

PLEASANTON Pathways

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Pleasanton Celebrates The 'Goodtimes'

Approximately 45,000 people lined the sidewalks of Main Street in Pleasanton on Sunday, May 27th to "roll" with the Goodtimes Parade, sponsored by radio station KNBR in San Francisco.

The parade was the 10th year anniversary celebration of the first time the "Goodtimes" rolled into our quiet little city.

It all started with a bet between radio personalities Frank Dill and Mike Cleary.

As loser of the bet, Mike had to arrange to hold a parade in Frank's honor. The "small" parade under Mike's direction "rolled" into an extravaganza which surpassed everyone's wildest expectations.

This year spectators arrived early on Main Street to claim their spot on the street for the best view of the very popular zany, crazy and fun parade.

Coolers filled with cold drinks helped everyone survive the rising temperatures. The sun beat down on a happy, contented crowd and the whole thing looked like one huge picnic.

Colorful umbrellas were also spotted along the parade route and provided needed shade for those who were unable to find a shady spot under a big tree.

The spirit of the crowd kept pace with the rising temperature.

Walking down the sidewalk from one location to another was almost an impossibility as eager viewers were reluctant to move an inch in fear of losing their viewing spot.

Local non-profit organizations worked with zest to take care of the thirsty, hungry crowd. Downtown



The crowd arrived early at the Hotel to view the "Goodtimes" Parade.

businesses also reported a very good day at the registers.

The 150 zany parade entrants kept the crowd well-entertained for over two and a half hours in the 90+ degree heat. No small feat in itself.

Following the parade, most people headed for their favorite place to do

whatever one does following a merry afternoon's delight.

Activity at the Pleasanton Hotel remained at full-force well into the evening, with the "Illusions," a local band, appearing on the scene to provide dancing music for the overflow crowd.

So, yet another parade marches on

as part of Pleasanton's history. KNBR states this will be the last "Goodtimes Parade," but rest assured, this fun-loving town will always "Let The Goodtimes Roll" in their own spirited way!

More pictures on pages 6 & 7



Laura Loftin exits Byron Marler's van, after arriving home in Pleasanton.

Team Up For Transportation

When Carla Fugazzi, an employee at Fee and Munson Architects in Pleasanton, discovered she was required to report at the company's office in San Francisco on occasion, she considered her alternatives. She could take BART, which can sometimes be inconvenient; or she could drive, which could take up to two hours in traffic; or better yet, she could join a carpool!

"Since I was only going to be an occasional rider, I didn't think my chances of joining any type of pool would be very good," says Carla. But she called RIDES anyway. "When I called, they said they'd put my information into the computer and see what

turned up," she remembers.

A few days later, Carla received a computer print-out, with several names of riders and drivers who would be traveling routes similar to hers. On her second call, Carla connected. Byron Marler had room in his van for an occasional rider, so Carla was in luck.

"I was so surprised that it worked out!" Carla states happily. "The ride was very enjoyable, and you arrive when they say you're going to arrive!" Those who ride the van all work within a close proximity to one another, so walking from van to office is held to

continued on page 12

IN MY OPINION

In My Opinion is a bi-monthly column featuring opinions by guest editors. This month's column is by Cyril Bonanno who is the proud principal of Amador Valley High School in Pleasanton.

As I complete my first year as principal of Amador Valley High School, it is with pride that I look back at the accomplishments of our students and staff in both curricular and co-curricular areas. I think members of the community would agree that we are fortunate to have such an excellent, well-rounded program. Indeed, since its inception in 1923, Amador Valley High School has been the hub of the community, and as such, has received widespread support from its citizenry. This support has not gone unnoticed by the rest of the state.

"... since its inception in 1923, Amador Valley High School has ... received widespread support from its citizenry."

Recently, I had the opportunity to attend a conference in San Francisco sponsored by the United States Department of Education. The conference, dealing with the theme "Excellence," show-cased 30 schools selected by the

federal government as being exemplary examples of current educational practice. Several "Indicators" were presented as being accurate gauges of the degree to which any school or school system has achieved "Excellence." The indicators were used to select the 30 schools. It was interesting to me to look at the schools, the criteria by which they were selected, and to make a comparison with Amador Valley High School. As I did so, I found reason to be even more proud of our total school community. In looking at the seven indicators, I made the following observations concerning each which highlighted this feeling.

"Our district has been a forerunner in California in the establishment of minimum competencies for graduation."

Indicator 1 — "Student performance on standard achievement tests." Amador seniors increased their scores in every area of the California Assessment Program which was given to students throughout the state last December. Only three high school districts in Alameda County improved in all areas. Our seniors State Percentile Rankings were: Reading, 93; Expression, 96; Spelling, 93; and Math, 87.

Indicator 2 — "Student performance on minimum competency tests." Our district has been a forerunner in California in the establishment of minimum competencies for graduation. We believe that basic skills are the foundation of a high school education, and that it should be a goal of our schools to assure that each student has mastered these skills. In order to receive a diploma, our students must prove their competence in seven areas:

English, Mathematics, Physical Education, Social Studies, Employment Education, Consumer Education, and Health Education. These areas embody 17 specific skills. We can be proud in the knowledge that our graduates have mastered these skills which are so necessary for them to find their rightful places in life.

Indicator 3 — "Percentage of students who go on to post-secondary education or training, who enlist in the military or who are successful at finding jobs." At the present time, 70% of our graduates attend post-secondary schools; 30% enter the world of work or the military.

Indicator 4 — "Number of students who receive scholarships or other awards." In this issue of Pathways, you will find a list of seniors who have received scholarships and awards this year. We are pleased that so many members of the Class of 1984 have been so honored.

Indicator 5 — "Student drop-out and daily student attendance rates." Our present drop-out rate is less than 1%; our absentee rate less than 6%. We have a very good attendance and discipline policy which is updated yearly to accommodate change. Students know their rights and responsibilities, and are held accountable for their actions.

Indicator 6 — "Awards or recognition for outstanding school programs." Many staff members and programs have received recognition over the years. These have been widely publicized in the media. I think that it is significant to note that in the past two decades, Amador Valley High School has been visited by four teams of the Western Association of Schools and Colleges, and, in each for instance, has received a full-term accreditation, indicating that our school has an outstanding program and staff. Too, we cannot forget the continued excellence and success of our athletic teams.

Indicator 7 — "Students awards in

academic, vocational, or other school-related competitions." As evidenced by the list of scholarship and award winners to which I previously referred, our students have been honored for their accomplishments in fields which cover the spectrum of the curricular and co-curricular program. We are particularly pleased this year that two of our seniors, Cami Adams and Elizabeth Bosma, were named Bank of America Zone Winners. They were among seven finalists selected from thirty-six thousand applicants in the state. Traditionally, our students have been Alameda County Fair winners in the areas of homemaking, industrial arts, photography, and art.

"... we have, and with good reason, great pride in our school and student body."

My assessment of these seven indicators has led me to the conclusion that Amador, too, could have been one of the thirty schools highlighted at the conference.

I think that it is obvious — we have, and with good reason, great pride in our school and student body. We must give credit to the parents of our students. They are a significant factor in any success we have with the educational process. We must also give credit to our students, not only for their accomplishments, but also for their demonstrated pride in the purple and gold. I echo the sentiments of our students who put the following words of encouragement on our marquee during the NCS basketball tournament:

Proud Forever
Don Forever
Go Dons!

— Cyril Bonanno

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OPEN SATURDAY



A Vision Quest covered wagon, part of a caravan for some 83 delinquent youths, passes through Pleasanton on its way to Seattle, Washington, from Arizona.

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

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Cathy Peterson



Bryan Fong

They're The Tops

Four of Pleasanton's top high school students have been chosen as their classes' valedictorians this year.

Lori Coleman, Bryan Fong, and Elizabeth Bosma of Amador, and Cathy Peterson of Foothill will address their classmates at graduation day ceremonies.

These four outstanding youths have exhibited exemplary academic achievements in maintaining their 4.0 grade-point averages over their entire high school careers.

Lori will attend the University of California at San Diego. She will be majoring in BioMedical Engineering,

on her way to Medical School.

Bryan is on his way to the University of California at Davis where he will be majoring in Biological Sciences. Bryan hopes to move into Dentistry or Medical School.

Elizabeth plans to study physics at the University of California at Berkeley.

Cathy, Foothill High School's only valedictorian graduates with an outstanding 4.14 GPA, with her advanced placement course scores figured in. She will be attending the University of California at Berkeley with Finance Accounting as her major.



Lori Coleman



Elizabeth Bosma



The experience of participating in a parade recently was a first for me. Goodness knows I've taken thousands of parade pictures, but never over the years was I a participant in a parade.

It all started with an answer to a simple question, "What do you think of this idea for a float." I replied, "Great," and the next thing I knew, I was on a float headed down Main Street!

It was not only a "first" but a fun experience — after one margarita on an empty stomach, any experience can be fun!

Arriving on the parade scene to find my place in line started the fun.

As I drove up in my car to find a place to park, I was immediately stopped by a parade worker questioning my business there. When I replied I was in the parade and was "Frank Dill's mother," out came the red carpet treatment.

I didn't get an opportunity to explain who I really was, but nevertheless, I was whisked to a

"choice" spot for parking. I smiled to myself and decided, boy, this is going to be great.

From here on through the parade, "Mother Dill" played her part.

When I was asked for my autograph by several people, I signed with a smile, "Frank Dill's Mother."

But, as the float approached the broadcasting center at the Pleasanton Hotel, I began to get stage fright and thought, "Oh-my-God, what have I gotten myself into?"

Then as the cameras clicked, and people called my name, the moment of fame began to go to my head immediately.

Hey, is this what being a celebrity is all about? You smile, you wave, cameras click and people call out your name.

Unfortunately in my attire for the day I was hoping I wouldn't be recognized! In fact, I wore dark glasses to try to add to the disguise.

When I saw the first colored pictures of myself, I laughed until I cried! No wonder people were screaming as soon as they saw me! I thought the screaming was out of respect for motherhood!

Seriously, it was fun being Frank Dill's mother for a few short hours. I hope "my son," Frank, had as much fun as I had and that he also was treated with the great respect I received as his mother.

Double Trouble

Parenting is no piece of cake — just ask any parent! Surviving your child's teen-aged years can be a trying time for all concerned. But what's more difficult than a temperamental teenager? Try two on for size: the same age, simultaneously occurring problems — double the trouble. However, according to Marilyn Lemm, the mother of twin sixteen-year-olds, it's been a lot of fun, too.

Marilyn says that she had an advantage in having twins of different sexes. "Having a male and a female helped a lot; there was never the sibling rivalry or jealousy you sometimes have with twins of the same sex," explains Marilyn. Instead, the twins have always been very supportive of one another, sometimes to the point of overprotection.

When Marilyn and her husband, Jerry, found out they were expecting twins, they were ecstatic. After having waited many years to have children, Marilyn describes it as "instant family!" Suddenly, we had our little boy and our little girl, and no need to go through it again in a couple of years!

Raising the twins hasn't been "any more difficult than raising one child, or a series of brothers and sisters!" she says. Marilyn's one survival technique, as the children were growing up, was "quiet time." Every afternoon, Marilyn would retire to some privacy for an hour or so, while the children amused themselves with whatever they chose to, quietly. "Being able to escape that little bit every day, to read a book, or whatever, really helped!"

Now that Mark and Michele are moving toward another stage in their lives, graduation and leaving home for the first time, so too, will Marilyn and Jerry begin a new chapter in theirs. "It

will be really awful, losing them both at once! Having twins, there is no child left behind to buffer the loss," Marilyn says sadly. But, she's preparing herself for their departure next year.

As for the twins, they're excited about their futures, and look forward to college. They can't seem to reach a decision, however, about whether or not to attend the same university. "If they separate, it will be for the first time in their lives," their mother points out. One minute the twins are prepared to separate, and the next, they want to attend the same school. As juniors at Foothill High School, they have a little time left to decide.

Whatever the decision, it seems that the Lemm family is one that knows how to stay together, even over the miles. "I know it sounds really corny," insists Marilyn, "but it really has been wonderful. There haven't been any major problems and I feel very fortunate!"



The Lemm family.

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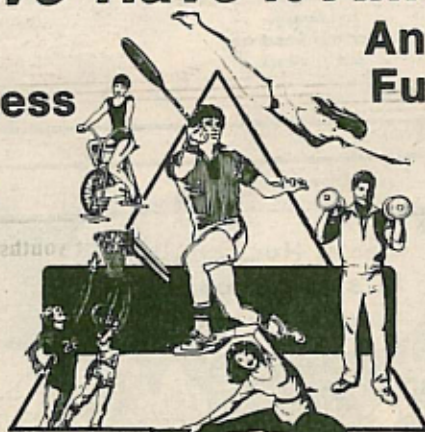
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THE ALMANAC SAYS

O.K., Sports Fans! Let's see how much you know when it comes to reciting The History of Sports from A to Z (Zswimming).

A — Automobile Racing — First Indy Race in 1911.

B — Baseball — America's favorite pastime — arrived from British Cricket about mid-1830's. First World Series held in 1903.

C — Chess — Originated in India around 500 A.D.. Your move.

D — Dominoes — From Italy in the 18th century.

F — Football — An adaptation of soccer & rugby. First official football game was in 1869 between Princeton & Rutgers.

G — Golf — From Scotland in the 15th century. Fore!

H — Horse Racing — From England about 1174. The first Kentucky Derby was held in 1875.

I — Ice-Skating — First organized skating club was in Philadelphia in 1849.

L — Lacrosse — An American Indian derivative from the early 1800's and probably long before that.

M — Marathon — First race was in Greece in 490 B.C. First Boston Marathon was held in 1896.

O — Olympic Games — Ancient Olympics established in Greece in 776 B.C. Abolished in 394 A.D. The modern Olympics started in 1896. America received medals in 12 out of 13 events.

P — Polo — From Ancient Persia as early as the 4th century B.C. Introduced in England in 1869 and in the U.S. in 1876.

R — Rowing — First ever recorded race was on the Thames River in England in 1716.

S — Soccer — Originally from England in the 13th century, it is now the worlds most popular sport.

T — Tennis — In its present form, it began in the 1870's. The first Wimbledon tournament was held in England in 1877.

V — Volleyball — Invented by the Holyoke, Massachusetts YMCA in 1895.

W — Water Polo — From England around 1870.

Y — Yachting — First Yacht Club was in Cork, Ireland in 1720. U.S. oldest is the famed New York Yacht Club formed in 1844. Keeper of the America's Cup from 1851 until last year when it was lost to the Australians.

Z — Zswimming — First English competition was in 1837. First English Channel swim was in 1875.



Amador Valley High Awards and Scholarships



- Bausch & Lomb Science Award
Elizabeth Bosma
- American Chemical Society Award
Lawrence Cooper
- "Amador" Newspaper Awards
Mary Cassidy
Aaron Kornblum
- "Don Days" Yearbook Award
Krissey Mueller
- Amador Drafting Awards
Steve Carter
Paul Lewis
Fred Baine
Mike Merucci
Rob Hoff
- Mike Compton Memorial Vocational Arts Scholarship
Shawn Ferriter
- California School Employees Association Scholarship
Amy Cathcart
- Amador Valley Secondary Educators' Scholarship
Eric Jorgensen
- Valley Memorial Hospital Auxiliary Scholarship
Lori Coleman
- Alameda Contra Costa Medical Auxiliary Scholarship
Lori Coleman
- Joseph Swift Memorial Scholarship
Scott Macomber
- Bank of America Achievement Awards
Cass Sinclair
Paul Lewis
Kimberley Locke
Kristin Coker
- Joe Edward Segrest
Noelani Taylor
Christine Foster
Lori Coleman
James Griffith
Kimberley Rose
Elizabeth Kenney
David Appell
Camilyn Adams
Elizabeth Bosma
Bryan Fong
- Amador Valley Scholarships
Julie Adza
Eric Jorgensen
Brian Marty
Camilyn Adams
- Jim Waldron Athletic Service Award
Darrell T. Packard
- Calif. Interscholastic Federation Air
Cal Scholar-Athlete of the Year Award
Jacqueline LeBreck
Joe Segrest
- Army Reserves National Scholar-Athlete Award
Darrell Packard
Betsy LaCroix
- Tim Cole Memorial Basketball Scholarship
Darrell Packard
- NCAA Football Scholarship
Ron Sebahar
- Tim Monday Memorial Football Scholarship
Brett Howell
- Amador Boosters Club Scholarships
Outstanding Senior Athlete/Scholar
Jacqueline LeBreck
Darrell Packard
- Jan Kuhns Memorial Scholarship
Outstanding Senior Female Athlete
Shannon McClure
- Andy Anderson Memorial Scholarship
Outstanding Senior Male Athlete
Jeff Frazier
- International Thespians Awards
Noel Taylor
Jim Peterson
Elizabeth Bosma
Kevin Gallagher
Kim Locke
- National French Honor Society
Karin Caroline
Julie Cummings
Sara Harri
Susan LaCroix
Brian Marty
Michelle Quartarola
- John Moller Memorial Scholarships
John Cronin
Shelly Daley
Dana Hatfield
John Rasmussen
Dana King
Heather Mackay
Ken Paddock — Monte Vista HS
Pleasanton Rotary Club Scholarship
Camilyn Adams
Brian Marty

- Rotary Club Student of the Month
Sara Harri
Susan LaCroix
Kim Rathjen
Cami Adams
Darrell Packard
Jim Griffith
Paul Brennan
Mark Poole
Mary Cassidy
- Daughters of American Revolution Awards
Kim Rathjen
- Soroptimist Scholarship/Citizenship Award
Camilyn Adams
- Student of the Year Amador-Livermore Valley Exchange Club
Darrell Packard
Kim Rathjen
- Chapter BG of PEO Sisterhood — May Nissen Scholarship
Caroline Griffith
- Amador Interact Club Scholarships
Cami Adams
Sara Harri
Tummy Hansen
- Amador Band Awards
Greg Gollaher
Kelly Rash
Kris Coker
- San Francisco Symphony Young Musician Award
Amy Colborn
- National Merit Finalists
Joe Segrest, Jr.
Elizabeth Bosma
- AMF Incorporated Scholarship
Lori Coleman
- California Scholarship Federation
Life Members
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Cami Adams
Lori Coleman*
Bryan Fong
Ann Goudreau
Sara Harri*
Betsy LaCroix*
Skol Lockyer
Lou Romano
Elizabeth Bosma*
Lawrence Cooper
Christine Foster
Jim Griffith
Dana Hunter
Alan Li*
Kim Rathjen
Robert Sato
Joe Segrest*
- C.S.F. Scholarships
Sara Harri
Alan Li
Betsy LaCroix
Elizabeth Bosma
Jim Griffith
Kim Rathjen
California Grants
Grant A Winners
Steven Carter
Lori Coleman
James Griffith
Susan LaCroix
Amy Cathcart
Tom Egan
David Jensen
Heather Mackay
Anne Wagner
Grant B Winners
Lori Coleman
James Griffith
- Society of American Indians Scholarship
Russell Lovell
- Elks Most Valuable Student Scholarships
Camilyn Adams
Lori Coleman
James Griffith
- Public School Essay Contest
Camilyn Adams
- Lions Club Speech Contest — First Place
Camilyn Adams
- American Business Women's Association Scholarship
Livermore Chapter
Camilyn Adams
Las Positas Chapter
Lori Coleman
- Bay Area Engineers Scholarship
Lori Coleman
- Society of Women Engineers' Scholarship
Lori Coleman
- Junior Miss Scholarship
Jackie LeBreck

- Downbeat Magazine Student Music Awards
Victor Avdicenko
Mike Fisher
David Jensen
Roger Manning
- Vocational Rehabilitation Scholarship
Nick Pearson
- Aid Association for Lutherans Scholarship
Sara Harri
- Livermore-Amador Valley Legal Secretaries
Association Scholarship
Natalie Mano
- Academy of the Arts — Art Scholarship
Dale Goff
- Mount Saint Mary's College — Dean's Award
Julie Adza
- University of the Pacific — President's Honors
Carolyn Glafkides
Kathryn Kocins
- California Alumni Association, University of California, Berkeley
Elizabeth Bosma
Lawrence Cooper
- Regents' Scholarships University of California, Berkeley
Elizabeth Bosma
James Griffith
- Regents' Scholarships University of California, Irvine
Christine Foster
- Honorary Scholarship University of California, Berkeley
Sara Harri
- Brigham Young University Dean's Scholarship
Camilyn Adams
Julie Cummings
"Y" Scholarship
Dana Hunter
- Berklee School of Music Scholarships
Roger Manning
- Athletic Football Scholarships
University of California, Davis
Jeff Frazier
- University of Washington
Mark Poole
- Athletic Basketball Scholarship
University of Idaho
Al Larson
- Bakersfield College
Mike Davis
- Athletic Volleyball Scholarship
Washington State University
Kathryn Kocins
- President's Scholarship — Honors at
Entrance — Pacific Lutheran College
Robert Sato
- President's Academic Fitness Awards
Elizabeth Bosma
Bryan Fong
Camilyn Adams
Dana Hunter
Lawrence Cooper
Alan Li
Jim Griffith
Jackie LeBreck
Ann Goudreau
Louis Romano
Kim Rathjen
Gregory Gollaher
Eric Jorgensen
Jeanine Engelmann
Karin Caroline
Tracey Coas
Victor Avdicenko
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Frederick Baine
Steve Carter
Lori Coleman
Sara Harri
Christine Foster
Joe Segrest
Skol Lockyer
Julia Cummings
Carolyn Glafkides
Robert Sato
Brian Hogan
Elizabeth LaCroix
Kevin Farrell
Alicia Beban
Carolyn Griffith
Roger Manning
Brian Marty
Kathy Kocins
Chris Estes
Jill Sarbiewski
Frank Mendocino
Amy Cathcart
Karla Weber

OVER THE BACK FENCE/Carol O'Neal





Michael Goldsworthy, A.I.A.

Personality Profile

Architecture Is Art And Business

Michael Goldsworthy, a successful Pleasanton architect, has been living here for 15 years. "I moved here because I like the community," he says. After setting up residence here but commuting to San Francisco for about six years, he finally started his own practice in 1976 because, "I love Pleasanton and I wanted to work here, too." Things have been getting better for him ever since.

There are five architects presently on staff at his office. There have been as many as 10, but he explains, "It takes a lot of work to keep 10 people busy, and sometimes your production or quality can slip a bit." Quality is important to Michael, and his work is a reflection of his high standards.

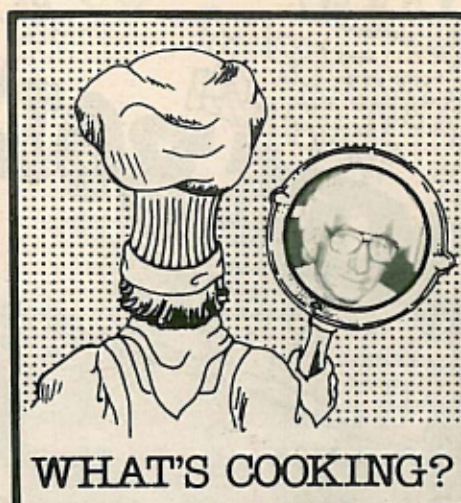
With numerous noteworthy projects to his credit, such as the five-story Ramada Hotel in San Jose, and the Danville Medical Center (which are offices at Sycamore and 680, which were modeled after the theme provided by an old house already standing on the property). Michael really enjoys jumping into the big, challenging jobs. He is also the main architect for the redesign project of the Amador

Theatre.

All this keeps him very busy, in addition to running his own business. "Architecture is an art, in that you are designing for the client. But it is also a business, just like any other business, with much to be done, always." With all of his responsibilities he hasn't a lot of free time. When he does, he enjoys playing golf and spending time with his family.

Michael's wife, Ellie, keeps busy with their three children, Alison, 8; Steven, 9; and Matthew, 13. The family likes to spend time together, and Michael appreciates Pleasanton's family atmosphere and community feeling.

When asked how long he will keep running his business, Michael says that, "Architecture is really the type of job that never ends. Although you never really know where your next job is coming from, or who has seen your work, something always seems to come up." Unless he is ever physically unable to work, he will continue with his practice in Pleasanton. It has been good to him and because, he says, "I'm here because I like it, period!"



Theon Bloxham is not your run-of-the-mill culinary genius; he's more. Theon is a Bricklayer for Krueger Masonary, and a whiz in the kitchen.

He claims he spends less and less time in the kitchen than he used to, because, he says, "I like to cook when I like to cook, not when I have to!"

A bit of an adventurous chef, Theon most enjoys making up his own delicacies. "I'll start with a base recipe, then add a little of this, and a little of that, make a few substitutions; before you know it, I have a whole new original recipe!"

For your enjoyment, Theon shares his own Shrimp Creole recipe. The recipe is great to serve for company, and, if you substitute chicken for the shrimp, it can be very economical as well.

"I like this dish, and it's so easy to fix," Theon adds. He recommends using a blend of creole seasoning and creole pepper, together, for optimum seasoning. Creole pepper is too hot when used exclusively. The best brand to look for is Wagner and Sons, but Theon says it can be very difficult to find.

Happy hunting!

SHRIMP CREOLE

- 1 cube butter
- 1 large onion, diced
- 2 large Bell peppers, diced
- 1 tsp. creole seasoning
- ½ tsp. creole pepper
- 1 tsp. salt
- 1-2 8-ounce can tomatoes
- 1 lb. large fresh shrimp
- 2 tblspns. red wine

Melt butter in large frying pan and add onion, Bell peppers, and seasonings. Saute until onion becomes transparent. Put tomatoes through the blender and add to the fried onions, etc. Add wine and simmer until thick. (About 1 hour.) Shell & devein shrimp. Thicken tomato mixture with flour or corn starch until it is the texture of pancake batter and simmer five to 10 minutes longer. Add the cleaned shrimp, cover and cook 10 minutes. Serve on a bed of rice with a green salad.



Bringing poetry to life with their animated characterizations are (l-r) Patrick Finley, Jeffrey Pressman, and Kristin Gehring of Pacific Poetry Ensemble. The troop performed recently for students at Harvest Park School.

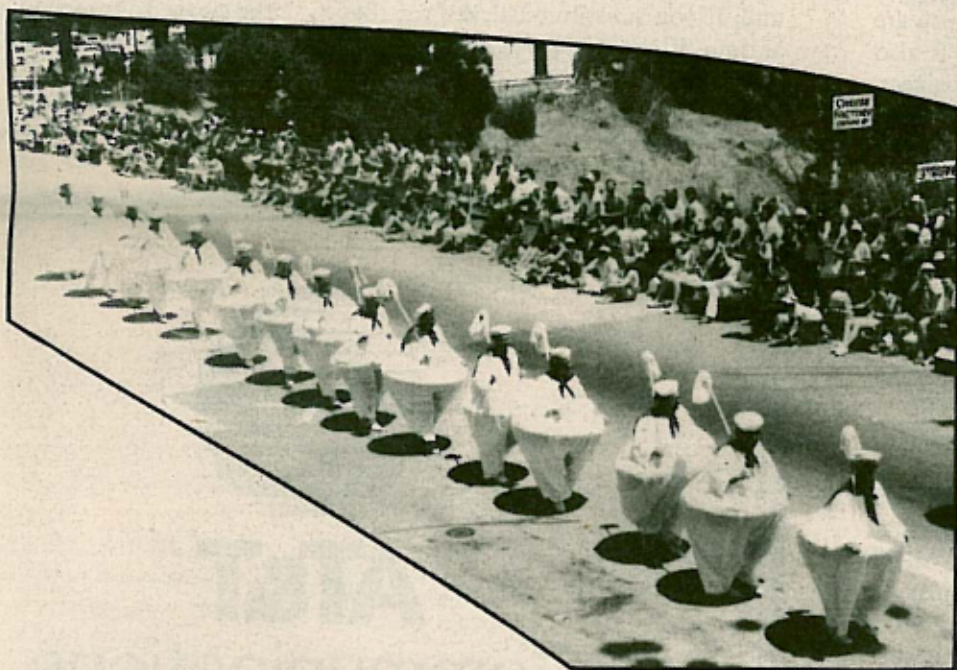
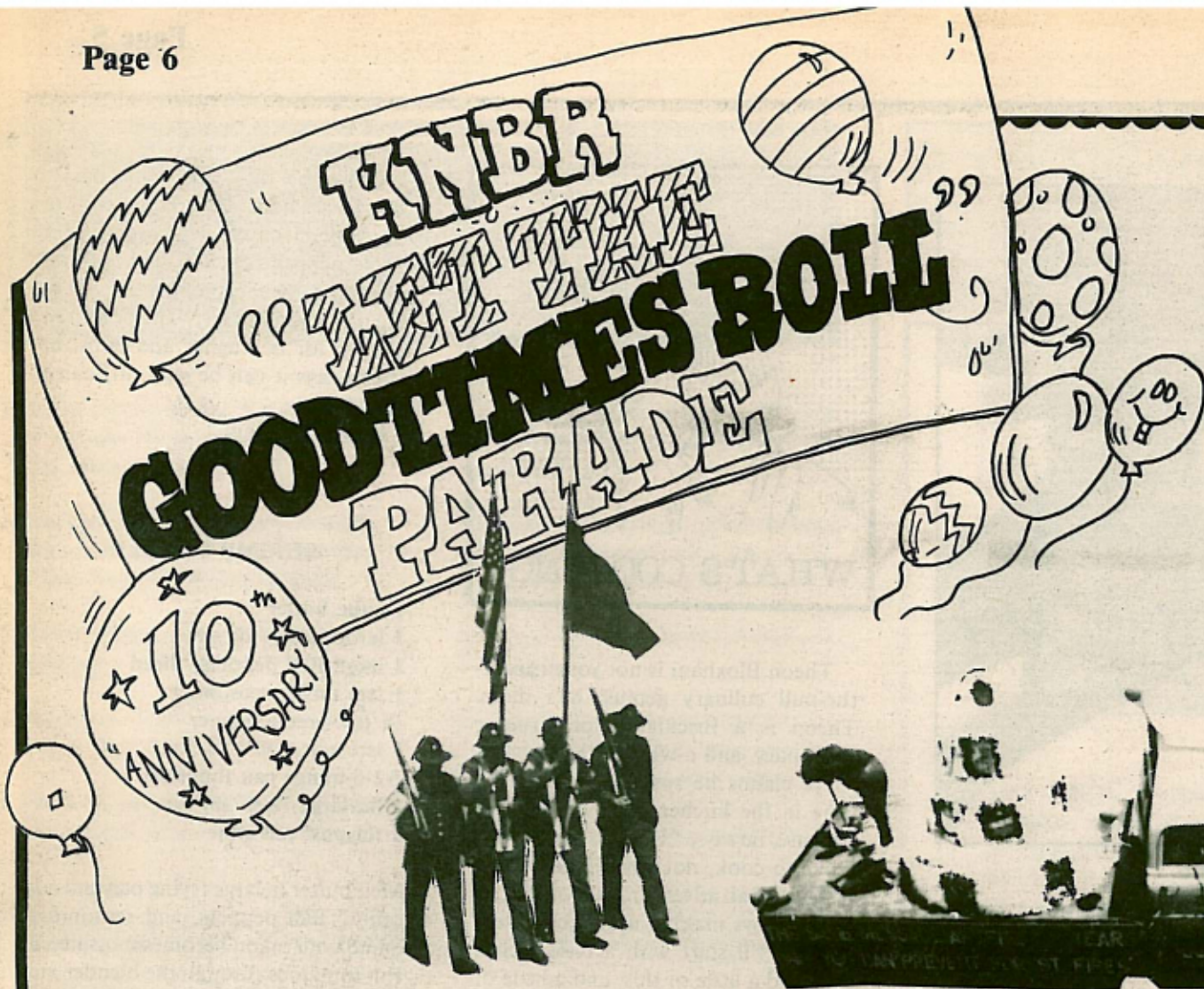


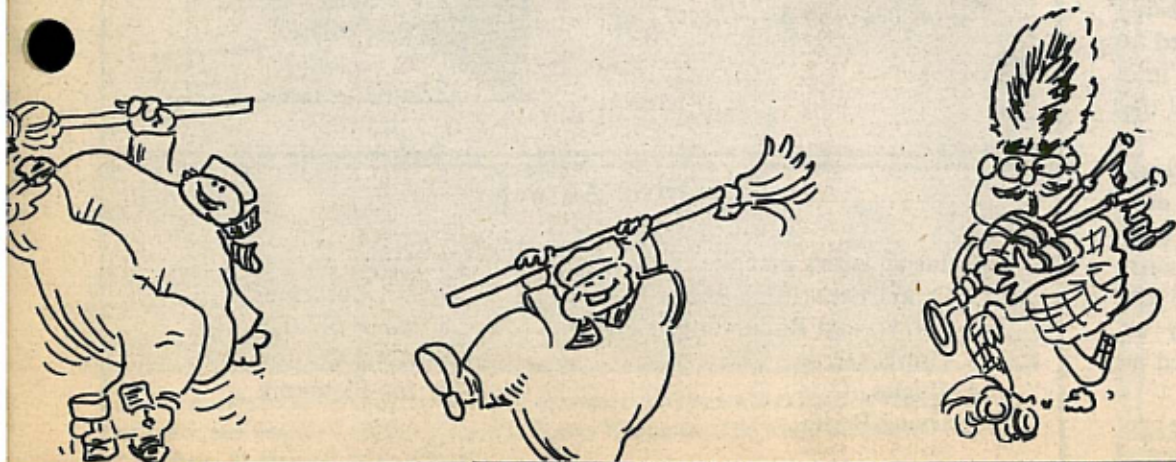
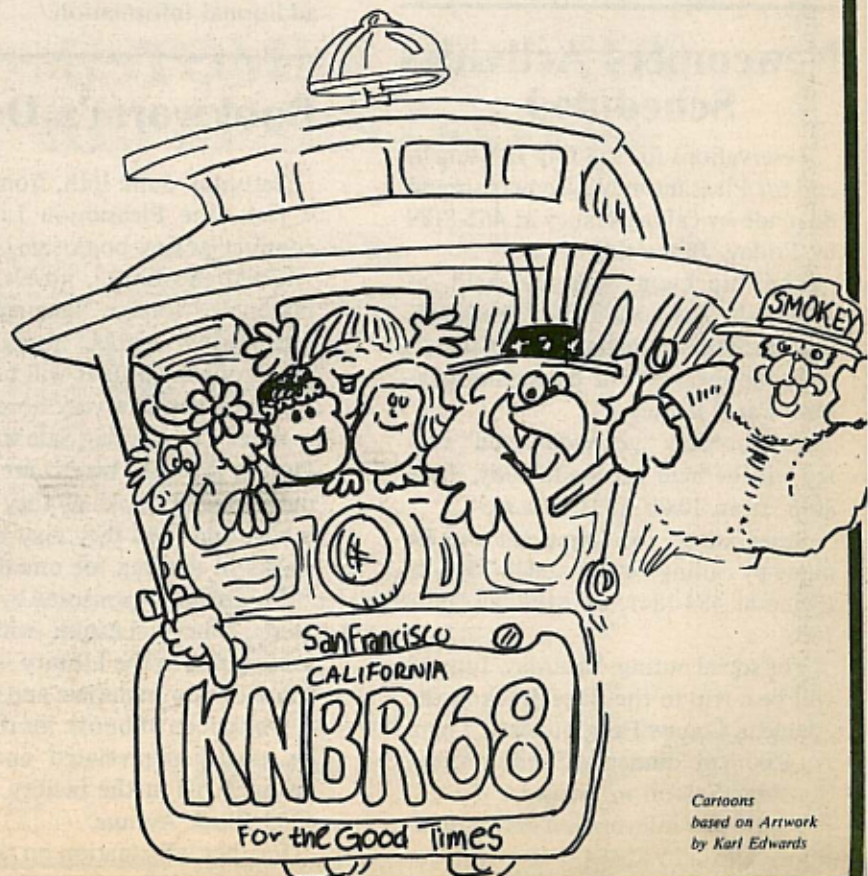
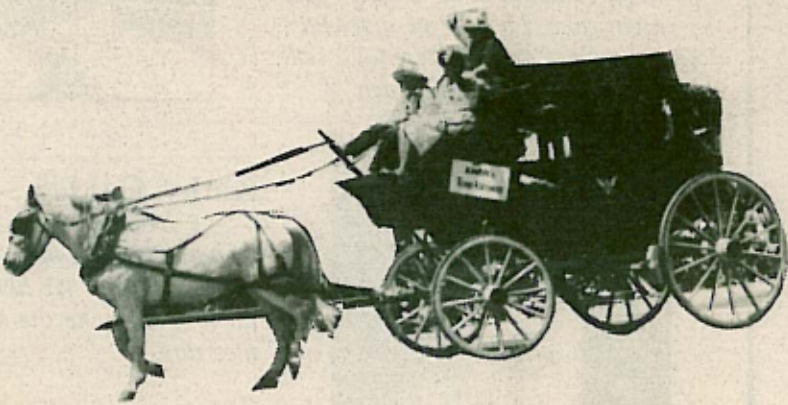
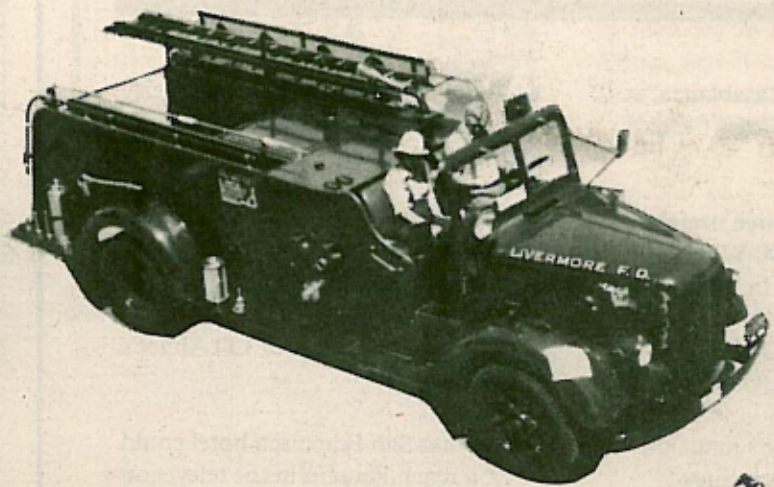
AT&T
Communications

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





a bit
of trivia

By Ben Fernandez

1. In the classic movie, "Casablanca," where did Humphrey Bogart hide the letters of transit?
2. The Oakland A's won three straight World Series, 1972-1974. Who was Most Valuable Player in each?
3. In the comic strip, "Dick Tracy," who was the wife of B. O. Plenty?
4. What was Andy Devine's name on "The Wild Bill Hickock Show?"
5. Who is the famous song writer whose real name is Israel Baline?
6. What was the name of the city besieged by the shark in the movie, "Jaws?"
7. What was the name of the famous "lonesome end" who played for Army in the late 1950's?
8. What was the name of Li'l Abner's mother?
9. At what San Francisco hotel could you reach Paladin in the television show, "Have Gun Will Travel?"
10. Who is Charlie Brown's favorite baseball player?

Answers Below

Talent Search Is On

Pleasanton Playhouse in partnership with the City of Pleasanton Recreation Department announces upcoming auditions for their summer musical production, "Fiddler on the Roof."

Dennis Kohles, well-known in East Bay community and college theatre circles, will direct the production. Kohles has directed and served as choreographer for over 20 major musical productions. He is also an actor and a designer of costumes, make-up and sets.

Auditions for "Fiddler" will be held Sunday, June 10th from 1 p.m. to 4 p.m. and Monday, June 11th from 7 p.m. to 10 p.m., at Amador High School Auditorium, 1155 Santa Rita Road, Pleasanton.

Interested performers may audition either day and should plan to stay for the entire session. Preparation of a musical number is not necessary.

All performances will be held at the Amador Theatre on July 27th, 28th and August 3rd, 4th, 5th, 10th and 11th.

The play includes a large number of singing and dancing roles for both men

and women.

"Behind-the-scenes" help is also needed with costumes, make-up, ticket and ad sales, set design and construction, lighting and sound, stage crew, etc.

Anyone interested in the production aspect is encouraged to come to auditions and/or call Renee Lewis, at 846-1945 for further information.

Problem Workshop

Resources for Family Development and Horizons Youth Services are offering a workshop for parents with teenagers. The two-part workshop will be held June 13th and June 27th at 7:00 p.m., at the Multi-Service Center, 3311 Pacific Avenue in Livermore.

Nicki Yokota and Susan Drager of the Horizon's staff will help explore issues such as dealing with lying, shoplifting, communication problems and the normal needs teenagers have for independence and exploration.

Call Parents' Place at 443-2727 for additional information.

Bookworm's Delight

Saturday, June 16th, from 9 a.m. to 4 p.m., the Pleasanton Library will conduct its first book sale of the year.

Children's books, novels, reference materials, foreign language books, non-fiction works, romances and numerous magazines will be available for purchase at a very nominal fee.

After 4 p.m. a Bag Sale will be held. During this sale, buyers are invited to put as many books as they want into a bag, and then they may buy all the books in the bag for one dollar.

This event is sponsored by the Pleasanton Library League, with all proceeds going to the Library for the purchase of new materials and programs.

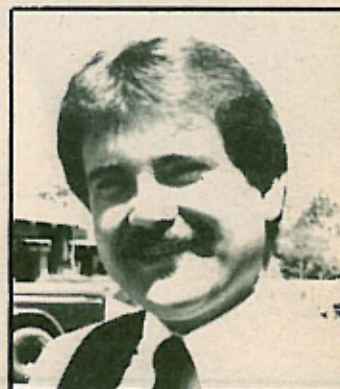
Donations of books for the sale will be greatly appreciated and may be dropped off at the facility located at 4333 Black Avenue.

Further information on the sale can be had by calling 462-3535.

On The Street:
"What Is Your Idea Of
The Perfect Weekend?"

Brenda Rupley — Cashier-clerk SCJ Insurance Services — "Getting away from home. I really like camping. We take a tent, build a campfire and go swimming and fishing."

Ken Akin — Representative for Italian Swiss-Colony Vineyards — "Spending time with my wife. We like to go up to the wine country. I work there, and we really enjoy the area."



Pam Hart — Womens' Apparel Sales Representative — "Go to Hawaii and lay on the beach. Why not? I love the warm water. I would just love to go and play there this weekend, but coming back to work on Monday would be hard!"

Gerry White — Sales Representative for Colgate-Palmolive Company — "This weekend is going to be perfect. Friday night I'm going to 'The Silhouette,' a place in San Francisco that plays 50's and 60's music. Saturday I'm going to the Jazz Festival at the Greek theatre in Berkeley. Then, down to Santa Cruz to party that night, and I'll stay at a friend's house in Capitola. Sunday, we'll spend all day at the beach."



Kathy Oakley — Teacher — "I like going to the beach. Capitola is my favorite place, with the little shops. We like to go picnicking and take the kite if it's a nice day."



Greg Doherty — Pleasanton Planning Commissioner — "A warm beach in San Diego!"

Trivia Answers

- | | |
|--|-------------------|
| 1. Inside Sam's piano | 6. Amity |
| 2. Gehe Tenace (1972), Reggie Jackson (1973?), and Rollie Fingers (1974) | 7. Bill Carpenter |
| 3. Gravel Gertie | 8. Pansy Yokum |
| 4. Jingles | 9. Hotel Carlton |
| 5. Irving Berlin | 10. Joe Slobotnik |

Newcomers Activities
Scheduled

Reservations for the July 11th luncheon for Pleasanton Newcomers should be made by calling Nancy at 462-8189 by Friday, June 6th.

The luncheon will be held at Augusta's Restaurant in Pleasanton beginning with cocktails at 11:30 a.m.

Guest speaker will be hypnotherapist, Carol Kinsey.

The monthly "get acquainted" coffee will be held on Wednesday, June 20th, from 10:00 to 11:30 a.m.

Reservations for this event can be made by calling Nancy at 846-2936 or Lynne at 484-1841, by Monday, June 18th.

The social outing, Saturday, June 30 will be a trip to the Race Track at the Alameda County Fairgrounds at 4 p.m. An 8:00 p.m. dinner will follow at the Sunshine Saloon in Pleasanton.

For further information and reservations, call Cathy at 484-3415 or Cyndee at 462-0690 by June 22nd.

COMMUNITY CALENDAR

Every Thursday, Every Week

Live tapings of Women's Network, 9:30 a.m., Community Center, Chabot Center. For information and free tickets call 463-0280 or 462-3373.

Thursday, June 7th

"Retreat Day for Coordinators of Volunteer Programs," 9:00 a.m. to 3:30 p.m., Presbyterian Church, 4300 Mirador Drive, Room 8, Pleasanton.

Thursday, June 7th

Valley High School, Graduation.

Sunday, June 10th

Auditions for "Fiddler," 1 p.m. to 4 p.m., Amador High School Auditorium.

Sunday, June 10th

Amador High School Baccalaureate, St. Augustine's.

Sunday, June 10th

Foothill High School Baccalaureate, St. Augustine's.

Sunday, June 10th

Environmental Health Services, Rabies Clinic, Alameda County Fairgrounds.

Sunday, June 10th

Acorn A's, Car Parts Swap, Alameda County Fairgrounds.

Monday, June 11th

Auditions for "Fiddler," 7 p.m. to 10 p.m., Amador High School Auditorium.

Monday, June 11th

V.I.P. Annual Picnic. Alameda County Fairgrounds. Regular meetings are held on second and fourth Monday of each month.

Tuesday, June 12th

Harvest Park School, Graduation.

Wednesday, June 13th

Amador High School, Graduation.

Friday, Saturday, Sunday, June 14th, 15th, and 16th

V.I.P. Gold Country Tour. Contact Elmer McKay, 846-5853 for information.

Saturday, June 16th

Book sale, Pleasanton Library, 4333 Black Avenue, 9 a.m. — 4 p.m..

Sunday, June 17th

Berry Feed, Eleanor Mote Youth For Understanding Scholarship Fund, Pleasanton Presbyterian Church, 4200 Mirador Dr., 3 p.m. to 7 p.m. Adults — \$5, children under 12 — \$12.50. For more information or tickets call Creative Services, 462-9555.

Wednesday, June 20th

Pleasanton Newcomers "get acquainted" coffee. Call Nancy, 846-2936 by June 18th.

Saturday, June 23rd through Sunday, July 8th

1984 Alameda County Fair, 10 a.m. to 10 p.m. daily. For further information call 846-2881.

Saturday, June 23rd

2nd Annual 4-H Fair Run, 8:30 a.m., Alameda County Fairgrounds. For information call 881-6427 or 447-6109 after 5 p.m.

Tuesday, June 26th through Sunday, July 8th

Horsing, Alameda County Fairgrounds, Post Time 12:30 p.m. daily.

Saturday, June 30th

Pleasanton Newcomers social outing. For further information and reservations call Cyndee at 462-0690.

Saturday, July 21st

County of Alameda, Vehicle Auction.

Sunday, July 29th

Diablo Valley Regional Group — Early Ford V-8 Club of America, Car Parts Swap.



The Amador Theatre Renovation Committee of the Pleasanton Cultural Arts Council recently held a Champagne Reception honoring major donors to the Amador Theatre Renovation Project. Major donors pictured (l to r) are Tom Gallagher, Lucky Stores; Jim Daugherty, Mervyns/Dayton Hudson; Walt Wood, City Council Member and CHAIRoteer Campaign Chairman; Tony LaHonta, AlaCon Construction; Dean Schenone, Pacific Nurseries; Chip Wiser, CPS; Hal Lohmann, Kaiser Sand and Gravel; Arthur Culver, Interlocking Tile; George Kallis, Callahan-Pentz Properties; Charles McMillan, LLNL Volunteer Acoustical Consultant; Frank Capilla, Can Am Plumbing; Mike Goldsworthy, Architect; Also honored but not pictured: Joe Eggers, Frank Electric; John Davis, Air Systems, and Ed Turman of E. Turman Painting.

Volunteer Staff Aids Needed

The Valley Volunteer Center is seeking applications for two volunteer staff-aide positions available on Mondays and/or Fridays from 10:00 a.m. to 3:00 p.m. A six-month commitment is required.

This position includes acting as receptionist to office visitors, interviewing potential volunteers, answering phones and taking messages and job requests.

Qualifications include good communication skills, moderate typing skills, and an interest in learning about

community agencies and resources.

Benefits include training and experience in interviewing and public relations as well as organization and communication skills. Exposure to many agencies and activities in the community, holding a responsible position essential to the daily operation of a social service agency and working in an attractive, bustling office setting are definite advantages also. For more application information, call Kris at 462-3570.

CLASSIFIEDS

FOR SALE

Teak Dining Table: 92" x 42", and 6 chairs, \$600; 15' x 15' Navy Blue carpet — thick pile, excellent condition, \$100. Call 846-4445.

Condo: Pleasanton, \$149,950, three bedrooms, 2½ baths, 1565 square feet, garage and carport. Call 462-2910.

HELP WANTED

Receptionist: No fee. Responsible person to answer heavy phones with 20 incoming lines. To \$900 + benefits. Also fee positions. Call Career Network, 820-1322, or 463-9000.

Office Assistant: to work with several programs in busy Pleasanton human service agency — typing, data entry, and assisting with layout of PR materials. Should possess excellent typing skills (65 wpm), good written language skills, good telephone skills, be able to work independently, and have a sense of humor! Part-time (15 hrs/wk), flexible hours. Call 462-3570. Deadline for application: June 15.

Secretary/Receptionist: The Hacienda Business Park Owners Association is looking for a motivated and capable self-starter who can handle the general office demands of the Owners Assn.. Bookkeeping and steno skills desirable and willing to train on IBM PC and wordprocessor. Salary to \$1350 + benefits. Call 463-9040.

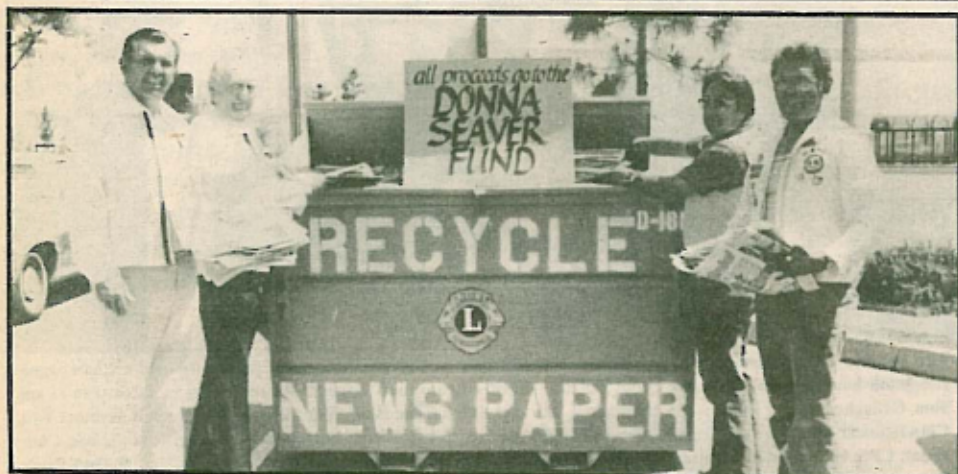
Secretary/Receptionist: No fee. Professional, self-motivated individual to work in marketing environment. Type 60+ wpm, heavy phones, word processing. Real estate experience a +. To \$1700 + benefits. Also fee positions. Call Career Network, 820-1322, or 463-9000.

Delivery & Packaging Person: Must be able to handle heavy packages and have a good driving record. Approximately 50 hours a month, \$4 per hour. Call Pat, 415-463-0440.

High School Juniors/Seniors/Graduates: Needed to work in commercial real estate booth for Hacienda Business Park during the Alameda County Fair. Must be well-groomed, with a professional attitude, available every day for four hours or more from June 29th to July 8th. Send your qualifications to Gizella O'Neil, 4637 Chabot Drive, Suite 301, Pleasanton, CA 94566.

Sales Order Desk: No fee. Past sales order desk experience, lite typing and a pleasant personality required for local firm. To \$1300 + benefits. Also fee positions. Call Career Network, 820-1322, or 463-9000.

Customer Service: No fee. Growing local company needs customer service rep. with professional attitude to handle busy phones. Type 45 wpm or CRT experience. Fast-paced environment. \$1000/mo. + benefits. Also fee positions. Call Career Network, 820-1322, or 463-9000.



Working on turning paper into "Dollars for Donna" are Dick Cole, Ralph Hitch, Tony and Hank Gomez.

Dollars For Donna

The Pleasanton Lion's Club and the Amador Valley Lion's Club will conduct a paper drive to defray the medical expenses for Donna Seaver, Girls Varsity Softball coach at Amador Valley High School who suffered a cerebral hemorrhage in April.

The two organizations will be collecting paper now through July 15th. The Lions are asking people to take their newspapers to the many dumpsters that are placed throughout Pleasanton.

Special dumpsters will be placed at the Sports Park on June 9th and 23rd. These, and all paper bins will be identified with the club emblem plus

posters made by high school students.

Location of other bins are: B & G Auto Repair, Old Santa Rita Road; Don Perry Tires, Commerce Circle; Jim's Shell Station, West Las Positas and Hopyard; Phil's Exxon, Santa Rita Road and Las Positas; Lucky Store, Hopyard Road and Las Positas; Safeway, Santa Rita Road and Valley Avenue; Ice Box, Railroad and East Angela; Christensen's, Downtown, Main Street, and Flair Market, Vineyard Avenue and Tawny Way.

Any questions regarding the drive may be directed to chairman of the drive, Dick Cole at 533-7476 or 484-3745.

Run for Fun & 4-H

The Alameda County 4-H Leaders Council will hold its Second Annual 4-H Fun Run on Saturday, June 23, 8:30 a.m. at the Alameda County Fairgrounds.

Pre-registration entry fee is \$6 for adults, and \$4 for youths (19 and

under). Race day registration fee is \$7 for adults, and \$5 for youths. All registered runners will receive official race T-Shirts.

Further information on the race can be obtained by calling Barbara Costello, at 447-6109 after 5 p.m.

Entry Form

LAST NAME FIRST

STREET ADDRESS CITY ZIP

DAY PHONE AGE DATE OF BIRTH

WAIVER: In consideration of my entry in the 4-H Fair Fun Run I hereby waive all claims against the University of California, Cooperative Extension, the 4-H program and the Alameda Fair Association and against all loss and liability for injury to person or property which I may incur in the run. I attest that I am physically fit and have sufficiently trained for this event.

SIGNATURE _____
(Parent or Guardian if under 18)

DIVISIONS (Check One)

Male Female

8 & Under

9-13

14-19

20-29

30-39

40-49

50 & Over

Walker

If 4-H member or leader
enter club name _____

Mail To: Alameda County 4-H Office
224 W. Winton Ave., Rm. 62
Hayward, CA 94544

Race day registration will be held at
the entrance to the Fairgrounds on
Pleasanton Avenue, from 7:30 to 8:15
a.m.

Distance for race:
5K (or 3.1 miles)

Make Tax Deductible Check Payable to: ALAMEDA COUNTY 4-H LEADERS COUNCIL

City's Greatest Hitters

If you're a grown-up softball buff, don't despair that you're too old for Babe Ruth or Bobby Sox Youth Softball Leagues.

The Pleasanton Recreation Department has Men's, Women's, and Co-ed adult leagues. There are a total of 99 teams in all, playing various nights throughout this summer.

If you missed your chance to sign-up this season, come as a spectator and plan next season's strategy. Hacienda Business Park's very own men's team, the "Hacienda Hitters," play every Wednesday at Pleasanton Sports Park.

So, come on out and root the home team on to victory.

MEN'S D-1 SLOWPITCH — 1984 League Schedule

TEAMS

1. Real Estate West
2. Parkside
3. P. Town Slammers
4. Globe-Arroyo Graphics
5. Oak-Air
6. Hacienda Hitters
7. Pleasanton Jaycees

Date	Time	Home	Visitor	Field
Bye — Globe Arroyo				
Wed	6:30	Hac. Hitters	vs Plstn Jaycees	S.B.C. 3
June 6	7:50	Oak-Air	vs P. T. Slammers	S.B.C. 3
	9:10	Globe-Arroyo	vs Parkside	S.B.C. 3

Bye — R.E. West				
Wed	6:30	Oak-Air	vs Hac. Hitters	S.B.C. 1
June 13	6:30	Globe-Arroyo	vs Plstn Jaycees	S.B.C. 2
	6:30	R.E. West	vs P.T. Slammers	S.B.C. 4

Bye — Parkside				
Wed	6:30	Globe-Arroyo	vs Oak-Air	S.B.C. 3
June 20	7:50	R.E. West	vs Hac. Hitters	S.B.C. 3
	9:10	Parkside	vs Plstn Jaycees	S.B.C. 3

Bye — P.T. Slammers				
Wed	6:30	Hac. Hitters	vs P.T. Slammers	S.B.C. 1
June 27	6:30	Oak-Air	vs Parkside	S.B.C. 2
	6:30	Globe-Arroyo	vs R.E. West	S.B.C. 4

Bye — Plstn Jaycees				
Wed	6:30	Oak-Air	vs Plstn Jaycees	S.B.C. 3
July 11	7:50	Globe-Arroyo	vs P.T. Slammers	S.B.C. 3
	9:10	R.E. West	vs Parkside	S.B.C. 3

Bye — Hacienda Hitters				
Wed	6:30	Globe Arroyo	vs Hac. Hitters	S.B.C. 1
July 18	6:30	R.E. West	vs Plstn Jaycees	S.B.C. 2
	6:30	Parkside	vs P.T. Slammers	S.B.C. 4

Bye — Oak-Air				
Wed	6:30	R.E. West	vs Oak Air	S.B.C. 3
July 25	7:50	Parkside	vs Hac. Hitters	S.B.C. 3
	9:10	P.T. Slammers	vs Plstn Jaycees	S.B.C. 3

Bye — Globe-Arroyo				
Wed	6:30	Parkside	vs Globe-Arroyo	S.B.C. 1
Aug 1	6:30	P.T. Slammers	vs Oak-Air	S.B.C. 2
	6:30	Plstn Jaycees	vs Hac. Hitters	S.B.C. 4

Bye — R.E. West				
Wed	6:30	P.T. Slammers	vs R.E. West	S.B.C. 3
Aug 8	7:50	Plstn Jaycees	vs Globe-Arroyo	S.B.C. 3
	9:10	Hac. Hitters	vs Oak-Air	S.B.C. 3

Bye — Parkside				
Wed	6:30	Plstn Jaycees	vs Parkside	S.B.C. 1
Aug 15	6:30	Hac. Hitters	vs R.E. West	S.B.C. 2
	6:30	Oak-Air	vs Globe-Arroyo	S.B.C. 4

Bye — P.T. Slammers				
ALL GAMES PLAYED AT: Pleasanton Sports and Recreation Park Softball Fields 1, 2, 3, and 4. 3311 Hopyard Road (at Parkside Drive) Pleasanton, CA.				

SPORTS

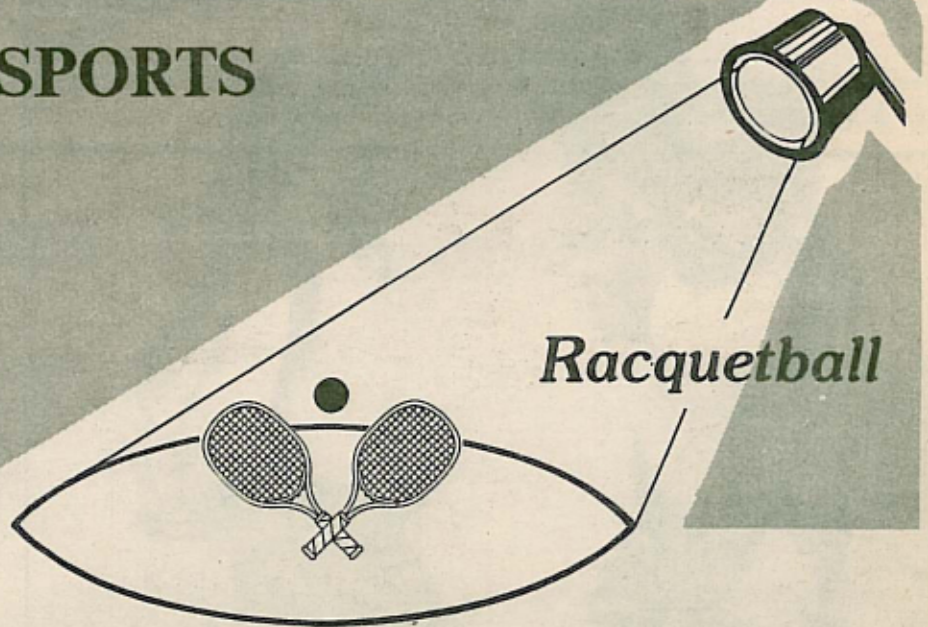


Spotlight

ON SPORTS

"I have the eye of the tiger."

Racquetball



Racquetball Player's Going For No. 1

When Gerry Price started playing racquetball, seven years ago, he had no idea he would become a professional racquetball player, let alone that he would be ranked fifth in the world at the age of nineteen.

Since the first fateful day when his brother invited him to go along for an easy game of racquetball, Gerry's life has been increasingly devoted to the sport. His goal is to be number one by age 21, and to hold that position for many years.

"I think I'm a pretty good loser. But I know I'm a really good winner."

"The only person to ever hold down number one like that is Marty Hogan," Gerry explains. Hogan is a virtual legend in his own time. At 26 years of age, he has been on top for about eight years now. For many, Marty Hogan is racquetball. He has been largely responsible for its growing popularity.

After defeating Hogan at a tournament last month, Gerry says, "It was so exciting. It was the first time I had ever beaten him." As he remembers that day, he adds triumphantly, "I had my hands over my head, and it took a long time to bring them down. It was really great!"

To realize the sweet taste of victory, Gerry has had to sacrifice a lot of free time and ignore any distracting interests. For the professional athlete, and this young man is no exception, his sport is also his job. He devotes an average of eight hours a day, which often adds up to an excess of 56 hours per week, to training.

Gerry relies upon self-written programs he designs before every major

competition. The objective is to plan his workouts in such a way as to peak right before the tournament. "I try to follow the program as best I can, and I experiment a little to see what works the best."

It would be more than safe to say that Gerry Price lives and breathes racquetball. "By the time I get home at night, I'm too tired to even watch television," sighs Gerry. "If you've had a good workout, you should be so exhausted, when you get home, that once you hit the sack, you're out!" Then, jokingly, he quips, "Don't get me wrong, I know how to have fun better than anyone!"

To supplement actual court-play time, Gerry also swims, lifts weights, and runs. He swears by "alternating muscle group" nautilus routines, which

he practices six days per week. When he hits the pool, he laps a half mile or so; while running consists of a couple of easy miles followed by sprint work.

Speed and quickness are essential in racquetball. Gerry says he has never been tired in a match, so he needn't worry about building more stamina. Besides, he feels that long distance running is too stressful on the body.

"By the time I get home at night, I'm too tired to even watch television."

In his position, Gerry must always keep in mind that a serious injury

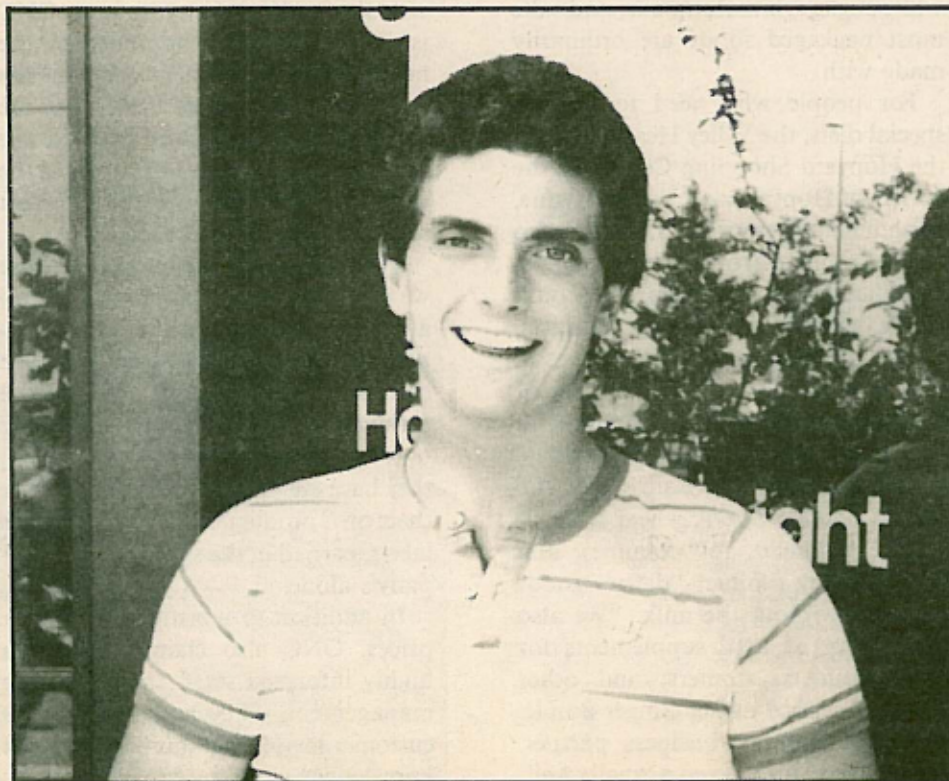
could spell disaster. This sometimes keeps him from exploring a lot of other sports he'd like to try. He does, however, recommend little escapes, such as his new hobby, waterskiing, to prevent premature burn-out. "Schoeber's (Racquetball Club in Pleasanton), is a fantastic club, but anyplace can get a little old when you're there all day, every day!", explains Gerry.

As a professional, playing in so many tournaments across the country, Gerry has the perfect opportunity to one day create the ultimate health club. "I've stored little pieces of all the clubs I've ever been to in my mind," he says. "When this is all over, I hope to open my own club."

This coming year will be a big one in the life of Gerry Price. His sponsors' (Ektelon and Nike) contracts will be up for renegotiation. Many things have changed since those agreements were first signed into effect. Gerry is a rising star in the world of racquetball. As he passes a poster of Marty Hogan, someone kids, "Someday, Gerry'll have his own poster!" Everyone laughs, but you know it will come true.

"When this is all over, I hope to open my own club."

Once you've met Gerry, you can see success written all over him. He says he is mentally tougher than a lot of his opponents, that he has "the eye of the tiger." It is plain enough to see that once he has established his goals, there is no compromise. Perhaps it would be best to summarize with Gerry's own words, when he says, "I think I'm a pretty good loser. But I know I'm a really good winner!"



Professional racquetball player, Gerry Price, takes a break from training.

Put Adventure and Excitement In Summer Planning

The Tri-Valley YMCA offers campers high adventure and excitement in mountain-resident, day, and caravan camps this summer.

Sunshine Day Camps start on Monday, June 18th, and run through August 31st, from 7:30 a.m. to 6:00 p.m.



Joanne Buzan (center) of the YMCA shows Shawn Pereira (left) and Jamie House (right) the proper way to wear a backpack.

The Y program offers an exciting, memorable day for grade school children.

Days will be filled with swimming, hiking, games, crafts, special trips to Shadow Cliffs, Lake Chabot, Alameda County Fair, professional baseball games, rollerskating, educational trips and much more.

Camps will be based at the YMCA's new Fitness and Family Activities Center at Sonoma School in Livermore with daily trips to one or more of the above activities. Departure for the day's activities will be at 9:00 a.m. with return to the center by 4:00 p.m. Pick-ups for campers in the Dublin and Pleasanton areas will be available.

Other activities offered by the Y include Sierra Backpacking, August 13th — 18th; Three-day Family Get Away, Half Moon Bay, August 10th, 11th, and 12th; and a White Water Rafting Trip.

Camp Loma Mar YMCA, set in the majestic redwoods of the Coastal Range, just 10 miles from the ocean, will also offer new and exciting experiences for campers.

"Pioneers" is an Introductory Residence Camp suggested for campers entering grades three through five.

Pioneer I runs from July 15th through July 19th and Pioneer II from August 2nd through July 7th.

"Trailblazers" is an Intermediate Residence Camp for students entering grades five through seven. Ranger I dates are July 20th — 25th; Ranger II, July 26th — August 1st; and Ranger

III, August 2nd — 7th.

"Explorers," is an Advanced Residence Camp for students entering grades six through eight and with one year previous summer camp experience, goes from July 26th — August 1st.

Family Camp will take place Labor Day weekend, September 1st — 3rd. An excellent, active, relaxing weekend for the entire family. Even mothers can enjoy the outing as cooking, dishes, clean-up and planned activities are provided.

For students in grades five through seven, wanting to acquire knowledge of the computer world, Computer Camps will be offered July 15th — 19th, (beginners only); July 20th — 25th; July 26th — August 1st; August 2nd — 7th; August 8th — 13th.

Camp curriculum is endorsed by the office of the Alameda County Superintendent of Schools and Texas Instruments. Curriculum is geared to each child's ability. Space is limited so early sign-up for the session of your choice is encouraged.

A Music Camp is offered to students entering grades five through nine, August 8th — 13th.

Students 15-16 years old may attend a Leadership Camp which offers the teenager an opportunity to improve his/her leadership skills.

Further information on the Tri-Valley YMCA, its programs and camps, may be obtained at the Tri-Valley YMCA office, 10 West Neal Street, Pleasanton, or by calling 462-0270.

In Search For A Wholesome Lifestyle

In the wake of the fitness craze, many Americans have made an effort to exercise regularly and, increasingly over the last few years, to pay more attention to what they put into their bodies. For many, "watching my diet" represents the new emphasis on whole, natural foods; a balanced diet, and being careful to take in the vitamins and minerals our bodies need. The modern American health food store plays an important role in this search for a more wholesome lifestyle.

Today, health food stores are everywhere, from huge nutrition centers in the largest cities to little corner health shops in small country towns. Here in Pleasanton there are three health food stores, all with a slightly different approach and appeal. But all have one thing in common: shelves stocked with innumerable delicacies, made without chemicals and additives and prepared with honest, whole ingredients.

At the Natural Trading Company, in the Mission Plaza on Santa Rita Road, you can find virtually everything you could possibly imagine within the realm of health food. They have dry goods, bulk goods, books about health and nutrition, vitamin supplements, and even a whole-foods snack bar. The snack bar serves delicious sandwiches and homemade soups from 9:30 a.m. to 4:30 p.m. daily.

The Trading company also has a fabulous selection of candies made without sugar. There are hard candies,

and even carob coconut clusters, which taste like a nutty, chocolaty, sugary sin, but are actually a delicious and nutritious alternative to the real thing. Many health foods seem to be following that trend. The manufacturers are producing convenience and packaged foods like potato chips, corn chips, cookies, and other snacks without the white sugar, white flour, oils, and salts most packaged foods are ordinarily made with.

For people who need to observe special diets, the Valley Health Mill, in the Hopyard Shopping Center on the corner of Hopyard and Valley Avenue, has boundless resources. This store also has a complete array of supplements, reference materials, dry and bulk goods, juices, and fresh dairy products.

They differ from the other stores in that they also carry a vast supply of items developed for the customer with special dietary needs. For the individual with food allergies there are breads and cereals made without wheat (rice or 100% rye bread, for example), and there are soy product "dairy" goods prepared without the milk. "We also carry a lot of food supplements for body builders, runners, and other athletes," says co-owner Ginger Bonde.

Ginger and her business partner, Anne Salem, try to keep a "really well-rounded supply of everything on the health food market," claims Ginger. They are confident in their store's ability to cater to many different needs. They have freshly baked whole-grain

breads, cakes, cookies and other surprises. According to Ginger and Anne, "the only thing we're missing is a snack bar, but we're really hoping to have one put in soon!"

If you're looking for a good selection of vitamins, juices, and various health foods at a low price, the General Nutrition Center at Stoneridge Mall insists they've got what you want. GNC is the big business approach to the health food industry. The company has been in business since 1936. They are the largest health food store in the country, with close to 1400 stores in the U.S., and they are the third largest retailer in the United States.

"Our prices are the lowest. Because we are such a large company, we can afford to undersell all of our competitors," claims a GNC employee. The company manufactures 90% of the products they carry. They have their own farms, nurseries, and warehouses; they have everything needed to produce their own products. Some twenty plus labels, carried in the store, are the company's alone.

In addition to boasting 10% lower prices, GNC also claims to have a highly informed staff, trained by the management. They apparently stress customer service and thorough product knowledge, as one employee states, "Our employees do a lot more than just stand behind the register, like in most stores."

This, however, was found to be true in all three stores; all can claim a well-

informed, helpful staff, although the Natural Trading Company and The Valley Health Mill did have a certain hometown feeling peculiar to them. Both of these stores have a neighborly approach, which is so often associated with the city of Pleasanton. Many of their customers return time and again to enjoy the friendly atmosphere.

Whether you're looking for a homey little nutrition shop, a low-priced homey little health shop, or a place to grab a wholesome lunch, as usual, Pleasanton's got it!

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Team Up For Transportation

a minimum.

The company provides a convenient method of transportation in a comfortable van, which saves time for its passengers. Drivers of the vans ride free through the risk-free third-party leasing plan, while riders share the expense which average \$.04 a mile.

Vanpooling is an excellent idea for those who need transportation to a common area. If you would like to know more about Rides For Bay Area Commuters, Inc., you may call (415) 861-POOL or (408) 996-POOL. The service will match you up with commuters in your area.