pleasanton Chapter, Order of The Eastern Star.

as a volunteer fireman that when the fire siren blew, he dropped everything he was doing and responded. If the gas nozzle happened to be in your gas tank, that's where it stayed until he returned.

Ed has two sons, Alan and Robert.

Alan resides in Concord and Robert in Washington State.

Mel was born in the family home on Mohr Avenue in Pleasanton. After graduation from Amador High School, he, like others, left home to seek

employment.

Mel had a variety of positions while away from home. After a period of time, Mel's father convinced him to return home to assist in his business, a local farm. Mel decided to give the farming business a try and stayed with that until he too, retired.

Mel and his wife, Ruth, can be found today in their country home on Tassajara Road when they are not off traveling by plane, ship or motor home, to all parts of the world.

Dorothy was also born and raised in Pleasanton. After her marriage, she moved to the Tassajara area where she raised three children, Janet, Laura and Fred Peter.

Daughter Janet now lives in Livermore, Laura in Pleasant Hill, and "Pete" in Lockford. She has six grandchildren and three great grandchildren.

Ed, Mel and Dorothy enjoy life to its fullest. They are always on the move, spending a lot of time traveling and enjoying themselves and the people they meet in general. They have truly been an asset to Pleasanton through their long-time community service.

Hacienda Viacom Starts To Take Shape

Viacom Cablevision, Inc., whose headquarters are presently located in Dublin, will soon be moving to a newly erected building on Stoneridge Drive in Hacienda Business Park.

The company, although largely concentrated on the west coast (in Washington, Oregon, and California), has franchises in many other areas throughout the country. Viacom was created in 1971, by CBS television, following an FCC ruling which forbade CBS to become involved in the pay television industry.

During the past 5 years, they have experienced rapid growth and are now looking forward to further expansion. "We hope to gain new subscribers in areas where we can utilize much of the cable which has been put down over the last few years," says John Goddard, President of Viacom Cablevision. "We also hope to be installing many new systems in those areas not currently being serviced by Viacom."

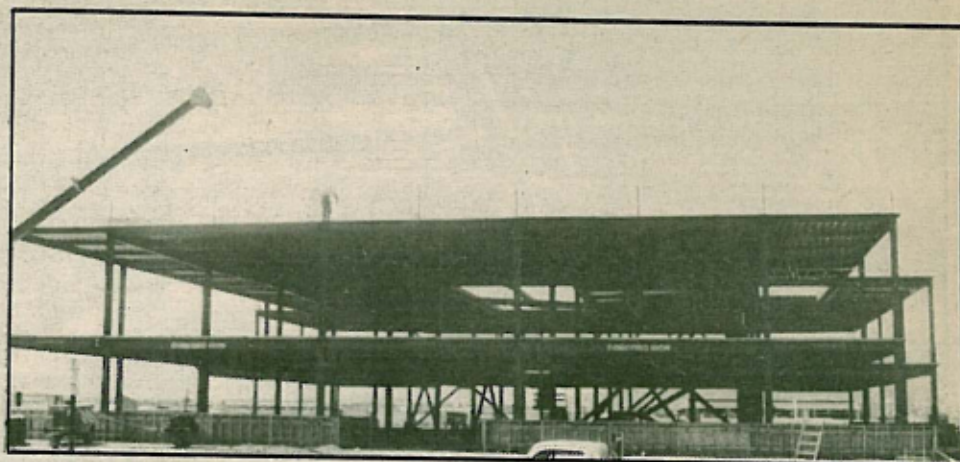
Pay television works via a system of

underground cables and a special satellite positioned in outer space which transmits the electronic signals to homes equipped with cable lines and a Viacom receiving box rented by subscribers.

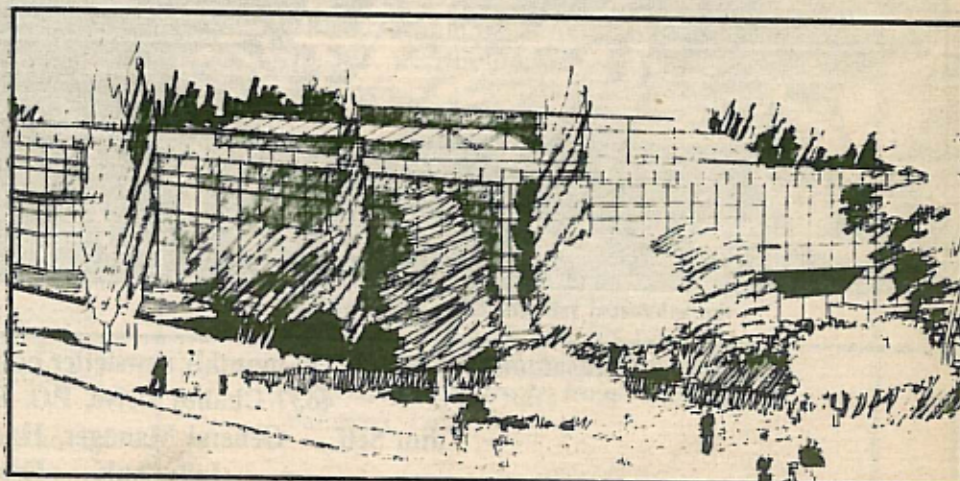
With their corporate headquarters currently spread out over three different buildings near the regional office on Sierra Lane, the company is in desperate need of the up-and-coming relocation. The new building will house some 140 employees in Viacom's administrative, accounting, marketing, and legal departments. The regional operations office will remain in Dublin.

According to Mr. Goddard, the employees are really looking forward to having operations all under one roof so "they won't have to run from building to building any more in the rain!"

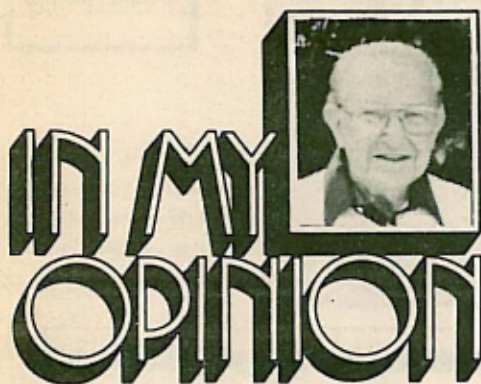
Projected moving dates were set around October of 1984, however with the cement strike, a new moving date has not yet been set. Nevertheless, it hasn't dampened any spirits at Viacom.



Viacom's new building located just off of Hopyard Road on Stoneridge Drive is in the first stage of construction.



A contemporary glass curtain office building surrounded on all sides by extensive landscaping will be the future home of Viacom Cable.



In My Opinion is a bi-monthly column featuring guest editors. This column is by Charles Bubics, a Pleasanton resident of 35 years, and retired from his own nursery business.

One day back in 1925 when I lived in Castro Valley, I decided to take a ride through Dublin Canyon, which was Highway 50 at that time.

It was a two-lane road that wound its way through Dublin Canyon on to Stockton. This was Dublin Road 3. Before that we had Old Dublin Road and Old Old Dublin Road. Now we have Highway 580.

Dublin was only a small hamlet: a gas station, a garage, a restaurant, and a few homes.

After I passed through Dublin, I came to a small two-lane road with a signpost that said "Hopyard Road." Being inquisitive, I drove onto Hopyard Road and on into Pleasanton.

The town of Pleasanton was only two blocks long. Iron hitching posts were apparent, and the Pleasanton Hotel had water troughs in front of it. That was at one time a stagecoach stop of earlier days. This hotel was originally the Farmers Hotel; the earlier "Pleasanton Hotel" was farther south on Main Street.

Going back to Hopyard Road: I saw in the fields, tall poles that supported a mesh of wires that were used to support the hop plants growing there.

After I moved to Pleasanton in 1947, I became interested in what happened to the hop fields and decided to try to find out what took place here.

The hop fields were planted in what

once was a swampy lagoon, and many artesian wells dotted the area. The planting of hops here was done by the Lilienthal family who had brewing interests in San Francisco.

Between 1893 and 1899 there were 9 miles of channels dug to drain off excess water.

The City of San Francisco dug wells to take water from here to be shipped to San Francisco through pipes that came from Calaveras Dam through Niles Canyon into the spring-water lakes in San Mateo County. The water table was so high that when post holes were dug, they filled with water.

By 1903 there were 400 acres of land, that was part of the Rancho del Valle ready for the planting of hops. At the beginning of the hop season in February the ground was plowed; the existing plants were pruned and trained to grow up on the wires that were put there to support them. These were held up by the long poles about 20 feet tall and had miles of wire entwined in them in order to support the hop vines.

By the middle of August the flowers were swaying in the wind, ready for picking.

"The town of Pleasanton was only two blocks long. Iron hitching posts were apparent, and the Pleasanton Hotel had water troughs in front . . ."

Before the hops were ready for picking, news was sent out for pickers to come to work. About 1500 to 2000 people were employed as pickers. Many nationalities were represented at picking time, and each group was assigned an area to place their camp. Besides local people there were also Japanese, Chinese, and Blacks.

A contingent of 150 Paiute Indians were brought in from Reno, Nevada, by train. The Indians were given a strip of land near the foothills for their camping place. As soon as the Indians arrived, they started to cut willow twigs to be used as wind breaks and for housing. Most of the other people were housed in tents.

"After I moved to Pleasanton in 1947, I became interested in what happened to the hop fields . . ."

The Indians were the best pickers of all the people hired. The pickers were paid by the pound, so they started to pick before daylight as the dew made the flowers heavier — thus more money earned.

The pickers were paid in blue or yellow chips. The hop company had its own stores: butcher, baker, merchandise of all sorts. The yellow chips could be used any time in the company stores, but the blue chips were redeemable in cash when the season was over. This method was used so all employees had to stay until the season ended.

The pickers averaged between \$1.50 and \$3.00 per day. The pole man who used a long pole to bring down the tall hops so they could be picked, received from \$1.50 to \$1.75 per day.

The hops were taken to Sunol to the drying sheds. When they were dry and baled, they were shipped. Some went to San Francisco; others to as far away as London, England.

For entertainment the pickers had Saturday night dances which were held in one of the hop barns in Sunol. They had picnics in Niles Canyon. There was some kind of instrument playing for them, and singing was always enjoyed.

At the end of the season the pickers moved on to the next place — mostly

in Northern California or Oregon — but next year they were back again in Pleasanton.

Another notable event that happened to the Hopyard Road area was the time when we had two major floods in 1957 and 1959. Although they were what was called "100-year storms," meaning that storms of that intensity should only happen every hundred years or so, these two happened less than two years apart.

Hopyard Road was covered under three feet of water. All the area around Pleasanton was under water. Dublin Boulevard and Highway 580 were closed on account of the water. All of Dublin and Santa Rita Road were also covered with water. Stanley Boulevard was one big lake with only the buckets on the dredges stuck up out of the water. The Hill Road was closed due to slides. Niles Canyon was closed. The Southern Pacific tunnel in Niles Canyon was under water and the Western Pacific was threatened with slides. The race track in Pleasanton had several feet of water on it; the horses had to be led out to higher ground. The water in Niles Canyon was as much as ten feet deep. We surely were isolated!

"The hops were taken to Sunol to the drying sheds. When they were dry and baled, they were shipped. Some went to San Francisco; others to as far away as London, England."

Today, with all the flood channel work that has been done in North Pleasanton, flooding of the type we experienced for many years is now a thing of the past, and the new Hopyard Road is a beautiful and safe entryway into Pleasanton.

— Charles Bubics



An exhausted fairgoer takes a nap with a friend.

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Retirement Means Hard Work For Pleasanton Resident

Some people just hate to leave home. For Bob Athenour, who grew up in Sunol, Pleasanton has been home for most of his life and Bob has no desire to be anywhere else.

A graduate of Amador Valley High School, Bob could not have guessed that he would return there in 1956. Return he did and as a French and Spanish language teacher, Bob has seen many senior classes graduate and move on into the world.

"My favorite thing about teaching was the kids. They have all been the greatest!" says Bob, who has just taken early retirement and is looking forward to "attending to business."

The travel business, that is. Bob is the owner of Athenour Travel in Pleasanton, and has been since 1972. "I've always had a love for travel, as far back as I can remember," he claims. The travel industry was the perfect outlet for him. It enabled him to combine his adventurous spirit, his love of foreign languages, and the enjoyment he gets from working with people. "It was just a natural thing to get into!"

"Retirement," will enable Bob to spend a lot more time at his favorite activity — "work." Although some consider him a "work-aholic," Bob says he just loves what he does. "That's the



Bob Athenour thanks his fellow workers.

secret to being happy," says Bob.

Bob hopes to visit China and Africa soon, but his favorite spot is Mexico. He laughs, "It's almost my second home, even though I'm French!" Bob has committed a lot of what's left of his free time to coordinating Pleasanton's sister-city program with Tulancingo, Mexico.

"The program is going very well. We hope to be starting exchanges in the future, and our diplomatic committee will be visiting Tulancingo soon. The Mexican people are very excited about the program," he says, and Bob has built up quite a rapport with Tulancingo's citizens.

On the last day of school, the entire Amador faculty/staff presented Bob with a painting of Main Street depicting the front of Kolln Hardware and the Pleasanton sign. The painting by Joe Stiles, a popular Pleasanton landscapist, was presented to him at the annual faculty breakfast. The painting was purchased at Lynch's Pleasanton Art and Frame. In addition, a plaque honoring Bob will be mounted above the Amador High School language laboratory to read: *Robert Athenour Language Laboratory*. Bob was the driving force in creating the laboratory and the school staff felt it should be named in his honor.

Although Amador High School will be sad to see him go, Bob Athenour, is just moving on to other opportunities like so many of his students before him. After 28 years as a devoted teacher, Bob deserves the best.



Olympics in Bay Area

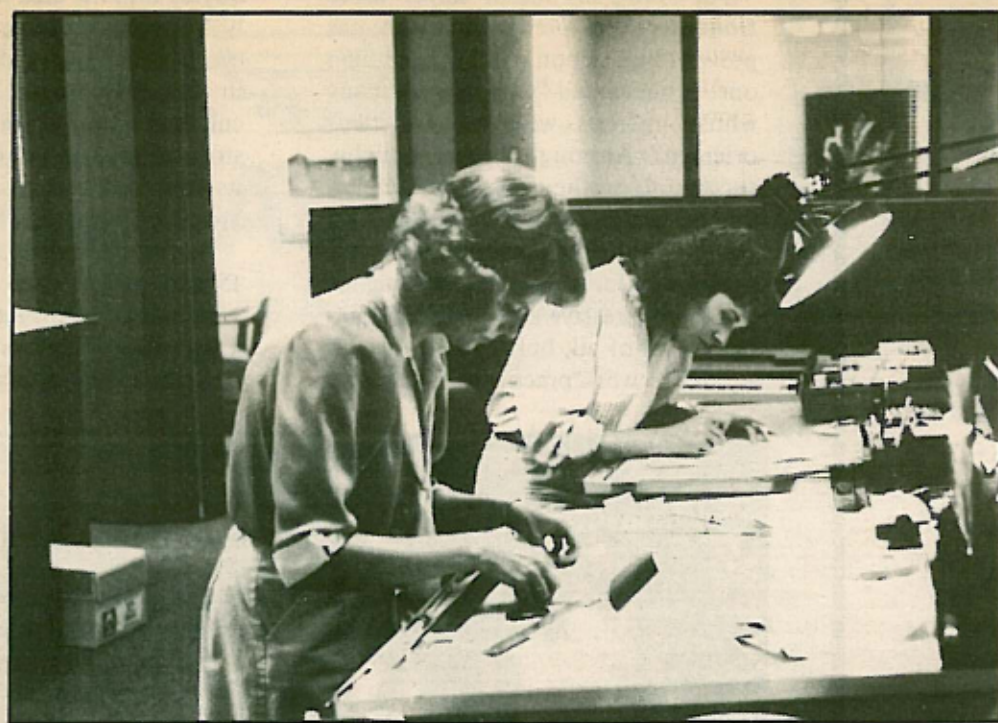
The 1984 Olympic Games are coming to the Bay Area and you can be a part of them. The world's top teams will participate in the color, pageantry and excitement of the opening ceremonies and Olympic soccer competition at Stanford Stadium in Palo Alto. The Pleasanton Recreation Department is offering a chance for you and your family to experience this historic event. An excursion to the opening ceremonies and game on Sunday, July 29th will leave City Hall at 5:30 p.m. and return at approximately 10:30 p.m. The \$18 fee per person includes bus transportation and entrance to the event. Youth under the age of 14 must be accompanied by an adult. Tickets are on sale at the Pleasanton Recreation Department, 200 Bernal Avenue. For more information call 847-8160.

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Pleasanton, CA — Pleasanton Pathways, Inc. has purchased the latest in typesetting equipment. The State-Of-The-Art Compugraphic MCS 8400 can produce type in over 40 type-face styles and in any point-size from 5 to 72. Most type is available in both **bold** and *italics* styles, too!

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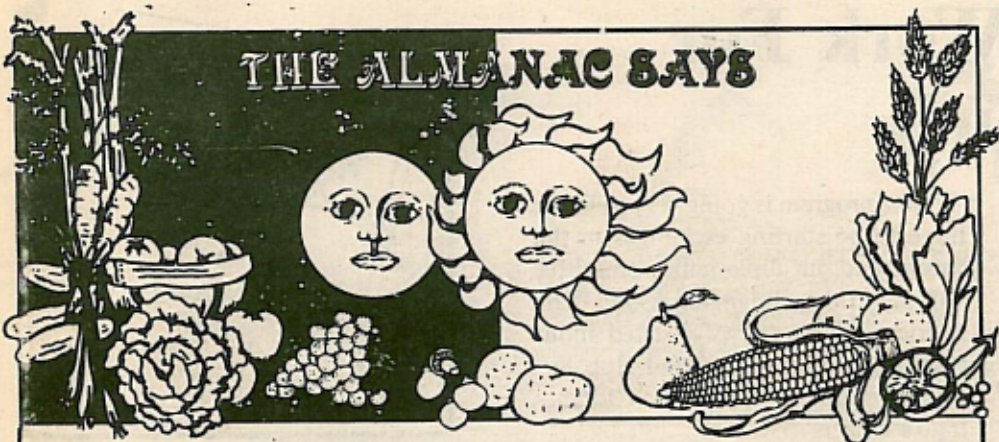
PASTE-UP

Got just the pieces? We can assemble them! Our lay-out department can create an ad, invitation or flyer for you.

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THE ALMANAC SAYS



Somebody told me the other day that nothing much ever happens in July after the Fourth. The fireworks signal the end of lively Spring with her capricious weather and the increased activities of flora and fauna coming back after a long Winter's sleep!

Nothing much ever happens after the Fourth, my friend said, except that the days get hotter and the mosquitos get hungrier; things get drier and the lawn needs water more often. The lazy, hazy days of Summer.

Well, all this sort of piqued my curiosity and I decided to find out if anything ever really did happen in July. This is what I found out:

On July 2, 1937, Amelia Earhart, the famous lady pilot was lost forever somewhere over the South Pacific.

On July 3, in 1965, Trigger, Roy Rogers' trusty steed, died.

On July 5, 1946, somebody, somewhere modeled the first bikini swim suit.

On July 8, 1835, the Liberty Bell cracked while ringing during Chief Justice John Marshall's funeral.

On July 10, 1913, the temperature in Death Valley soared to a record 135 degrees Fahrenheit.

On July 20, 1969, Neil Armstrong became the first man on the moon.

On July 23, 1804, the ice-cream cone was invented.

On July 30, 1891, Casey Stenzel was born. The New York Yankees wait.

So, this just goes to show you. Things — big things — happen in July. If it hadn't been for July 23, 1804, we'd all be standing around holding our Haagen Dazs in the palms of our hands and watching it drip through our fingers on this hot, lazy afternoon.

HACIENDA BUSINESS PARK

Future Home
OF ...



**HEWLETT
PACKARD**



John Orozco anxiously awaits the opening day for Hewlett-Packard in Pleasanton.

Personality Profile

H-P's Gain is Pleasanton's Own

For the last five years, John Orozco would get up early every morning, leave his home in Pleasanton for the Bay Fair BART station, and then travel on into San Francisco to work at the Xerox Corporation.

At the end of the work day, he would reverse this process, and finally arrive home around 8:30 p.m. Then, it was briefly to bed before starting all over again, bright and early the next morning. "I felt like I had never left the office at all!" exclaims John.

Hewlett Packard was his answer. John accepted a position with Hewlett-Packard in January, and has been commuting to their office in San Ramon. Now, however, the company will be moving to a new building they're constructing in Hacienda Business Park, and John Orozco's freeway blues will be history once and for all.

For John, his recent career move from Xerox to Hewlett-Packard has proven to be a boon in more ways than one. John wanted "to join a company whose interests were more systems oriented." Although Xerox is highly successful in the repro-graphics industry, John feels that the micro-computer business is the place to be.

"I feel so fortunate to be working for such a progressive and dynamic company, first of all, but the fact that I'll be able to work practically in my own

back yard is really something," he says.

John feels that part of the reason Hewlett-Packard decided to invest in this area is that his new employer and Pleasanton have a basic common philosophy: "They are both very family oriented, want to preserve a high quality of life, and stress proper education and planned development."

John and his wife, Claudia, moved to Pleasanton from Union City eight years ago. A former high school teacher, John decided the business world was where he wanted to be. As the Amador Valley area account executive, John will be handling the Pleasanton, Livermore, Danville and San Ramon areas as a sales representative for Hewlett-Packard.

"I'm proud to be part of an organization that is making a commitment to my community, in that they are buying into the area rather than simply leasing a building." The chain of events which will enable John to work in his own town is expected to culminate in early 1985, when the two-story Hewlett-Packard building opens its doors for business at the corner of West Las Positas and Stoneridge Drive.

In the meantime, John drives the 15-minute commute to San Ramon with a smile on his face, content in the knowledge that commuting will soon be a thing of his past.

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A spectacular, colorful sky display was viewed by Fairgoers on opening day of the Fair when 10 hot-air balloons lifted off in a hot-air balloon contest. Rich Wescott of Pleasant Hill was the winner. The winner was selected by determining the balloon whose landing was closest to the take-off point inside the Fairgrounds. Wescott piloted his balloon for 45 minutes and landed in a farmer's field off Bernal Avenue across from the Fairgrounds.



Joan Falk, Executive Manager of the Pleasanton Chamber of Commerce.

New Executive For Pleasanton Chamber

A new face will be seen around the City as of July 2nd. That new face belongs to Joan Falk, recently hired as Executive Manager for the Pleasanton Chamber of Commerce. Joan is replacing Debra Strong, who left the chamber to start her own small business here in Pleasanton.

Joan comes to Pleasanton from the Tustin Chamber of Commerce, where she has been working since 1981. While there she increased the Tustin Chamber

membership by 50 percent, developed four new committees, activated communications with local organizations and produced the Tustin Business Directory and Factbook.

Prior to the Tustin position, Joan managed the Placentia Chamber of Commerce and was in charge of Membership Services for the Anaheim Chamber of Commerce.

Joan and her family will reside in Pleasanton.



Ted Zinniger of Kaiser Center for Technology looks on while Career Links student, David Allen, receives his award from Chamber President, Frank Capilla.

Student of the Month Honored

1984 Foothill High School graduate David Allen has been selected by the Small Business Committee of the Pleasanton Chamber of Commerce as the June "Student of The Month."

Dave has been working with Kaiser Center for Technology in the Career Links Program since February 21, 1984. He was not paid for this on-the-job experience.

However, because David was such a "good student, and fast learner," and Kaiser "enjoyed having him on the job," they have now hired him for the summer. David will be paid for his summer job based on the company's policies on hiring students.

In the Fall, David plans to attend U.C. Davis to study engineering.

Put On Your Marching Shoes

Pleasanton will uphold its title of "Parade Capitol of the Bay Area" during the weeklong celebration of Heritage Days 1984.

The "bigger and better than ever" parade is scheduled for 10 a.m., September 22nd. For an application, call the Pleasanton Jaycees, 462-7997; Dan Lash at Glendale Federal, 463-7990; or the Pleasanton Chamber

of Commerce, 846-5858 (411 Main Street).

Entries, which close August 31st, are open to all ages and may be anything from band to automobiles, floats to mounted units, or casual pedestrian marchers to drill teams.

Colors guards are welcome, as are horse drawn vehicles. There is no entry fee.

WHAT'S COOKING?



The first week after kids get out of school is a blissful time of sun and fun. All too soon, however, boredom sets in and the kids hit you with, "Mom, I don't have anything to do!"

For some strange reason, they never jump at your suggestions for mopping the floor, cleaning up the yard, or straightening up their bedrooms. Kids do like to cook, though, and you might even find their culinary adventures can be fun for you too!

Cooking class is a great idea. Why not let some adventurous instructor suffer their first attempts? Seriously, it's wise to have an experienced, objective third party help your children in an environment other than your own beloved kitchen. It will be a more enjoyable experience for both of you.

Two Pleasanton children, Kimberly

and Chris Conners, started taking a cooking class through the 4-H program, and have really enjoyed their experience. The kids are looking forward to someday helping their Mom prepare dinner, and they hope to learn advanced cooking skills, too.

Kim, 13, is a seventh grader at Welles, and Chris, 11, is in the fifth grade. The two kids selected their favorite recipe to share with Pathways' readers, an old favorite — chocolate chip cookies.

The children of Mr. & Mrs. Terrence Connors, chose this recipe because, not only is it fun to bake, but it is their favorite recipe to eat! They say they like to try out all of their projects, and luckily, Mom likes to eat their creations as well!

How long has it been since you've had a fresh, warm, homemade cookie? Probably a while. Why not run down to the store for some chocolate chips, round up the kids and have a bake-in?

CHOCOLATE CHIP COOKIES

Mix together:

- 1 cup margarine
- 12 tspns sugar
- 12 tspns brown sugar
- 1 tspn vanilla
- 1 tspn baking soda
- 2 cups flour
- 2 eggs
- 6 ounces chocolate chips

Drop by spoonfulls onto ungreased cookie sheet. Bake at 350 degrees until brown.

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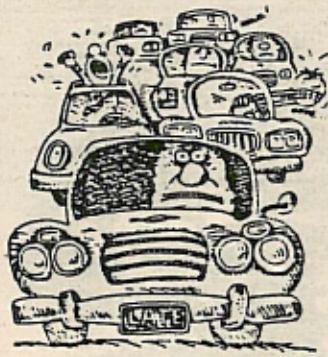
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Hacienda Set To Join Carpool



Hacienda employers are working together to help their employees form carpools. Meetings are being scheduled throughout July so that people who live in the same area can meet each other and find out how to start a carpool. The meetings are being co-sponsored by AT&T, Crum & Forster, Chabot Center Employers, and Hacienda Business Park Owners' Association.

AT&T and Chabot Center employees who attend the carpool meetings will be entered in a cash drawing. AT&T plans a drawing for \$50 on each of the days that the meetings are held. All the Chabot Center employees who attend the meetings will be entered into one drawing for \$50.

At the meeting, those who are already in a carpool or vanpool can sign up for a preferential parking space. Preferential parking for carpools and vanpools will be implemented in early August at Hacienda Business Park.

Meeting times and locations will be announced through posters at the worksite and personal invitations. Managers have been asked to encourage their employees to attend. If you are unable to attend, but would like more information on carpooling or other commute alternatives, contact your company transportation coordinator: Jennifer Henard and Dale Chesnutt at AT&T, 442-5625; Polly Welsh at Chabot Center, 463-2300; and Denise Frak at Crum and Forster, 847-2605.

CARPOOL MEETING SCHEDULE

The carpool meetings will be held at AT&T, building E, located at 5794 West Las Positas, Room 716 (cross-street is Hacienda Drive). You should attend the meeting corresponding to your home location.

LOCATION NEAREST HOME	DATE	TIME
Peninsula — South S.F. to Redwood City	Mon., July 2	9:00 a.m.
Santa Clara Co. — Menlo Park to Sunnyvale/Saratoga	Mon., July 2	10:30 a.m.
Santa Clara, Los Gatos, Campbell, San Jose (W. of Monterey)	Mon., July 2	1:30 p.m.
San Jose (E. of Monterey), Gilroy, Morgan Hill, Aptos, Soquel	Mon., July 2	3:00 p.m.
Milpitas, Fremont, Newark, Sunol, Union City	Thurs., July 5	9:00 p.m.
Hayward, San Lorenzo, Castro Valley	Thurs., July 5	10:30 a.m.
San Leandro	Fri., July 6	9:00 a.m.
Martinez, (N. through Napa and Solano Counties	Fri., July 6	10:30 a.m.
Marin County	Fri., July 6	1:30 p.m.
Concord, North Contra Costa Co.	Fri., July 6	3:00 p.m.
Oakland, Alameda	Tues., July 24	9:00 a.m.
Berkeley, Richmond	Tues., July 24	10:30 a.m.
San Francisco	Tues., July 24	1:30 p.m.
Tracy, Stockton, Sacramento	Tues., July 24	3:00 p.m.
Walnut Creek, S. Contra Costa Co.	Thurs., July 26	1:30 p.m.
Livermore	Thurs., July 26	3:00 p.m.
San Ramon, Dublin	Fri., July 27	9:00 a.m.
Pleasanton	Fri., July 27	10:30 a.m.
Open House for Questions	Fri., July 27	2-4:00 p.m.



Eleven month old Kenny Greenland was not too happy participating in last year's diaper derby.

And They're Off And Crawling ... Sort Of

Pleasanton's Diaper Set will soon have their first opportunity to enter a contest.

Saturday, July 7th, the 22nd Annual Alameda County Fair Diaper Derby will be held at noon in the Court-of-Four-Seasons.

A special feature of the last Saturday of the Fair, the event's participants crawl across the stage for 12 feet. The boy and girl who cross the finish line

in the fastest time will be crowned Diaper King and Queen of the 1984 Alameda County Fair.

To be eligible, contestants must be one year of age or younger on July 8th, 1984. Any child who stands up or walks will be disqualified.

Entry forms and pre-registration are not required. Youngsters and their parents must be present in the Court-of-Four-Seasons at 11:30 a.m., July 7th.

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For further information
on Hewlett-Packard Business
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Amador Valley Account Representative
838-5969

1984 Alameda County Fair Award Winners

Listed below are names of winners in various categories on entries into the 1984 Alameda County Fair. The category, name of entrant, place their entry was judged and the city in which they reside is listed.

DIVISION: ELEMENTARY ARTS & CRAFTS

Exhibitor	City	Exhibit	Placing
Lisa Caplan	Pleasanton	Drawing/Painting	3
Margo Conover	Livermore	Drawing/Painting	4
Christine Wolters	Pleasanton	Drawing/Painting	4
Mihal Emberton	Pleasanton	Fabric Toys	3
Alexia Torrez	Livermore	String Art	1
June Drummond	Livermore	String Art	2
Stacy L. Caudle	Pleasanton	Original Design	1
Joshua A. Gregory	Pleasanton	Original Design	2
Kristina Fernandes	Dublin	Original Design	3
June Drummond	Livermore	Original Design	4
David J. Gregory	Pleasanton	Original Design	4
Ingrid E. Haight	Livermore	Original Design	4
Tammy Nevin	Livermore	Original Design	4
Melanie Thut	Livermore	Original Design	4
Stacy L. Caudle	Pleasanton	Cat Bed	4
Cathy Fanfa	Pleasanton	Other Crafts	2
Andrea Brown	Pleasanton	Other Crafts	4
Heather Drummond	Livermore	Other Crafts	4
David Swartz	Livermore	Other Crafts	4
Jennifer Wolters	Pleasanton	Other Crafts	4
Katerine Wolters	Pleasanton	Other Crafts	4
Shannon Yount	Pleasanton	Other Crafts	4
Heather Drummond	Livermore	Ceramics	2
Joyce Galletti	Livermore	Ceramics	3
Michelle Stein	Livermore	Drawing/Painting	1

DIVISION: 7th & 8th ARTS & CRAFTS

Exhibitor	City	Exhibit	Placing
Theresa Torrez	Livermore	Ceramics	1
Kim M. Caudle	Pleasanton	Ceramics	2
Kim M. Caudle	Pleasanton	Drawing/Painting	3
Tammy Rankin	Livermore	Fabric Toys	1
Adrianna Gomez	Pleasanton	Fabric Toys	2
Kim M. Caudle	Pleasanton	Sculpture	2
Kathie Diaz	Pleasanton	String Art	1
John Gard	Pleasanton	String Art	2
Doreen Robertson	Dublin	String Art	3
Mike J. Lumley	Livermore	Woodcraft	1
John Gard	Pleasanton	Woodcraft	3
Juan Castro Jr.	Pleasanton	Woodcraft	4
Kim M. Caudle	Pleasanton	Leather Bracelet	3

DIVISION: HIGH SCHOOL ARTS & CRAFTS

Exhibitor	City	Exhibit	Placing
Michael Galletti	Livermore	Ceramics	1
Chris Wehunt	Pleasanton	Photography	2
Gina M. Nelson	Livermore	Photography	3

DIVISION: AMATEUR MINI COLOR PRINTS

Exhibitor	City	Exhibit	Placing
Tana Scheild	Livermore	Calif	2
Ron L. Barber	Livermore	Evening Feeding	4
George Van Valkenburgh	Pleasanton	Fill'er Up	4
Pam Sisneroz	Pleasanton	Getting Down	3

ALL SUBJECTS

DIVISION: UNDER 9th GRADE CLOTHING & TEXTILES

Exhibitor	City	Exhibit	Placing
Katerine Wolters	Pleasanton	Garments	2
Doreen Robertson	Dublin	Garments	2
Lisa A. Mittelstaedt	Pleasanton	Needlepoint	1
Jennifer Wolters	Pleasanton	Needlepoint	3
Allison Madsen	Livermore	Needlepoint	4
Jenny Freitas	Dublin	Pillows	1
Kristina Fernandes	Dublin	Pillows	2
Kenneth J. Fernandes	Dublin	Pillows	3
Katerine Wolters	Pleasanton	Stitchery	1
Jennifer Wolters	Pleasanton	Stitchery	2
Allison Madsen	Livermore	Stitchery	3
Jennifer R. Herman	Livermore	Stitchery	4
Laura Madsen	Livermore	Stitchery	4
Melanie Thut	Livermore	Stitchery	4
Christine Wolters	Pleasanton	Stitchery	4

DIVISION: HIGH SCHOOL CLOTHING & TEXTILES

Exhibitor	City	Exhibit	Placing
Marilyn E. Kuznicki	Pleasanton	Garments	2
Judy Stuller	Oakland	Garments	3
Sarah Frazer	Pleasanton	Needlepoint	1

DIVISION: DEVELOP. DISABLED

Exhibitor	City	Exhibit	Placing
Manaia Levi	Pleasanton	Finger Painting	1
Ryan Michaud	Pleasanton	Other Painting	1
Brett Hamlin	Pleasanton	Other Painting	2
Randi Lewis	Pleasanton	Other Painting	3

DIVISION: AMATEUR COLOR SLIDES

Exhibitor	City	Exhibit	Placing
Ron L. Barber	Livermore	Rutting Bull	4
Gilbert Cruz	Pleasanton	Starburst	4
Ron L. Barber	Livermore	Untitled	4

DIVISION: PROFESSIONAL PRINTS

Exhibitor	City	Exhibit	Placing
Robert Thomas	Pleasanton	A New Beginning	1
Gail Bates	Pleasanton	Easter Basket	4
Alfred J. Manley	Livermore	Morning Flight	4
Kenneth Way	Livermore	Under Full Sail	2
Alfred J. Manley	Livermore	Wildfire	2
Gail Bates	Pleasanton	Karen	4
Kenneth Way	Livermore	Majestic Love	4
Robert Thomas	Pleasanton	Tracy	4

GENERAL & WEDDINGS

DIVISION: 1983 FAIR PRINTS

Exhibitor	City	Exhibit	Placing
Beverly Cavin	Livermore	Fair '83	4

Answers ad in Pathways

Local Girl Makes Good

As supervisor of the Hacienda Booth at the Alameda County Fair, Susan Vollgraf's job is to open and close the booth, supervise employee's shifts and make sure everything runs smoothly throughout the run of the fair.

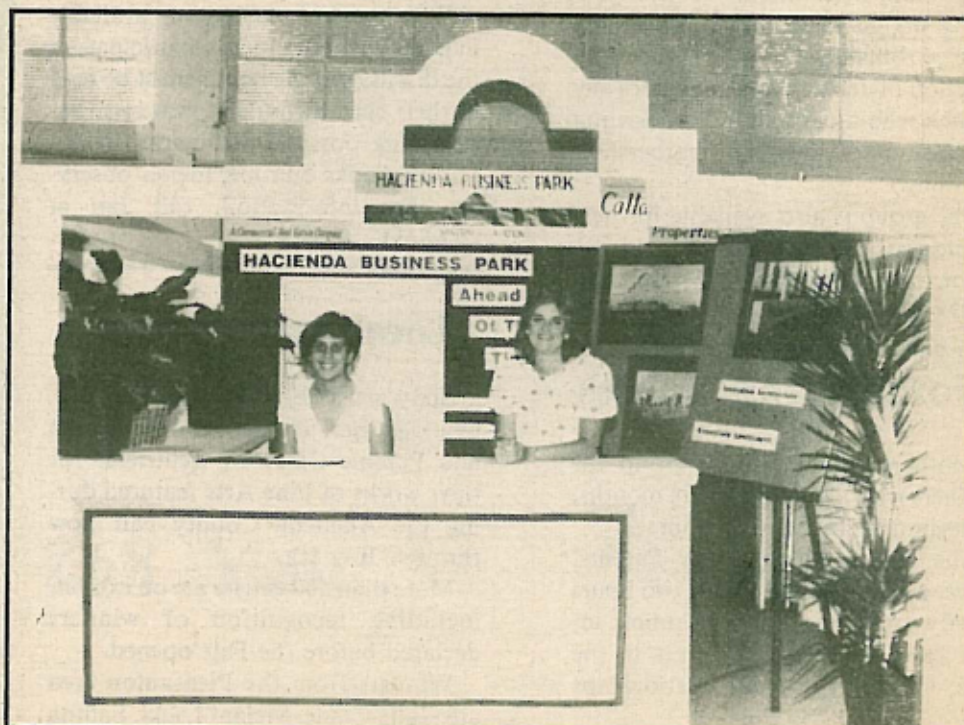
Susan was an excellent candidate for the position. She answered an ad in *Pathways* and was hired immediately. She has a warm smile and she works very well with people. She has been living in Pleasanton for 10 years, and is proud of her home town and its new opportunities.

Susan is the daughter of Robert and Judy Vollgraf. She is a 1982 Amador High School graduate and has been attending California State University,

Chico. However, she will be spending her junior year at Trenton State University, in New Jersey, thanks to an exchange program between the two colleges.

She will be leaving for New Jersey at the end of August, and she's "finally starting to get a little nervous!" But Susan is looking forward to Trenton, and to her studies. She recently decided on a business major, although she's not quite sure what career path she'd like to follow.

"I just want to get a good job and be happy!" she says. Getting a good job should be the least difficult for someone as capable as Susan Vollgraf. And since she's a natural at being happy, her success is in the bag!



Holly Kester and Susan Vollgraf work at the Hacienda Business Park Booth at the Fair. The Park employed 10 local youths to man the booth.

a bit
of trivia

By Ben Fernandez

1. The finest series of "private eye" movies of the 30's and 40's was "The Thin Man" series. Who were the two stars who played Nick and Nora Charles?
2. Bobby Thompson hit the "shot heard around the world" when he hit a homerun to beat the Dodgers in 1951 in the third playoff game. Who was the Brooklyn Dodger pitcher?
3. What was the name of the chubby, freckle-faced boyfriend of Beaver Cleaver in the "Leave It To Beaver" show?
4. The Barney Google comic strip began in the late 20's. Later, the star of the strip was Barney's country bumpkin friend. What was his name?
5. Ten years ago, he sang the song, "When You're Hot You're Hot." Who was he?
6. In the movie, "Cool Hand Luke," Paul Newman won a bet. What did he have to do to win?
7. This great American hurdler will attempt to win another gold medal in Los Angeles. He set an Olympic record in the 400 meter hurdles eight years ago in Montreal. Who is he?
8. What was unusual about Barney Fife's gun in the "Andy Griffith Show"?
9. What is the motto of the New York Times?
10. What is the most popular recording that Gene Autry ever made?

Answers Below

Valley Poets Available In Book

Verse of the Valley, a collection of poems by poets from the Amador-Livermore Valley, is now available.

The poems were originally displayed at the Great Western Savings and Loan in Dublin as a tribute to National Poetry Week, May 5th — 11th. From the enthusiasm that followed, the display grew into a book.

The anthology, which includes work by eighteen Valley poets, ages nine years to over eighty, was edited by Dawn Rutter, illustrated by her son, C. Fred Rutter of Hayward, and assembled by Cindy Woods of Pleasanton. Copies may be purchased for \$3.20.

For more information, contact Dawn

Rutter, at 828-4474, or send check or money order to: *Verse of the Valley*, c/o Dawn E. Rutter, 7290 Larkdale, Dublin, CA 94568. Add \$1.00 for mailing.

Talk About Great Books!

One organization in Pleasanton that doesn't suspend operations for the summer is the Great Books Discussion Group. They just keep on reading!

According to discussion leader, Jan Fussell, two excellent books have been decided upon for this summer's program. The group meets at 7:45 p.m. on the second Wednesday of every month. On July 11th, they will discuss Martin Buber's "I and Thou," an influential work on the subject of dialogue. On August 8th, Anne Morrow Lindberg's "Gift from the Sea" will be considered, a book which analyzes the stages of life.

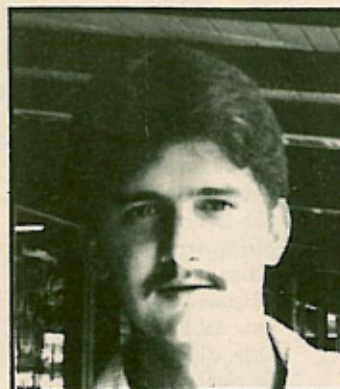
Both summer readings are available in paperback. In order to participate in the discussion, the books must be read in their entirety. Fussell, however, anticipating possible difficulties in obtaining books on time, invites observers. For information, call Jan at 462-8431.

Local Art Winners

Sixty artists have been singled out by judges Earl Thollander of Calistoga and Pauline Caten of Kentfield, for their works of Fine Arts featured during the Alameda County Fair now through July 8th.

More than 500 entries are on exhibit, including recognition of winners declared before the Fair opened.

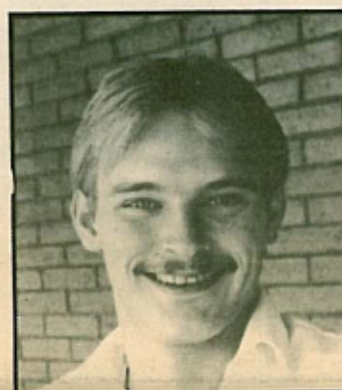
Winners from the Pleasanton area are: Julie Crane, Melani Lacki, Sabina Harte, Kent Moore, Cynthia Ostle, and Catherine Loth.

On The Street:
"What Is The One Thing
You Can't Live Without?"

Chris McDonald — Manager of That's Entertainment — "I would have to say love. When you aren't loved, you feel terrible and lonely. You can't feel good about yourself if no one loves you."



Geri Foley — Graphic Artist — "My family, especially my husband. I also think health is very important. I would be unhappy if I weren't able to keep active."



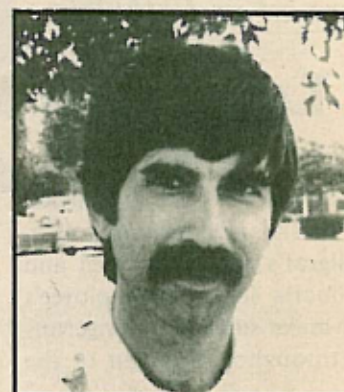
Stefan Brunel — Chef at Duke's Gourmet Foods — "Freedom. I've been to other countries where they aren't free like we are in the United States. I wouldn't want to live at all, if I weren't free."



Jessie Boerner — Pleasanton resident — "The Lord. He has always answered my prayers and been there for me. If I didn't have the Lord, I would have no reason for living."



Joe O'Neal — Manager at United Parcel Service — "I think cultural stimulation is essential. I need sports, especially soccer, and I would also need reading and history."



Bob Caldwell — Emergency Medical Technician — "Love."

Trivia Answers

- | | |
|---------------------------------|---|
| 1. William Powell and Myrna Loy | 7. Edwin Moses |
| 2. Ralph Branca | 8. He was not allowed to have any bullets |
| 3. Larry Mondello | 9. "All the news that's fit to print" |
| 4. Snuffy Smith | 10. Rudolph, the Red-Nosed Reindeer |
| 5. Jerry Reed | |
| 6. He ate 50 hard boiled eggs | |

Singers Wanted

The Shamrock Valley Chapter of Sweet Adelines, Inc. meets Mondays, from 9:30 to 10:30 p.m. in the music room at Amador High School, Santa Rita Road, Pleasanton.

The organization, which is a chorus of approximately 40 women, under the direction of Jackie Laws, welcomes any women who are interested in learning to sing in a four-part barbershop harmony.

The group is also available for performances and functions.

For further information, call Sandy at 828-1654 or Pat at 463-4579.

Mothers and Babies

Mothers and Babies, a group for mothers with babies under six months, is beginning its six week course.

The series, sponsored by Parents' Place, will run for six weeks, two hours weekly, and cover topics including: infant care, nutrition, resources in the area, and interpersonal relationships after birth.

Additional information is available at Parents' Place, 443-2727.



Employees at AT&T turned out in full force to support the company's Blood Bank. The on-site drive will be an annual event to help maintain a well-balanced blood bank for employees and their families.

Auction To Benefit Young Farmers

On Sunday, July 8th, the 4-H, FFA Junior Livestock Auction will be held at 9:30 a.m. in the Amador Pavilion at the Alameda County Fair.

The beef, sheep and swine are raised, fed and shown by youngsters who are members of 4-H or the Future Farmers of America groups. The animals have been judged by competent livestock judges and placed according to the market grades. Prime, choice and top good steers, prime and choice lambs and U.S. No. 1 and U.S. No. 2 hogs will be sold.

Bidding is open to families, service clubs, businesses, restaurants and markets. To participate, each prospect-

ive buyer receives a buyer's credential for admission to the Fair and is seated in a reserved section in the Amador Pavilion. Information is available on all animals as they have been judged and placed.

The sellers also provide each buyer with a colorful poster and photograph to express their appreciation for the purchaser's support. Buyers bid in cents per pound. In all cases, the portion of the purchase price which exceeds the fair market price is a legitimate expense or contribution.

To obtain buyers' credentials or for more information, call the Alameda County Fairgrounds at 846-2881.



AT&T
Communications

CUSTOMER SERVICE REPRESENTATIVES

Start a career in AT&T Communications. Previous customer service experience, direct consumer sales experience, collections experience desired. Resumes to:

AT&T Communications
Occupational Employment
Dept. CSR-2
Box 121
Pleasanton, CA 94566

COMMUNITY CALENDAR

Friday, July 6th

Concert in the Park, Wayside Park, 1st and Neal Streets. Brushy Peak, Country, Bluegrass sounds, sponsored by Stony Ridge Winery — 7-8 p.m.

Friday, July 6th

Deadline for reservations to Pleasanton Newcomers Club, champagne — supper cruise on Friday, July 20th, 8 p.m. For information or reservations call 462-0690.

Monday, July 11th

Great Books discussion, 7:45 p.m. Work to be discussed is Martin Buber's, "I and Thou." For information call Jan Fussell, at 462-8431.

Friday, July 13th

Concert in the Park, Wayside Park, 1st and Neal Streets. The Illusions, featuring the Chuck Eras Band, Shirley Rogers, and Joann Tucker — 7-8 p.m.

Monday, July 16th

Widowed Men and Women of Northern California meeting, 7:30 p.m., Community Room, Suite 107, Chabot Building, Hacienda Business Park, Hopyard and Stoneridge Drive. For information call 484-1809, or 846-7076.

Monday, July 16th

Deadline for reservations to Newcomers Club Get-Acquainted Coffee on Wednesday, July 18th, 7:30 p.m. — 9:30 p.m. Call 484-2671 for reservations.

Friday, July 20th

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

Friday, July 27th

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

Friday, July 27th

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

CLASSIFIEDS

HELP WANTED

Swim Instructor: To teach classes to Parent-Child age 3 months to 3 years, Children age 3 to 5 years, and Beginners, 6 years and older. Water Safety Instructor certification Experienced Instructor Preferred. Classes to start July 23rd, swimming pool in Pleasanton. Call Tri-Valley YMCA, 462-0270.

Mail Clerk: Full-time position available. Qualified applicant must be proficient in alphabetical sorting, possess a valid California drivers license, good oral communication skills. Ability to lift 50/60 pounds and a neat appearance is also required. Clerk will perform mail deliveries. We are a personal lines insurance company that offers comprehensive major/minor medical and dental insurance, life insurance, a company savings plan, retirement plan, and a credit union among other benefits. For immediate consideration, call Denise Frak, Crum and Forster Personal Insurance, 847-2605.

Interior Decorator Trainee: Full-time or part-time. Contact Mrs. Loritz, 846-3061.

FOR SALE

Pleasanton Valley Swim Club Membership: Enjoy swimming, sunning and snacking without the cares of doing-it-yourself maintenance, \$50. Call, 846-9225.

Rototiller: Sears, 5 H.P. R.T.-5, rear tire, chain drive, \$400. Call 846-7069.

Home: 4 bedrooms, 2½ baths, separate family room, central air, R.V. access, tri-level. Stoneridge area, beautifully landscaped, \$207,950. Call 462-6088.

FOR RENT

Home: 3 bedrooms, 2 baths, inside laundry, spa, central air, timed sprinklers, built-in microwave/self-cleaning oven, garage door opener, near Hacienda. Available approx. Aug. 1st, \$900 mo. Call 462-0946.



Smash 'em, bust 'em. That's their custom when the Destruction Derby drivers compete at the Alameda County Fair in Pleasanton. Winner of \$1000 at this year's Derby was David Emery of Willows. Don Bong of Martinez received \$550 for second place, while Jethro Pettigrew of San Jose pocketed \$275 for third place. The 46 entrants competed for prize money totaling \$2,300.

Horseshoe Pitching Tournament

The Alameda County Fair will be the place to watch the popular Bill McNally Invitational Horseshoe Tournament. The 10th annual competition, featuring the top male and female pitchers in the State, will take place Saturday, July 7th and Sunday, July 8th. The women will begin pitching at 9:00 a.m., followed by the men at 1:00 p.m.

Among the men invited to attend are: Walter Williams, world and state champion; Don Titcomb, state champion; Jessie Gonzales, state champion; Bob Mauzey; Dave Laucks, and Tom Web.

Women who will be competing include: Yvonne Mauzey, state champion; Sharon Paddock, state champion, and Marsella Mauricio.

The men will play a 16-man, round-robin tournament with the winner to

be awarded \$300 and a trophy. The women will play a 6-woman, round-robin tournament with first place taking \$200 and a trophy. Over \$1,000 in prizes will be awarded.

The Tri-Valley Horseshoe Club is co-sponsoring the event with the Alameda County Fair. The Club was started in 1973.

Putting Strong-Arm Tactics To Work

Muscles will strain, sweat will pop and grips will be tested as contestants of all sizes and shapes compete in the Third Annual Arm Wrestling Championships, Sunday, July 10th, at the Alameda County Fair Court of Four Seasons at 6 p.m.

The competition, which is sanctioned by the World Free Style Arm Wrestling Association, is strictly for amateurs, who will be split into six weight divisions. Trophies will go to the first through fourth place winners in each division.

Women will compete in two categories — 135 pounds or less, or 136 pounds and more. Men's divisions include "lightweight," 150 pounds and less; "middleweight" of 151 to 175 pounds; "light heavyweight" of 176 to 205 pounds; and "heavyweight" of 206 pounds and more.

Two additional categories are open to all "southpaws," so any left-handed person may compete. The weight limits are 175 pounds and less, or 176 pounds and more.

Preliminary matches are scheduled earlier in the day. Contestants who qualify for the final matches will compete on stage in the Court of Four Seasons at 6 p.m.

Applications and pre-registrations will be accepted during the Fair hours from June 23rd through July 8th.

Baseball's Greats Featured

The Chevrolet Traveling Baseball Hall of Fame, an exciting representation of the National Baseball Hall of Fame and Museum in Cooperstown, N.Y., will be featured at the Alameda County Fair June 23rd through July 8th, Fair Manager Lee Hall announced.

Hall said that the popular exhibit will be featured at the Fair daily in the Special Exhibit Building. Admission to the exhibit is covered by admission to the Fair, which ranges from \$1 for children to \$4 for adults.

The Traveling Hall of Fame consists of 14 free-standing panels which provide a colorful panoramic backdrop of baseball's greats and features all the vital statistics of each of the 184 Hall of Famers.

In addition, a variety of eras are represented through a display of numerous baseball artifacts, including all the player contracts, balls, bats and jerseys.

Modeled after the Hall of Fame in Cooperstown, the traveling facility carries with it some of the actual artifacts that are on display at Cooperstown. Each year, some 200,000 fans from around the world travel to Cooperstown. Yet, that number is but a small fraction of the millions of baseball fans around the world, which is why the Traveling Baseball exhibit will be featured, according to Hall.

Pennants from all 26 major league ballclubs are on hand. There are the actual sights and sounds of induction speeches and interviews. Even a replica of the Great Moments Room, with depictions of Babe Ruth's 60th home run, Joe DiMaggio's 56-game hitting streak and Don Drysdale's 58-inning scoreless streak is presented.

Fans will see some of the actual wooden bats from the days when

ballplayers made their own. Fairgoers will be able to look at some of the original uniforms, made of heavy wool, and have a chance to see how the equipment of the game was evolved, from the first baseball used in the mid-1800s to the experimental yellow baseball of 1938.

The Chevrolet Traveling Baseball Hall of Fame also features some of the greatest World Series games ever played, including the first Fall Classic played in 1903.

The All-Star games are on display as well, starting with the first one in 1933 which, most baseball fans don't know, was originally played as an added attraction to the 1933 World's Fair in Chicago.

A videotape is also presented, showing the first home run in the first All-Star game by Babe Ruth, Ted Williams' home run off of Ewell Blackwell's "blooper" pitch, the All-Star game's first grand slam by Fred Lynn in last year's 50th anniversary classic, and many more exciting moments in the history of the All-Star game.

There are photos of Babe Ruth shielding himself from a rain shower with a parasol in Japan in 1934. Featured are accounts of baseball barnstorming trips to France and of the New York Yankees and their wives tooling around Tokyo in rickshaws in 1955.

Or how about baseball cards? Featured is the complete history, from 1886 when tobacco companies first started the idea of packaging ballplayers' likenesses right up until today.

There's even a look back at some of the memorable ballparks of the past where so much of the history of the game took place. The Traveling Baseball Hall of Fame reviews such baseball shrines as Ebbets Field, Shibe Park, and the Polo Grounds.

Teacher Outkicks Student To Win 4-H Fun Run

Ken Grace, a 27-year-old physical education teacher at Chabot College's Livermore campus, used a strong kick in the final 100 yards to overtake 16-year-old Livermore High School senior Mike Goralka to win the 5-K Fun Run Saturday at the Alameda County Fair.

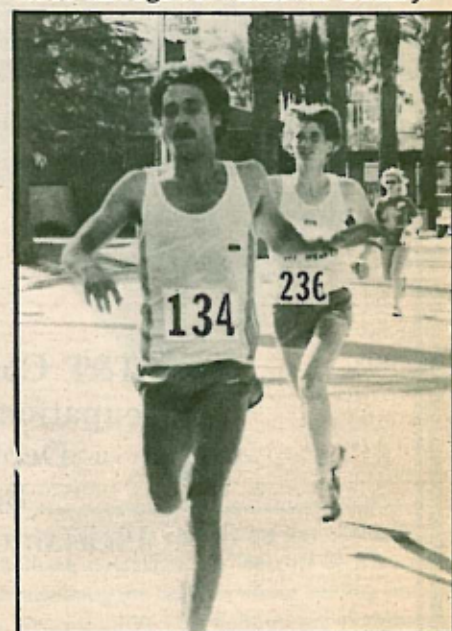
Grace, who lives in San Leandro, was clocked in 15 minutes, 41 seconds, with Goralka a second behind at 15:42.

Michele Aubuchon, 24, of Livermore, a clerk at Longs Drug Store in Livermore, was the first female finisher with a time of 17:57. Though first among the women, Michele said that her time was far from her best. She said she is recovering from tendonitis in her knee which slowed her down considerably.

The second annual 4-H Fun Run attracted 375 runners, three times the number that ran it last year.

The race was sponsored by the

Leader's Council of Alameda County 4-H. Race proceeds will benefit 4-H clubs throughout Alameda County.



Ken Grace and Mike Goralka.

Seaver Fund Grows

Contributions to the Donna Seaver Fund continue to climb and to date, some \$19,000 has been raised.

Donna suffered a cerebral hemorrhage in April while coaching a girls' softball team at Amador Valley High School. She has been moved to Fairmont Hospital in San Leandro, where she remains in a coma.

A paper drive is presently being held through the sponsorship of the Pleasanton Lions Club. Paper bins, with the Lions Club emblem, are placed at locations throughout the city. Deposit your papers and add to the "Dollars for Donna" benefit.

A benefit Oakland A's vs Baltimore Orioles game is scheduled for August 25th, at 1:05 p.m.

Tickets, at \$8 for adults and \$4 for children and senior citizens, are available at the Recreation Department. If 5,000 tickets are sold in Pleasanton, the Oakland A's team will contribute an extra \$1,000 to the fund.

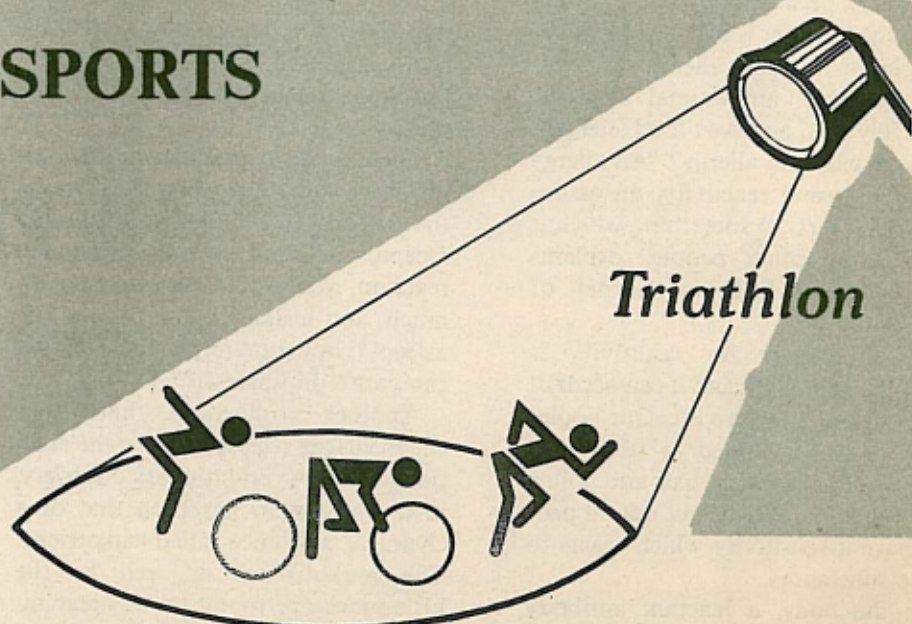
SPORTS



Spotlight ON SPORTS

"If you don't believe in yourself, you can't win."

Triathlon



Three Times A Winner

When the San Francisco Triathlon came to Del Valle, the people of the Valley were exposed to a new breed of athlete: one who competes at a level that is above and beyond the average athlete's abilities. While many Americans run, bicycle or swim to stay in shape, the competitive triathlete is an accomplished and highly dedicated master of all three of these sports.

Teresa Jackson, a fitness instructor at Amador Valley Athletic Club, has been competing in triathlons for a little over a year now. A former Cal State Hayward runner, Teresa became involved in triathlon through some friends "whose enthusiasm was contagious." Her triathlon career has been satisfyingly successful since she began, last year, at the Bonne Bell Women's Triathlon in Redwood City.

This year, for instance, she never placed lower than 20th overall. But what did she think after she first completed the staggering .75 mile swim, the grueling 18 mile cycle, and an exhausting 6.2 mile run? First of all, she couldn't wait to do the next one! "I immediately thought — O.K., I'll get a better bike (I had a real clunker), and then I'll see how much better I can do!" Teresa remembers. "I just knew triathlon was the sport for me!"

Teresa wasn't able to get a new bike soon enough before taking on the next one, but she placed fifth, nevertheless. "If I wasn't hooked after the first one, the second one really did it!" she laughs. "I loved the excitement and the energy. And triathlon people are really the best!"

Triathlon is a new and very intriguing sport. It has caught on unusually fast in America, and is surely destined to become an Olympic sport in the near future. Many Americans are familiar with the Hawaii Ironman Triathlon, the 2.5 mile swim, 112 mile bicycle, and 26 mile run, which is telecast annually. It is widely recognized as the ultimate test of courage, strength, endurance and most of all, perseverance!

Teresa won't be making the trip to Hawaii this year, because she hasn't yet qualified. Last year, when she won in her age division at the National Championships at Bass Lake, she thought that would qualify her for this year's Ironman. However, the race missed the qualifying cut off date for this year's Ironman. Although somewhat disappointed, she doesn't really feel quite ready



"No, this doesn't count as a proper triathlon workout!" Teresa Jackson says.

for it this year.

"I felt so much more competitive last year," claims Teresa. "This year I can just feel that I don't quite have that edge." She thinks it might be due to the fact that her workouts haven't been quite up to par. She sustained some nagging injuries early in the season, and of course, time is always a dictating factor for every aspiring triathlete.

Teresa is sponsored by Mizuno with running shoes, singlets, and shorts. Just this year, she signed a contract with the company, holding them responsible for traveling expenses to the various triathlons. The sponsorship keeps her from spending paychecks on plane fares, but not from having to work full-time for a living. As with any sport in its infancy stages, such is the plight of the professional triathlete.

"There just aren't enough hours in a day to work eight or nine hours and then try and get in the type of training I should be doing," she explains. Right now, she manages to get in 40 miles of running, about the same amount of cycling, and about 5,000 yards of swimming per week. "I should be running 50 miles, cycling at least 100, and swimming about 10,000 yards every week!" she insists.

Another obstacle for the triathlete lies in balancing assorted conflicting external interests with an inner discipline which is essential in order, not only to survive, but to thrive on such a rigid and unforgiving training schedule. Top triathletes make an occupation, and more, of their sport. They are obsessed with the sport, compulsive in training, and completely dedicated to attaining ultimate fitness.

"Anyone in triathlon," Teresa points out, "knows that it leaves you with very little time for anything (or anyone) else." For example, last year, when Teresa felt the competitive drive, she was single and all of her energy was committed to the sport. "Weekends were the longest and the hardest workouts," Teresa recalls. However, now with her boyfriend, Tom, high on her list of priorities, "weekends are almost non-workout days; it's the only time I can see him!"

"If you lose the desire mentally, it's all over," claims Teresa. When she placed 12th at Del Valle this year, she just knew she wasn't all there. "I didn't feel as strong as I should have," she admits. In all sports, but especially in her sport, "it's really easy to beat yourself. If you don't believe in yourself, you can't win."

So, with that knowledge, Teresa Jackson is getting ready to fight back. Her next triathlon will be in San Diego. Her father is living there now, and she feels there is still time to get in top shape for the race, which will be held in August. She's getting ready to rev up her workouts and try to recapture her competitive spirit.

If things don't go according to plan? "I might go back to long-distance running," she says. Teresa says a marathoner needn't commit nearly as much time to training, and it is not as "all consuming" for her as triathlon insists upon being. "I love triathlons," she smiles, "but if something stops working, you just need to try something else for a while, that's all!"

Don't Sneeze Needlessly

Everyone who has lived in the Tri-Valley for any length of time knows it is a "hot spot" for allergy sufferers. The worst allergy season of the year, of course, is spring, when warm weather and sunshine combine to encourage more and more pollen to be released.

This year, the season began as early as January, because of our early spring. Although hayfever is the most common complaint of Valley allergy sufferers, also prevalent are animal allergies, especially cats, and even food allergies.

Just what is an allergy? "An allergy is an abnormal reactivity, on an individual's part, to something which is harmless to other people," explains allergist, Dr. Barbara Karpel of Pleasanton.

The tendency for reactivity is definitely inherited, and it can occur at any time in a person's life. Our bodies are, necessarily, tuned to react to a foreign substance. Cat hair and pollen are definitely foreign, but not all people have a sensitivity which reacts to these substances.

In the body, a reactant antibody combines with the foreign substance (an antigen) and an allergic reaction takes place. Certain chemicals are then released. Among those is a chemical substance known as histamine.

The concept behind an anti-histamine, then, is to infiltrate the cells and work as a preventative measure to

histamine's effects. Histamine is the cause of swelling, itching, and increased mucous secretion: all well-recognized allergy symptoms.

"Anti-histamine is the mainstay of allergy treatment at this time," Dr. Karpel indicates. "They are non-addictive and they work best taken preventatively." The anti-histamine must infiltrate the cell before the person is exposed, so it can keep the histamine from reacting in the first place.

There are two problems with anti-histamine treatment, however. One is that in order to fill up every histamine receptor in the body to prevent any reaction, you would have to take so much anti-histamine you would be asleep! (Unfortunately, anti-histamine can cause drowsiness.)

Another problem is that other chemicals are released during the reaction as well. A revolutionary discovery, in the past year, has been that of a chemical substance called leukotriene. The leukotrienes as well as the histamines are found to be great influence in allergic reactions.

"Needless to say, countless drug companies are spending millions of dollars trying to develop an anti-leukotriene!" Dr. Karpel says. It's true, though, that if a successful way to combat allergy symptoms can be found, without the sleepy side effects,



'Tis the season for allergy sufferers!

it would be a godsend to allergy sufferers and a lucrative discovery for the lucky drug company.

Another way to combat an allergy is through allergy shot therapy. Shots work by building up another type of antibody in the system, a gammaglobulin. "For some reason, which we don't quite understand completely, an injection of the allergenic substance in small quantities will build up the quantity of blocking gammaglobulin

antibodies," states Dr. Karpel.

Shots are a very effective method. It usually takes anywhere from six to twelve months before relief is evident. Total treatment time may last from three to five years, depending on the case. "If you don't feel some type of relief after one year, you should question whether or not allergy shots are really for you," insists Dr. Karpel. "They are not always effective for everyone."



Members of the Marketing Ridesharing Workshop include Natalie McConnell, MTC; Polly Welsh, CPS; Jennifer Henard, AT&T; Dale Chesnutt, AT&T; Karen Fraser-Middleton, Hacienda Owners' Association; Peggy Silva, Hacienda Owners' Association and Shanna O'Hare, MTC.

Coordinators Exchange Ridesharing Ideas

Pleasanton was well-represented at the recent Metropolitan Transportation Commission workshop for company transportation coordinators. The theme of the workshop focused on marketing a company ridesharing program in a limited amount of time.

Dale Chestnutt and Jennifer Henard, AT&T's transportation coordinators enjoyed exchanging ideas with coordinators representing other Bay Area companies. Polly Welsh, the Chabot Center building transportation coordinator, learned a number of techniques for identifying the market for ridesharing in her building.

Speakers included Mindy Kershner, Marketing Director for RIDES for Bay Area Commuters; Colleen McCarthy, Commute Coordinator for Hewlett Packard; and Carol Condon, Transpor-

tation Consultant. The workshop was organized by the MTC Commute Alternatives Program.

Karen Fraser-Middleton and Peggy Silva, representing the Hacienda Transportation Office, also attended. Karen reported that the material covered will be useful in planning park-wide transportation activities and in addition, the workshop encouraged the coordinators from different companies to start networking. "The MTC Commute Alternatives Program puts on high quality training courses and I'd encourage any company promoting ridesharing to take advantage of the program," said Karen.

Shanna O'Hare or Natalie McConnell of MTC can provide more information on the program by calling 464-7700.

Childcare In The Home

Resources for Family Development, the local coordinating agency for services to children and their families, is starting a recruitment and training program to provide Valley residents with the opportunity to care for children in their homes.

There is a lack of licensed child care in the Valley. Recent statistics indicate that of 4,000 children needing care, only 2,700 can be served. The need for school age care is especially acute, with many children left unattended before and after school and during school vacations.

R.F.D. in association with ACTEB/ACAP, seeks to alleviate this need by attracting low income new providers to offer care in their own homes. Free job training will include principles

of child development, program and activities planning, and nutrition for children. In addition, technical assistance in the business aspects of child care will be offered, including licensing and meeting local city regulations.

Providers of this care can benefit in several ways including being able to stay home with own children while earning to augment family income.

For more information, call Fern Lane, R.F.D. Program Developer, at 463-0892 or 455-5111.

Richards Elected To Board

Lawrence Livermore National Laboratory Assistant Counsel Gerald T. Richards has been elected chairman of the board of the Valley Volunteer Center, an organization serving as a placement bureau for community volunteers.

Richards said the center "finds volunteers in the community who have special interests and expertise and matches them with organizations in the community in need of help."

Richards formerly managed the LLNL Office of Research and Technology Applications, the Lab's technology transfer arm, which established the Presidential award-winning Technical Volunteer Service.

The Valley Volunteer Center operates out of a city-owned building in Pleasanton with a staff of eight, including two full-time professionals. Richards said there are more than 2,000 persons currently on the volunteer rolls.

Trip to Marriott's

The City of Pleasanton Department of Recreation and Human Resources is sponsoring a special fun-filled summer excursion to Marriott's Great America on Friday, August 17th. Youth 9-14 years old are invited to enjoy unlimited rides, shows, and attractions for only \$9 a piece. This price includes bus transportation and admission to the park. Children will need to bring additional money for lunch and games. The group will leave by bus from Pleasanton School at 9:30 a.m. and return at approximately 4:30 p.m. Recreation Department staff will supervise the youth. Tickets are on sale at the Recreation Department, 200 Bernal Avenue, 847-8160.