

## College Admissions Is Tough!

Writing your college essay does not have to be.



Elizabeth helps you write essays that are thoughtful, well-constructed and highlight your unique personality and special experiences.

"Christian was selected as a Reynolds Scholar at Wake Forest University. We would like to thank you for all that you've done for him—this would not have happened without you."  
~The Medved Family, April 2012



**Elizabeth LaScala, PhD**  
Certified College Advisor  
www.doingcollege.com

Call Elizabeth 925 891-4491 or email [elizabeth@doingcollege.com](mailto:elizabeth@doingcollege.com).

Doing College Essay Workshops in July and August or by personal appointment.

## Song by Local Musician Remembers Fallen Soldiers

By Sophie Braccini



Crosses on the hillside in Lafayette

Lafayette musician and teacher Laura Zucker expresses her emotions through her music. On Memorial Day of 2007, coming back from a folk song festival, she saw the crosses being erected on the hill opposed to BART in Lafayette. Her heart sank, thinking of the soldiers and their mothers and verses started forming in her mind, "We will never lose another child to war. That's not what a mother's tears are for." She wrote the song called "Memorial Day" that she has since sung numer-

ous time at the hillside memorial, for blue and gold star mothers, and in concerts. "Some have tried to politicize this song, but I don't want that," says the musician, who teaches at Lamorinda Music in Lafayette. "We need to remember those young people all the time, not only one day a year, and focus on honoring them." Part of Zucker's album, "A Step Ahead," you can listen to the song on YouTube at <http://www.youtube.com/watch?v=QoLhLv5NGC4>.

Photo Jennifer Wake

## Family Focus Parent-Child Boundaries

By Margie Ryerson, MFT

"The last step in parental love involves the release of the beloved; the willing cutting of the cord that would otherwise keep the child in a state of emotional dependence." - Lewis Mumford

If you ask most parents today what they want in their relationship with their children, the response is frequently, "I want to have a close relationship" or "I want to be an important part of their lives." Of course they also want to build character, self-reliance, responsibility, and other positive traits in their children. But sometimes the first wish takes precedence over all others in a way that can become distorted.

The goal of being close to one's children is worthy and understandable. (I know because it's my goal too.) It's only when the balance is tipped and parents become too enmeshed with their children that problems can develop. Marriages can be strained if one partner caters more to a child than to a spouse, and the affected child can develop too much dependency on a parent and have difficulty growing up to be self-reliant and confident. In addition, the parent who is overly-involved with the child limits his or her ability to develop a full and well-balanced life.

Here are a few examples of unhealthy parent-child boundaries with all identifying information changed:

- A former neighbor in another state is a wonderful, fun-loving person. When her son was away in college and her daughter was in high school, "Diana" discovered her husband was having an affair with a co-worker. Unfortunately, Diana didn't keep the details of this affair from their daughter. Instead she leaned on "Julia" for support, thus placing Julia in a difficult position. Diana and her husband divorced a few years later. Julia attended a local college and lived at home until recently; at age 28 she moved into her own condo close

to her mother's. Julia's relationships with both male and female friends have been short-lived and problematic. She never developed the skills necessary to sustain close relationships. After all, her mother essentially did all the work for her by providing constant companionship and intimacy in their own relationship. They call themselves best friends, they travel together, and they are very happy in a sense. But one needs to ask whether or not this co-dependent relationship is ultimately best for Julia, and whether Diana's rather selfish and short-sighted mothering is allowing her daughter to thrive.

- I first met "Lilly" when she was 16 and came to family therapy with her parents. Lilly was being treated for bulimia by a colleague who referred the family to me. Both of her parents were extremely permissive and allowed Lilly, their only child, to treat them rudely and to avoid consequences for her behavior. Both parents told me that above all, they wanted to have a good relationship with Lilly. While they knew that setting boundaries for Lilly was necessary, they failed over time to follow through in their efforts and after six months abandoned therapy. Lilly proceeded to go on a long spree of out-of-control behavior: cutting classes, experimenting with hardcore drugs, promiscuity, and shoplifting before her parents saw the need to change their strategy. We worked together for another year on helping them make the shift from parents who enabled Lilly's destructive behavior to ones who guided forcefully but still caring.

- "Chris" came in at age 17 for treatment of depression. Along with a genetic predisposition to depression, Chris had a father who wanted to be his friend. Chris's dad bought Chris and his friends alcohol and marijuana. Not only that, but his father joined in pool parties with Chris and his friends

where they drank and smoked and partied. Chris's mother turned a blind eye to these activities, but she essentially participated as well by not shutting them down. Chris received confusing messages from his parents and not enough effective parenting to help him through his various struggles. Chris's father thought he was being a cool dad and seemed to want to recapture his own youth through Chris. Neither parent understood or supported Chris's underlying emotional needs.

As parents, we need to ask ourselves whether or not we are considering our children's needs above our own. What we think may be loving behavior may actually be doing more harm than good. While we may yearn to feel needed and valued by those we love best, one of the best gifts we can give our children is the ability to function effectively and happily without us. If they see that we are happy and fulfilled, they will be better able to address the task of figuring out their own lives.



**Margie Ryerson, MFT**, is a marriage and family therapist in Orinda and Walnut Creek. Contact her at 925-376-9323 or [margierye@yahoo.com](mailto:margierye@yahoo.com). She is the author of *Treat Your Partner Like a Dog: How to Breed a Better Relationship and Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating*.

## TEEN SCENE

### Local Faire Brings Teens & Community Together

By Linda Lan Phung



Teens are interviewed on live radio at Express Yourself! booth  
Photo provided

The sixth annual Moraga Community Faire took place at the Rheem Valley Shopping Center on May 12. With the sunny weather and welcoming atmosphere, families, adults, and teenagers of all ages flocked to the shopping center for a day of play.

The classic car show was a highlight. Both vintage and modern cars were displayed, from a snug 1928 Ford Model A to a sleek 2011 Chevy Corvette. Faire goers were encouraged to examine the designs and engines of the cars, and some were allowed to sit in the driver's seat.

"The car show always captures my interest because I love seeing how the different vintage designs differ from our cars nowadays," said Campolindo junior Nora Mohamed.

Along with the car show, there were rows of booths sponsored by local stores, companies, and organizations. Three popular booths that I enjoyed were Moraga Royale, the Lafayette Pet Shoppe, and Be the Star You Are!® (BTSYA) charity.

Both the Moraga Royale and Lafayette Pet

Shophe booths attracted young kids; Moraga Royale with free snow cones and the Lafayette Pet Shoppe with pets on display. BTSYA enticed the young crowd with live radio interviews and music jams on the #1 teen program, Express Yourself!™ plus artsy crafts and books for sale.

Teenagers also volunteered to help run and advertise area booths. High school freshman Zerina Mehmedovic remarked, "I'm volunteering for the organization Parents for a Safer Environment. This Faire is a good experience for me as I can have a good time and improve my speaking skills."

While many teenagers worked in booths, other teenagers saw the Moraga Faire as an opportunity to relax. Campolindo junior Jiwon Lee smiled when she said, "I'm having fun, meeting people, and hanging out with kids."

Campolindo freshman Andrea Lucacher noted, "With the music playing in the background, as I walked around looking at all of the informational booths, I felt a huge sense of community." The Faire strengthens the bonds between local businesses and the residents.

The Moraga Faire provided numerous attractions, opportunities, and activities for all ages. Teenagers are encouraged to check out the creative booths and enjoy the fun next year to experience community.

Linda Lan Phung is a Miramonte High School sophomore who volunteers throughout the East Bay and strives for 17-second miracles, inspired by author Jason Wright.

Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, [Cynthia@CynthiaBrian.com](mailto:Cynthia@CynthiaBrian.com).

## Bike Fuel



Moraga resident Chris Havel stops in at a Lafayette "refresher station" manned by Bicycle Pedestrian Advisory Committee volunteer Claude Aiello, who offers an assortment of juice, water, fruit and carb snacks during Bike to Work Day May 10. Havel, who works for Cal Trans in Richmond, admits that a portion of his trip involved BART and reminds fellow bikers that biking doesn't have to be a race, and to enjoy the ride.

Photo Cathy Dausman

## Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA

### Contact us:

Letters to the editor (max 350 words): [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com)  
Sport events/stories/pictures: [sportsdesk@lamorindaweekly.com](mailto:sportsdesk@lamorindaweekly.com)  
Art, theater, community events: [calendar@lamorindaweekly.com](mailto:calendar@lamorindaweekly.com)  
Business news or business press releases: [business@lamorindaweekly.com](mailto:business@lamorindaweekly.com)  
School stories/events: [schooldesk@lamorindaweekly.com](mailto:schooldesk@lamorindaweekly.com)  
General interest stories/Community Service: [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com)

**Publishers/Owners:** Andy and Wendy Scheck; [andy@lamorindaweekly.com](mailto:andy@lamorindaweekly.com)  
[wendy@lamorindaweekly.com](mailto:wendy@lamorindaweekly.com)

**Editor:** Lee Borrowman; [lee@lamorindaweekly.com](mailto:lee@lamorindaweekly.com)

**Associate Editor:** Jennifer Wake; [jennifer@lamorindaweekly.com](mailto:jennifer@lamorindaweekly.com)

**Advertising:** 925-377-0977

[Wendy.Scheck@lamorindaweekly.com](mailto:Wendy.Scheck@lamorindaweekly.com)

**Circulation:** 26,200 printed copies; delivered to homes & businesses in Lamorinda.

### Staff Writers:

Sophie Braccini; [sophie@lamorindaweekly.com](mailto:sophie@lamorindaweekly.com)  
Cathy Tyson; [cathy@lamorindaweekly.com](mailto:cathy@lamorindaweekly.com)  
Laurie Snyder; [Laurie@lamorindaweekly.com](mailto:Laurie@lamorindaweekly.com)  
Cathy Dausman, [cathy.d@lamorindaweekly.com](mailto:cathy.d@lamorindaweekly.com)  
Sports Editor: Caitlin Graveson  
[sportsdesk@lamorindaweekly.com](mailto:sportsdesk@lamorindaweekly.com)  
Teen Coach: Cynthia Brian; [cynthia@lamorindaweekly.com](mailto:cynthia@lamorindaweekly.com)  
Food: Susie Iventosch; [suziventosch@gmail.com](mailto:suziventosch@gmail.com)

### Contributing Writers:

Andrea A. Firth, Conrad Bassett, Moya Stone, Rosilyn Aragones Stenzel, Lucy Amaral, Alex Crook, Alex Kozela, Rebecca Eckland, Marissa Harnett, Lou Fancher, Nina Mohan, Barry Hunau (cartoonist)

**Photos:** Tod Fiermer, Doug Kohlen, Ohlen Alexander, Kevin Nguyen  
**Layout/Graphics:** Andy Scheck, Jonas Scheck, Amanda Griggs. Printed in CA.

**Lamorinda Weekly**, P.O. Box 6133, Moraga, CA 94570-6133  
Phone: 925-377-0977; Fax: 1-800-690-8136;  
email: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)  
[www.lamorindaweekly.com](http://www.lamorindaweekly.com)