

# PLEASANTON Pathways

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Volume 2 Issue XVII

Pleasanton, California

September 17, 1984

*Sister City Delegates Arrive from Mexico*

## Pleasanton To Open Its Doors And Hearts

A big warm welcome to our Sister City delegates from Tulancingo, Mexico. A busy five day schedule has been planned for our friends by the Pleasanton Sister City Committee. Many of these activities will be limited due to lack of space but there are quite a few that are open to all who'd like to attend. So, check the list and call Bob Athenour at 846-3597 or Steve Noble at 846-5900, to confirm attendance.

The delegates will be arriving at the San Francisco airport at approximately 6:45 p.m., Monday, September 19 and will be met by the Pleasanton Sister City Committee. From there, they will then head for a reception in their honor at the Pleasanton Hotel at approximately 8:30 p.m. This is open to all interested persons for a nominal fee of \$4.00 per person.

Thursday, September 20 there will be an official welcome at City Hall by the City Council and staff.

Following these ceremonies, there will be a tour of the Cheese Factory, a visit to Amador High School, a special tree planting at Century House, followed by lunch hosted by the Junior



Wenceslao and Paulina Angulo and Francisco Figueras Ballesteros are three of the sister city delegates who will be visiting Pleasanton, September 19 through September 23.

Women's Club.

After lunch, the day continues with a tour of De Vor Nursery through the rose gardens, a motor tour of the city, return to the motel for a short leisure period before heading to the Chamber of Commerce Mixer at the Museum on

Main Street. From the Mixer, the group will return to the Pleasanton Hotel for a dinner hosted by the Rotary Club.

Events, this day, open to the public are the luncheon at \$5.50 per person and the mixer at \$4.00 per person.

Friday, September 21, the day will

begin with a visit to the sewage plant and transfer station. A barbecue at the Aquatic Center at 12 noon, (open to the public at \$5.00 per person), hosted by George Spiliotopolous. A tour of Amador Valley Athletic Club and a visit to Hacienda Business Park will precede a short leisure time and dinner at Haps Restaurant hosted by the Lions Club.

Saturday, September 22, begins with coffee and donuts hosted by the Pleasanton Bakery.

After serving as the Grand Marshals of the Heritage Days Parade, which begins at 10:00 a.m. down Main Street, our friends will visit the Street Fair then to a luncheon at the Villa Restaurant hosted by the Soroptomist Club. A trip to Stoneridge Shopping Center will take place before our guests are honored at the Heritage Days BBQ at the Fairgrounds hosted by the Pleasanton Chamber of Commerce. Persons interested in attending this event should make reservations by calling the Chamber at 846-5858. Cost is \$12.00 per person.

*continued on page 12*

## Hacienda Welcomes Sheraton & Velvet Turtle



Taking part in the Sheraton Hotel ground breaking were (left-to-right) Roger Gage of Prudential, Hugh Scott of GUS Enterprises and Tim O'Shea of the Velvet Turtle.

Ground has been broken at Hacienda Business Park for both the Sheraton-Pleasanton Inn, a 216 room hotel complex and a Velvet Turtle restaurant to be located at the corner of Hopyard Road and Gibraltar Drive. The complex will house hotel and meeting room facilities as well as the 17,000 square foot restaurant renowned for its Continental-style cuisine.

"We're enthusiastic about locating in the Tri-Valley area. It's a beautiful area and we consider ourselves fortunate to be a part of the quality growth pattern that Pleasanton is experiencing," stated Hugh Scott, partner in GUS Enterprises, owners and developers of the Sheraton-Pleasanton Inn. "We look forward to providing top quality service to this area."

The Sheraton complex will be a 140,118 square foot complex consisting of five two-story Monterey Spanish-style buildings with off-white stucco exteriors and tile roofs. Each building faces into a 1-1/2 acre courtyard with a 30' x 60' swimming pool with outdoor spa.

The courtyard will be landscaped with a broad array of trees and shrubbery with lawns, and will feature an extensive stream system complete with a series of waterfalls and fountains which run by all of the rooms. There

will be a smaller courtyard on the east side of the complex as well.

Room rates at the Sheraton-Pleasanton Inn will run from \$50 to \$60 a night. Each room has luxury appointments, including two telephones, one of them in the bathroom. Guest rooms on the second floor have walk-out balconies, and first floor rooms facing the courtyard have individual patios with lounge chairs. The Sheraton-Pleasanton Inn also has master hospitality suites where small gatherings or meetings can be conducted. These double-wide rooms are complete with sofas, tables, kitchenettes and wet bars.

In addition to its guest rooms, the Sheraton-Pleasanton Inn will have twelve 15' x 18' meeting rooms. They are clustered in three groups of four and can open into each other to make larger meeting rooms.

The Velvet Turtle will split 17,000 square feet between two stories. Downstairs will be a full-service dining area, kitchen, bar, lounge and entertainment area. Upstairs will be banquet and meeting facilities.

Three moderate-sized meeting rooms, each with seating for 100 persons, will be able to open into one 3300-square-foot room with seating for

*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 Steve Noble, a real estate broker in Pleasanton and a co-chairperson of Pleasanton's Sister City Committee.*

Recently there has been much excitement in Pleasanton over the establishment of our new sister city, Tulancingo, Hidalgo, Mexico. People have been asking many questions about the sister city program and its purpose. A sister city program encourages international friendship through contacts between the peoples of one country and another by formal association of their cities. *IN MY OPINION* it is much more! To those engaged in the program it is discovery, an adventure, a new dimension of self-awareness, awareness of others, and it is fun.

The sister city program is a living legacy left by the late president Dwight D. Eisenhower. He conceived the program and initiated it in 1956 as a new approach to securing peace around the world through the establishment of personal, people-to-people friendships between Americans and the people of other nations.

President Eisenhower deplored the fact that throughout history international diplomacy had failed to keep the peace and prevent war. He also lived close enough to history to know that war is bred through mistrust and lack of understanding among the peoples of the world. If the peoples of the world could get to know each other, on the basis of friendship, understanding, and mutual respect, he reasoned, the possibility of war would be greatly diminished.

**"A sister city program encourages international friendship through contact between the peoples of one country and another by formal association of their cities."**

He foresaw the people-to-people idea, fostered by a sister city program involving hundreds of thousands of people in thousands of cities throughout the world, as a massive form of citizen diplomacy that might accomplish what nations, through their own diplomatic efforts, had been unable to accomplish. The aim, simply stated, was to encourage the people of the world to become friends with each other.

When the program was first launched, 37 U.S. cities got behind the idea and found foreign cities with compatible interests to join in sister city relationships. Today more than 400 U.S.

cities are engaged with foreign cities around the world and the program is growing steadily.

**"If the peoples of the world could get to know each other, on the basis of friendship, understanding, and mutual respect, . . . the possibility of war would be greatly diminished."**

In December 1982 Bob Athenour and I met to discuss a sister city program for Pleasanton. Representatives from service clubs joined in the search for a sister city. Mexico was selected due to the proximity to Pleasanton, visitations would be easier and less expensive. Bob, during a visit to Mexico City, came upon Tulancingo. They expressed a strong desire to work on the program. On March 13, 1984, the city council of Pleasanton officially proclaimed Tulancingo and Pleasanton sister cities.

On July 31, 1984, 14 representatives of Pleasanton visited Tulancingo for the first time. Representatives of Tulancingo met us at the airport in Mexico city to take us to Tulancingo. It did not take us long to realize how lucky we are to have Tulancingo as our sister city. The people opened their city, their homes, and their hearts to us. We were treated like royalty as we toured the city. Tulancingo is a thriving Mexican city, rich in history and culture. We can learn a lot from them about the

Mexican people.

On September 19-24, representatives from Tulancingo will be visiting us. We are anxious to show them our city and to have them meet the people of Pleasanton. Please give Bob Athenour (845-3597) or me (846-5900) a call and join in the festivities.

**"It did not take us long to realize how lucky we are to have Tulancingo as our sister city. The people opened their city, their homes, and their hearts to us."**

The sister city program has just begun for Pleasanton and Tulancingo. Many, many projects can be developed between the two cities. Projects are only limited by the imagination and resources of the communities. Club affiliations, such as Lions, Rotary, Boy Scouts, Girl Scouts, Women's Clubs etc. are very important. School affiliations and student exchanges are fascinating projects for young people. Exchanges of music and art help us learn about our cultures. As you can see the list of projects are endless. Got any ideas?? Give us a call and let us know.

**Remember to join in on the excitement of their visit on September 19-24. Don't miss the Heritage Days Parade as the representatives from Tulancingo will be the grand marshals. See you there.**

— Steve Noble



Jerry Lemm, Carolann Lapham and Scott Raty of the Chamber of Commerce remind everyone to "dress" western during Heritage Days or take a chance of landing in jail. The posse will be out in full force to check on everyone. Yahoo!



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Pleasanton's hard-working Mayor, Ken Mercer.

## Personality Profile

# Mayor Puts People First

Ken Mercer and his wife Lee have lived in Pleasanton for 15 years, and for much of those years they have kept very busy with community activities. Ken is the Mayor of Pleasanton and Lee is a housewife and "vounteer extraordinaire", as Ken refers to her.

Ken is the Public Relations Manager for Pacific Bell in Contra Costa and a portion of Alameda County. He has served on the council for eight years in Pleasanton, as Vice-Mayor for three years, and Mayor a total of four years. In Pleasanton, the Mayor is appointed by the other four City Council members, rather than being elected by the public at large.

The job is demanding, sometimes requiring four or more hours of work per day, but Ken as says, "That goes with the territory. I love what I'm doing or I wouldn't be doing it!"

Fortunately Lee likes to keep busy too. She is actively involved with the Booster's Club Board, the Soccer Club Board, the St. Augustine's Women's Club Board, and many other Pleasanton causes. When the Mercers were newly married, Ken was still in college and holding down a job at the same time. "I think we got used to not seeing each other very much, right from the start!" laughs Ken.

The Mercers have two children, Shelley, 18, who attends Ohlone College and Chuck, 16, who is a student at Amador Valley High School. The Mercers were initially attracted to Pleasanton for its small town, community atmosphere, and for the fact that it seemed to be a good place to raise their family. "It still is, I think," he says. "Pleasanton is just a great place to live!"

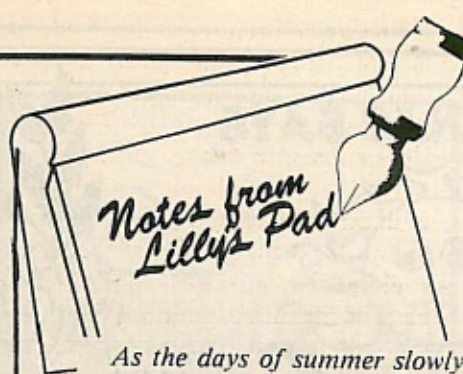
Originally, Ken's job had him working for the phone company down in San Jose. When he was transferred to Hayward, it was time to look for a new home. "We looked everywhere!" Ken remembers, "The only thing I knew about Pleasanton was that Roger Dabney lived here." Dabney, who is now Principal of Foothill High School is Shelley's godfather, and Ken's long-time friend.

The best thing about Pleasanton, according to Ken, is the people. "Pleasanton has a lot of neat people in it." The people, he claims are what make his job worthwhile. "The best thing about being the mayor is getting to meet everyone. I'm a real people person, and I really like being able to do that," he says proudly.

In his "spare" time, Ken likes to keep active. He works out at Amador Valley Athletic Club on the Nautilus equipment as well as the basketball courts. The family has a place up at Lake Berryessa, so they waterski quite a bit, although, as Ken points out, "I stick to driving the boat!"

Pleasanton's mayor is also an avid baseball fan and has been playing in Pleasanton leagues since 1969. This year, he also played in a Dublin league. His son, Chuck is the real athlete in the family so a lot of the Mercers time is spent following Chuck around from game to game.

Unlike many people, Ken Mercer doesn't want for very much. "I love my job, my home, my life; I don't think there's anything I'd really want to change," he claims, "and I love what I'm doing. I want to just keep things going along the way they are!"



As the days of summer slowly come to an end and we approach the crispness of fall, I look back over the past few months and feel a happy warm glow from the good summer I enjoyed.

It was a busy summer, and one filled with activity that is the stuff of lifelong memories. It also was a summer in which I entered another "passage" of my life.

The marriage of our oldest child, Doug, took place in July. It was a small, beautiful garden wedding held on one of the hottest days of the year. He married a very attractive young lady named Susan who has a darling little daughter, Melanie. So, in a matter of a few minutes I became a mother-in-law and a grandmother!

Susan is a unique and wonderful example of her generation. She's an excellent home maker, mother and she holds down a full time job with Western Airlines.

Melanie is one of the cutest little girls you would ever want to meet. She is Miss Personality Plus and as sharp as a tack. Unfortunately, I can't take the credit for this production, but we love and enjoy her very much.

My trip back to Ohio in August after an absence of 15 years renewed old memories and gave me some new ones. Visiting with the family and classmates that I had not seen since high school graduation was a warm experience.

Another very warm, once-in-a-lifetime experience was my trip to Pleasanton's Sister City, Tulancingo, Mexico. This experience add-

ed an entirely new dimension to my life.

Going to another country, meeting people you never knew, and walking away with one of the richest and heart-warming experiences I have ever encountered, is difficult to put into words.

I learned an awful lot in a very short period of time. Priority plays an important part in all of our lives, and now I feel my priority list has changed. It now includes more time for "loving thy neighbor" and less time spent in pursuit of the materialistic things that too many of us put as top priority.

I do not speak any Spanish so my communication with our Sister City friends was through an interpreter. Because I feel a lot is lost when this happens, I have already taken steps to learn Spanish.

One language I found was understood by all is a friendly smile, a wave of the hand, and a warm, friendly embrace.

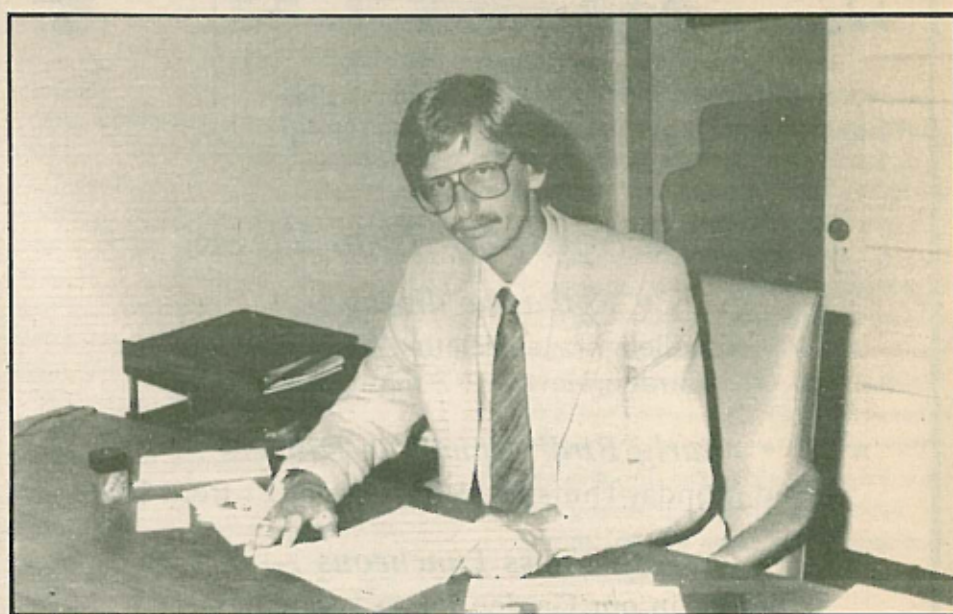
Paulina Guncedo de Angulo was by my side constantly as my interpreter. She is a delight. As time went on she became more than an interpreter. She became a good friend.

During our days together we found we shared a lot in common. Our morals, thoughts, and beliefs are very much the same. She and her husband and children own and operate a very successful restaurant in Tulancingo.

I'm eagerly awaiting the visit from the delegates from Tulancingo and another visit with Paulina and her husband.

I strongly recommend that everyone make an attempt to meet these fine people during one of the many activities during Heritage Days. You'll never regret you took the time.

Welcome Sister City friends and Happy Heritage to all.



Chamber Executive Scott L. Raty

## Chamber Names New Exec.

The Selection Committee of the Pleasanton Chamber of Commerce has chosen Scott L. Raty as the new executive manager of the Chamber.

The seven-year Pleasanton resident was formerly employed with Singer Career Systems of San Jose as employment manager.

Responsibilities for the 30 year-old at Singer included student recruitment, motivation and counseling, career guidance, administering the depart-

ment's budget, public relations, and many other related duties.

Scott graduated from San Ramon High School in 1971 and was recreation co-ordinator for the San Ramon Valley Schools during the summers of 1975 through 1977.

He is a graduate of San Jose State University with a B.A. in liberal studies, and received his multiple subject teaching credential in 1976.

## Golf Tourney & Awards Banquet

The Foundation Board of Directors of Valley Memorial Hospital is sponsoring an Autumn Tourney Awards Dinner on Wednesday, September 19, at 5:00 p.m. at the airport parking apron adjacent to the Las Positas Golf Course in Livermore.

The dinner is open to the public, including families, and follows the golf tournament held on the same

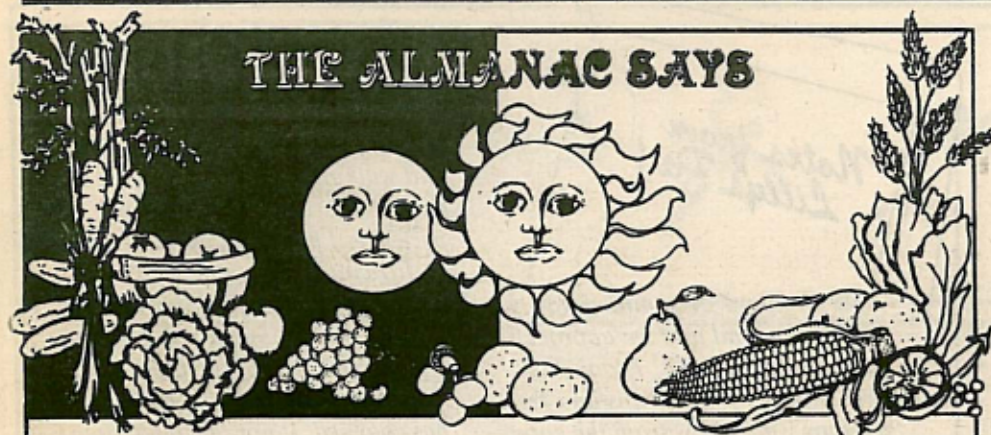
date.

Tickets at \$10.00 single, \$18.00 per couple and \$5.00 for children (under 12) are available by calling the Foundation office at 447-7000, ext. 281.

Further information and entry forms for the golf tournament are obtainable by calling Bill Parness, Foundation Chief Executive officer at 447-7000, ext. 281.



## THE ALMANAC SAYS



The other day, somebody told me that they loved me "a bushel and peck." Is that a lot? Here for all of us who've forgotten what is what here is a:

## TABLE OF MEASURES

## DRY MEASURE

2 pints = 1 quart  
4 quarts = 1 gallon  
2 gallons = 1 peck  
4 pecks = 1 bushel

## LIQUID MEASURE

4 gills = 1 pint  
2 pints = 1 quart  
4 quarts = 1 gallon  
63 gallons = 1 hogshead  
2 hogsheads = 1 pipe or butt  
2 pipes = 1 tun

## LINEAR MEASURE

1 foot = 12 inches  
1 yard = 3 feet  
1 rod = 5 1/2 yards  
1 mile = 320 rods = 1760 yards = 5280 feet  
1 Int. nautical mile = 6076.1155 feet  
1 knot = 1 nautical mile per hour  
1 furlong = 1/8 mile = 660 feet = 220 yards  
1 league = 3 miles = 24 furlongs  
1 fathom = 2 yards = 6 feet  
1 chain = 100 links = 22 yards  
1 link = 7.92 inches  
1 hand = 4 inches  
1 span = 9 inches

## SQUARE MEASURE

1 square foot = 144 square inches  
1 square yard = 9 square feet  
1 square rod = 30 1/4 square yards = 272 1/4 square feet

1 acre = 160 square rods = 43,560 square feet

1 square mile = 640 acres = 102,400 square rods

1 square rod = 625 square links  
1 square chain = 16 square rods  
1 acre = 10 square chains

## HOUSEHOLD MEASURES

120 drops water = 1 teaspoon  
60 drops thick fluid = 1 teaspoon  
2 teaspoons = 1 dessertspoon  
3 teaspoons = 1 tablespoon  
16 tablespoons = 1 cup  
2 cups = 1 pint  
2 pints = 1 quart  
4 quarts = 1 gallon  
3 tablespoons flour = 1 ounce  
2 tablespoons butter = 1 ounce  
3 teaspoons soda = 1 ounce  
4 teaspoons baking powder = 1/2 ounce  
2 cups granulated sugar = 1 pound  
3 1/4 cups confectioners' sugar = 1 pound  
3 1/2 cups wheat flour = 1 pound  
5 1/2 cups dry coffee = 1 pound  
6 1/2 cups dry tea = 1 pound  
2 cups shortening = 1 pound  
1 stick butter = 1/2 cup  
2 cups cornmeal = 1 pound  
2 1/4 cups brown sugar = 1 pound  
2 1/4 cups raisins = 1 pound  
9 eggs = 1 pound  
1 ounce yeast = 1 scant tablespoon

## Helping Mothers Cope With Loss

"Many of us eventually accept the realization that our parents, our spouses, and even we, will most certainly die", states Clare Furrer, "However, the possibility of losing a child is often never even considered." T.L.C., which stands for Together Let's Cope, is an organization for mothers faced with the tragedy of losing a son or a daughter.

Clare, and four other mothers who had lost children started the group unofficially some five years ago, after Clare's son, Mark, was killed in an automobile accident. "We realized that we all really needed someone to talk to and mostly, someone to listen," she says.

The women started getting together as a means of support for one another. The group, now grown to eight to ten women, meet once a month at the Community Center at Hacienda Business Park. "We used to meet at each others' homes, but since Hacienda donated their facilities, it's a lot more convenient, especially for the women who come from out-of-town," Clare explains.

The original five women are not all still with T.L.C., but three of them remain, as they still feel a need to meet with others who have shared their experience. "Also, someone was there for us when we were really in need, so we want to reciprocate and be there for others in their time of need," she says.

"I think one of the only reasons I made it through was because of T.L.C.," says Clare. "That, my faith, and this community helped me through the worst part." Members of their church made meals for the family for weeks following Mark's accident. "The town was more than supportive, everytime I turned around. Their kindness was unbelievable," she praises. A scholarship at Amador High School was

established in memory of Mark, and "the people were so generous, it made us very proud." Winner of this year's Mark Furrer Memorial Scholarship was Bryan Fong.

"One of the first questions a bereaved mother will ask is, 'when will it stop hurting?'" Clare says. "The truth is it never does. The old adage, 'Time heals all wounds' does apply however, in that there are times, still, when the pain is very acute, and I'm sure it always will be. You never really recover from something like that, but at least the bad moments become less frequent, with time," she says.

The most important thing, Clare feels, is to "share your grief, don't try to protect one another. The family should express their feelings with one another." Unfortunately, sometimes families are unable to do so. T.L.C. is especially helpful to such people.

If you know someone who has lost a child, the most important thing to remember is "not to avoid them, and especially don't say 'call me if you need me,'" Clare advises, "If someone is hurting, they're not going to call you, you need to take the initiative and call them, go over and spend a little time with them or tell them you want to take them out."

Many outsiders are uncertain of the situation. Their own fear of saying or doing the wrong thing causes them to actually ignore someone just when they need them the most. "They'd rather have you there, and say something wrong, than not have you there at all!" says Clare.

If you, or someone you know would like to become involved with Together Let's Cope, you may call Clare Furrer at 846-0469. Husbands are also invited when there is a guest speaker or special event planned.

## "Godspell" To Open In Pleasanton

"Godspell" a musical play under the direction of Robert Sorbera, assisted by musical director and former Amador High graduate, Nick D. Scala will open at Amador High School auditorium on October 6. Other performances will take place on October 7, 12, 13, 14, 19 and 20.

The following performers were selected following local auditions: Tracy Baldwin, Lisa Beddow, Jennifer Bennet, John Clark, Paul Heijn, Kent Matcke, James Mumper, David Nagel, Kathleen Robinson and Lisa Saag. Rehearsals are already under way for

this uplifting, energetic musical based on the Gospel according to St. Matthew.

Anyone interested in helping behind the scenes is asked to contact Bob or Renee Lewis at 846-1945.

The production is under the sponsorship of the Pleasanton Recreation Department in conjunction with Pleasanton Playhouse.

## Chabot College Plant Courses Offered

Chabot College Valley Campus is offering home gardeners and houseplant enthusiasts horticulture classes on Monday and Wednesday at 7:00 p.m.

Horticulture 62, is designed for the person who wants to know how and why their plants grow and how to water the various varieties. The class will also offer plant identifications and greenhouse design and construction.

Floriculture will include three field trips to area greenhouses, including one Saturday outing to an orchid grower in San Francisco.

Instructor of the class is Ron Liljedahl.

## FOUR PART HARMONY IS SWEET

The Shamrock Valley chapter of Sweet Adelines, Inc. meets in the music room at Amador High School, 1155 Santa Rita Road, Pleasanton, Mondays, from 7:30 p.m. until 10:30 p.m.

Any woman interested in learning and singing four part barbershop harmony is invited to join.

For further information, call Pat at 462-4579 or Sandy at 828-1654 or 828-1515.



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## "Pet Of The Month"



Pacquette's pups, Lady (left) and Precious.

September's pets of the month are two little "shop-dogs", Lady and Precious. These two canine delights are owned by Jack and Rachel Sykes, who own Pacquette's Cyclery in Mission Plaza.

Lady is an eight year old Poodle, Dachshund, and Terrier mix. She is also the mother of Precious, who is all of those things plus a bit of Lhasa Apso, as well.

The Sykes have owned Paquette's for about six and a half years now, and Precious has been a part of the shop from the time she was four weeks old. Now two, "all of the kids know Precious", says Rachel Sykes.

Precious greets customers at the door with a wag, and the cyclery wouldn't be the same without her. When her puppies were 4 days old they were brought into the shop, along with their mother, and spent their days there until being taken into various homes of their own.

At the Sykes' house, there are also three cats. Precious has her "own" cat, "Boots". Rachel says she "plays with Boots all the time, and she gets jealous when someone comes between them!"

If you have a "Pet of the Month" candidate, please let us know! Contact Pathways at 463-2750 or write to P.O. Box 38, Pleasanton, California 94566.



Now it can be told! Muriel Capilla is an excellent cook! Yet, she had never even cooked an actual meal until one night on her honeymoon. The Capillas were staying at a cabin in the Santa Cruz mountains, and Muriel made spaghetti for dinner. "And I actually burned it!" she laughs.

Muriel has come a long way since that night in Santa Cruz. She doesn't burn spaghetti anymore and her cooking abilities extend to all kinds of foods, especially ethnic dishes like Chinese, Italian, and Mexican. She also has quite a way with desserts.

Frank, Muriel's husband of 24 years, owns Can-Am Plumbing here in Pleasanton and is currently serving as President of the Chamber of Commerce. As a member of the Sister City Committee, Frank recently called upon Muriel to host several of the Committee Meetings at their home.

"They were in the evenings so I just made coffee and dessert" says Muriel. The Sister City Committee Meetings were the very reason Muriel's culinary prowess was brought to our attention. Her scrumptious desserts, including the recipe included for "Politician's Dessert", were the rave of the meetings.

Muriel doesn't cook as often as she used to, since "we always seem to be running in and out of the door!" Muriel keeps busy with several volunteer projects and currently she is active in the Excell campaign and the Alameda County Art Commission.

The Capillas have three children. Ron, 22, and Mike, 19, are both away at college, and Erin, 14, will be a freshman at Foothill High School this year. "Without the whole family around, I just don't cook as much now", she explains. "Before, every meal was a big production; you know, the salad, the entree, desserts, everything!"

Although Muriel needn't make dessert every night now, she's still quite a chef. Fortunately for Pathways' readers, she's agreed to share two of her recipes with us. The aforementioned Politician's Dessert is out of an old gold country cookbook and is somewhat casual. The second recipe, is more formal and elegant.

### PUMPKIN CHEESECAKE

- 1 Graham Cracker Crust
- 3 packages (3 ozs. each) cream cheese, softened
- 1 cup light brown sugar
- 1/2 cup granulated sugar
- 5 eggs
- 1 can (1 lb.) pumpkin puree
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/4 cup heavy cream
- Caramel Walnuts

In electric mixer, beat cream cheese until smooth at medium speed. Add sugars gradually. Add eggs, one at a time, beating well after each addition. Beat in pumpkin, spices and heavy cream at lower speed. Pour into buttered 9-inch springform pan lined with Graham Cracker Crust. Bake in a 325° degree oven for 1 hour and 35 minutes. Turn off oven and allow cheesecake to remain in oven with door closed for 30 minutes longer. Remove cake form oven, decorate top with Caramel Walnuts, and cool on wire rack. Chill several hours or overnight. Makes 12 servings.

### GRAHAM CRACKER CRUST

- 3/4 cup graham cracker crumbs
- 1/4 cup crushed ginger snaps
- 1/4 cup granulated sugar
- 4 tablespoons melted butter

Combine ingredients well and line bottom of a buttered 9-inch springform pan. Chill briefly before filling.

### CARAMEL WALNUTS

- 1 cup perfect walnut halves
- 4 tablespoons butter
- 3/4 cup light brown sugar

Heat butter and sugar slowly in small skillet. Let the mixture bubble until thick and syrupy. Do not let it burn. Add walnuts and toss for several minutes until well coated.

### POLITICIAN'S DESSERT

Mix together 1 cup flour, 1 cube butter and 1/2 cup walnuts, chopped fine. Press on bottom of 9 x 13 inch pan. Bake at 350° degrees for 10 or 15 minutes. Meanwhile mix 1-8 oz. package cream cheese with 1 cup powdered sugar until light. Then fold in 1 large carton cool whip. Pour on cooled crust. Combine 2 small packages instant chocolate pudding\* with 2-1/2 cups milk. Pour over cream cheese mixture. When set, top with 1 small carton cool whip sprinkled with 1 cup toasted coconut. Refrigerate, or freeze, can be made up a couple of days ahead of time.

\*any instant flavored pudding may be substituted

## BACK PAIN?

7 OUT OF 10 AMERICANS HAVE IT.

Growing Numbers Are Doing Something About It. Are You?



## FREE SPINAL EXAMINATION

### Danger Signals of Pinched Nerves:

- HEADACHES, DIZZINESS
- NECKPAIN & STIFFNESS
- ARM & SHOULDER PAIN
- MUSCLE SPASMS
- BACKACHES
- NUMBNESS — HANDS & FEET
- NERVOUSNESS
- HIP & LEG PAIN

Why FREE? Thousands of area residents have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem that could be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

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CHIROPRACTOR

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## Fashion & Fitness Workshop

The Amador Valley Athletic Club will present a Fashion and Fitness Workshop for teenagers on Saturday, September 22, from 9:30 a.m. to 3:00 p.m.

The day's activities will include a special aerobic workout, diet seminar, health and beauty fair, luncheon-fashion show, break dance exhibition, fashion and modeling clinic and a complete teen makeover.

The events will be conducted by local health and beauty professionals such as Janai White of Contempo Casuals, Dorie Barnhart of the Dorie Modeling Agency, Rin Hartwig, R.D. M.S., and Sharon McPherson.

Registration material and a schedule of events is available by calling AVAC at 846-5347, ext. 14. The workshop fee is \$20.00, which includes lunch and free gifts.



# Behind Bars At Pleasanton's Federal Prison

Charles Turnbo has been the Warden at the Federal Correction Institution in Pleasanton for the last six years. He was there when the prison was strictly for female prisoners and when Patti Hearst was its most famous "guest." And he was part of the changes which occurred in 1980, making the facility a co-ed high security prison.

The prison was actually built in 1974 as a Federal Youth Center. It was to be used for inmates between the ages of 18 and 28. However, in 1977, the Federal Prison System found that it had too many females to place in their other facilities. So Pleasanton became, and still is, the major center for federal female prisoners west of the Mississippi.

"By 1980 however, women prisoners in the federal prison system had dropped to the point where we had space, so they made the decision to take men into (Pleasanton) who could not be placed into other institutions for various reasons," says Turnbo.

Of the inmate population of approximately 490, two thirds are female and one third is male. "The males who come here are screened pretty carefully," Turnbo says, "Most of the men are here because they are 'protection' cases or are weak, timid, or homosexual."

The prison is like a city within a city. "My job is comparable to that of a city manager, or a C.E.O. or President of a large company," explains Turnbo. "I'm in charge of everything that happens, good and bad, within these walls. I'm also responsible for communication with the outside world."

Turnbo has been an employee with the Federal Prison System for 15 years.



Warden Turnbo on the job at Pleasanton's Federal Correction Center.

A native of Wichita Falls, Texas, he first became involved in the system while completing a graduate internship program while a psychology major at North Texas State University.

His internship program was with the Dallas County Juvenile Department. After a brief stint in the Air Force as a "flying hospital" paramedic, and four years as a probation officer, Turnbo eventually returned to the prison system, and is now a career employee.

With a Master's degree in Psychiatric Social Work, Turnbo has made his way up through the ranks of Federal Prison employ, as all Wardens must do. His first California assignment was at Lompoc, near Santa Barbara, where

the family actually lived on prison grounds, and had prisoners working around their home.

Charles' wife, Reggie, has been "exceptionally supportive" of him through the years, he says. "She's been very accepting of our way of life and has always been willing to move around with me; she's been just super!" The Turnbos have three children, Scott, 20, who lives with his wife in Dallas; Jeff, 16, and Cyndi, 14, are both students at Foothill High School. The Turnbos "love Pleasanton" states Turnbo. "It is a gorgeous place to live and a fantastic place to work."

As an amateur geneologist, Turnbo has written several geneology books,

and is fascinated by family histories, although he hasn't been spending much time on that particular hobby recently. He also loves to ride motorcycles and he walks three to five miles per day for exercise and for "therapy."

He admits that there is a certain tension one feels when entering the institution. "I've been with the federal prison system for 15 years now, and I still feel different when I'm inside of that gate." "You're in a place where people are captive, and you can't help but feel the pressure. But it's one of the first things you have to learn to work with. It's challenging, really."

A sense of danger is always present, too. But while working at the Dallas Juvenile Department, he learned an important lesson. He recalls the time. "I was attacked by a group of inmates, and another group of inmates came to my rescue. It really changed my attitude about prisoners. I realized that they were just like people on the street: there are the good and the bad, the violent and the non-violent, the trustworthy and the untrustworthy. Everyone is different."

Charles Turnbo is a man who is very devoted to his work; he works 60 hours in an average week. He spends much of his day dealing directly with the prisoners. Although he says, "Our first duty is to protect society", it is easy to see, as the Warden travels across the grounds greeting various inmates and staff, that he really cares. One young female prisoner, facing a lifetime sentence said, and Charles agrees, "In here, you just have to take things one day at a time."

## Cancer Society Needs Transport Coordinators

The Alameda Unit of the American Cancer Society is looking for volunteers to serve as transportation coordinators. The coordinators arrange transportation for cancer patients with volunteer drivers to and from medical appointments.

This volunteer position involves screening calls from patients, taking general information and referring patients to the drivers. Volunteers need to be sensitive to the patients, com-

municate easily on the phone and be dependable.

Time involved depends on the volunteer's schedule.

Volunteers are also needed for drivers.

For more information about being a volunteer Transportation Coordinator or other volunteer opportunities with the American Cancer Society, call the Alameda Unit at 832-7012.



New elected officers of the Pleasanton Newcomers Club are (left-to-right) Kay Daniels, second vice-president, Linda Kerby, president, Diana Mendenhall, Treasurer, Lynne Abercrombie, retiring president and Nancy Thorne, first vice-president.

## Network Officers Elected

Business Women's Network has selected the following persons to serve as their officers for the following year: Janice A. Tomczak, president; Cathy Zupan, first vice-president, Mary Amlong, second vice-president and Al

Hornsby, treasurer.

Meetings of the club are held on the first Wednesday of the month.

Further information about the organization is available by calling 846-2191.

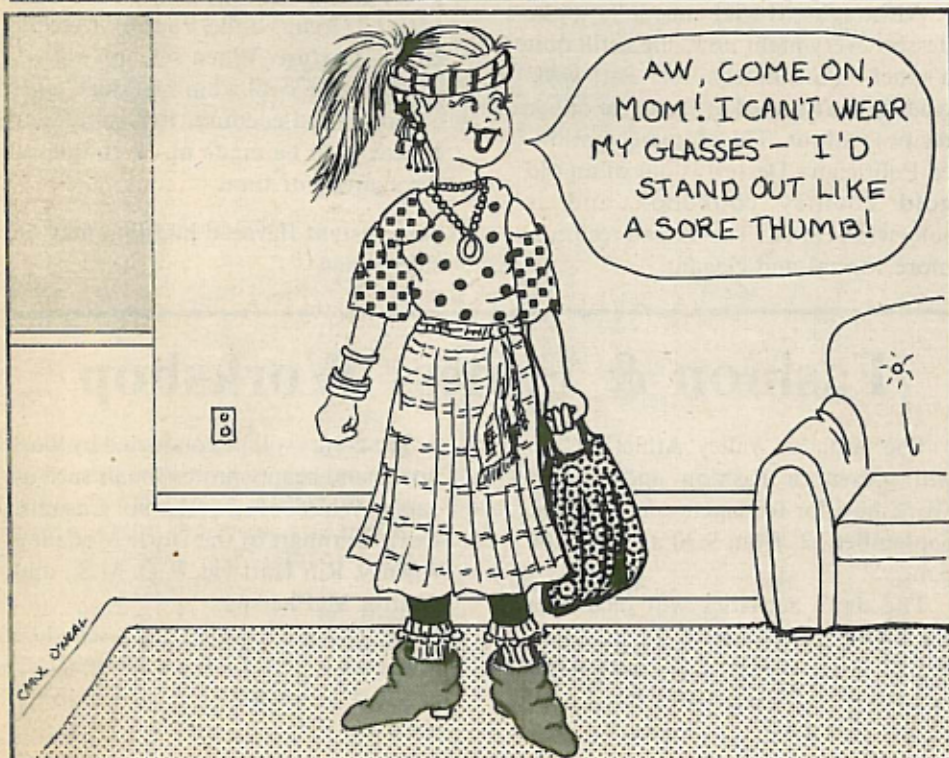
## Choosing Child Care Wisely

Resources for Family Development (R.F.D.) is offering a new service to all Valley families. A packet with information needed when choosing child care is available to parents by calling 455-5111 or dropping by the R.F.D. office at 1520 Catalina Ct., Livermore.

The packet, prepared by R.F.D. staff, includes basic information on child

care centers, family child care homes, in-home and shared care, as well as how to select quality child care.

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





# SUNOL SYS TEMS



Gathering at the Open House are (left-to-right) Mike Saunders, Buyer; Jesse Velasquez, Director of Manufacturing, and Denise Barker, Administrative Assistant Manufacturing.

Pleasanton-based Sunol Systems, Inc., held their official Grand Opening on September 6th in their new offices located in Pleasanton Valley Business Park. The open house featured champagne and wine, hors d'oeuvres and a harpist. Heaven!!

Sunol Systems was founded in February of 1983 by Dr. Robert McCullough and Mr. Bob Lindgren. The company manufactures a universal mass storage disk device for micro-computers. They deal directly with distributors, and 50% of their sales are exported out of the United States. They now export to 26 countries from right here in Pleasanton!

Sunol Systems previously was located on Serpentine Lane. The new headquarters are across the street from the Serpentine office at 1187 Quarry Lane.



Pictured at the reception (left-to-right) are Bob Lindgren, President of Sunol Systems, with corporate attorneys Gene Morosoli, Bill Zisko, and Tim Tomlinson.



Pat Kelly, of Kelly Communications (left), talks shop with Dr. Bob McCullough, Chairman of the Board, Sunol Systems, Inc.



The guests at the Grand Opening were entertained with the heavenly music of harpist Benita Heaton.



a bit  
of trivia

By Ben Fernandez

As reported in the last issue, the 5th Annual Kings X Trivia Tournament will be held on September 29 & 30 at 4201 Piedmont Avenue in Oakland. Anyone who would like to watch one of these momentous affairs in person can attend free of charge. There may be even questions for the audience and nominal prizes. Anyone interested in playing on a team can call King's X at 653-4200.

1. Humprey Bogart's last movie was "The Harder They Fall" it told the fictional story of a real-life heavyweight champion. Who was the champion upon whom the movie was based?
2. When the NBC telecast of a 1968 game between the Raiders and Jets was interrupted by TV show "Heidi," the Raiders scored two touchdowns. Who were the two Raiders' scorers?
3. What was Hoss Cartright's real first name on "Bonanza"?

4. Farrah Fawcett got her start selling shaving lather on television. For what brand?
5. Who sang the title song for the James Bond movie "For Your Eyes Only"?
6. What was the name of the college in "National Lampoon's Animal House"?
7. What Oakland A's player hit a homerun to win the 5th and final game of the 1974 World Series against the Dodgers?
8. Whenever Bullwinkle the Moose put on a certain hat, he became brilliant. What was the name given to the hat?
9. Who was the black student who walked onto the University of Mississippi in 1962 to desegregate the University once and for all?
10. What musical instrument did Jimmy Dorsey play?

Answers Below

## Deluxe Tour of Wine Country

The Tri-Valley League of the American Cancer Society will offer an eight-hour excursion into the wine country as guests of Sonoma Vineyards, on Saturday, October 13.

A deluxe tour bus will leave Hacienda Business Park at Chabot Center at 9:30 a.m., returning to the parking lot at approximately 6:00 p.m.

A champagne lunch will be held at Piper-Sonoma's Cafe du Chai.

Guided tours will be made of Piper-Sonoma cellars, and Sonoma-Windsor winery and vineyards, a visit to the Sonoma-Windsor tasting room with a chance to buy wine at the reduced tour price.

A dessert and house tour will be conducted at Toad Hall, the 100-year old, million dollar Victorian estate of Kenneth Kevit, chairman of the board of Sonoma Vineyards.

Reservations for the tour at \$37.50 per person should be made by October 1, with Jill Fletcher, 10 Castlewood Drive, Pleasanton, CA 94566. Checks should be made payable to Tri-Valley

League or American Cancer Society. Further questions regarding the tour may be directed to Jill at 846-4204.

## PCAC Calendar

The Pleasanton Cultural Arts Council will be selling 1985 Heritage Calendars beginning with the Heritage Days Celebration Street Fair on September 22 and 23.

The calendar, featuring frameable drawings of heritage buildings in Pleasanton by 13 well-known area artists, will sell for \$7.00.

At the conclusion of the Street Fair the calendars will be sold at various downtown locations.

A major portion of the proceeds for the sales will be used for the renovation of the Amador High School Auditorium into a performing arts center for students as well as community uses.

Further information and group orders can be obtained by calling Phylliss Wentworth at 846-4306.

## CHIROPRACTIC OUTLOOK

## ALL-DAY SITTERS

People who sit at desks all day are just as susceptible to back problems as those in more strenuous occupations. What can you do about it?

\*\*Check your posture. Slouching flattens out the natural spinal curves and puts undue pressure on the base of the spine. Crossing legs tends to twist the spine, and sitting on a hip-pocket wallet throws the back off completely.

\*\*Talking on the phone may strain the back and neck; from time to time, switch the side of the desk your phone is on—ditto

the pad you may be typing from.

\*\*Use chairs with lumbar supports or back-support cushions. Or simply fold a towel and slip it in behind your lower back.

\*\*Get up and walk periodically, or just stretch.

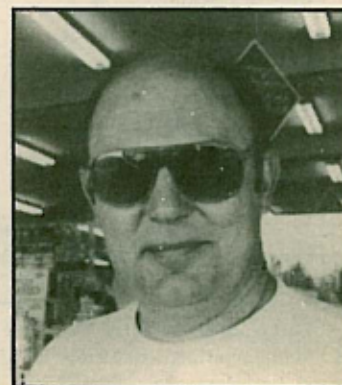
Presented as a service to the community by

Dr. Raymond Serafin,  
Chiropractor  
60 Mission Drive  
Pleasanton, CA 94566  
(415) 846-4732

On The Street:  
"What Bad Habit Do You  
Have That You Would  
Like To Change?"

**Cindy Worman** —  
Pleasanton Housewife — "Nagging. I nag too much at my husband and my kids."

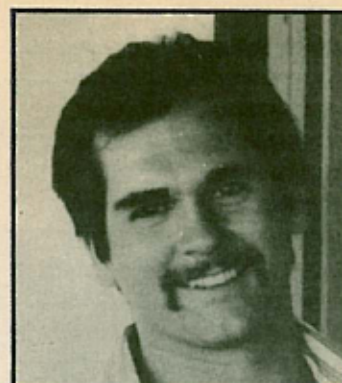
**Jim Mueller** — A & P  
Mechanic, United Airlines —  
"That's a tough question, I don't have any really bad habits. I probably swear too much. I think I use a little profanity too much, especially around my three teenaged kids."



**Nancy Harding** —  
Pleasanton Resident — "I should exercise a lot more and eat a lot less."



**Ken Altman** — route  
salesman for Coca Cola — "I need to stop going out with the boys and drinking Long Island Ice Teas after work!"



**Annette Bearden** —  
Nurse — "Being late. I'm always late."



**Mike Podesta** — PSA  
employee — "I have a lot of bad habits! But I know I need to eat a lot less ice cream, it makes me fat."



## Trivia Answers

- |                                          |                      |
|------------------------------------------|----------------------|
| 1. Primo Carnera                         | 6. Faber             |
| 2. Charlie Smith & Preston<br>Ridlehuber | 7. Joe Rudi          |
| 3. Eric                                  | 8. The Kurwood Derby |
| 4. Noxema                                | 9. James Meredith    |
| 5. Sheena Easton                         | 10. Saxophone        |



## Heritage Days Calendar

### Thursday, September 20th

Chamber of Commerce Mixer — Beard and Moustache Contest judging, Old Town Hall Museum, 603 Main Street, 5:30 — 7:30 p.m.

**SISTER CITY TULANCINGO DELEGATES GUESTS OF HONOR.**

### Friday, September 21st

Concert in the Park; Marie Cochran Western Show — Lion's Club, Wayside Park, 6-7 p.m. Free. Sponsored by Pleasanton Downtown Assoc.

Amador Center Winetasting, 7:30 — 8:00 p.m.

Amador Center Twilight Dance. 8 p.m. to midnight. Music by "Misty Blue" Food, prizes. Sponsored by Amador Merchants Association.

### Saturday, September 22nd

Heritage Days Parade, Main Street, 10 a.m. Sister City Tulancingo Delegates Grand Marshals. Co-sponsored by Chamber of Commerce and Pleasanton Jaycees.

Street Fair, Main Street, 10 a.m. to 5 p.m. Sponsored by Pleasanton Art League.

4-H Country Fair, Amador Savings and Loan parking lot, 10 a.m. — 5 p.m. Crafts, games, food booths, petting zoo, dunking booth. Pony rides until 3 p.m. Sponsored by local 4-H Clubs.

Winetasting, Veterans Memorial Building. Seven wineries participating. Wine, food, entertainment, noon to 5 p.m. Sponsored by V.I.P. Club (senior citizens).

Noon to 5 p.m., live entertainment. Community First National Bank, Hacienda del Sol Restaurant, Amador Valley Savings & Loan, Veteran's Memorial Building.

Barbecue and Dance, Amador Pavillion, Alameda County Fairgrounds, 6:30 p.m., no host bar, dinner, dancing. Sponsored by Pleasanton Chamber of Commerce.

Club 294, "Fashion on The Go and Luncheon Is Served" 12:00 noon - Alisal Masonic temple, 3370 Hopyard Road. Tickets: adults \$4.50, children (11 and under) \$3.00, call Sharon Kellogg, 462-1554.

### Sunday, September 23rd

Heritage Home Tour, featuring a tour of vintage homes and new homes in Old Town. Tickets are \$5.00 per person and available at the Chamber of Commerce office.

Pancake Breakfast — Amador Valley Savings & Loan parking lot, 8-11 a.m. Sponsored by Pleasanton Lion's Club.

Street Fair, Main Street, 10 a.m. to 5 p.m. Sponsored by Pleasanton Art League.

4-H Country Fair — Amador Valley Savings and Loan parking lot, 10 a.m. to 5 p.m. Sponsored by local 4-H Clubs.

Winetasting, Veterans Memorial Building, noon to 5 p.m. Sponsored by V.I.P. Club (senior citizens).

Special entertainment, Veteran's Memorial Building, noon to 5 p.m.

Concert by Pleasanton Community Band, Hacienda del Sol, 625 Main Street.

### Monday, September 24th

Widowed Men & Women of Northern California meeting, 7:30 p.m. in the Community Room, Hacienda Business Park. For further information call Jim Chester, after 6:00 p.m., at 846-7076.

Grandma and Grandpa Contest, 12:30 p.m., Veteran's Hall, Main Street. Sponsored by V.I.P.'s of Pleasanton.

### Tuesday, September 25th

Chamber of Commerce Luncheon, 12:00 noon, Castlewood Country Club. Guest speaker, Business Economist, Joseph Wahed. Reservations required. Call 846-5858.

### Thursday, September 27th

American Business Women's Association Fall Enrollment Event, 7:00 p.m. Community Room, Hacienda Business Park, 4637 Chabot Drive. Membership open to all working women. For information call Deanna Murdock, 462-2592 or 828-5882.

### Sunday, September 30th

Wine country tour. Leave Hacienda Business Park 10:00 a.m. For reservations call Cody Dudley, 449-5017, Widowed Men and Women of Northern California.

## Bingo Is The Name Of The Game

If you are a bingo bug, the Amador Valley Joint Union High School District can satisfy your needs while helping to raise funds for local schools.

On Monday's Valley View School, bingo begins at 6:45 p.m. at 480 Adams Way. Proceeds here benefit the Parent-Teacher Association in funding school programs and projects.

On Tuesdays, from 7:00-11:00 p.m., join bingo friends at Foothill High School, 4375 Foothill Road; Wednesday's bingo begins at 7:00 p.m. at Amador Valley High School and on Thursday, Dublin High School offers "early bird" bingo beginning at 6:00 p.m.

These year-round bingo games are sponsored by the Parent Band Booster groups and proceeds go toward student

musicians for competition throughout Northern California. Boosters also fund new or replacement uniforms, instrument repair or replacement, and supplemental instrumental supplies.

## Miss Tri-Valley Needed

Entry applications for the 1985 Miss Tri-Valley and 1985 Miss Pleasanton pageant are available by calling 462-9299 or 846-6457.

The event is scheduled for Sunday, September 23, at California High School. Special guest, Miss Alameda 1984, Janine Shafer, will crown the winners of the pageant.

Sponsor and director is Charlotte Muller of Jacque's Modeling School.

## BACK-TO-SCHOOL NIGHTS

It may be a little difficult to believe, but school is back in session and everyone is invited for a Back-to-School night visit.

In Amador and Pleasanton school districts, the dates and times are as follows:

Alisal	September 19	7:15 p.m.
Dublin High	September 25	7:30 p.m.
Foothill High	September 26	7:00 p.m.
Vintage Hills	September 26	7:00 p.m.
Fairlands	September 27	7:30 p.m.
Valley View	September 27	7:00 p.m.
Harvest Park	October 4	7:30 p.m.
Amador High	October 17	7:00 p.m.

### Walnut Grove:

Team Kindergarten	September 12	7:30 p.m.
Grades 1, 2 & 3	September 27	7:00 p.m.
Grades 4 & 5	September 27	7:45 p.m.
Program 6	September 13	7:00 p.m.

## CLASSIFIEDS

### FOR SALE

'78 Cutlass Supreme Brougham — air, tilt wheel, reclining passenger seat, AM-FM stereo cassette, new tires and battery, high miles — \$3400 or offer, call 846-9582.

'75 Volkswagen Scirocco — clean interior, AM-FM, air, 4-speed, runs well, one owner — \$2000, call Cynthia 846-8156.

Black '81 Mazda RX7 — model GS, Sunroof, air conditioning, AM-FM stereo — \$8,499 or offer, call 846-5530.

'79 GMC — 3/4 ton 4 wheel drive pickup, with camper, excellent cond. 39,000 miles — \$7900 — Cabover camper, heater, stove, oven and cooler \$675 call 846-4299

Home — 3 car garage, 4 bedrooms, 2-1/2 baths, 2100 sq. ft. on beautifully landscaped corner, five minutes from Hacienda Business Park. Features include central air conditioning, fireplaces in both living room and family room, large master bedroom with walk-in closet, bath with double sinks and sunken tub. Covered patio, fenced dog run, automatic sprinklers. Open daily from 12:00-7:00 p.m. — \$182,000, — 4798 Sutter Gate Ave. (off Santa Rita). — call owner, John Frick 462-0845.

Trailer — 8' x 35', with pop out A/C, shed, in Trailer Park, Pleasanton — call 462-6444 or 846-2712.

24 Hour Care — Will care for elderly and disabled in my licensed home — call 484-2377 or 846-4924

Openings — For new members in the Early Risers Co-op. Buy quality produce at reasonable prices. — Interested persons call Ginny Nacamu, 846-9538 or Beverly Barron, 846-1206 for further information.

Free Spanish Lessons — Free Spanish Conversation (daytime), for beginners, intermediate and advanced students, by retired U.S.F. professor — call John E. Aguiar 462-1968.

Found — Bishop O'Dowd class ring — call 463-2750.

### FOR SUB-LEASE

For Sub-lease — Wanted, business to assume lease on 1983 Volvo, 4 door wagon, 5-speed, A.C., excellent condition, 40 months remaining — call Gail or Jim, 463-9040 (days).

### WANT TO RENT

Want to Rent — one bedroom apt./cottage, residential or country setting in the Sunol, Pleasanton, Dublin, Livermore area, single adult, excellent references — call Gail (days), 463-9040.





## Pleasanton Teams Star In Soccer Classic

The 1984 Friendship Classic Soccer Tournament was held over Labor Day weekend at the Pleasanton Sports Park. The tournament, held for Girls' teams ages Under-10 through Under-14, was quite a success.

Pleasanton teams dominated the tournament, winning all but two of the age group championships. In the Under-14 A division, the Pleasanton Alliance, coached by Judy Bricker, defeated Almaden 2-0 in the Finals to capture first place.

The under-14 B team, Pleasanton Attack, also won their division. The Attack are coached by Bob Laundra.

In Under-12 A play, the Pleasanton Storm defeated Danville's A team for the championship. They are coached by Craig Humrichouse. The Under-12 B team just missed the championship round.

The Pleasanton Power Under-10 team just missed the championship with their loss in the finals to Fremont. Fremont pulled ahead with a goal with just 10 seconds left to play in the second overtime of a tense and exciting match. The final score for coach Elena Monahan's team was a disappointing 1-0, and second place.

Congratulations to all of the teams who participated.

## Over 1000 Compete In Bay Area Bicycle Tour

The Valley Spokesmen bicycle club held their 13th Annual Hekaton Classic on Sunday, September 2nd. The event is not a bicycle race, but a collection of tours for cyclists of all abilities.

The Hekaton was designed as a means of promoting recreational bicycling in the Bay Area. 1,149 riders participated this year, riding in one of the four various tours.

The courses were variable, but included such cities as Dublin, Pleasanton, Livermore, Castro Valley, Alamo, Danville, Pleasant Hill, Walnut Creek, and the Oakland and Berkeley Hills.

Skill levels and ages varied, too. There was a 25 mile ride, a 63 mile ride, and two different 100 mile rides. One was a moderately difficult course while the other was an extremely tough, hilly course designed for the experienced cyclist only. The youngest rider to participate was 11 years old, the oldest was 68.

It was quite a spectacle for all of the

towns, with hundreds of riders winding through their streets. Riders travelled through much of Pleasanton, touring Hacienda Business Park before heading over Hopyard back to Dublin. Riders received patches for their participation and were provided with food and water, a "sag-wagon" service for exhausted bikers, and maps to keep them on course.

"It takes a lot of time and money to put on an event like this," says Bonnie Powers, who helped plan the event with her husband, Bob. "We don't really do this as a fund-raiser, because after you pay for all of the refreshments, the patches, the support systems, insurance and permits, there's really not much left!" she explains.

Nevertheless, the bike club sponsors the Hekaton every year, and it has become their one big annual event. "It's really just a lot of fun, and we pretty much break even!" says Bonnie.



This Hekaton Classic rider practices for the day he'll be first across the finish line as he and fellow participants race through Hacienda Business Park.



Courtesy of Tri-Valley Herald

Erin Beverly rides her horse All-A-Glow at the 19th Annual Mulberry Horse Show benefit on August 11.

## Riders Raise \$ for Kids Hospital

Janet Bartman and Laura Sheehy took top honors among a field of young riders during the 19th annual Mulberry Benefit Horse Show held August 11, at Robertson Park, Livermore.

Miss Bartman, of Walnut Creek won the Tri-Valley Herald Perpetual Trophy by scoring the most points in the Western Rider category for riders 13 years old and under.

Miss Sheehy was the High Point western Rider and won the "Doc" Root Perpetual Trophy.

Karen Kuhn of Livermore won the Niles "Bud" Bently Perpetual Trophy given to riders from Pleasanton, Livermore and Sunol.

The Nor Cal Award for riders 18

years old or older went to Lorali Casipit of Brentwood. Stacey Valdero of Sanger took the award in the 17-and-older category.

More than \$4,000 was raised for Children's Hospital Medical Center in Oakland from this year's entry fees, according to Hanne Brummond, horse show chairman.

Sustaining sponsorships were given by CPS/Hacienda Business Park and the Livermore Industrial Park.

One Day Intensive-Care sponsorships were given by Janet Nordahl, The Trevarno Foundation of Livermore, and the Wente Bros. Winery as well as many contributors who have supported this horse show for many years.

## AVAC Triathlete Triumphs

In Pathways' July 2nd issue, our readers were introduced to Pleasanton triathlete, Teresa Jackson, a fitness instructor at Amador Valley Athletic Club. In the interview, Teresa stated she was dissatisfied with her performances this year, and was considering quitting triathlon for a while.

Teresa's probably not contemplating such a hasty retreat now, since winning the Del Valle Birthday Triathlon on September 9. Teresa won the race in two hours forty-five minutes and 41 seconds (2:45.41), almost three minutes faster than second place finisher, Deb-

bie Brady of Cupertino, with a 2:48.32.

The hilly course was considered an even tougher test than the San Francisco triathlon which was held June 10th. Teresa finished 12th in that one, but was dissatisfied with both her performance and her level of fitness. She said, "I just knew I wasn't all there!"

She has definitely pulled things together and for Sunday's race, she did especially well in the running portion, where she pulled ahead of Brady on the tough, grueling course. Congratulations, Teresa.



# SPORTS



## Spotlight ON SPORTS

*"I really wanted to go for it this year...then I'll be ready to settle down and stay home."*

### Cutting

## THIS SPORT IS WORK!

Riders and horses come in all different sizes, colors, types, and shapes, it's true. But most people never really consider the horse a working animal, capable of performing a specific job. Until you've seen a cutting horse drop down on all fours, with its ears back, or dance deftly back and forth to work a herd of cattle, you've never really seen a horse work.

Cutting is a competitive sport, just as it is an essential skill for any serious cattle rancher. A cutting horse knows, partly by training and largely by an inherent ability, how to "cut" one cow from a herd and keep it separated from the others.

It is used in the field for branding, doctoring, breeding, and in almost any situation where one or more cows must become separated from the rest. In the highly competitive sport of cutting, a rider is scored on the horse's ability to cut a cow, how well he watches and "holds" the particular cow the rider has chosen during the two and a half minutes of his work.

Herb and Margo Garms of Pleasanton have been involved in the sport of cutting for many years now. They raise, train, and ride their own horses which makes them "some of the very few non-pro trainers in the business" claims Margo Garms.

A professional rider/trainer is one that has been paid by another person to ride, give lessons, or train a horse. Once money becomes a

part of the deal, non-pro status is instantly forfeit. Most non-pro riders send their horses out to professionals to be trained and finished, and then the owner, himself, will ride the trained horse in the non-pro class.

The Garms are a very successful husband and wife cutting team.

ed to move back to Pleasanton because in the world of competitive cutting, California is the place to be.

"At the risk of sounding egotistical, we had won just about everything available to us in Nevada, and we wanted more competition!" offers Margo. Margo is

says a distressed Margo. "We want to stay here, though because its a perfect location for us!"

On the road continuously since May, Margo has been campaigning for the PCCHA \$5,000 Non-Pro title. The award is quite an honor. The winner is that rider who has won the most prize money during the year, technically, but what it comes down to is who has won the most shows. "Which means traveling from show to show just about non-stop!" Margo exclaims.

But Margo decided that this would be her year. "I really wanted to go for it this year, and then I'll be ready to settle down and stay home a lot more" she explains. She is also in the running for a seat in the Top-Ten Non-Pro Novice standings, and her horse, "Smugler's Only" is currently running second in the \$3,000 novice horse of the year standings. Margo hopes to grab last place of the Top-Ten Non-Pro's.

The Garms don't have outside jobs, as most non-pros do; the ranch and horses are their whole lives. "We really love it, or we wouldn't do it," she says. Every year, when the couple has too many young horses, and Margo asks Herb, "Well, why do you keep breeding every year, then?", and Herb says, "Just because I love to see them running free across the meadows, I guess," Margo knows, "That's what makes it mean so much to us. We're doing all of this by ourselves!"



Herb and Margo Garms pose amongst an array of their many awards.

Margo breaks all of the colts and rides them for several months before Herb puts them on cattle to begin their formal training. Both of the Garms have had years of experience.

Herb was born in, and grew up in the Pleasanton area, and his family has lived here for years. He met Margo while the two were living in the Carson Valley, in Nevada. After their marriage, five years ago, Herb and Margo decid-

competing in the Pacific Coast Cutting Horse Association (PCCCHA), which includes 11 western states. A vast majority of the shows are held in California, although many are held in Texas, too.

The couple bought over 1,000 acres of land off of Foothill Road and back up on the ridge. They moved here four years ago to retire, but "We're afraid we might have to move if the ridge becomes a park,"

## Former Locals Score Victory

On Sunday, September 9th, former Pleasanton soccer players returned for a University of California soccer match against the Air Force Academy team. The local boys made good, too, with a 6-1 victory over the defending Rocky Mountain Soccer League Champions.

Brothers Mike and Mark Deleray led the scoring barrage. Mike had three goals and Mark, one goal and one

assist. Two other Amador alumni, Mike Nieto and Jim Kruger added one goal each.

The win brings the Bears to an impressive 4-0 record in non-league play. All early indications point to a very successful 1984 season of soccer for the Bears and their many ex-Don players.



Mike Deleray



Mark Deleray



# The Inspector Is A Lady



Pleasanton's Fire Inspector, Lee Lynch

There are dozens of television shows with attractive females playing daring, unusual characters like detectives, helicopter pilots, stunt women, etc. But here in Pleasanton, we have Fire Inspector, Lee Lynch, whose adventurous nature and extraordinary lifestyle make her a real match for any of television's fictional heroines.

Her motto is "...Don't sit on something and just let it pass you by...go with it!" Lee says she'll try anything once. With skydiving, that's precisely what she did. On her first leap she sustained a leg injury which unfortunately left her in a cast and put her out of commission for a while.

Not that the injury has slowed her down, however. Lee does aerobics every morning before she comes to work because that doesn't hurt her foot. When she's completely healthy though, she also loves running, snow skiing and windsurfing.

Lee shares a home in San Leandro with her dog, "Zeke" (a female, by-the-way), so named because of her looks, or rather, her lack of them. "She was so ugly, it just seemed to fit her!" laughs Lee, "But she's a good dog!" says Lee of the dog she picked up at an animal shelter.

Lee is a very giving person, and not only with the animals she loves so dearly. Lee looks forward to being a mother, but in the meantime, she offers her time and love to a 13-year old boy through the Companions program in Hayward. Lee has been seeing "Calvin" for about seven years now.

"Calvin's a really good boy. It's been really fun to watch him grow up and go through all of the changes," she says. Calvin is one of eight children whose father

died when he was very young. Youngsters such as Calvin are referred to the Companions so that they can have someone to talk to. "A lot of times (especially in a family of eight children) kids just don't have anyone to listen to them, and they really need that," says Lee.

At the age of 19, Lee was doing clerical work for an insurance company when she discovered that she was much more interested in what was going on out in the field. "I think I've always wanted to be a fire inspector. I can't see myself doing anything else, really," she claims.

So Lee studied Fire Science at Chabot College, as well as taking special courses in inspection from the insurance company she worked for. As an inspector for that company, Lee spent a lot of time on the road, covering California, Alaska, and Nevada. "I love traveling, so it was a great job for me," she comments.

Lee has been with the Pleasanton Fire Department for a little over a year. "I was apprehensive, at first, about working in an office all day; I was so used to traveling" remembers Lee. However, she soon found her job, her co-workers, and Pleasanton much to her liking.

Lee's job involves everything from commercial inspections to fire investigation to public relations for the fire department. She is also called upon often to give speeches and seminars for local schools and organizations. The young inspector also reviews plans, and works to make sure that the fire code is being observed. Her duties are many and varied.

Lee also loves to garden, and some of her spare time is spent gardening and working on her house. She hopes to move to Pleasanton in the near future, though, because, she states simply, "I just love it here!"

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## Pleasanton's Sister City

On Sunday, St. Augustine's Church has been selected for services with a Mass at 8:45 a.m. This will be followed by a breakfast given by the Lions Club at Heritage Days activities at the Amador Valley Savings and Loan parking lot at approximately 10:00 a.m. A tour of Stoney Ridge Winery followed by a picnic lunch by George Spiliotopolous completes the afternoon.

At 7:00 p.m. a farewell dinner will be held at Castlewood Country Club at 7:00 p.m. This is open to the public at \$15.00 per person. The picnic lunch is also open to the public at \$3.50 per person.

Monday, September 24, the delegates will depart for San Francisco for a short visit and overnight stay. They will then head back to Tulancingo on Monday.

Special presentations and honors are also planned for the delegation while they are visiting our town.

Former Pleasanton Mayor Bob Butler originally signed a proclamation back in March which officially proclaimed Pleasanton and Tulancingo Sister Cities.

A similar proclamation was signed in Tulancingo in August when 14 Pleasanton delegates visited Tulancingo.

Following these official visits to each city, plans will be formulated for exchanging suggested cultural programs.

Anyone interested in becoming a member of the Sister City Program may do so by advising Bob Athenour or Steve Noble.

Membership is \$5.00 per person which includes receiving a newsletter for on-going information about the program.



Ten years ago, Wells Fargo Bank was one of the business winners of the decorating contest for Heritage Days. Shown (left-to-right) are Susan Enderby, Dee Steinbrenner, and Janell Chapman. This year's contest will be judged on Friday, September 21.

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## Sheraton Pleasanton-Inn

350. Also located upstairs will be a plush executive meeting room with hardwood floors, oriental rugs, massive oak table and walkout balcony.

According to Tim O'Shea, Vice-president of Sales & Development for SAGA Hotel Food Service Division, owners of the Velvet Turtle chain, the Pleasanton restaurant promises to be the first Velvet Turtle to serve breakfast. "There's a trend to get business done while meeting for breakfast," O'Shea says. "With our restaurant being linked to a Sheraton and situated in Hacienda Business Park, we fully expect 90 percent of Sheraton over-nighters to use our facility for breakfast."

Built in a Monterey style and featuring a tiled roof, the Velvet Turtle will employ about 100 people and have a capacity to host some 500 people

among its restaurant, bar and banquet rooms. Completion is scheduled for October, 1985. The Velvet Turtle has 25 restaurants in California, Arizona and Texas.

"We anticipate that around 80 percent of our clientele will be commercial travelers traveling on business," commented Scott, about the Sheraton Inn. "Besides considering his or her comfort, we have also taken their special business needs into consideration when designing this Sheraton."

The Sheraton-Pleasanton Inn will employ about 45 people and is expected to generate \$3.3 million annually. More than \$260,000 will go back to the city in the form of sales tax.

Construction of the project is now underway and is expected to be completed by mid-fall, 1985.

## Fashion Show Benefit For Battered Women

The look of the Eighties in fashion and hair will be presented by Phase II full service salon of Pleasanton on Saturday, October 6th at 7:30 p.m. at the Veterans Hall, Bernal and Main Street, Pleasanton.

Following the show, there will be wine, beer, hors d' oeuvres and dancing to the Seagram 7 Little Big Band.

Tickets at \$10.00 per person and information can be had by calling 846-7109.

Proceeds from the event will benefit The Tri-Valley Haven For Women.

## Olympic Equipment Comes To Tri-Valley

Gymnasts in the Tri-Valley YMCA classes will now "work out" on the same gymnastic equipment on which Mary Lou Retton and Julianne McNamara won their gold medals at the 1984 Los Angeles Olympics!

The YMCA purchased the uneven cable (parallel) bars, the rings, and a crash pad that were used in the 1984 Olympics. New mats have also been purchased to complement the equipment for participants.

The YMCA's gymnastic classes are offered at the YMCA's Fitness and Family Center at Sonoma Elementary School, 543 Sonoma. Approximately 140 girls and boys have participated in the gymnastic classes this past year.

A gymnastic team is being formed this year. Diane Williams will coach the gymnastic team and also teach beginning, intermediate, and advanced classes.

Ballet classes are being offered which will help the gymnastic students. Parents interested in enrolling their children in the gymnastic classes, should call the YMCA 462-0270.