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District Athletes Run in First LA Marathon

The early morning hours of March 9 were perfect for running. The weather was bracing, chilly enough to steam a runner's breath. But, already the sun was rising, by mid-morning the heat would cause some to lose time. Close to 11,000 runners from 28 countries and 48 states found their space inside the Coliseum for Los Angeles' first marathon. They stretched, shaking out arms and legs, warming up the muscles that would be forced to carry them 26.2 miles, 382 yards through the city.

Out among the crush of runners that morning were at least 13 RTD employees just as determined and stoked up as their competitors. These chariots of fire included from Maintenance Division 6 Mechanics Jim Owens, Joe Medrano, Joe Williams, Edward Richards, and Andy Coleman; from Maintenance Division 10, Mechanics Tommy Elisaldez, Mario Pedemonte, Mike Ortega and Miguel Enriquez; from Transportation Division 9 Operator Jose Arizmendi and former Operator Joshua Torres. Torres dedicated his run to all RTD employees that he has known the last 19 years; and from Transportation Division 7, Manager Roy Starks and Operator Carter M. Norwood. Also, former RTD Board Director George Takei



District-wide marathoners, from left to right: Andy Coleman, Division 6; Roy Starks, Division 7; Joe Medrano, Division 6; Joe Williams, Division 6; and Jim Owens, Division 6.

(*Star Trek's* Sulu) was spotted.

Edward Richards has been running for the last five years. He and the other Division 6 runners are all part of a club. They trained for the marathon for 3 months. Joe Williams took up running with the club two years ago just to get into shape. "A mechanic's job doesn't burn off a lot of calories,

but running does. I can go for a six-mile run and come back and eat ice cream," said Williams.

His reasons for running include other side benefits, "It's mind therapy. It gets my mind away from everyday things and it's something I can do with people." Most of the men from the Venice club average anywhere

from 18 to 45 miles run per week. "When I run, I feel like new again," said Medrano.

Richards thinks running is addictive. "It's a natural high. I've never met a runner with a lousy disposition."

Part of training for the marathon included diet. For many of them it meant avoiding red meat and poultry but eating large quantities of vegetables and lots of pasta. "You need the carbohydrates and water to make this distance," said Jim Owens. "A runner can lose five to ten pounds in a marathon," he said. In addition to diet, preparation included scouting the course. "The route isn't that hilly," said Joe Medrano. "Checking it out helps my mental preparation. I have to consider that I'll be out there for four hours. But once on the course I try not to think about the distance I have to run," said Medrano.

Edward Richards hoped the crowd would bring him in. "This is my second marathon. On my first I did 20 miles and hit the wall. I couldn't go any farther, my legs locked. I intend to finish this one," he said determinedly. The "wall," Richards refers to is the wall of pain runners reach at a certain mileage that varies among them. **Continued on page 3**

Debra Coddington Named TI Operator of the Year



Information Operator Debra Coddington.

Debra Coddington, completing her first year of service to the District, was chosen Telephone Information Operator of the Year for 1985.

Debra feels she has found her career at the District. "I love people," she said, "and I like Telephone Information. It makes me feel helpful."

In 1985 the Telephone Information Department answered over 3 million phone calls. To date in 1986 it has fielded close to 500,000. Of those calls Debra says she can't begin to guess how many she has taken. "All I know is that the phone just keeps ringing," she laughs.

Debra lives with her two children in El Monte.

Over \$11,000 Awarded to 15 by Suggestion Program in 1985

District employees won \$11,545 in 1985 for suggestions submitted through the Employee Suggestion Program (ESP). Fifteen of the 234 suggestions received were judged outstanding by the ESP Committee. Certificates of appreciation and cash awards ranging from \$50 to \$1,000 were presented to creative employees at various Board of Directors meetings.

"The District will save approximately \$405,477 in 1986 as a result of implementing these outstanding suggestions," said ESP Coordinator Kathi Harper.

The quality of suggestions continued to improve in 1985. "There were still a few that had to be returned because of incomplete suggestion forms and lack of cost calculations, but overall there was much improvement," said Harper.

Cash awards were only presented for those suggestions which saved the District money. Awards of appreciation were given for all other suggestions.

The following employees received cash awards for suggestions submitted in 1985:

Sheet Metal Worker Michael Scaiola designed a block-forming die to manufacture door frame parts. Michael was awarded \$1,000.

Maintenance Instructor Vince Pelagrin suggested that a plug-in connector be installed on the low-water level detector to prevent destruction of the engine. Vince was awarded \$1,000.

Power Sweeper Operator Dennis Reeve suggested that an auxiliary hydraulic pump be installed on road sweepers to enable mechanical failures to be corrected using less labor. Dennis was awarded \$150.

Mechanic C Peter Welthy created a fixture to measure the clearance of Rocker Arm Clevis Bushings. He also created two self-aligning punches for expanding the outer perimeter of the Clevis. Peter was awarded \$1,000.

Mechanic A Mike Ortega suggested that a plastic plug-in connector be installed at each rear-door relay wiring group to ensure proper terminal connection. Mike was awarded \$700.

Storekeeper Carroll Farris discovered that a slip joint kit was being purchased and only one gasket was being used out of the kit. He suggested that the gasket be purchased as a single item. Carroll was awarded \$50.

Security Guard Alfred Hendricks suggested that concrete surface bumpers be installed at the Central Cash Counting Facility to prevent the vault trucks from backing into the Cash **Continued on page 3**



Telephone Operator-of-the-Year Debra Coddington (center) is surrounded by the 1985 runners-up from the Telephone Information Department. They are from the left: Claire Fitzgerald, David Andrade, Rebecca Gamero, Marie Tervalon, David Coffey, Debra, Bertelicia Joseph, Jackie Exeart, and Maria Sanchez.

Divisions Take Honors in Safety Competition



Fourth Quarter Safe Performance Awards for 1985—The Maintenance and Transportation divisions with the best safety records for Fall 1985 were recognized at the February 27 Board Meeting. Director Nate Holden presented the managers of the winning divisions with plaques. Division 12 Maintenance employees were recognized for reducing their lost-time industrial accident injuries from 6 in the 36,000 hours worked during the third quarter to 1 for the 40,000 hours worked during the fourth quarter. Division 12 Manager Jim Findlay accepted on behalf of Division 12 employees. The operators at Division 6 operated 770,000 miles during the fourth quarter which was an increase of 51,000 miles when compared with the third quarter and increased their miles between accidents from 17,000 to 21,000. Also, while working 68,000 hours, which was an increase of 2,000 hours over the previous quarter, they increased the hours between lost-time injuries from 7,300 to 22,800. Transportation Manager Roy Starks accepted on behalf of Division 6 employees. Front row, from left to right: Maintenance Manager Jim Findlay and Transportation Manager Roy Starks. Back row, from left to right: Director of Safety Joseph Reyes, Director Holden, President Nick Patsouras, and General Manager John A. Dyer.



Division 9 Maintenance Safety Day Award Winners—from left to right: Manager Ken Miller, Mechanic James A. Weirich, Utility B Robert Camareno, and Mechanic Teofilo Ponce.

Div. 16 Operator Donates Winnings to United Way

Division 16 Operator Allen L. Harders won the Operator Recognition Program Sweepstakes for the month of February. His winnings included a check for \$100. Long before the drawing, Harders decided if he ever won he would donate the money to the United Way.

"I was lucky to win the \$100," said Harders. "Because it was extra, just given to me, I thought a charity could use it as well as I could." Harders doesn't see anything particularly spectacular about his donation. "I think I'm probably a generous person by nature. That's probably the main reason I don't have any money today," he laughed.



The United Way is sure that Division 16's Allan L. Harders has got a heart of gold.

In addition to being a 17-year driver for the District, Harders was a 20-year man in the U.S. Army. He served in the 7th Army Headquarters and retired with the rank of Sergeant Major. Currently, he serves on the Supervisory Committee of the District Credit Union. He is on the extra board and feels quite comfortable with his division. "Division 16 is like a family. I love it. We are on a first-name basis here." He has three grown daughters and resides with his wife, Jackie, in Ontario.

South Park Shops Employee of Month



Mechanic A John Kielb was chosen the South Park Shops Maintenance Employee of the Month for March. Kielb works in the Body Shop, currently assigned to the Refurbish project. He brings his expertise in air conditioning, suspension, alignment, electronics, and brakes to his work. He has been at South Park for four years.

Employee Activities Sells Accu-Back

The Accu-Back Orthopedic Back Support is here. As demonstrated at the Healthy Back Seminars, the back support improves sitting posture and reduces muscle fatigue by supporting the lumbar curve. By applying comforting accu-pressure to strategic parts of the back, the Accu-Back Orthopedic Back Support helps to alleviate backache and strain. The Accu-Back Orthopedic Back Support is ideal for the person who sits for long periods of time. It can be used on the bus, in the office, and at home to provide hours of comfort while sitting.

The Accu-Back Orthopedic Back Support features a narrow inner back frame and adjustable lumbar pad. It is easily adjusted for a custom fit by pulling the lumbar pad away from the back and then repositioning it up or down to fit your personal needs.

The suggested retail price is \$33, but you can purchase your Accu-Back Orthopedic Back Support from the Employee Activities Office for \$25. It is available in black, navy, or brown.

Pick up yours today!



Kathi Harper displays the Accu-Back support device.

Credit Union Adopts New Loan Terms

The Credit Union approved on January 29 the new qualifications for open-end and auto loans.

The rate schedules for open-end loans and auto loans appear below.

24-48 Payments
60 Payments
90% financing on 4 and 6 cylinder and diesel cars
80% Financing on 8 cylinder cars

\$35,000 - 42,000 40%
\$42,000 or more 45%

APR = annual percentage rate.

The general requirements for either type of loan stipulate that an employee seeking a loan must:

- be working
- show good attendance (no more than 4 absences)
- have no more than 4 miss-outs
- have no bankruptcies within the last 3 years
- have no more than 6 delinquencies within the last 3 years
- show all other derogatories paid or otherwise cleared from TRW. Derogatories include collection account, repossession, charge off, judgment, or bankruptcy.
- clear up any delinquency with credit union even though it doesn't show on TRW
- maintain a debt ratio that does not exceed 45% of his/her disposable income
- (for open-end loans) be a credit union member 30 days before eligible for a loan.

OPEN-END LOANS

Yearly Income	Debt Ratio Limit	
\$25,000 or more	35%	
\$25,000 - 35,000	38%	
\$35,000 - 42,000	40%	
\$42,000 or more	45%	

Years of Service	Loan Limit	Minimum Monthly Payments
1 YEAR	\$800.00	\$100.00
2 TO 3 YEARS	\$2,000.00	\$110.00
3 TO 5 YEARS	\$5,000.00	\$182.00
OVER 5 YEARS	\$10,000.00	\$300.00

For years other than listed payment will be adjusted accordingly.

AUTO LOANS

For a New Car

LOAN MAY BE PRE-APPROVED

New Car Financing	12.9% APR
Tax and license fees are included	100% Financing on 4 and 6 cylinder and diesel cars 90% Financing on 8 cylinder cars

FOR A USED CAR

Up to Four (4) Year Old Vehicle

Used Car Financing	14% APR
\$0 To \$15,000 balance	12 - 36 Payments
100% of low blue book	4 and 6 cylinder
90% of low blue book	8 cylinder
\$15,000 to \$25,000	24 - 48 Payments
100% of low blue book	4 and 6 cylinder
90% of low blue book	8 cylinder

MOTORCYCLE

Motorcycle financing	15% APR
24-36 Payments	90% Financing (INVOICE) NEW

Yearly Income	Debt Ratio Limit
\$25,000 or more	35%
\$25,000 - 35,000	38%

Marathon: District Employees Go the Distance

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that point it is impossible for the runner to physically continue. "For me," said Joshua Torres, a race walker, "the last five miles were the worst. Going down Crenshaw Boulevard, I thought the end would never come." Torres admitted his last five miles in the Long Beach Marathon held in February were just as bad.



Maintenance Manager Tedd Brewin (left) with marathon runner Edward Richards.

The Division 6 Club runners were excited. At the very least they felt they would be able to tell people they participated in the first Los Angeles Marathon. For Jim Owens there was a more demanding goal, "I set a time of three hours and fifteen minutes to finish this marathon." Owens is planning to compete in a triathlon a few weeks following the marathon. The triathlon requires an athlete to swim for 1 kilometer, ride a bicycle for 24 miles, and, finally, run for 6 miles. Owens said he has his eye on the "big Kahuna" of triathlons — the *Iron Man*

competition held in Hawaii each year. Joe Medrano wanted to complete the marathon in 4 hours as did Joe Williams. For the other runners Andy Coleman expressed their sentiments, "I'll go my limit, but it will be an accomplishment for me just to finish." Division Maintenance Manager Tedd Brewin was proud of his running mechanics. "These men are doing something few people accomplish. This division is the smallest in the District and we had five people competing in that marathon. Makes me feel real good," he said.

Division 7 Transportation Manager Roy Starks was a member of the Division 6 runners' club until he transferred to Division 7. He runs 6 miles four nights a week. He completed a 20-mile run with Jim Owens two weeks before the marathon. "I've been a runner since 1970. This is my first marathon and I'm excited to see what I can do. I just want to finish," he said.

Across town at Maintenance Division 10, Mechanic Marco Pedemonte talked about wanting to break his three-hour running time at the marathon. "I'd love to run it in 2 hours and fifty minutes," he said. Pedemonte is a member of the Wild Mountain Club Runners of Griffith Park who were sponsored in the marathon by the Spanish-speaking TV station, Channel 52. Pedemonte, who started running two years ago, got his co-workers Tommy Elisaldez and Mike Ortega to join him.

"I ran in the Palos Verdes marathon eight years ago," said Elisaldez. "It was at my daughter's urging that I'm doing this. She kept saying 'Daddy, go on, you've done it, come on.' So, here I am," he said.

The group of Pedemonte, Elisaldez, and Ortega has been running together for six months. "They yell at



Maintenance Division 10 marathoners include, from left to right: Mechanics Marco Pedemonte, Tommy Elisaldez, and Mike Ortega.

me when I'm behind; they'll encourage me to keep going by telling me 'you can do it, only one more mile to go,' " said Mike Ortega.

This is Ortega's first marathon. "I just hope to finish before the meat wagon picks me up," he said.

The 26.2-mile exposition began at the Coliseum in Exposition Park, went through downtown, passing the RTD Headquarters Building, Hollywood, the Fairfax District and Koreatown, ending back inside the Coliseum. Grand prize to the lucky first-place runner was \$10,000 and a new Mercedes Benz sedan. The RTD, along with offering 13 of its employees, temporarily rerouted 72 of its bus lines in central Los Angeles to make way for the marathon.

Following up on the District marathoners a day after the ordeal, the *Headway* discovered the placement of our runners. Up against the nearly

11,000 who competed, the RTD runners' finish times were: Marco Pedemonte, 3 hours, 22 minutes; George Takei, 3 hours, 40 minutes; Jose Ariz-Norwood, 3 hours, 43 minutes; Carter M. Norwood, 3 hours, 53 minutes; Miguel Enriquez, 3 hours, 57 minutes; Roy Starks, 4 hours, 4 minutes; Jim Owens, 4 hours, 10 minutes; Tommy Elisaldez, 4 hours, 25 minutes; Joe Williams, 4 hours, 42 minutes; Joe Medrano, 4 hours, 57 minutes; Andy Coleman, 5 hours, 6 minutes; Joshua Torres, 5 hours, 23 minutes; Edward Richards, 6 hours, 1 minute; and Mike Ortega, 6 hours, 22 minutes. *Headway* salutes all the RTD runners on their valiant efforts.

Top Operators for January

The awards for the Operator Recognition Program for the month of January were announced in the latter part of February. The presentations include the Manager's Award and the Sweepstakes Award. The program has as its purpose to recognize and reward the many bus operators who consistently perform in an outstanding manner.

The theme of the program is "In Pursuit of Excellence." Those operators excelling in their pursuit are listed below.

MANAGER'S AWARD

Division	Recipient
3201	Hisanobu Sakahara
3203	Billy R. Bennett
3205	Cue O. White
3206	Reginald D. Ables
3207	Nick Sifuentes
3208	Fred M. Strom
3209	Gibson L. Deck
3210	Alberto Rivadeneyra
3212	Dale R. Johnson
3215	Nicholas T. Tummo
3216	Jimmie L. Trumm
3218	Robert L. Reamer

SWEEPSTAKES AWARDS

Division	Winners
3201	Clifton O. Owens Andrew O. Bernstein Anthony Ramirez
3203	Frederick C. Darlington Johnny Smith Joshua Nash
3205	Billy R. Ferguson Edward M. Harris Oliver T. Foster
3206	Rick Cadelli Lourdes Celidonio
3207	James Lueken Helen Jackson Berkeley Burrell
3208	Edward Blaz Alma D. Dain
3209	Richard Johannes Richard Miller Alfred Ramirez
3210	Glen Booth Dale Parks Rodney Tatum
3212	William J. Cibrowski Albert Johnson
3215	Wallace Belsey Stephen Glaser William Grovell
3216	Alexander Pettway Allen L. Harders
3218	Johnny T. Lacey Patricia Ann Scott Robert Lee Wilson

ESP: Employees Win Over \$11,000 For Ideas

Continued from page 1

Room door. Alfred was awarded \$420. Mechanic A Welder Salvador Saggese designed a tool for repairing RTS coaches involved in accidents. Salvador was awarded \$1,000.

Quality Assurance Mechanic A Steve Mullaly suggested that an easy-open access panel be installed into the existing dome-light panel on the RTS II coaches to ease maintenance and repair. Steve was awarded \$1,000

Mechanic A David Santillanez designed a tool for installing gas springs on the engine compartment door of the RTS, RTS II, and Neoplan coaches. David was awarded \$750.

Electronic Communications Technician Joseph Giba suggested that a diode and resistor be added to the electronic headsign's power supply to prevent the electronic circuit board from burning up when the coach is "jump started." Joseph was awarded \$1,000.

Mechanic A Gary Conover suggested that an air-over-hydraulic jack be used to check wheel bearings on articulated coaches. Gary was awarded \$1,000.

Machinist Cecil Bard built a tool for removing and replacing load tubes on

the differential housing on the District's fleet of coaches. Cecil was awarded \$475.

Mechanic A Michael Staley suggested that the plastic housing on the RTS passenger seat frames be permanently removed so that trash left by passengers will fall to the floor and be cleaned daily. Michael was awarded \$1,000.

Mechanic A Pete Ramirez suggested that the air conditioner compressor clutch pulleys on the Grumman coaches be refaced rather than discarded. Pete was awarded \$500.

UTU Dinner Dance

The United Transportation Union is sponsoring a dinner-dance for 1985 RTD retirees at the Ambassador Hotel in the Coconut Grove Room, 3400 Wilshire Blvd., on May 17.

Tickets are \$25. The dinner will begin at 7 p.m. and a super raffle is to be held. The top prize includes a trip for two to Hawaii.

For more information, contact local UTU chairmen or UTU Headquarters at (818) 584-0721.

FM Selects Jose Garcia Top Employee



Electrician Jose Garcia was selected the Facilities Maintenance Department's Employee of the Month for January. Garcia, with the District for the past 10 years, works out of the Electrical Maintenance Section at Vernon Yard. He maintains an excellent attendance record. His supervisors commend him on his outstanding achievement on the job and his enthusiastic attitude.

Competition Stiff Among Divisions for Safety Honors

Division 7

At Safety Day ceremonies held at Division 7 on February 5, Transportation Manager Eugene Hamilton was pleased to report that all Line 28 operators had scored a zero accident rate during the month of January.

Guest speaker, Director of Transportation Ed Nash said, "When I reflect on the overall safety record in the last year, I have to consider the swinging tailed artics in this division. Whatever the stats indicate, I know they don't show how much you all are hanging in there."

Thirty-nine Transportation and Maintenance employees were honored at the luncheon and were presented certificates by Nash and Hamilton.

Those operators with 16 years without a preventable accident included Jess J. Davis and Lee M. Peppers. Maintenance employee Bobby Hairston celebrates 15 years without a preventable accident. For 14 years, Operator Lewis E. Willis; 13 years, Operator Herman N. Schultz; 12 years, Operator Lamont C. Williams; 10 years, Operator John W. Johnson, Jr.; 8 years, Mechanic David Moore; 6 years, Operators Quentin B. Patterson and Sidney Toles, Jr., and Mechanic A Gary Conover; 5 years, Operators Gregory R. Ferris and Kevin L. Jeffrey; 4 years, Operators Charles Bledsoe, Robert H. Bruin, Lloyd D. Dukes, Michael W. Dunn, and Ronald E. Gillette. Operators with 3 years included Benorce Blackmon, Louis E. Rivera, Victor Saldana, and Stephanie Williams. Those with 2 years and less included: Phineas C. Bolden, Evelina J. Chamblee, Vance Howell, C.Q. Lam, Stephen A. Rank, Alphonso M. Rosado, Abel A. Santana, George E. Spencer, James Brantley, Aaron E. Cain, Ronald Dennis, Raymond Hallowell, Sterling Howard, Jr., Willie B. Searcy, Jr., and Otis D. Williams.



Division 7 Safety Award Winners—Front row, from left to right: James Brantley, Lewis Willis, John Johnson, Fredrick Baylor, Sidney Toles, Phineas Bolden, Louis Rivera, and Division Transportation Manager Eugene Hamilton. Back row, from left to right: Transportation Superintendent Ralph Wilson, Jesse Davis, Safety Analyst Frank Larson, Lamont Williams, Quentin Patterson, Herman Schultz, Director of Transportation Ed Nash, Kevin Jeffery, and Equipment Maintenance Director Rich Davis.

Division 8

Thirty-one employees from Division 8 received safe performance awards on February 19. Of the 31 recipients, 28 were operators.

At the top of the roster with an accumulated 19 years without a preventable accident was Operator Willie F. Langley. Those with 17 years

included Robert L. Fisher and John W. Walth. Benny L. Fox was cited for 15 years. James E. Hawkes Jr., and Peter N. Thomsen received certificates for 14 years. For 12 years without a preventable accident, Jerrold B. Abramson and Darrell D. Vivian received certificates.

Other operator recipients included Robert A. Holiday, 11 years; Phillip J. Brodie, 10 years; Michael L. Miller, 10 years; Jesus B. Saldana, 10 years; Robert M. Taylor, 9 years; Robert L. Serago, 8 years; Gordon L. Hines, 7 years; Paul A. Howard, 7 years; Morris Levinson, 7 years; Philip Morris, 6 years; Eugene C. Churches, 5 years; Benny O. Williams, 5 years; Adel Guity, 4 years; Reginald E. Faulkner, 3 years; Reginald D. Poindexter, 3 years; Darlene K. Brown, 2 years; David Fitisemanu, 2 years; George A. Johnson, 2 years; Mark A. Canyon, 1 year; and Mark D. Holland, 1 year.

Division 8 Maintenance employees were led by Mechanic B Harold Adams who received a certificate for 14 years without a preventable accident. Service Attendant Leader Ricardo C. Sidoti was recognized for 4 years of safe performance. Service Attendant Roger Diaz received a certificate for 3 years without a preventable accident.

Division 9

Within the last three quarters, the safety performance statistics of Division 9 were well below the District objective said Director of Transportation Ed Nash at the Safety Day luncheon held March 5.

Division 9 logged only 2.7 accidents per 100,000 miles of operation. The District objective is pegged at 4.5 per 100,000 miles of operation.

Thirty of Division 9's personnel were recognized for their outstanding safety records. For 18 years without a

preventable accident, Operators Elias N. Garcia and Deeb Morad were honored. Recognized for a 15-year record were Operators Feodie E. Powers, Jr. and Dee A. Zeller. Singled out for 14 years were Operators George R. Lefler, Stanley F. Oawster, and Armando N. Vasquez. Lauded for 12



Division 10 Safety Award Winners—Front row, from left to right: Alberto Rivadeneyra, Theodore R. Harrell, Sandra Crudup, Ralph C. Patterson, Edmund C. Pemberton, and Charles E. Miles, Jr. Back row, from left to right: Division Transportation Manager George Marsala, Albert Troy, Superintendent Ralph Wilson, John W. Botley, Sedic B. Bradshaw, Roberto O. Peart, Director of Transportation Ed Nash, and Safety Analyst Frank Larson.

years of safe performance were Operators Benjamin Breckenridge and William B. Erickson, and Mechanic James A. Weirich and Utility A Leader Joseph Zepeda. Operators Larry H. Craig and Doroteo A. Garcia were saluted for 11 years. Cheered on for 10 years of safe performance were Operators Judge Adams, Carlos A. Sahagun, Frank E. Tibbo, Robert A. Watson, and David L. Wilkinson.

Operators Alex Hernandez, Javier Lopez, and John T. Poulos, and Utility B Robert Camareno were cited

Thirty operators received certificates for safe performance. Edmund C. Pemberton accumulated 13 years without a preventable accident. Ralph C. Patterson and Dwight L. Smith were recognized for 11 years of safe performance. For 6 years, Alberto Rivadeneyra and Faith A. Sims-Faring received awards. Those Operators honored for 5 years without a preventable accident included John W. Botley, Jr., Sedic B. Bradshaw, Edward Garcia, Jr., Ellen F. Hampton, Peter Y. Saavedra, Jr., and Albert E. Troy. For 4



Safety Award Winners from Division 10 Maintenance—from left to right: Maintenance Manager Milo Victoria, Mechanic Tommy Elizalde, Mechanic Jerry Nakauchi, Equipment Maintenance Director Rich Davis, and Safety Analyst Frank Larson.

for 8 years without a preventable accident. Operator David J. Carter was recognized for 7 years; Pedro L. Perez, 6 years; Ray H. Clark, 5 years; Mechanic Teofilo Ponce, 4 years; Opal R. Branom, 4 years; Robert R. De la Fuente, 4 years; Emil J. Guglielmo, Jr., 3 years; and Service Attendant Paul Herber, 2 years.

Division 10

Transportation Division 10 achieved the District safety objective of 4.5 accidents per 100,000 miles of operation in its second quarter performance record announced Director of Transportation Ed Nash at the Safety Day luncheon held February 12.

"When you consider that the District buses log a total of 310,000 miles traveled in one day, to have reached our goal is an outstanding contribution to our overall safety record. Your efforts are appreciated," said Nash.

years of safe performance, S. Alcantar, Robert G. Biedron, Sandra A. Crudup, and Michell Holmes were cited. Those achieving 3 years without a preventable accident included Charles G. Cary, Jr., Robert A. Chasco, Jay Harvey, Gordon S. Hines, Willie J. Kelly, Jr., Charles E. Miles, Jr., and Felipe C. Munoz. Operators with 2 years of safe performance were Theodore R. Harrell, Roberto O. Peart, Eddie G. Reece, Ralph D. Shelton, Sr., and Elmo J. Taylor. Those with 1 year included Anthony Bens and Anthony L. Jones.

Four Maintenance employees were honored for safe performance. Those receiving certificates included Mechanic Jerry Nakauchi for 8 years, Mechanic Tommy Elisaldez for 5 years, Service Attendant Hector Rojas for 3 years, and Service Attendant Ramiro Villegas for 2 years.



COMMENDATIONS



Retirees were honored at a ceremony held February 13 during the Board Meeting. They were presented with plaques by RTD Director Charles H. Storing. Those retirees honored included: front row, from left to right: Truck Driver/Clerk Emil R. Austin, Telephone Information Clerk Dorothy E. Jernigan, Division 7 Operator Harold C. Bliss, Mechanic A Charles Breene, and Division 9 Operator Wiley S. Bryant. Back row, from left to right: General Manager John A. Dyer, Director Storing, Assistant General Manager for Operations Robert Korach, and Acting Assistant General Manager for EEO Robert Williams.



Retirees were honored at a ceremony held February 13 during the Board Meeting. They were presented with plaques by RTD Director Charles H. Storing. Those retirees honored included, front row, from left to right: Division 3 Operator Charles A. Watson, Division 15 Operator Frank M. Perez, Division 10 Transportation Manager George Marsala, Division 5 Operator Willie McCoy, and Division 10 Operator Joe L. Lozano. Back row, from right to left: General Manager John A. Dyer, Director Storing, Assistant General Manager for Operations Robert Korach, and Division 3 Operator Fred Macklin, Jr.



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January Employees of the Month were presented with certificates of merit by RTD Director Jay B. Price at the February 27 Board Meeting. Front row, from left to right: Division 18 Mechanic A Ernie Gudino, Telephone Information Operator Ramona Escareno, and Division 9 Operator Condred Kerslake. Back row, from left to right: Director Price, General Manager John A. Dyer, Division 18 Maintenance Manager Theral Golden, Division 9 Transportation Manager James Cenderelli, and Manager of Telephone Information Elfriede Becker.



Four Maintenance employees were presented with monetary awards by Director of Personnel Gayel A. Pitchford at the February 13 Board Meeting for suggestions they submitted to the Employee Suggestion Program. The recipients of the awards included, front row, from left to right: South Park Mechanic A Welder Candace Courreges for designing a support bracket that strengthens and prevents cracking of the rear axle housing on the RTS II coaches. This modification earned Courreges \$1,000. Electronic Communications Technician Charles Kobashigawa received \$1,000 for his idea that a jumper wire be connected to the ground wire to prevent voltage buildup in the electronic destination signs. Division 7 Mechanic A Gary Conover claimed \$750 for his suggestion to use an acorn nut in conjunction with the bolt method of installing RTS fan belts. The acorn nut enables the bolt to rotate more freely preventing jammed and bent bolts. Property Maintainer Eugene Phillips gained two awards of \$1,000 each. He earned his first award for designing a tank/pump unit to automatically mix correct proportions of water and antifreeze. His second award was for the installation of an automatic centralized air lubrication system which replaced the manual oiler system. Phillips is joined by his attractive wife and handsome sons. Back row, from left to right: General Manager John A. Dyer and Director of Personnel Gayel A. Pitchford.



Sharing an Employee Suggestion Program award of \$1,000, Electronics Communications Technicians Joseph Giba, (left) Adolpho Perez (center) and Daniel Tabares (right) received \$333 each for a design of a low maintenance public address microphone to replace the existing gooseneck microphone. This modification will reduce most of the microphone failures. They were awarded the checks at the February 13 Board Meeting by Director of Personnel Gayel A. Pitchford. Back row, from right to left: General Manager John A. Dyer, Director of Personnel Gayel A. Pitchford, Supervisor I Bob Landers, Supervisor II Bob Brown, and Electronic Communications Technician Bill Camp.

Estrada Chosen Woman of the Year at National Hispanic Women's Meeting

RTD Director Carmen A. Estrada was one of five women honored at the Tenth Annual National Hispanic Women's Conference sponsored by the Mexican American Opportunity Foundation on February 28 at the Los Angeles Hilton Center.

Ms. Estrada shared the 1986 "Woman of the Year" award with KNBC Channel 4 Anchorwoman Linda Alvarez; Chairperson of the Board of the National Network of Hispanic Women Celia G. Torres; Assistant Secretary of the Air Force Stella Guerra; and the State Medi-Cal Manager Lita B. Oliveira.

Lt. Governor Leo McCarthy delivered the keynote address at the awards luncheon to an overflow crowd of more than 1,000. He congratulated the women but added, ruefully, that their success stories are the exceptions and not the rule. McCarthy cited statistics that indicate Latinas still have "an unfinished agenda." Nationally, 40 percent of Latinas hold clerical positions while only 3 percent occupy professional and technical positions. Latinas earn 49 cents for every dollar earned by white males and 29 cents less than Latinos. McCarthy encouraged the women attendees to continue "to search for ways to accelerate the pace of progress for Latinas."



Women of the Year chosen by the Mexican American Opportunity Foundation February 28 are from left to right: Chairperson of the Board of the National Network of Hispanic Women Celia G. Torres, RTD Director Carmen A. Estrada, Assistant Secretary of the Air Force Stella Guerra, Lt. Governor Leo McCarthy, State Medi-Cal Manager Lita B. Oliveira, and KNBC Channel 4 Anchorwoman Linda Alvarez.

Ms. Estrada, the first Hispanic woman to be appointed to the RTD Board of Directors, was presented with her "Woman of the Year" award by the U.S. Office for Equal Opportunity Commissioner Tony Gallegos and Los Angeles School Board Member Larry Gonzalez.

She was appointed to the board in May, 1984, by Mayor Tom Bradley. Ms. Estrada is an attorney with the Western Center on Law and Poverty. She holds a law degree from the University of California, Hastings College of Law, and received her undergraduate degree from the University of California, Berkeley. From 1978 to 1983, she served as Director of Employment Litigation for the Mexican American Legal Defense and Educational Fund. She also was a Reginald Heber Smith Community Law Fellow and staff attorney with Community Legal Services of Santa Clara County.

Following the awards luncheon,

Ms. Estrada granted the *Headway* an interview. She seemed genuinely pleased and moved by the recognition accorded her. "To be sought out for the work I've done means a lot to me. I was honored to be one among the other talented women chosen today. I was very impressed by them," she said. When the spotlight centers solely on Ms. Estrada, she can seem at times reserved and retiring and at other times quite forceful yet still approachable. She has a way of using her hands to temper or emphasize her communication. When she is tentative, her long, tapered fingers flutter gracefully like a flamenco dancer's; but when she wants to make a point, her hands seem to chop through the air like machetes.

The Hispanic and women's movements have had a profound influence on Ms. Estrada personally and continue to be an integral part of her professional life. "The mayor appointed me to the board because of my strong background in employment law and affirmative action issues," she said.

Her advocacy of equal opportunity compelled her as the first Hispanic on the RTD Board to ensure that business opportunities are offered to minority and women's businesses. "I

feel I've been effective in that capacity if I judge by the number of contracts awarded to Hispanic businesses in the last couple of years," she said.

As identified as Ms. Estrada has become with the RTD, she does want to talk about a case she is preparing as an attorney with the Western Center on Law and Poverty. She is currently working on a class-action suit on behalf of poor, minority primary and secondary school children against the Los Angeles Unified School District, challenging its distribution of resources. Several public interest groups have joined the case representing the school children. "LA Unified spends more money for suburban students than those in the inner city. We believe there's a race and wealth pattern involved here as we see time after time that the better resources go to the areas which are both wealthy and non-minority," she said.

The resources she's referring to



include the allocation of teachers, quality of facilities and curriculum, and the financial expenditure per pupil.

"Most urban schools are old and crowded compared to the newer suburban schools which are filled to less than capacity. The curriculums offered in urban schools are limited and not as challenging as those offered in the suburbs. Urban kids are fairly dependent on the goodwill of select teachers to develop a demanding curriculum," she said.

She noted that the per-pupil expenditure among Hispanic students is considerably less than that spent on non-minority students. For example, per-pupil expenditure for elementary schools ranged from over \$1,400 per pupil in primarily white, suburban schools to slightly over \$900 per pupil in inner-city minority schools.

The suit should not be confused with *Serrano vs. Priest* in the early 70's cautions Ms. Estrada. "That case established an equalized tax base among school districts. That is, the money collected by the state is distributed to the different districts on an equal basis. Our law suit challenges the method by which LA Unified allocates its money within its district borders once received."

There are approximately 600,000 students in the Los Angeles Unified School District. Eighty percent of those students belong to ethnic minority groups. "This is not a desegregation suit but one involving equal protection. We believe the school district should allocate its resources without such a wide disparity among students as exists now."

To support her argument she borrows a statistic used by Lt. Governor McCarthy in his luncheon address—among Hispanics in California there is a 40 percent school dropout rate. She admits she is dismayed as well as frustrated by the figure. "You can't help but see a direct relationship between the school district's distribution of resources and the academic performance or motivation of minority students. Because of where they live, minority students are offered unequal or substandard educational opportunities which will affect them the rest of their lives. We've got to improve the neighborhood schools. And, the way you address such a situation is with a law suit," she said.

District Puts Out the Fire

Beginning in February, District employees participated in fire suppression training classes. The classes, conducted by local fire departments, were offered through April. The initial training included only first shift personnel at each Maintenance and Transportation facility.

The program, an hour in duration, consists of a film, lecture, and hands-on practice. On February 18, Firefighter Henry Johnson led the session at Division 1. In his presentation, the firefighter engaged employees in a discussion about fire emergency situations with which most are familiar—fires in the kitchen. He noted that the natural response to a grease fire on the stove top is put the pan in the kitchen sink and turn the faucet on it. "This sends a fireball or steam explosion up. It's like napalm. It's normal for people to take a breath or gasp at that moment causing them to swallow fire. The intake of fire blisters the esophagus and lungs," said Johnson. It was this sort of internal burn that afflicted Richard Pryor in his accident several years ago, added Johnson. "He swallowed fire, his adrenalin got him running for almost 2 miles. He was still running when we (paramedics) caught up with him," he said. Johnson said the most effective method of extinguishing fires in the kitchen is to use a lid. Simply sliding it over a pan puts the fire out safely.

Employees were encouraged to call the Fire Department if they suspected a fire at home or at the worksite. "People shouldn't worry about the size of a fire. If you smell smoke call us," he said. The Fire Department will respond to check if there's any extension of the fire in the house.



Maintenance employees each have a turn at extinguishing fires at a training program sponsored by the Safety Department.

Johnson made clear that the Fire Department would respond no matter how small the fire. "What we don't want is for you to wait until it's a huge fire that jeopardizes your life and ours," he said.

After a short question-and-answer period, employees withdrew to the yard for hands-on training with various fire extinguishers. Johnson reminded employees that because seismologists predict the "big one" is due sometime in the near future, it is necessary to learn to put out small fires. "When the earthquake comes you will have to help us by putting out small fires while we attend to larger ones," he said. With that kind of motivation each employee skillfully doused the fires set for practice.

Employees Comment on Philippines

There is no one who would or could have predicted the outcome of the drama that began in the Philippines on February 7 with the presidential elections. Even amid charges of massive vote fraud, the National Assembly of the Philippines declared Ferdinand Edralin Marcos the victor. It seemed there was little the people, the powerless, could do against the might of a dictator whose political machine, entrenched for the last 20 years, appeared ready to seize the next 4 years of their futures. Just as the Filipinos were bracing themselves for the inevitable, behind the scenes the stage was being reset for a new twist in an old plot. Marcos intended to purge his enemies, which included Military leaders Juan Ponce Enrile and Fidel V. Ramos. Forewarned, Enrile and Ramos conferred with Manila's Roman Catholic archbishop, Cardinal Jaime Sin on February 22. What followed was the mobilization of the Philippine people who with prayer and peaceful demonstrations managed to oust Marcos within three days. By the evening of February 25, Marcos had fled the country, leaving behind a jubilant people. Throngs in the streets in front of the Malacanang Presidential Palace as well as all over Manila were chanting "Cory! Cory! Cory!" Corazon Aquino, the seventh president in Philippine history and the first woman to hold the position was getting a resounding "Mabuhay" (wish for a long life and peace) from her people.

The *Headway* spoke with several District Filipino employees the first week in March to get their thoughts, feelings, or opinions about the events in their homeland. Each of the employees interviewed was eager to share his or her thoughts. Feelings ranged from great happiness to guarded optimism. Their comments follow.

Benefits Technician Esther Cabison: "I'm very happy that Marcos stepped down. My mother offered up many prayers for exactly this kind of nonviolent end because she has six children still living in the Philippines. She was afraid a bloody revolution would result."

"We are planning to go back in a year or two for a visit to see the changes in the country. My parents will return to live there. My mother wants to die in her own country."

"The future I see for the Philippines is a democratic one. I worry about the communist influence from China and Russia, but I think with the help from America we can overcome that and preserve democracy and the Philippine culture."



Benefits Technician Esther Cabison.

Senior Secretary Carmelita Romero: "I was telling my husband last night that I am thinking of writing a letter to President Aquino because I have some ideas that can, perhaps, help the Philippines. I think Filipinos living abroad could help out the country by making a monthly contribution of whatever they could afford for one year. Let's say \$10, \$20, \$30, \$50, whatever's feasible. It's important now that some money become available so there is food on the table for those going hungry."

"Aquino will be inheriting a lot of debts as well as other problems which is why I think it's important to support her financially."



Senior Secretary Carmelita Romero.

Carmelita's other ideas include beautifying the Philippines as well as reducing air fares to encourage tourism to the islands. "I have a lot of hope for Aquino and I'm very proud of her. I see the country restoring its democratic foundation."

At this point Carmelita's eyes mist over and tears roll down her cheeks. "I'm very emotional about this. I still have a lot of identification as a Filipino. I did not become a U.S. citizen because my heart is still in the Philippines and I've been here for 14 years."



Data Processing Systems Project Leader Joe Vicente.

Data Processing Systems Project Leader Joe Vicente: "It's a good thing that it happened, . . . that the people finally stood up for their rights and overthrew Marcos."

"I did not believe that a revolution or civil war would occur because there is too much attachment among Filipinos. They could not kill each other. We are a very close people."

"I will return to the Philippines as soon as it is practical. One of the reasons I came to the U.S. was because martial law was declared in 1972. I was a student leader prior to

the declaration of martial law. We were fighting for the same reforms that the people are after now. But, back then I thought it was hopeless."

"Now I see that the people have found that they really have the power when they unite. I'm sure with this newfound power and new leadership the Philippines will become more progressive. I am grateful for all the help that the American people and government provided in this crisis. It would not have been as successful without them. It was a good display of democracy to the whole world. We were able to depose a tyrant without much bloodshed. This has not happened in the history of the world."

General Accounting Manager Josie Nicasio: "I'm so happy for this turning point in my country. Twenty years ago the Philippines was one of the richest countries in Southeast Asia. Now, it is one of the poorest. Unemployment is high, and the economy shows no growth. Marcos enriched himself at the expense of the Philippine people."

"I am excited for President Cory Aquino, particularly, because she is a woman. Personally, I'm very proud of her. She may sound and look timid, but I think she is a quiet, strong, and assertive person. Some may be underestimating her, which is good in a sense. But I am confident that she will demonstrate true leadership."



General Accounting Manager Josie Nicasio

Josie's father and four brothers still reside in the Philippines. During the election campaigns and the crisis that ensued she remained in close contact with them. "There was concern that the overseas calls were being monitored. So, we kept our conversation non-political. I cautioned them to be careful. They are definitely pro-Aquino."

"I am very proud of the Filipino people. They demonstrated tremendous love for the country, such nationalism. These were common people, middle class, working class, priests, nuns, the poor and the rich out in the streets risking their lives to say, 'No, we don't want you anymore Marcos! We want a change.' I am very proud of that."

Accountant Sal Herras: "The change of administration will be for the good of the people and the country. But there is a lot to be done in the Philippines to bring it up to date with the other developed nations in Southeast Asia."

"The first thing that needs to be done, in my opinion, is to mechanize agriculture, specifically, to improve irrigation. Secondly, they need to improve distribution by improving transportation facilities for successful marketing, because of the nature of the islands. We are a nation of 7,200 islands. They are not connected by bridges. Also, they need to implement land reform properly. Under Marcos, land reform was mishandled. Tenant farmers were unaware of their obligations and as a result most lost their farms through foreclosure."

"I hope the Filipinos will concentrate their efforts on putting democracy to work in the Philippines."



Accountant Sal Herras.

Schedule Checker Archie Balolong:

"I figure that the relationship between the United States and the Philippines should be better as a result of this transition of power. Before the change, I was informed as to what would happen. I had a phone call and was told that two high-ranking officials would not be supporting Marcos and that would trigger his collapse. And, it happened." Archie's family was once involved in Philippine politics prior to martial law.

"I think Cory Aquino will be very dependent on her advisors. This concerns me as a Filipino. When I trace her background, I see she's not really qualified. However, she can learn, but I hope it won't be at the expense of the Filipino people."

"I am hoping to see extensive economic development in the future. But now, they are highly dependent on the inflow of foreign currency."

"Overall, the future looks brighter. The people will feel that they are heard and represented. With the impression of a stable government, foreign investors will feel secure in investing their money in the Philippines."



Schedule Checker Archie Balolong.

BRAC Contract Signed by Union and RTD Feb. 14



All smiles at the BRAC contract signing, clockwise around the table: Administrative Analyst Jane Bouffard, BRAC Division Chairman Art Garlick, BRAC Vice-Chairman Pete Duran, Maintenance Superintendent Tony Chavira, General Manager John A. Dyer, Assistant General Manager-Management John Richeson, Manager of Telephone Information Elfriede Becker, Director of Employee Relations Roger Kundert, and Labor Relations Manager Brenda Diederichs.

A View from the Macy St. Bridge



The new Central Maintenance Facility—a grid of iron girders. We'll take another look at their progress this summer.

General Services' Allen Taking Care of Business

One of the key departments in the District is the General Services Department with quiet grace and dignity is General Services Manager Anita Allen.

Ms. Allen was once a senior secretary in Real Property and Telephone Information. At that time, part of her responsibilities included building services. Her boss's confidence in her led him to give her responsibility for handling daily problems. She became very familiar with the BRAC contract and was soon able to advise supervisors on some of the BRAC rules and procedures. At that time she was also going to school and taking real estate classes. She also began managing apartment buildings from among her landlord's several buildings. She says she had actually learned building management on the job. "I was in the right place at the right time when my current position came along," she said.

The department at that time was much smaller, and responsible only for the old building at 1060 S. Broadway. The mail room was added when she took over the department. Anita said, "As the job and the department grew, I have had to grow too. It was difficult in the beginning as new and different situations kept coming up, but I've always had good people, people able to handle anything they were thrown up against."

She mentioned her current day crew, Bob Ketring, Joe Garza, and Louis Baskin, who are always responding to crazy situations, yet are always so pleasant. They can be asked to do almost anything and will do it with a smile.

As the department grew, division (janitorial) maintenance was transferred to Central Maintenance, which included 12 operating divisions, plus Downey, Vernon Yard, and South Park. Later, four satellite offices and road janitors to care for operator restrooms at terminals were added to the department.

While staffing in the mail services has remained nearly the same, the amount of mail handled has grown by leaps and bounds. Now mail room staff pick up and deliver all over Los Angeles county.

When asked how she manages 94 positions scattered throughout so many locations, Allen replied, "The key is my relationships with the employees." One of the advantages of the quarterly inspections of all the different locations, which began last year, is the opportunity to leave her desk and touch base with all her employees, to let them know someone cares. She believes in mutual respect regardless of position up or down the ladder. She likes to treat people the way she likes to be treated. "We're all just people and we need to relate to each other on the same level, regardless of who works for whom."

The biggest challenge for her department is the attempt to respond to everyone's needs and requests, whether for conference rooms, pool cars, cafeteria, mail, or janitorial services. She sees changes ahead for her department as the District continues to grow. Light rail, and certainly Metro Rail, will have a tremendous impact. Her only concern is the loss of the personal touch, of knowing her fellow

workers, as the District expands.

Knowing about her interest in sponsoring walkers for the Downtown Women's Center Walkathon in March, this reporter asked Allen how that came about. She said she had always been interested in doing some volunteer work. A year ago she called the Ronald McDonald House to offer her own services. As they spoke, she suddenly realized they might need janitorial services. She recruited 17 volunteers from General Services who cleaned and helped with a large function. Then came the HIT Com-



General Services Manager Anita Allen.

mittee, and involvement in the Skid Row Children's party. She saw the articles in the *Downtown News* about the walk for the women's center, and called for application sheets.

When asked about her leisure interests, Anita replied she is a family person. She enjoys family activities and she is an avid reader. One day she wants to travel to Spain and Italy.

A sense of accomplishment comes daily by having done a good job with the help of all the "fine people" who work with her.


Of Special Interest

THE BROWN BAG WELLNESS PROGRAMS ARE COMING!

Topics will be short and sweet for the lunch hour on:

- stress management
- weight control
- handling the troubled adolescent, child, etc.
- nutrition
- hypertension
- eating well as a diabetic etc., etc.

Times and locations to be announced.



WE'RE FIGHTING FOR YOUR LIFE

American Heart Association 

 PAIN IN THE NECK	 PAIN IN THE CHEST
 SEVERE SWEATING	 DIZZINESS

Heart Attack Signals... Don't Ignore These Warnings ACT IMMEDIATELY.

These signals may be the warnings your body gives you of a heart attack. And by ignoring them, you could be risking serious problems. Remember each year 350,000 Americans die from heart attacks before reaching the hospital—often after much delay ignoring these warning signs.

To Your Health

Diet: The Four-Letter Word

Starvation Diets

Diets that limit food intake to 400 to 1,000 calories will set the body in a starvation mode. Metabolism is automatically reduced and the body becomes more efficient. Rather than mobilizing and metabolizing the body fat, the muscle tissue is broken down for body fuel. Within two weeks, muscle deterioration is felt as profound fatigue; also, this muscle tissue breakdown is the cause of the haggard look many dieters get during weight loss diets limiting calories to 1,000 or less. Even if you take vitamins this fatigue dips the dieter into a depression which will likely cause the dieter to satisfy an emotional craving by rebound overeating; thus, any weight loss will be quickly regained.

Diet Powders and Diet Aids

Powders and pills may help to lose weight, but none of these diet aids train the dieter to modify the run-away appetite to eat less and, more importantly, eat properly. To permanently lose weight, the dieter needs to admit that losing weight is hard work! Motivation is the true diet aid and the dieter's key to success is permanently changing poor eating habits plus increasing your daily exercise. You need to balance calories eaten to calories needed and used.

Calories

Calories are units of energy that are supplied to the body by the food we eat. Each person requires calories just to function in normal day to day activities. If you gain weight you have eaten more calories than you need. The following are common foods that are high in calories:



by Elia Hager
Visiting Nurse

Mayonnaise	100	1 T
Cream Cheese	150	2 T
Low-Fat Yogurt	260	1 cup
French Fries	210	1 serving
Big Mac	563	1
Egg McMuffin	327	1
Strips of Bacon	104	3
Sausage	225	3
M & M's	237	1 small bag
Haagen Daz Ice Cream	371	3/4 cup
Chocolate Cake	365	1 1/2" wedge
Potato Chips	114	10 chips

Most successful weight-reduction diets restrict the calorie intake to 1,200 calories. This restriction will account for approximately one (1) pound loss per week. If you add twenty (20) minutes of vigorous exercise, you will increase your rate of weight loss by 33 percent.

LOW FAT/LOW CALORIE FOODS

Plain Fresh popcorn (popped at home)	40	1 cup
Buttered popcorn (popped at home)	65	1 cup
Strawberries (fresh)	23	1 cup

YOU MAKE THE CHOICE!

Second Annual Health Fair To Be Held May 18 at Div. 18

Would you like over \$250.00 of free medical screening for yourself and each member of your family (results known *only* to you)?

Would you enjoy seeing a martial arts demonstration? Are you curious about your present state of physical fitness? How about seeing young ladies from Aerobics Plus demonstrate aerobic routines? Would you like to check out your current level of stress the biofeedback way? How are your eyes, your children's vision? How about a state-of-the-art ultra sound scan of your carotid (neck) arteries showing you any vulnerability you may have to a stroke?

Sample free healthy snacks and delicious mixed fruit juices. Either watch or participate in competitive, athletic events arranged by your Transit Police. Sign up and win door prizes. Enjoy a free facial of healthy cosmetics from La Cameo.

Perhaps you or members of your family will welcome an opportunity to ask questions of trained professionals from College Hospital, who can discuss problems concerning depression, stress, grief, smoking, weight control. Professionals from their Youth Response Unit will answer questions concerning children and out-of-control behavior, peer problems, loneliness and rejection, drug problems, runaway problems, school phobia and family problems.

There will be balloons, a magician, clowns, popcorn, Officer Simonson and his trained parrot, a fire truck, and games for the children.

Plan to come, to learn, to experience, to enjoy. There is something for everyone at RTD's own Fun & Fitness Health Fair, Sunday, May 18, at Division 18.

You can help us raise the colorectal cancer cure rate.

When detected early, the cure rate for colorectal cancer is very high. That's why we urge regular checkups for men and women 50 and over.

Warning signs are a change in bowel habits, blood in the stool.

Your doctor can perform the digital and procto exams, and you take care of the stool blood test at home.

- Checkup Guidelines for men and women over 50 without symptoms:
- digital exam annually
 - stool blood test annually
 - procto exam every 3 to 5 years after 2 negative tests 1 year apart.

No one faces cancer alone.

AMERICAN CANCER SOCIETY®

Healthy word jumble

T O D C O A T S E Z P Q P X A L
 T H Z B M H R E T S M O O N W U
 S A G R E E N O I R T H S E R F
 A L O I P A S H A D C C I Q R R
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whole grain
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positive
vegetables
green
milk
diet
vitamins
coat
good health
exercise
bite
breakfast
fat
celery
attitude

SCRTD'S 2ND Annual Fun and Fitness Fair

See You There!



Family Fun

Sunday, May 18
1-4:00 p.m.

- * Good Food
- * Aerobics
- * Contest

- * Magicians, Clowns
- * Balloons
- at Division 18
- Free Admission

Delgadillo's Leadership Efforts Honored by Support Network



Management Intern Monica Delgadillo was delighted by the recognition shown her by the Cal State-Los Angeles Hispanic support Network for her fund-raising efforts.

Management Intern Monica Delgadillo was recently honored by the Cal State-Los Angeles Hispanic Support Network for her efforts as the founding president of the organization.

Delgadillo helped raise \$20,000 in scholarships for Hispanic students at the University in 1984.

In the fall of 1983, she was approached by the president of Cal State-LA's Development Board who told her of the need for a support pro-

gram for Hispanic students. Delgadillo quickly went about identifying corporations who were willing to participate. She began calling on people she knew at Home Savings of America, Pacific Bell, Southern California Gas Company, Blue Cross, NBC, Coors, the CPA firm of Apodaca, Finoechiaro and Co., and entrepreneurs such as the Parada Construction Company.

"Our network created a partnership between the public and private sector," said Delgadillo. "Because the private sector determines the jobs of the future, they want to participate in grooming the Hispanic professionals they hope to hire," she said.

She brought these different people together and set up a 12-member board. They developed goals and objectives and the Hispanic Support Network was born. Each member, on behalf of their corporation, participated in the scholarship fund. In addition to establishing scholarships, some corporate members set up internship programs within their respective companies and engaged Hispanic alumni to act as mentors to students.

Delgadillo was presented with a plaque at a ceremony in the Cal State-Los Angeles Faculty Club by incoming Hispanic Support Network President Linda Garcia.

Operator's Action Saves Lives of His Family and Passengers



Operator George Pepper, some call him a nosy parker, but his bus patrons are just grateful he's around and willing to get involved.

Operator George Pepper from Division 9 wears a button that reads "No more Mr. Nice Guy." It's not meant to signal the world that he intends to kick sand in its face, but rather to show he's involved and ready to take action, to right the wrongs he sees.

Pepper got that chance in the early evening of December 22, 1985. While working the 482 line, he picked up a passenger at El Monte Station. The passenger was carrying a brown paper bag and kept asking Pepper the whereabouts of the nearest hospital.

When Pepper's bus arrived at Puente Hills Mall he picked up members of his family finishing up their Christmas shopping. Pepper was pulling away from the mall when the passenger with the brown paper bag pulled a five-gallon can of gasoline from the bag. He announced to Pepper that he thought life was hell and was going to kill himself. He took out a cigarette lighter and then threw gas at Pepper. Pepper managed to get the passenger off the bus. With the aid of a mall security guard the passenger was apprehended and turned over to the Sheriff's Department. It was discovered later that the passenger had been recently released from a mental hospital. It was his second suicide attempt.

"I knew I had to get the guy off my bus," said Pepper. "My family was sitting behind me. When I think about it now I realize they could have been burned to death. . . . It makes me nervous to think about it," he said.

In addition to his family, there were approximately 35 other riders on his bus. "With the gas spilled all over the inside of the bus, I made all the passengers get off. At first they started griping about me making them late. When they realized what was going on that tune changed to 'thank God you did something about it,'" he said.

Pepper prides himself on doing something about situations in which other people prefer not to get involved. He belongs to a child abuse prevention group in Brea known as *For Kid's Sakes*. "I became a hell-raiser for kids," said Pepper. "If I see someone abusing a child on my bus, I'll throw the bus into lockgear and confront the situation. My manager told me I should be careful and worry about myself, . . . but, I can't. I wasn't raised that way. People say it's none of my business, but I say it's everybody's business."

He contends he is one operator that does not drive with blinders on. It was certainly true in 1975 when he was driving the 72 route. "I met my wife when I was driving the bus through Arcadia. She had just wrecked her car and was standing out there on the curb." Pepper and his wife live with their four children in Fontana.

Pepper likes working on his Corvette and is a member of the Corvettes of Southern California. In his spare time he is building a 5,000 square foot southern colonial style house on which he has already raised four 16-foot columns. He also enjoys sculpture and received first place honors at an exhibit in the Southeastern International Fair in Atlanta, Georgia.

Ray Garcia's First Fantasy Novel Published

Author! Author! The sweetest sound to a writer's ears is exactly what RTD News Bureau Representative Ray Garcia will be hearing soon.

The Leopard of Poitain is the title of Garcia's book, recently released by the Celt Press of Louisiana. It is a collection of short stories and a novella published under the nom de plume (as the New York literati say) of Raul Garcia Capella (a family name). It is subtitled as "the compleat 'Arquel of Argos' collection."

Garcia classifies his work as adventure fantasy. "They're the blood-and-thunder type of tales popularized by the pulps back in the 30's and 40's." The background setting for his stories is the Hyborean Age. "It's the same time and place in which the *Conan* stories are set," he said. At the time "Arquel of Argos" was conceived, Garcia, like many young fantasy writers, was a great fan of the writer Robert E. Howard, creator of *Conan the Barbarian*.

Published in limited edition, *The Legend of Poitain* includes an introduction by George Scithers, editor of *Amazing Stories* magazine. It is Scithers who Garcia credits as the motivating force behind the "Arquel" saga. "Over 20 years ago, Scithers published a piece I'd written on the 'Hyborean Age' in his fan magazine. The idea was to introduce a character who could live by his wits and agility rather than brawn in that barbaric era. It wasn't my intention to write the adventures outlined in that article, but George kept after me."

Garcia's short stories appeared in Scithers' and other fan magazines,

then were bought for publication in professional magazines and anthologies which include L. Sprague de Camp's *Warlocks and Warriors* (published by G.P. Putnam) and *Fantasy Book* magazine. "I've always been interested in writing and illustrating," said Garcia (he was an art director with a retail firm before coming to RTD). He recalls he was drawn to storytelling and art as soon as he began reading.

From enthralling his family with his fantasies, Garcia went on to pursue his writing interest at Boy's High School in Brooklyn, New York. There he became the editor of the school's newspaper, the post held years earlier by author Isaac Asimov. Norman Mailer was also an alumnus of the school.

While Garcia has been a science fiction/fantasy fan for as long as he can remember, he describes his style as something akin to the rugged realism of Raymond Chandler, author of *The Big Sleep* and *Farewell, My Lovely*, later popularized in film by Humphrey Bogart, Dick Powell, and Robert Mitchum as Phillip Marlowe.

"You could say my style is Chandleresque," he said. "One of the people whose work influenced me the most was Leigh Brackett, who worked on the screen adaptation of *The Big Sleep*. She applied a poetic but Chandleresque style to her science fiction, not to mention her script for *Rio Bravo* for John Wayne. Brackett co-scripted *The Empire Strikes Back*, but died before it was released. I only had the pleasure of meeting her once, but I owe that grand lady a lot."



News Bureau Representative Ray Garcia shows his first published novel, *The Leopard of Poitain*.

The ideas for his stories don't usually come as a result of a gentle tap by the Muse on a quiet news day. "Sometimes the story takes shape at bedtime or when I'm asleep. I'll have some vivid nightmare or dream. The secret is to write it down immediately or you'll have lost it by morning." Garcia has other tips for aspiring writers. "If you want to be a writer — write, as often and as much as you can. You'll find that ideas come from anywhere; it depends on how one perceives things. But it certainly helps to read." Garcia is an omnivorous reader — not just of fantasy and science fiction — digesting at least several books a week.

The Leopard of Poitain is available from the Celt Press, 3820 Lake Trail Drive, Kenner, Louisiana 70065. The hardcover book sells for \$18 which includes postage and handling.



Fun and Fitness Fair
May 18 — Division 18

George Marsala Retires from Division 10 Post



Division 10 Transportation Manager George Marsala and his wife Jo, at his February 21 retirement party.

Of Division 10 Transportation Manager George Marsala, it was said by Director of Transportation Ed Nash, that he started on Line 5 when it was still powered by horses. That's just a sample of some of the many jokes Marsala had to endure at his retirement party held February 21.

Over 100 attended the event at the Industry Hills Sheraton Resort.

Former Division 12 Manager Ralph Costello welcomed Marsala to the ranks of the retired. Costello was joined by the recently retired Administrative Services Officer Allan Styffe who shared anecdotes of the days when he and Marsala worked at Division 2 and were known as the "Gold Dust Twins."

Transportation Superintendent Ralph Wilson presented Marsala with his retirement scrolls; Acting Schedules Director Art Leahy gave him his own RTD bus stop sign; and Division 10 Maintenance Manager Milo Victoria presented him with RTD bookends made by the South Parks Shops.

Transportation Superintendent Leilia Bailey, along with the presentation of the Retirement Club check, thanked Marsala for his kindness toward her and her family. "Mr. Marsala always has the employee's interest at heart. He goes the last mile for the operating employees he deals with," she said.

Transportation Superintendent Wes McCarns wished Marsala the happiest of retirements and acknowledged his gratitude. "Two people helped me the most in my career, and they are Allan Styffe and George Marsala," he said.

UTU General Chairman Earl Clark said on behalf of the union he represents that "Marsala has always been a fair man. That's why we are here to recognize him."

After all the fanfare, Marsala was given an opportunity for his last salvo. "It sounds so strange to be eulogized by my friends. But all good things come to an end. Love and peace to you all."



Mingling at the George Marsala retirement party, *Headway* found Transportation Superintendent Wes McCarns, Mrs. Audrey Clark, and UTU General Chairman Earl Clark.

The Newlyweds



Following a year-long engagement, Division 10 Assistant Manager B.J. Harris wed Jacqueline Williams of Pomona on Saturday, February 22 at the Ganesha Community Center in Pomona. The couple spent their week-long honeymoon in Honolulu, Hawaii.

Rocky Stone Bids Farewell after 37 years with District

A retirement party was held for George "Rocky" Stone on February 18 in the Headquarters cafeteria. Rocky began with the District in 1948 as a trainman. In the course of 37 years he worked his way through the ranks to assume the post of Vehicle Operations Manager upon retirement.

Over 100 of Rocky's RTD friends along with family members gathered to recognize his years of service and wish him a happy retirement. Up against Rocky's flinty, yet good-natured wise-cracking, Jeff Diehl acted as master of ceremonies. He introduced Director of Transportation Ed Nash who praised Rocky's dedication to service over the years. Pat Coble presented him with a check from the Retirement Club. A special gift presentation, an intricate photo collage of hundreds of Operations personnel, was made by Nancy Mower. Presentations of scrolls, cash, bus stop sign, and a farebox lamp were made by Stan Bennett, Johnny Johnson, Pete Serdienis, Sam Singer, and Allan Jacobs, respectively.

At the conclusion of the gift-giving spiced up with a little roasting along the way, Rocky was given the chance to have the last word. Allowing his rock-hard exterior to soften, he thanked all those in attendance and wished them well. He had his wife, June, join him before the audience to publicly thank her for putting up with him for all those years. The place won't be the same without Rocky's gruff, dry humor and his tell-it-like-it-is style.



Rocky Stone gets his own bus stop sign at his retirement party.



Rocky Stone takes his last hurrah and harumph with his best fan to keep him company.

Velzys Celebrate Their 60th Wedding Anniversary Feb. 23



Rosadel and Lou Velzy hold hands at their 60th wedding anniversary.

Retiree Lou Velzy and his wife Rosadel celebrated their 60th wedding anniversary February 23 at the Masonic Lodge in San Bernardino with their family, 298 friends, and the County Chordsmen Barbershop Quartet. Rosadel chose a color scheme of lavender and white to decorate the hall.

Asked the secret for their long, happy marriage, Rosadel replied, tongue-in-cheek, "I do what he says." Lou answered, "We're compatible and that's the only way to fly." Rosadel said she had asked her husband recently if he ever thought they would make it to 60 years. "He told me that he thought he'd never live through the

first year," she laughed. However, their actions speak volumes louder than their joking and teasing. When posing for a picture for the *Headway*, Lou could not seem to get comfortable. Finally, he asked, "Can I hold her hand while we take this picture?"

Lou will be 80 on June 13. He worked 45 years at the District starting as conductor then as a motorman, a systemman, a terminal foreman, a dispatcher, a stationmaster, a supervisor, "in other words, the works!" he said. Lou credits his longevity to clean living. Rosadel is 79 years old.

Lou and Rosadel reside in Crestline.

Division 18's Mary Cobbs

She's Mother to USC's Champion Hoopster Cooper

Service Attendant Mary Cobbs of Division 3318 has a lot to smile about these days, especially when she thinks about the pursuits of her daughter. Mary Cobbs is the mother of Cynthia Cooper, team member of the two-time national champion University of Southern California women's basketball team.

The Los Angeles *Times* sports section ran an extensive article in February which chronicled the perseverance of the highly touted hoopster. The Women of Troy have been ranked number two this season and are currently leading their conference. Cooper has a game high of 26 points, 10 rebounds, 10 assists, 9 steals, and an all-time high of 30 points against the women Bruins of UCLA.

Maintaining a home and keeping the family together is a responsibility that Mary Cobbs does not take lightly. When her husband left, she was faced with the task of raising eight children alone in Watts. Mary Cobbs stressed to her children that "ghetto is a state of mind." She vowed never to let the ghetto claim her children.

Dividing love among eight children was not easy. Mary Cobbs credits her Maker. "There is no success without the Lord. We couldn't have made it without Him." Mary's desire to improve the community of Watts through education and uplifting of its youth does not end with her own. She took in the children of a neighborhood prostitute and drug addict and gave them a home in order to keep them off the streets. Mary counseled and talked with the mother who eventually did turn her life around. Today, both children are maintaining steady jobs and are productive citizens.

The ability to perform her service attendant duties as best she can is very important to Mary Cobbs. "I am very detailed and always on time, ...well, except for this interview. I strive for quality in addition to quantity," said Mary. She shares her daughter's love for sports, and in particular, basketball. Mary is a Lakers fan and formerly a basketball player too. She admits, however, that keeping up with her daughter is a thing of the past.

My Daughter the Basketball Player

"As a whole, the Trojan tradition and the Pam and Paula McGee/Cheryl Miller era have contributed to the upswing of women's basketball. The coverage is better, and there are hopes for a professional women's league. There's excitement and the people get their money's worth," said Cooper. The fans are not the only ones receiving their money's worth. Cooper is on full scholarship with all expenses paid. The education and experience is estimated at about \$40,000.

Cynthia Cooper's transition from high school to college was an education in itself. Growing up in Watts was worlds apart from the campus life she encountered at the university. As told to the *Times*, Cynthia said, "When I came to move in, people here were pulling up to the dorms in limos. I couldn't believe it. I didn't like it in the dorms because there were so



Division 18 Service Attendant Mary Cobb shows off her collegiate basketball-star daughter Cynthia Cooper to her coworkers, from left to right: Mechanic A Fidel Gonzalez, Mechanic A Zollie Hudson, Mechanic A Leader Raymond Michaud, Service Supervisor Charles Hinton, and Mechanic A Horace Wooten.

many white people. I came from a black school and black neighborhood. I had never seen so many white people in all my life." Cooper's inability to immediately adjust to campus life and to gain a starting position on the team only frustrated her.

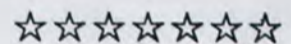
With guidance from her mother and coaches, luckily it didn't take long for Cynthia to see the light. "Whenever she hurt, I hurt. I wished I could take the pain for her, but she had to fight her own battles," said Mary. Mary Cobbs repeated her remarks from the *Times* interview, "I told Cynthia when she went to USC, 'If you go and play basketball for them for four years and don't get a degree, you have been used.'" Cynthia did not ignore her mother's friendly warning. "I think it's a waste of time to go to college and not accomplish what you set out to do. To go through the ups and downs and then not graduate is ridiculous," said Cynthia. Her immediate hope is to try out for the United States National Team that will travel to the Soviet Union and play a series of goodwill exhibition games. Provided she makes the team, her graduation will be postponed until December as will her aspirations of elementary teaching and coaching.

Comfortable with her role as team player and contributor, the sounds of "Coop, Coop, Coop!" by screaming Sports Arena fans have become quite familiar to Cynthia. The lean and inexperienced early years of trial and error are but a faded memory. Cynthia is now an articulate and well-educated young lady with both feet on solid ground. However, she recently had to deal with an adjustment of another sort—the loss of a loved one. It cannot be compared with adjusting to a new racial environment or the frustrations of gaining a starting position on an athletic team. Cynthia was faced with accepting the death of her 22-year old brother, Everette. Everette was stabbed to death. The two were inseparable and the loss devastated the entire family. "It was a rough time. He was close to all of us," said Mary. Cynthia remained strong to handle the arrangements for the family, but found it again difficult not to run from her hurt and grief. Cynthia soon came to terms with her feelings and realized

order to participate. The young ladies are provided with free uniforms, shoes, and will soon travel to Arizona for a tournament.

Mary Cobbs considers the notion of being able to offer her daughter but one piece of advice. She chooses her word carefully, saying, "Trust in God. In order to hear from Him, she (Cynthia) has to pray. He will direct her path. If she is unable to pray, I will pray for her."

Cooper's trials and tribulations, glory days, and fast-paced court manner with the Women of Troy will soon be coming to an end. Of her record she reflects, "I would like to be remembered as the backbone of the team. Whatever we needed, I supplied."



USC basketball star Cynthia Cooper with her mother Division 18 Service Attendant Mary Cobb.

that she had to cope. And again, she triumphed.

Being a Woman of Troy basketball player has afforded Cynthia the opportunity to travel. She's played throughout the world, Hawaii, China, and Alaska. "Winning our first national championship was almost incomprehensible to me. Never before had the University won a championship in women's basketball. I was in another world. There was the media, all the hoopla, and a pep rally upon our arrival at the airport. We won our second championship at UCLA, beating Louisiana Tech. It was exciting! We met President Reagan and were treated great," marvelled Cynthia.

When Cooper mixes it up with friends and chums from the old neighborhood, it seems like old times. She is still treated the same. Elbows on the court and all. "They have respect for who I am and I still have to respect them for who they are. There is no slack here," stated Cooper.

Cynthia takes seriously her need to give back some of the opportunity and experience she has received along the way. She is a basketball coach for the Inter-City Rancho Vocabulary league. Coordinator Joe Clarke has organized a league in which tenth and eleventh grade high school girls are required to learn and be able to use 10 new vocabulary words each week, in

RTD KIDS!



Make Your Mother's Day

The *Headway* would like to know why you think your mother, or a woman you admire, who works for the RTD, should be chosen as the "Mother of the Year." Please send in a brief description (50 words or less) of your mother, or the woman you admire, telling us why she's so terrific. All comments will be published in the May issue of the *Headway*, but they must be received before April 20. The women receiving the best nomination will be selected as the "Mother of the Year" and will receive \$100. This contest is open to all RTD employees and retirees and their children, regardless of age. Send your comments and nominations to the *Headway*, 2nd Floor, 425 S. Main Street, Los Angeles, CA 90013.

Ladies' Softball Coach

Watch Out LaSorda, Here Comes Andrade

By day Telephone Information Operator David Andrade is a well-mannered and pleasantly helpful employee but by the weekend all that changes.

For the last three years David has coached a women's softball team — the Silverstreaks. In the last two seasons the team has taken first and second place division titles, respectively. David believes the secret is "to have them come to practice and work them hard. That's what it takes," he said.

David has always been serious about baseball — a true-blue Dodger fan all the way. "I never thought much about softball, but it does have, I discovered, its own strategies and techniques." His favorite baseball manager is Tommy LaSorda. He feels LaSorda's positive attitude matches his own personality. "If you say you can't do something, you probably won't... So, I never say that," he said. Considering the hand that life dealt David, his attitude is nothing short of remarkable.

David contracted polio at 1 1/2 years of age, spending months on end in an iron lung at Rancho Los Amigos Hospital as a youngster. He wears braces on both legs. "When I was a child and would watch other kids play baseball, I felt so left out. I wanted so badly to play and I couldn't. Coaching is my way of finally getting to play ball."

It never occurred to David that he couldn't be a coach, that he wouldn't be able to show the women how to perform. "I've gotten pretty sharp about batting techniques, but I can't throw the ball up and bat at it. I need help. The women help me. If I've got something to do, one way or another I find a way to get it done."

The 35-year-old coach is a father to four and lives with his wife Audrey



Telephone Information Operator David Andrade is a true-blue Dodger fan. In fact, he watches LaSorda closely to get tips on how to coach his own ladies' softball team. Here David shows off his locker, the only one with the Dodger decal.

in La Mirada. David is proud of Audrey, an outfielder with the Silverstreaks. "I brought my wife a long way, from someone who would drop a ball if you handed it to her, to an outfielder who can catch all the flyballs."

David has taken the Silverstreaks, in the last three years, from a D Division team (beginners much like the *Bad News Bears*) to a high C Division team (experienced, with consistent wins). "The women on my team pay attention. It's not all me, the chemistry is right... there's good give-and-take."

David contends that he can tell a good sport and team player by asking

the question, "What position do you want to play?" "The best answer to my question is 'any position.' I want my women to be flexible, to be able to play as many different positions as possible. Otherwise, your team has weaknesses."

As a coach to a team of women, David doesn't think it's so different from coaching men. "Men are just as temperamental as women. Coaching, in general, is not an easy job. You've got to be firm, diplomatic, and at the same time be able to tell a hot-headed team player where to get off. Then you've got to get everyone clicking together."

His most difficult task is evening out the playing time of the team members. "I get more flack about playing time than anything else. It's a part of my game strategy to figure out a rotation that's a winner. At the same time I try to make it a fair system." It hasn't always felt like a fair rotation to certain team players he admits. "If my wife feels that I've let her warm the bench, then bringing her home after the game is going to be real difficult," he laughs.

Taking an inexperienced team and shaping them into champions who won by 6 to 7 runs per game is a proud accomplishment for David. "My disability is not the worst a person can have. I don't think you should let anything hold you back. I always look to do better. One of these days I'd like to sing the National Anthem at Dodger Stadium. That's one of my fantasies."

He has no immediate plans for his team except to keep them progressing in the same direction. "I'll be happy to quit a winner."

Surgery?

When There's a Choice Get a Second Opinion

Many factors go into the decision to have surgery. Since there are different ways to treat a disease or condition, it makes sense to investigate all the possible options for treatment before you decide which is best for your circumstance.

It's a good idea to get a second opinion any time a patient considers having surgery. Getting a second opinion is one means of evaluating the absolute need for a specific surgery. It also helps to keep down medical care costs for the employee and company.

Surgery is an aggressive treatment, and while it may solve the problem, it may not be the best way to treat it. Any treatment for an injury or disease must be considered in light of looking at the "whole person." The same illness may call for a completely different treatment for two different people.

For instance, this example: Mike Jones, who is 22 years old, and Jim Scott, who is 64, both have the same condition. Both experience the same discomfort, but medication generally eliminates the symptoms. Since Mike is much younger, he will probably have to have surgery to correct his condition sometime in his lifetime. He is probably better off having his surgery now because he faces less risk now and will recover more quickly. Jim, however, can probably live with his condition because he is less active. Since he faces a greater risk in surgery and a longer recovery period, and will save money by not having the surgery, he stands to gain more by not having it.

Surgery's price involves more than just the cost of the hospital and surgeon's bills. The price of surgery includes discomfort after the operation, time lost from work for hospitalization and recuperation, and the worry and inconvenience of hospitalization.

Patients also must consider the risk involved with surgery and general anesthesia. Surgery isn't harmless, and a decision to have surgery done shouldn't be made lightly. It's a good idea to find out if there are appropriate alternative treatments available.

According to Dr. Robert G. Schneider, author of *When To Say No To Surgery*, patients say yes to surgery too often. He says as many as 15 percent of the 20-25 million operations performed each year could be avoided. Patients are too often eager to get the "quick fix" for their problem, without asking questions and seeking a second opinion.

Schneider does see a trend in medicine that is an outgrowth of consumerism. "People are beginning to ask questions," he says. "They want to have a say in their treatment and how much it costs them."

Patients should never feel bad about getting a second opinion. Different opinions, whether they concern painting houses or getting medical treatment, don't mean that you don't trust your painter or doctor. It simply means that you want to know if there is more than one way to solve the problem. We, as health care consumers, have to decide what price we're willing to pay for the solution.

IRS Can Give Wrong Answers

The Internal Revenue Service fields 22 million technical questions a year. With the volume handled and the limitations of fast-answer telephone counseling, even an official of the Service says it's impossible to answer all questions correctly.

Stan Goldberg, assistant commissioner in charge of taxpayer services said that they are sometimes embarrassed about it. They don't like to see it happen, but it does.

At the peak of the tax-filing season, the IRS has 3,000 people answering taxpayer questions by phone and at walk-in offices. As many as half of them are seasonal workers. They receive the same training as full-time workers, but they aren't as experienced.

They are particularly trained to say they don't know if they actually do not. Even with all safeguards, however, the IRS still makes mistakes simply because the tax law is so complex.

Goldberg noted that about 41 percent of taxpayers feel the need to ask the IRS or others for help in filling out their returns.

If your question is a simple one, go ahead and call IRS. If it's complicated to explain, taxpayers might be better off seeking the help of an accountant with the matter.



1. A martyred president
2. To cross a river
3. To evade quickly
4. A well-known river
5. To grind the teeth
6. A Spanish explorer
7. A famous rock
8. Identified with Roman mythology
9. Kitchen cleanser
10. An Ottawa Indian
11. Add a letter to a male deer
12. A Detroit hotel
13. A tall building in New York
14. Cupid's arrow
15. An Indian mythical bird
16. A Shakespearean play
17. A large powerful cat
18. Violent anger
19. The Milky Way

- A. Tempest
- B. Dodge
- C. Pontiac
- D. Comet
- E. Cadillac
- F. Thunderbird
- G. Plymouth
- H. Ford
- I. Cougar
- J. Chrysler
- K. Lincoln
- L. Nash
- M. Galaxie
- N. Dart
- O. Fury
- P. DeSoto
- Q. Buick
- R. Mercury
- S. Hudson



Our Rating System

- ***** —A once-in-a-lifetime film; *Gone With the Wind*, *E.T.*, etc.
 **** —Terrific; worth paying full price
 *** —Average; does what it sets out to do, but no more
 ** —Okay; con someone else into paying for you
 * —We warned you
 BOMB —A truly bad film; *The Conqueror* with John Wayne

Quicksilver— *

What do you do with a film that has good actors, likeable characters, and terminal plot idiocy? A lot of potential is wasted as we're bombarded with songs that were obviously thrown in so they would have some videos to show on MTV, regardless of how they fit. There are few, if any, variations on the set formula. Hot stock option trader blows it all in one afternoon on a bad call, so drops out and becomes a bicycle messenger. He moves into a "tacky" loft that has more floor space than my entire apartment, acquires a dancer-girlfriend, and proceeds to get caught up in a dope/weapons smuggling ring. Kevin Bacon stars, doing an adequate job with what he's given. This one is mostly for the teenagers, folks, though it is interesting to note that for a movie that's set in San Francisco, downtown certainly looks like Los Angeles, complete with RTD buses prominently featured.

Rasputin-The True Story— **1/2

Gregori Rasputin was an itinerant Russian preacher who somehow possessed the ability to calm the hemophiliac Czarévitch Alexis, only son of Nicholas II, easing his pain when the doctors could not. He was a wild man, given to drinking and excesses not proper for a family newspaper.

With his greasy hair and dirty beard, Rasputin is fairly repellant, but there is something undeniably fascinating about him. Rasputin is not so much evil as depraved, making the most of his current popularity to live

as he pleases with as many women as he can get. He manipulates a fanatic, hysterical woman who cares first and foremost for her son, who in turns exerts a strong hold over her well-meaning but ineffectual husband, the Czar. The monarchy is coming to an end, and we can see its death before our eyes.

Klimov originally made the film ten years ago, but it was not allowed out of Russia until recently because of its portrayal of the Czar and his family. Official communist party line portrays Nicholas as totally evil; this film shows a man who cares deeply, but is in far over his head, a portrayal in keeping with eyewitness reports. Perhaps the release of this film heralds a subtle change in the wind in Moscow.

Rasputin fails to answer the questions it raises, but is still a fascinating piece of filmmaking. The Russian style is broader than ours, and there are some very obvious edits, but it is a film worth seeing if you have an interest in the period.

Brazil— **1/2

Take David Lynch's *Eraserhead*, Stanley Kubrick's *Clockwork Orange*, toss in a pinch of Ridley Scott's *Bladerunner*, then stir well with the insanity of Monty Python, and you have *Brazil*, a goulash of sinister futurism and grotesque images that retells the story of George Orwell's *1984*. In a city made dismal by its ubiquitous and enormous industrial ducts, Jonathan Pryce plays a computer specialist in one of the Big Brother ministries of information. An actual bug in the system causes a man to be arrested for another man's crimes, and Pryce finds himself caught up in the absurdly unforgiving and insanely inflexible bureaucratic machine as he tries to correct the error. If you've ever had to do battle with the DMV, DPSS, IRS, or your local bank, your past frustrations will get a zany airing out with *Brazil's* farcical depiction. The subplots include Pryce falling in love with a dissembler wanted by the state, and Robert De Niro as a rebel repairman who

commits the supreme sin of fixing things without doing any paperwork.

Most of the film's moments are merely silly, capitalizing largely on the illogical and inane, such as when Pryce and his mother (a woman obsessed with getting her face lifted) are having lunch at a restaurant that is attacked by terrorists. Those unhurt by the blast remain eating while the string quartet begins to play "Hava Nagila." The laughs, or rather, titters, are too far apart to salvage this film from the bleakness in which it is set and the long stretches where nothing happens. *L.A. Weekly* calls *Brazil* "one of the most intelligent films of the years." I shudder to think what they would consider the stupidest.

Lady Jane— **

I have always held that the British are the best film technicians in the world, and *Lady Jane* is technically beautiful and well-crafted, with the care and attention to detail that marks the best of British film. Unfortunately, director Trevor Nunn, renowned for such theatrical pieces as *Cats* and *Nicholas Nickleby*, never finds his focus in this story of the nine-day queen.

Lady Jane Grey is almost a footnote in the turbulent pages of history, a pawn who was set upon the throne to fulfill the ambitions of her parents. The plot failed, and Jane's reign ended after a mere nine days. While many behind the plan survived, it was Jane who paid the price, going to the block when she was just 17. As so much of Jane's personality is a mystery to us, the canvas is ripe with possibilities for a historical drama. Nunn, however, can't decide between history, romance, or going for the teenage audience. The film is overlong, and the element of time is muddled, mere hours passing when you're convinced it must be weeks. A visual feast for the eyes, but, regrettably, nothing else.

Ran— *****

A Japanese retelling of *King Lear*, *Ran* is visually stunning and thoroughly engrossing. "Ran" means "chaos," and it is chaos and how men bring it upon themselves that fascinates Akira Kurosowa. He is a master of imagery, painting the picture of war and violence as delicately as he does a sunset.

The plot concerns Lord Hidetora (Tatsuya Nakadai), a great warlord who decides to divide his lands

between his three sons when the time has come for him to retire. While Taro and Jiro praise their father, Saburo is scornful. "We are your sons," he warns, "raised in strife and battle. Do not trust our fidelity." Hidetora is furious and banishes him, setting the wheels of chaos in motion.

The most fascinating character is Lady Kaede, Taro's wife. She moves softly and quietly, a porcelain doll. She is respectful to her husband and her "honored father-in-law," but the thirst for vengeance burns bright in her. She never hesitates to seize the chance to further her own plans. Mieko Harada is fascinating as Kaede, smoothly portraying pure evil made more chilling by the grace and beauty with which it is presented.

Ran is running only in the smaller "art houses," but it is well worth the effort to go and see.

F/X— ****

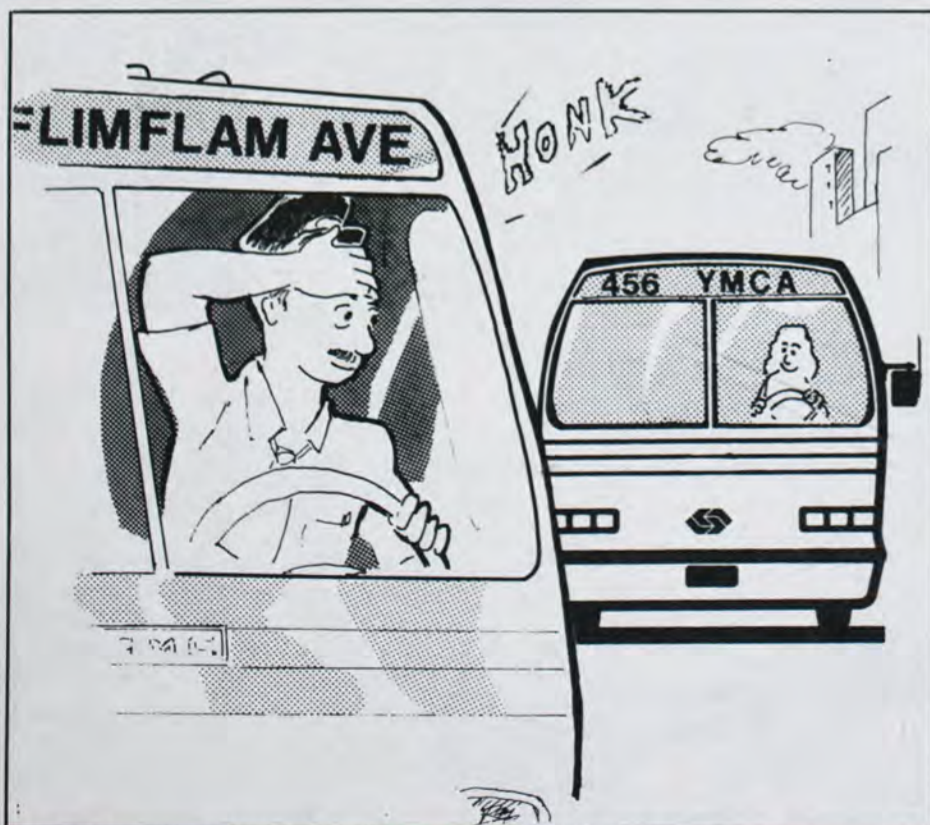
"F/X" actually stands for the word "effects," and is used to denote any special effect used in a movie. *F/X* centers on the work of one man, Rollie Tyler, who is a top-flight make-up effects artist for such classic movies as *I Dismember Mama* and *Vermin from Venus* (which got him deported from Australia). He is approached by the Justice Department to arrange an "assassination." The moment he accepts the job, with its lucrative, tax-free payment, he is plunged into a web of deceit.

For once, someone actually takes a unique idea, and doesn't allow it to get bogged down in all the standard trappings of the thriller. This film has a frenetic energy, from the opening scene where we find Rollie working to the closing credits, and a certain dark humor that is a welcome relief from the seriousness that plagues this genre. Even the hard-as-nails cop played by Brian Dennehy, the one who's job is his life, feels fresh in the interpretation. Australian actor Bryan Brown plays Rollie, a man who loves his work and takes pride in his skill. His quick movements are a perfect foil for Dennehy's slow, almost bear-like demeanor. Both are racing for the same goal, and it's a pleasure to watch them match wits. *F/X* is movie magic, with that rare combination of good script, direction, acting, and production values to make a top-notch film.

—Carolyn Kinkead

Sic Transit. . .

by Ray Garcia



Get the message! Sign language among operators has it that a honk of the horn and a hand on the forehead means, "Your headsign is wrong."

Professional Secretaries Week April 20-26



To acknowledge the contributions of all secretaries to the vital roles of business, industry, government, and the professions.

COMMENDATIONS & SCHEDULE CHANGES

COMMENDATIONS

Division 1

Bernstein, Andrew O.
Quintero, Clift
Padron, Amilcar

Division 3

Jones, Carl E.
Keosababian, Daniel J.
Sanderlin, Fredia B.

Division 5

Jordan, Nancy Y.

Division 7

Chapel, Michael L.
Evans, Albert
Franklin, Willie J.
Sanders, Vassielonia

Division 8

Andrews, Raymond
Davis, Odessa M.
Smith, Robert

Division 9

Hawkins, Raymond H.
Kosky, Michael L.
Pepper, George W.
Ramos, Francisco
Ray, Mike O.

Division 10

Lampton, Rochetta A.
Shorters, Jimmie

Division 12

Fontou, Julio C.

Division 15

Dewindt, L.W.
Frisch, Charles R.
Guadalupe, Jose A.

Division 18

Hayes, Hubert W.

Department 3800
Puente, Anastacio

Abate, Ephraim, from Operator/Extra Transit Operations Supervisor to Transit Operations Supervisor for Vehicle Operations.

Albert, Lester J., from Operator to Traffic Loader/Extra Schedule Checker.

Barenbaum, Jeffrey, from Materiel Control Clerk to Assistant Stores Supervisor.

Becerra, Yolanda, from Janitor to Mopper/Waxer.

Blanchard, Linda, from Extra Transit Operations Supervisor to Transit Operations Supervisor Instructor.

Boyd, Leigh K., from Senior Engineer to Acting Systems Safety and Systems Assurance Supervisor.

Boyer, Frank T., from Mechanic B to Mechanic A.

Brye, Steven F., from Planning Assistant to Joint Development Specialist.

Buehner, Kenneth, from Electrician to Electrician Leader.

Carron, Richard, from Contract Administrator to Acting Contract Administrator Manager.

Castaneda, Henry, from Transit Operations Supervisor to Acting Senior Transit Operations Supervisor.

Cosner, Laurence G., from Transit Operations Supervisor to Acting Senior Transit Operations Supervisor.

Diaz, Jesse J., from Transit Operations Supervisor to Acting Superintendent of Instruction.

Diego, Ricaredo, from Information Clerk to Ticket Clerk.

Euredjian, Armen, from Operator/Extra Transit Operations Supervisor to Transit Operations Supervisor for Vehicle Operations.

Gassner, Wilfried, from Operator to Operator/Extra Transit Operations Supervisor.

Gilmore, Luella, from Operator to Operator/Extra Schedule Checker.

Gladney, Gerald, from Stock Clerk to Materiel Control Clerk.

Gore, David M., from Ticket Clerk to Relief Ticket Clerk.

Green, Carlos C., from Mechanic B to Mechanic A.

Guglielmo, Emil, from Operator to Operator/Extra Transit Operations Supervisor.

Hernandez, D.E., from Ticket Clerk to Ticket Office and Reports Clerk.

Holland, Robert A., from Operator to Operator/Extra Transit Operations Supervisor.

Hovell, James A., from Data Processing Administrative Officer to Acting Assistant Data Processing Manager.

Jones, Kenneth M., from Operator to Operator/Extra Transit Operations Supervisor for Vehicle Operations.

Karlson, Donald, from Division Transportation Manager to Acting Transportation Superintendent.

King, John, from Assistant Contract Administrator to Purchase Contract Manager.

Lapatka, Thomas, from Operator to Operator/Extra Transit Operations Supervisor for Vehicle Operations.

Leahy, Arthur T., from Transportation Superintendent to Acting Director of Scheduling.

Leaver, Donald R., from Operator/Extra Transit Operations Supervisor to Transit Operations Supervisor.

Marshall, Velma, from Assistant Director of Real Estate and Development to Acting Director of Real Estate and Development.

McWaters, Paul, from Operator/Extra Transit Operations Supervisor to Transit Operations Supervisor.

Ong, Luong, from Typist/Clerk to Secretary.

Pedemonte, Marco, from Mechanic B to Mechanic A.

Planty, Michael, from Security Guard I to Security Guard II.

Render, Jimmy, from Operator to Operator/Extra Transit Operations Supervisor.

Rogers, Adrienne, from Secretary to Acting Staff Aide.

Ruiz, David M., from Staff Assistant to Acting Business Manager.

Santos, James D., from Operator to Operator/Extra Schedule Checker.

Seiler, Walter, from Schedule Checker to Schedule Checker Supervisor.

Shaw, George, from Mechanic C to Mechanic B.

Sloper, Yvonne M., from Janitor to Mopper/Waxer.

Tabares, Daniel, from Electronic Communications Technician to Electronic Communications Technician Leader.

Wallace, Myrna, from Operator to Operator/Extra Transit Operations Supervisor.

Woods, David E., from Operator to Operator/Extra Transit Operations Supervisor.

Withers, Laura, from Janitor to Mopper/Waxer.

SHIFTING GEARS

Austin, Emil, began with the District February 22, 1960, retired as a Truck Driver Clerk on February 23, 1986.

Brooks, Dorothy, began with the District September 25, 1962, retired as a Service Director on February 1, 1986.

Bryant, Wiley, an Operator since February 25, 1945, retired on February 2, 1986.

Cahill, Patrick, an Operator since March 21, 1960, retired on January 31, 1986.

Eremento, Leonard, began with the District December 6, 1955, retired as a Transit Operations Supervisor on January 31, 1986.

Harrigan, John, an Operator since April 3, 1965, retired on January 3, 1986.

Jackson, Ruben, an Operator since August 29, 1960, retired on February 8, 1986.

Jones, Tommy, began with the District October 21, 1955, retired as a Mechanic A on January 31, 1986.

Macklin, Fred, an Operator since July 27, 1959, retired on January 31, 1986.

McCoy, Willie, an Operator since June 18, 1959, retired on January 31, 1986.

Moore, Marie, began with the District December 10, 1973, retired as a Staff Aide on February 28, 1986.

Porter, Cleveland, began with the District October 11, 1955, retired as a Mechanic A on January 31, 1986.

Perez, Frank, an Operator since November 9, 1956, retired on January 31, 1986.

Querl, Clifford, an Operator since November 9, 1956, retired on February 1, 1986.

Seale, John, began with the District February 8, 1956, retired as a Senior Instructor on February 28, 1986.

Stone, George, began with the District May 19, 1948, retired as the Vehicle Operations Manager on February 19, 1986.

Teik, Harold, began with the District November 13, 1965, retired as a Radio Dispatch Supervisor on February 1, 1986.

Watson, Charles, an Operator since July 27, 1959, retired on January 17, 1986.

Webster, Richard, an Operator since September 15, 1958, retired on January 31, 1986.

BIRTHS

Born to Facilities Maintenance Superintendent Richard Hunt, and his wife, Mary Ann, a boy, David Joseph, on February 7. Making his debut at 12:30 p.m., David weighed in at 6 lbs., 12 oz. This is their second child. "We're happy that he's healthy and just pleased to have him," said the proud papa. "His 8-year-old sister is also very happy with him. For her, he's like a real-live Cabbage-Patch doll."

WEDDINGS

Metro Rail Office Supervisor Karen Imhof and Assistant Transit Police Chief Harry Budds were married April 5 in Arcadia at the Church of the Good Shepherd. They flew to Hawaii for a one-week honeymoon.

IN MEMORIAM

Sympathy is expressed to the families and friends of employees or retirees who passed away.

Bowers, Emory, began with the District October 5, 1942, retired as an Operator, passed away January 16, 1986.

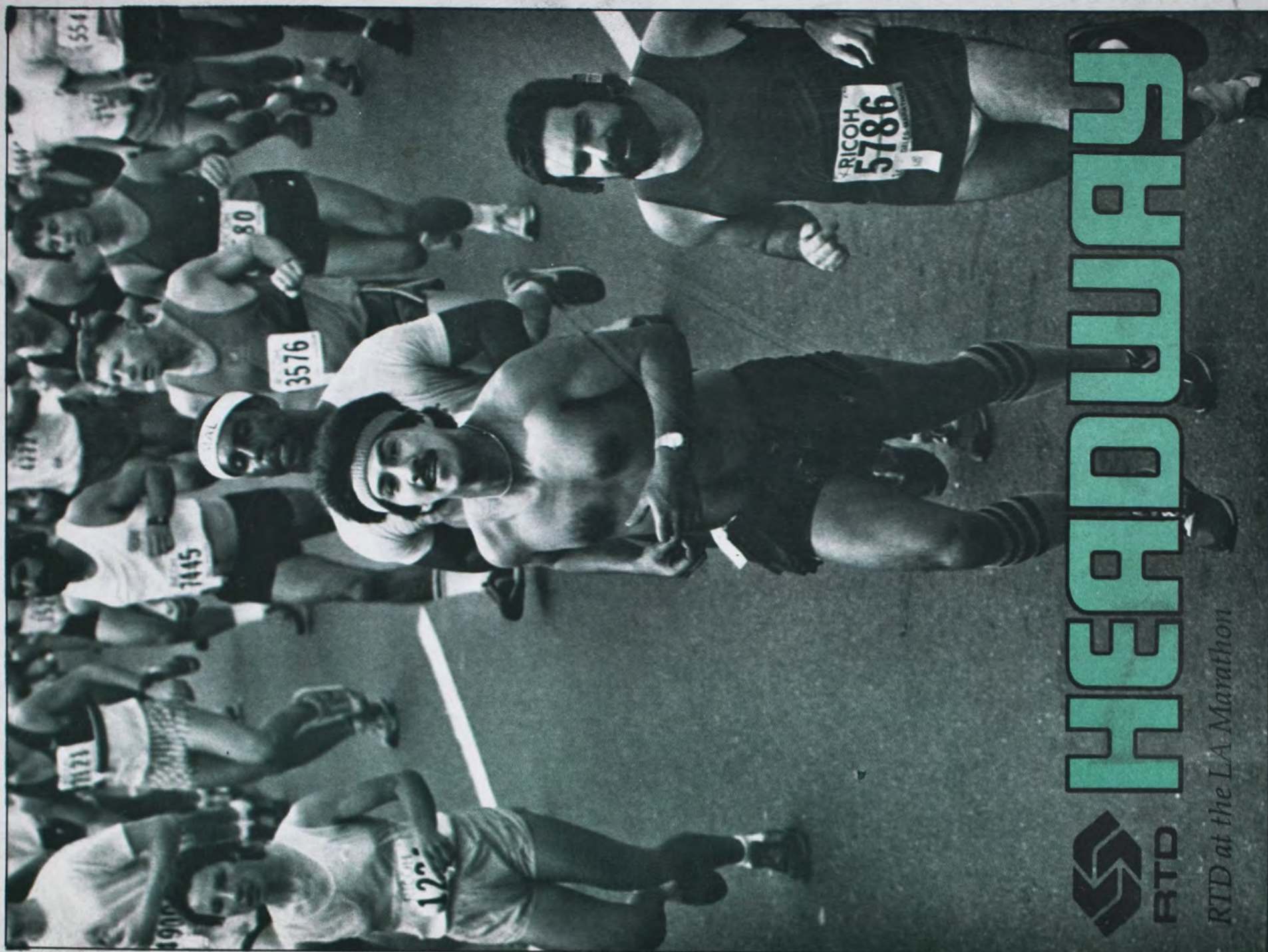
Johnson, Emil, began with the District October 11, 1933, retired as an Operator, passed away December 8, 1985.

Taft, Russell, began with the District September 5, 1982 as an Operator, passed away February 25, 1986.

Amazing Things
Await You!



Imagine! A magical, high-tech machine that can show YOU the insides of your very own neck (carotid) arteries, without breaking the skin. This machine uses ultra sound waves which reveal the plaque accumulations that may line these walls. Those with dizzy spells, headaches, loss of nerve function, who are overweight or who have been diagnosed as having high levels of blood cholesterol may particularly wish to take this free test while it's available at the fair. It can warn potential stroke and heart attack victims in time to make effective use of treatment. Come to the Fun and Fitness Fair, Sunday, May 18, 1-4:00 p.m. at Division 18. Check yourself out with a free diagnostic screening.



HEADWAY



RTD at the LA Marathon

S · P · R · I · N · G



April/May Recreation Events

Baseball is Back!

Dodger games—
\$5.00 reserved seating for \$4.00
April 10 Padres Field Glove Night
April 11-13 Giants Ball Night
 Poster Night
April 25-27 Braves Pin Day
April 28 Pirates Sports Bag Night
May 1 Cubs
May 4 St. Louis Batting Glove Night
May 21 Expos
May 23-25 Phillies Helmet Weekend

Angels are Back too!

April 20 vs. Minnesota
May 10 vs. Milwaukee
May 30 vs. Baltimore

XXXXX

Other Events

April 19-20
 Salute to Chocolate III—Airport Hilton
 \$7.50 tickets for \$6.00
 Children/Students \$5.00

April 19
 All Star Jazz Explosion—Beverly Theatre
 \$16.00
April 19-May 26
 Renaissance Faire
 Adults \$12.50 tickets for \$8.50
 Children \$3.95 tickets for \$2.95
May 2-4
 Las Vegas—Golden Nugget—\$75 per
 person double occupancy. Save an addi-
 tional 10% by being one of the first 10
 paid sign-ups. Must sign up by April 14.
May 26
 Disneyland—\$8.00 save \$6.95

Also available year-round

Magic Mountain adults \$10.95
 Movie Tickets
 Mann's \$3.00
 General Cinema \$3.00
 Pacific Walk-In Theatres \$3.00
 United Artist \$3.50
 Pacific Drive-In
 (good for up to 6 admissions) \$3.75
 See's Gift Certificates \$5.45

HEADWAY

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 and retirees of the Southern California
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Editorial input and suggestions wel-
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 by 72 hours notice.

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