

LAMORINDA WEEKLY

Local Sports
Page 17-19

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Wednesday, January 9, 2008

Mike Anderson



City of Lafayette



Lynda Deschambault

Town of Moraga

Victoria Smith



City of Orinda

Lamorinda's New Mayors

Read their stories inside

LAMORINDA WEEKLY

this week

The Party Was at Amoroma!



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First MOSO, Now MOSPRO



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Cougars Hang Tough at Holiday Classic



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Wood Burning, a Dirty Business

By Sophie Braccini

A wet, chilly night with the family gathered in front of the fireplace...the comforting smell, the crackling of the wood; maybe you're trying to finish that 5000-piece jigsaw puzzle you received for Christmas from the uncle who's still chuckling at the thought. It's a perfect winter's eve. But Max Sherman, Senior Scientist and Group Leader at the Lawrence Berkeley National Lab, says burning wood in the fireplace is not a good idea.

"It is an inefficient way to heat a house and it sends soot and ashes in the air. Winter air pollution is mainly caused by small particle pollution, or particulate matter (PM). The two major winter sources of PM in the Bay Area are resi-

dential wood burning and motor vehicles." The Moraga resident still burns occasionally for parties, but as a specialist of indoor air quality he makes sure that the chimney draws well and that unhealthy particles do not enter the house.

Wood burning in the Bay Area is responsible for about 30% of the pollutant particles in the atmosphere, according to the Bay Area Air Quality Management District (BAAQMD). Much has been published that correlates rising PM levels with serious health effects, such as asthma symptoms, decreased lung function, increased hospital admissions and even premature death. Dr. Jeff Ritterman, cardiologist at Richmond Kaiser Hos-

pital, adds to the bleak picture: "PM emissions are probably worst for the lungs but they are bad for the heart as well. Increased rates of heart failure are linked to higher rates of PM in the atmosphere. There is no doubt it's bad for us." The health threat is considered so certain that BAAQMD is in the process of crafting a new policy to address this issue.

Karin Schkolnick, spokesperson for BAAQMD, explains: "The Bay Area has the best urban air quality in California. In 2006 we experienced only twenty days of unhealthy air quality as recorded by our thirty stations."

... continued on page 6

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Saint Mary's Topples Fullerton: Back in National Rankings

By Kevin D. Shallat

After returning from their recent road trip to Honolulu, Hawaii, the Saint Mary's men's basketball team had just enough time to place their Outrigger Rainbow Classic championship trophy up on the shelf before three other teams came into town to play in the annual Shamrock Classic. The tournament took place on December 28 and 29, in Moraga. The Gaels went on to win their second tournament of the year, and were able to climb back into the national rankings after they cruised to a victory over Howard, 97-48, and edged out the Cal State Fullerton Titans, 69-59.

After beating Howard the night before by nearly fifty points, the Gaels struggled against Cal State Fullerton. Saint Mary's, arguably, had their worst first half of the season. The Gaels committed 10 turnovers, had eight personal fouls, and shot 3-13 from 3-point range. However, after trailing by two points at halftime, they found a way to win.

The Gaels went into halftime trailing 37-35, after a long 3-point shot by Fullerton's Josh Akognon. Saint Mary's had a hard time stopping Marcus Crenshaw and Akognon. The two

players had 9 and 14 points respectively in the first half of play.

In the second half Saint Mary's cut down on their turnovers, and hustled for points. The Gaels realized that their jump shots were not falling, so they adjusted, and drove the ball to the basket. They finished the game with 29 points in the paint, as opposed to only 16 for the Titans. The Gaels also had seven fast break points, and the Titans had none. Fullerton was not able to continue their hot shooting from 3-point range, as the Titans were 50 percent from long range in the first half. As Fullerton struggled to keep up with the Gaels in the second

half, they began to throw up 3-point shots in desperation, and wound up shooting 9 percent from down town in the second half.

The usual stars for Saint Mary's were not on the top of their game, but that opened up opportunities for other players to step up. Yusef Smith was able to shoulder some of the load with his efficient play. Smith had 10 points and four rebounds in 13 minutes, as he was two for two from 3-point range. Smith has not only shot the ball well this year, but his above the rim style of play has Gael fans yearning for more of his high flying dunks.

... continued on page 18

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Lamorinda Community

Calendar, Notes, News

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, Jan 14	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, Jan 17	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, Jan 22	
Park, Trails, Rec.	7pm
Community Center 500 St Mary's Road Wednesday, Feb 13	
Circulation	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, Jan 22	
Emergency Prep.	9:15am
City Offices 3675 Mt. Diablo Blvd. Suite 265 Wednesday, Feb 13	
Senior Services	3:30pm
Community Center, Alder Room 500 St Mary's Road Thursday, Jan 24	
check online:	
Town of Lafayette: http://www.ci.lafayette.ca.us	
• all meeting notes	
• calendar updates	
Chamber of Commerce: http://www.lafayettechamber.org	
• local businesses	
• upcoming events	



Stolen car, 12/29/07 An older woman drove to Diablo Foods to do some grocery shopping. She accidentally left the keys to her car in the trunk lock of her silver 2-door 2002 Honda Accord. Upon exiting the store she had her groceries, but she didn't have her car. There aren't any leads or witnesses.

Stolen car, 12/29/07 A car that was locked and parked along Second Street was stolen sometime during the afternoon of the 29th. No suspects or witnesses.

Another stolen car, 12/26/07 A green 1991 2-door Honda Accord was taken from Hough Avenue. The car's owner last saw his vehicle parked outside of his apartment around 11:00 p.m., when he was ready to take off in the morning, the car was gone. To add insult to injury, there was a case of beer and Christmas presents in the trunk.

Credit card fraud, 12/12/07 – 12/24/07 A young, female Lafayette resident received her CitiBank Visa card statement and saw several fraudulent charges made by an unknown suspect. She did not give permission to for anyone to use her card. All the purchases were made via the internet. No known suspects or leads.

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Meet Lafayette's New Mayor

By Cathy Tyson
Mike Anderson: Assistant General Manager Planning/Stewardship & Development of the East Bay Regional Park District by day, Mayor of Lafayette by night. If keeping an eye on 97,000 acres of parks, spread over two counties, with 1,100 miles of trails wasn't enough, Anderson is busy at his night job, attending countless meetings for the benefit of Lafayette.

He started on the General Plan Advisory Committee a number of years ago, moved onto the Planning Commission, then served three years on the City Council, last year as Vice Mayor. This will be his fourth year of service on the City Council and first year as Mayor. The pay rate for all this hard work? Some would say it's priceless, but actually there is no monetary compensation, just all the coffee he can drink and the sincere thanks of residents.

In a wide-ranging discussion at Papillon, Anderson cov-

ered many topics to be addressed in the coming year.

First and foremost is the Lafayette's Downtown Strategic Plan, which will determine where to allocate funds to invest in projects downtown. After holding community workshops, public meetings and tabulating survey responses from over 2,000 residents, the Strategic Plan Advisory Committee which Anderson chairs, will have a meeting in late February with Wallace, Roberts and Todd, Lafayette's urban design consultant. Anderson noted, "There should be some interesting ideas and options" for the City. "We need a plan for the downtown that is sustainable," especially considering the City's current financial situation.

"I'd like to have a downtown that has a certain amount of walkability. To be able to park your car, walk to a coffee shop, do errands - this enhances a sense of community. We

have a real opportunity with the Strategic Plan to make these things happen. The challenge is to find a balance between residential and business uses." Anderson believes everyone can win, by encouraging businesses that would benefit residents and increase the tax base at the same time.

Also a priority is the, "Budget goal-setting process, I want to break down and re-assess all services for discretionary money within the budget, and encourage public involvement." When asked what would happen if 500 people showed up at the February 4 meeting, Anderson responded, "that would be great, that level of interest." If the Lafayette Community Center couldn't handle the crowd, he suggested the meeting could be re-scheduled at a larger venue.

Noting the recent video posted on the City's website, www.lovelafayette.org, Anderson encourages residents to get involved and educated about

the limited amount of discretionary budget dollars the city has available. As part of the budget process he wants, "a chance for people to talk about what's important" regarding where discretionary money is allocated.

Lafayette's roads are also major concern. Explaining that the current process emphasizes the maintenance of the better-quality roads over the reconstruction of the poorer-quality roads, Anderson believes that the reconstruction of the poorer-quality roads needs to be a priority. "We need to find a reasonable way to apply funds fairly and best use our resources."

Especially in these lean times, Anderson sees a crucial role for volunteers, noting that there is a lot of experience and knowledge among the residents in our community. Quite a few folks already serve on Design Review, Circulation, Parks and Recreation, and many other commissions. More volunteers

are always needed and appreciated.

Finally along the same lines, the Youth Commission is run by local teens who could be a great resource for employers in the City. Currently they raise money through events, using the money to fund a haunted house, high school dance parties and an annual retreat. "My point is that these are sharp kids, who have really bright futures, a wonderful asset of the community. I'm working with the Chamber of Commerce and the Youth Commission to create an opportunity for internships, shadowing and other job experiences in Lafayette. Young people would benefit from a job that lets them learn about work, and hopefully they'll be coming back to the area after college."

Throughout all of his service to Lafayette, Anderson would like to thank his very patient wife, Courtney, for being supportive.

Going to the Doctor is Fun!

By Jean Follmer



Dr. Maria Steelman, Basil the Pig & Roxy the Dog Photo Jean Follmer

Four years ago, Dr. Maria Steelman opened Lafayette Pediatrics. She studied medicine at the University of Southern California and found pediatrics was a "perfect fit" during her rotation. As an only child, she wasn't around many children growing up. With three of her own kids plus the practice, she's discovered she loves working with children. Dr. Steelman says she "likes the emotional intensity - it gives me a thrill, it fills me up." Prior to starting her own practice, Dr. Steelman worked

with Lafayette Doctor Stephanie Bennett-Strauss for years. Dr. Bennett-Strauss specializes in child development and behavioral pediatrics and Dr. Steelman still consults with her.

As a child she didn't dream of being a doctor. In fact, some of her early memories of medical care are not pleasant. She has memories of sterile offices. She remembers screaming while her pediatrician cleaned her ears because it hurt so much; yet he didn't stop. Steelman says "I try to make my office comfortable for

kids. If they're comfortable, it empowers them when they're older...they'll be more in touch with their own health when they're older." She definitely has comfort down. Her office has pleasing colors, cozy furniture and the feeling of "home". On occasion, she even brings her pets to visit the office. The young patients are thrilled to see Basil the pot belly pig and Roxy the dog. She "brought the animals as a trial" and it went over so well that the kids are always asking where they are.

Steelman lets her patients dress up as doctors if they want to during an examination and she'll "look for butterflies in their ears." Kids will walk into the office shouting "Dr. Maria, where are you?" She said, "Because I put a little extra effort into the environment, people come here a little happier." While at a medical conference years back, she attended a pediatric hypnotherapy session. It "made me become more careful with language" and made her recognize the importance of "positive focus language." Steelman also believes in accessibility, so the office answers its own calls. If you call after hours, Dr. Steelman an-

swers the call herself. She feels parents should be able to reach their pediatrician. She "puts parents in the center and listens to them," because they

often notice the subtle changes in their children.

For more information, contact lafped@yaho.com or 925-287-0120.



Dr. Maria Steelman & patient Hailey Urteaga Photo Jean Follmer

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Lamorinda Community Calendar, Notes, News

Moraga

Thank you, Steve!

Your friendly neighborhood newspaper would like to offer a fond farewell, with our thanks and best wishes, to Steve Angelides. Possibly one of the busiest men in Moraga, a myriad of other obligations has necessitated Steve's departure from our staff. We will miss his relentless pursuit of the truth, his straightforward style, and above all his commitment to bringing knowledge, and therefore power, into the homes of Moraga residents.

Calendar	
City Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo	
Wednesday, Jan 16 (Special Meeting)	
Wednesday, Jan 23	
Sat., Jan 12, 9am Special Meeting	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Tuesday, Jan 22	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Monday, Jan 14	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive	
Tuesday, Jan 15	
Liaison	8:00am
Fire Station 1280 Moraga Way	
Friday, Jan 11	
Chamber of Commerce	8am
Terzetto's Cuisine Moraga Shopping Center	
Friday, Jan 25	
Town of Moraga online: http://www.ci.moraga.ca.us	
for: • all meeting notes • calendar updates	

Meet Moraga's New Mayor

By Sophie Braccini

Lynda Deschambault is a New Hampshire native who chose Moraga when she moved to the Bay Area eighteen years ago. Like the song Moraga kids learn in elementary school, "The hills of Moraga are calling" to her. Open space is her passion, her everyday pleasure and inspired her professional and political career.

"I have loved spending time in nature since I was a child," says the new Mayor, "I like feeling small and part of the great big sphere." A science teacher in the 8th grade helped her transform this passion into a profession. Her class went to a three-day field trip in the mountain, studying animals, water, and air. There she decided that live science was interesting and fun and that she wanted to dedicate her life to study and protect nature. Deschambault holds undergraduate degrees in Chemistry and Soil Science, and an MBA. She is currently an Environmental Scientist with the US Environmental Protection Agency.

Deschambault was drawn to local politics after a long engagement in non-profit activism, during which she realized that elected officials have a great role to play in effecting change. When she ran for Town Council in November of 2004, some people were unhappy about increasing development in Moraga. She felt that those who wanted to preserve the semi-rural character of the town needed an elected voice. "Development, in a place like Moraga, has to be pondered with extreme caution," believes Deschambault, "before making a decision I always remember the Iroquois principle 'we should consider how the decision we're about the make will affect the next seven generations.'"

In her first years on the Town Council, Deschambault's objective was to improve government transparency; she hopes to continue increased transparency and public involvement and is optimistic about the development of a community calendar, televised Town meetings, improved noticing for important agenda items, and is confident she can more effectively engage residents, especially those at St Mary's College and Moraga's youth.

Deschambault has also focused on improving the ecological state of the Town of Moraga. Among other things, she has helped the community produce a Mulholland Habitat Preservation and Restoration Plan, she supported the Invasive Plant Removal Program, the Integrated Pest Management Program sug-

gested by the local grassroots group "Parents for a Safer Environment," and proposed that the town become a member of the US Mayors' Climate Protection Agreement.

"Moraga's future will likely see increased native plantings and a wetland restoration project on Mulholland during my tenure as Mayor," says Deschambault, "I'll be working closely with community groups to promote the importance of local shopping and the use of sturdy reusable shopping bags. I hope to update town street lights to more efficient and energy saving styles, while also promoting solar, day lighting, and geothermal elements in town buildings."

She noted that her two main goals continue to be "Preserving the Past, Planning for the Future." Deschambault is keen to put policies in place that protect our ridgelines and scenic vistas, and wants to revitalize business with infill near existing commercial areas. She is hopeful that the Council can come to agreement on a Specific Plan that includes both shopping areas, integrates the old with the new, and results in one village-like area that flows with existing retail. Taking the lead to engage the Chamber of Commerce and to form an Eco-

conomic Development committee, Deschambault envisions a number of retail-focused events that bring vibrancy to the shopping areas and is excited to see the final production of a long term Economic Strategy for the Town of Moraga.

Right now, Deschambault spends 8-20 hours a week on her Town duties. All Council members, including the Mayor, serve voluntarily with no monetary remuneration. She still makes time to walk the trails of Moraga with her two Huskies, to find peace, inspiration and the energy to continue to fight for her vision of Moraga.



Pot possession, 01/01/08 At 9:40 officers noticed a vehicle with three passengers parked in the Rheem Elementary School parking lot. Savvy officers noticed a strong odor of marijuana coming from the car. A small amount of marijuana was found in the back seat. Not such a happy New Year.

Teens loitering and drinking 1/01/08 A concerned neighbor made a "suspicious persons" call to dispatch. Officers found several subjects at Moraga Valley and Parson Brown Court, all under 21 with a bottle of Remy Martin Cognac. One of the kids admitted to having a beer in his backpack, a third subject threw a shot glass into the road that shattered. All kids were cited at the scene.

Disposition of Evidence
Moraga Police Department no longer needs property related to case 05-999 for evidentiary purposes. All evidence is going to be disposed of. If you are involved in the case and have ownership of items involved please contact the Moraga Police Department Property Officer Heather Pomeroy at (925)376-2515. All Evidence will be destroyed after January 15, 2008.

First MOSO, Now MOSPRO

New Initiative Offers \$7 Million to the Town of Moraga for the Right to Build New Homes

By Sophie Braccini

A new Open Space initiative was submitted to the Moraga Town Clerk on Dec. 21, 2007. Entitled The Moraga Open Space, Parks & Recreation Ordinance of 2008 (MOSPRO 2008), it is a competing vision to Moraga's Open Space Ordinance (MOSO 2008) governing future management of the remaining 1000 acres of open space in Moraga. Town Manager Phil Vince summarizes the situation: "With two competing Open Space ordinances potentially on the ballot, 2008 will be an interesting year in Moraga."

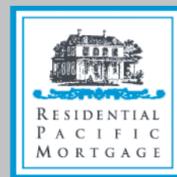
Conceived and developed by the Bruzzone family, a major Moraga landowner, MOSPRO 2008 would directly compete with MOSO 2008 in the next election if enough signatures are

obtained to place it on the ballot. The Notice of Intent to Circulate Petition, signed by Dave Bruzzone, explains: "The purpose (of this initiative is) to protect open space and ridgelines, limit development to less sensitive areas where potential visual and other environmental impacts can be minimized, and provide needed public facilities for the Town."

Council Member Mike Metcalf observed, "Voters should pay close attention to what is being proposed." While the two initiatives have similar titles, their contents differ on many counts. If MOSO 2008 is approved by voters, it would considerably limit development on two large Bruzzone properties in Bollinger Canyon and Indian Valley. In diplomatic

language, MOSPRO 2008 proposes a mix of protected open space, large development areas and potential financial rewards for the Town of Moraga.

... continued on page 14



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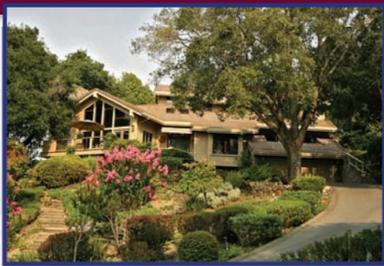
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Lamorinda Community Calendar, Notes, News

Orinda

Calendar	
City Council 7pm Auditorium, Orinda Library 26 Orinda Way Tuesday, Jan 15	
Planning Comm. 7pm Auditorium, Orinda Library 26 Orinda Way Thursday, Jan 10	
Hist. Landmark Comm. 3pm Gallery Room, Upper Level 26 Orinda Way Tuesday, Jan 22	
Planning Process Review 8:30am Community Room at City Hall 22 Orinda Way Monday, Jan 14	
check online: Town of Orinda: http://www.ci.orinda.ca.us/ • all meeting notes • calendar updates	
Chamber of Commerce: http://www.orindachamber.org/ • local businesses • upcoming events	



Burglary, 12/27/07 Unknown suspect(s) broke into a Bates Boulevard home and stole approximately \$5,000 worth of gold necklaces, bracelets and watches. Unfortunately no fingerprints were found. Perhaps the thief received gloves for Christmas.

Robbed on Christmas, 12/25/07 Two suspects entered an unlocked home on Sycamore Road and removed property valued at over \$2,800. Imagine the thieves surprise to be interrupted mid-burgle by the family returning home from a walk. Suspects fled out the back of the home. A K-9 unit responded and tracked the suspects to a nearby street, but unfortunately that was where the trail ended.

Santa stolen 12/24/07 An unknown suspect removed a decorative Santa from the front yard of a Dalewood Drive residence. Santa was approximately 5' 8", bearded, a little chubby and seated in a sleigh. Santa was approximately 50 years old and extremely life-like. Estimated value, apparently you can put a price tag on the man in red, \$3,000.

Jewels stolen, 12/21/07 A thief entered a Coral Drive residence by prying open the rear door, and ransacking the master bedroom. The homeowner returned to find her jewelry was stolen. The victim's mother lives nearby and noticed a suspicious man in the area at about 12:30 that very afternoon. The man claimed to be a window washer. Approximately \$13,000 worth of jewelry is gone.

Download stories at
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(a pdf reader is required to view the pages.)

Meet Orinda's New Mayor

By Andrea A. Firth



Victoria Smith Photo Andrea A. Firth

"Roads, roads, roads, and more roads," states Victoria Smith emphatically. Fixing the main arteries and neighborhood streets will be a primary focus for the City of Orinda over the next year according to Orinda's newly appointed mayor. Taking seat at the helm of the City Council in the final year of her four-year term, Mayor Smith anticipates that Orinda will once again carry the dubious distinction of having some of the worst roads in the Bay Area. With the cost to fix the roads and drains throughout the city estimated to be \$100 million and two ballot measures to fund the repairs having recently failed passage, Mayor Smith notes, "We continue to struggle with the issue. It's a long-term problem for Orinda."

However, Smith's pragmatic approach and positive attitude prevails as she describes the roadworks planned for Moraga Way next summer. "Our project has been in the works for quite a long time, and we finally received the CalTrans grant which is fantastic. We are happy that we can get a million dollars in grant money," states Smith. "It is a very big project for us, and it will repave a heavily traveled road in Orinda. So we're pleased." However, Mayor Smith is not so pleased with EBMUD's plans to close Moraga Road between Moraga and downtown Lafayette during

the same timeframe this summer, and she feels that much of the diverted traffic will find its way to Rheem Boulevard, Glorietta Way, and then onto Moraga Way further slowing traffic through Orinda.

Smith and her husband, a native Orindan, relocated to the area 20 years ago when they were looking for a place to live that had good schools and great outdoor spaces. "Orinda really is unique," notes Smith. "The people who have been involved with city government before have done an excellent job. And the community has done an excellent job of wanting and supporting a community that is semirural. And we really are." However, Smith recognizes that the "semirural" designation comes with both the good and the bad. "The bad side is the condition of our roads and that they are narrow and windy," explains Smith. But she quickly qualifies this negative with a positive noting Orinda's proximity to larger cities including San Francisco, Berkeley, Oakland, and Walnut Creek while still being surrounded by nature and wildlife. "I think that it is very attractive that you can be close to all of the wonderful amenities that we enjoy in northern California—sporting events, theater. And yet here in Orinda, it's quiet, it's peaceful, and it has a great natural beauty." A graduate of the Univer-

sity of California at Berkeley and UC's Hastings College of Law in San Francisco, Smith has maintained a real estate law practice in Orinda for over 20 years. Her first foray into public service was as a representative on the Contra Costa County Family and Children's Trust Advisory Committee which makes recommendations regarding the allocation of funds for the prevention and treatment of child abuse. "Unfortunately, it's a huge problem and there is a very small amount of money to work with. But it was very rewarding to find programs that were actively trying to prevent child abuse and help people who had been the victims of child abuse."

After serving at the County level for over three years, Smith had a desire to get more involved locally and subsequently was appointed to the Planning Commission in Orinda. "I take my hat off to the Planning Commission. I think they have the most difficult job," states Smith. "It's very time consuming. And many times you have conflicting interests."

Smith feels that serving on the Planning Commission provided excellent experience for being on the City Council, and she is excited to discuss two affordable housing projects in the planning stages in Orinda. "The Orinda Grove development will include eight affordable homes for families, and we are working on guidelines to provide priority to people who work and live in Orinda, and those who are teachers, police officers and municipal employees." In addition, Orinda will be taking steps to build a 44-unit residential complex at the old city library site to provide affordable housing for seniors. "Both of these developments will provide more opportunity for residency in Orinda and will allow Orinda to receive the regional funding, Measure C dollars, that we use to repave our roads." Explains Smith.

"[In addition] the Wilder Development should be moving forward," notes Mayor Smith. She is looking forward to the amenities this development will provide to the City such as an art and garden center and five playing fields including two with lights. "This is going to be a great thing for our residents, and we're anxious to see it built."

Downtown revitalization is another key initiative for the City Council in 2008 according to Smith. "We really need sales tax dollars to stay in Orinda, and we do have the shops to provide the goods." The Shop Orinda Program promoted by the City Chamber of Commerce is a part of the plan, and she has been pleased to see black canvas Shop Orinda totes showing up on the shoulders of shoppers around town. Smith also feels that the Cal Shakes box office that has been opened in Theater Square is a natural fit and hopes one day to establish a shuttle to transport theatergoers to and from the plays and to downtown restaur-

rants. Ultimately, Mayor Smith recognizes that it takes a critical mass. "We want to see more merchants, more restaurants, and I think we probably would like to see some housing above [downtown]."

With all that is in the works with the City Council over the next year, it is no surprise that Mayor Smith claims to have no time for hobbies beyond regular walks along Wildcat Canyon at the top of El Toyonal. Still, Smith appears comfortable in her new role as the Mayor of Orinda. "It's a very rewarding feeling to say that I have enjoyed the benefits of living in this community for quite some time. My kids grew up here. My husband has lived here most of his adult life. And it's nice to be in a position to give back to the community. For the term of my tenure on the Council, I can be a steward for the community and help preserve the things that are great about Orinda and also help look out toward the future and try and tinker with those things we can improve on."

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Life in LAMORINDA

Simple Steps to Save the Planet

By Jennifer Wake



Packing lunches in reusable containers and using cloth grocery bags reduce waste

Photos Jennifer Wake

At this time of year, dieting is in vogue. Starting a carbon diet (taking steps to reduce your carbon footprint and to help stop global warming) is no exception.

Moraga resident and president of Sustainable Moraga, Bill Durkin, hopes an interest in this type of diet will catch on throughout Lamorinda, creating a ripple effect of sustainability throughout our communities and beyond.

In late October, Durkin and others met with David Gershon, president of Global Action Plan and author of "The Low Carbon Diet: A 30 Day Program to Lose 5,000 Pounds." Gershon has worked to create grassroots organizations that focus on carbon reduction behavior in cities throughout the country. In late January, Sustainable Moraga and Sustainable Lafayette are planning to hold a workshop to discuss how

to promote this type of program and how to get it started locally.

"We will be looking at finding ways to reduce carbon footprints within families or organizations," Durkin said. "Hopefully it will expand out from there and we can find facilitators who can work with schools like Acalanes, Miramonte, and Campolindo." Much of the focus lies in dealing with transportation, garbage, water, energy, eco-wise consumerism, and getting others in the community involved.

According to Gershon's Global Action Plan Web site, households represent between 50 to 90 percent of a community's carbon footprint. "How we live our lives is a major part of both the problem and the solution," the site notes. "Addressing climate change at a residential level is the low-hanging fruit because we can

make these changes immediately without waiting for major policy initiatives, new technologies or alternative energy sources to scale up."

Both Sustainable Moraga and Sustainable Lafayette have already made a huge impact on "greening" our communities through their efforts such as battery and e-waste recycling days, and energy efficient lighting workshops. And like many others who belong to these organizations, Durkin has made personal life changes, such as not using a fireplace for ambiance while entertaining and by buying locally grown food.

"Thirty percent of particulate matter in the air is caused by home fireplace use," he said. "And 99 percent of food imported from China comes in on container ships." Reducing the amount of packaged foods we eat, and choosing foods that are not shipped or trucked to our tables can have a great impact on reducing our carbon footprint.

Durkin unplugs all his unused appliances in his home – DVD and Cable boxes, routers and modems, and even his TV – which are plugged into a safety bar that he turns off when he leaves the room.

"PG&E has useful tools on their website (www.pge.com), specifically their Energy Analyser, Energy savings Calculators and ClimateSmart programs (under 'Your Home')," added Durkin. "Also, you can now have a paperless PG&E bill emailed to you."

The Christmas before last, Joanne Tan of Lafayette set out to simply purge unused toys from her house, ending up with a huge pile in her side yard that she donated. Since then, she has spread the word about sustainability to hundreds of others within her church and in her community, while she



Swapping regular with energy saving bulbs is a simple way to reduce your carbon footprint

and her family have found easy ways to reduce their individual carbon footprint.

"In 2007, we bought a new Toyota Prius, completely upgraded our HVAC system to Infinity 2-stage firing, with two temperature zones, and installed new solar panels on our roof," Tan said. "We rerouted and relocated the furnace in the attics, and moved air return upstairs from downstairs. We also got rid of an old water heater and installed a Noritz tankless water heater (so water is heated only when you need it), installed a double-paned new entrance door and a double-paned window."

But reducing a carbon footprint need not be so extensive. Tan also suggests doing simple things like turning off the stove burner three minutes before you are finished cooking (leaving the remaining energy to continue cooking the food), or air drying sweaters and towels to reduce the amount of energy used by a clothes dryer.

Much like other dieting

tricks, small things add up when working to reduce your carbon footprint. For Durkin, it needs to start at home. "We have to get everybody into a better way of thinking," he said.

For information about how to start your own carbon diet, visit www.sustainablelafayette.net.

Simple Tips to Reduce Your Carbon Footprint

- Use reusable containers for kids lunches and use cloth grocery bags
- Match the size of the pan with the size of the stove top heating element
- Use microwaves or toaster ovens instead of conventional ovens, when possible
- Turn your water heater down to 130 degrees (hot enough to kill bacteria and still save energy)
- Turn off the faucet while you shave or brush your teeth
- Use latex paint instead of oil-based paint
- Conduct an "energy audit" to find heat leaks in your house and do spot insulation
- Plant draught resistant plants like Rose Campion, Mexican Sage, or Perennial Sunflower
- Use unbleached coffee filters

(Source: 50 Simple Things You Can Do To Save the Earth by the EarthWorks Group (Earthworks Press, 1989) and the Holy Planet Task Force at Our Savior's Lutheran Church in Lafayette)

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Life in LAMORINDA

Raul Deju: A Man of Many Interests

By Sophie Braccini

The Deju family has a long history of adventures and risk taking that has its roots in the Old Continent, in the Basque region, a proud people with a language of its own.

Raul Deju's parents left Europe at the beginning of the 20th century and immigrated to Cuba. After Castro's revolution, young men that were reaching military age couldn't leave the country for ten years, so many young Cubans left under what was called the "Peter Pan Operation". Deju left Cuba at age sixteen, without his family. A physics teacher encouraged him to apply for a

scholarship to go to college. He was able to do so on a "work-study program." He earned a Bachelor's degree in math and a Ph.D. in Geology and Earth Sciences from the New Mexico Institute of Technology. He was able to sponsor his parents to come to the States, and he commenced a career in teaching and research.

Deju taught at the School of Engineering at the University of Mexico in the late 60's. He did research and was a consultant to the federal government at Hanford, a Department of Energy Nuclear Research Facility. When

he met Shari, his wife, he moved permanently to the West Coast, doing research on nuclear waste management.

In the early 80's he began his business career. "I like to do something different, something that has not been done before," he says. Working with partners, he built the first environmental science and engineering company in America, International Technology. Later, he participated in the building of Chemical Waste Management, Inc., a subsidiary of Waste Management Inc.

... continued on page 15



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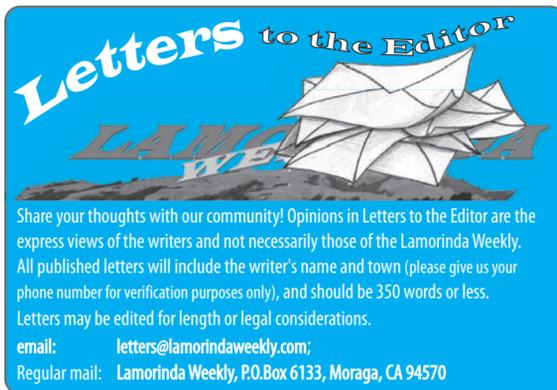
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Dear Editor,

During good times most levels of government spend every penny they can get their hands on. When the economy slows they have to cut vital services or borrow money. In the past Moraga has been more careful with the taxpayers' money. I am concerned that the arrival of the Palos Colorados funds has changed the responsible attitude of some council members. The town treasurer is predicting that by 2013 town income will not cover existing services. The Palos Colorados funds should only be used for essential services and to prepare us for the predicted future shortage. Building a gym would not only use funds that could be saved for the future but would also require ongoing expenses for maintenance and supervision. Building a gym or any other non essential facilities knowing that we will soon face a deficit would be very irresponsible. If a gym must be built it should be built next to a school where students could use it during the day and where maintenance and supervision infrastructure is already in place.

Pete Williams, Ivy Drive, Orinda (Town of Moraga)

Dear Editor,

As we start the New Year with hopeful resolutions and renewed energy, I am moved to hope for something for my town. Moraga is a house divided against itself. Not only are the landowners and the Town Council unable to reach a working consensus, the Council is divided as well. Recently a second open space initiative was filed with the town, competing with the so-called "MOSO 2008" and re-opening the same debate that has been raging since the 70's in our town: should we develop or protect our open spaces?

I trust that the landowners and the town council have the best interests of Moraga and Moragans at heart. They are industrious and hard working. But for decades now they have been stuck in positions that haven't produced a good enough result. A divided council hasn't blocked the resolution of everyday affairs in our town, but business is conducted in a climate of confrontation. The Council, the business community and the landowners want to revitalize and develop the downtown. But for years, both sides have been unable to work out a common vision. The result is that while

Wood Burning, a Dirty Business

... continued from page 1



Coffee ground log burning (from Moraga Hardware & Lumber)

Photo Sophie Braccini

But she warns that some areas are more susceptible than others to air pollution due to their geographic characteristics. In the winter, light winds at night and terrain blocking to the east and west do not allow much dispersion of pollutants. Lamorinda is considered part of the San Ramon Valley, which is characterized by its very narrow width, and could easily have high pollution buildups from emissions contributed by a freeway in its center and by emissions from fireplaces and wood stoves.

"That is why we wrote the first draft of a new regulation for wood burning and are in the review process. We'll conduct public meetings in January," says Schkolnick. "The proposed rules would ban all burning in fireplaces or wood stoves on "Spare the Air nights," she continues. Limitations would be set year round and open-hearth fireplaces would be banned in new constructions. Moraga passed an ordinance in 2002 mandating the installation of gas inserts in chimneys. But whatever the rules are to be, enforcement seems to be an impossible task with eighty inspectors for al-

most seven million residents and an estimated 1.7 million fireplaces and woodstoves.

"Our mission is more dissemination of information and education than fines," says Schkolnick, "most people want to do the right thing, they just do not know how bad this pollution is and what to do to reduce it."

In order to help people switch to gas inserts, BAAQMD is planning to establish an incentive program in the form of cash rebates with benefits from \$300 to \$600. For those who still want the feel of a real fire in the fireplace, the market has been offering alternatives that carry two redeeming qualities: the use of recycled material and the dissipation of much less emissions. "Coffee ground logs," that are made of leftovers from coffee shops and claim five times less PM emissions than wood; recycled paper pellets that claim to burn hotter and cleaner than firewood and other types of convenience fire logs with less carbon monoxide, fewer particulate emissions, less residue and more heat; or logs made of recycled wax-coated cardboard

our neighboring cities are developing and thriving, Moraga's shopping centers are aging while our sales tax dollars are still pouring down the hills in spite of efforts such as the "Shop Moraga First" movement.

We desperately need new ways of working together. I strongly believe that intervention is needed. Just as families sometimes need help to uncover new ways of dealing with power struggles, this town needs the intervention of an expert mediator. Good intentions go down the drain when protagonists can't get past old resentments and preconceptions. A mediator could be a new strategy to help get past the view that we are right and the opposing opinion is wrong. What is wrong is allowing ourselves to remain stuck in our positions.

We, the people of Moraga, can help by participating actively in our town's affairs. With freedom comes responsibility; be informed and stay informed. The Moraga Citizens Network sends emails detailing what is happening at future town meetings and explaining the background. Citizen involvement has changed the course of small and large governments throughout the U.S., and the Citizens Network offers to help Moraga realize its potential through the involvement of those who care the most—the people of Moraga.

This is a plea for hearing other peoples' opinions; we don't have to agree with them. In order for growth and change to occur we need to hear, really listen to opposing views with respect, and to be open to negotiation.

Janet Forman, Moraga

boxes, the material required by the USDA to transport fruits and vegetables to grocery stores.

The best way to be safe is to check www.sparetheair.org or call 800-helpair; you will get an instant air quality forecast and recommendations for spare the air nights.

On January 1st, BAAQMD sent out this Spare the Air alert:

Spare the Air Tonight, Tuesday, January 1, 2008, in the San Francisco Bay Area.

The air quality tonight is forecast to be unhealthy. The Bay Area Air District is asking residents to refrain from burning wood in their fireplaces and woodstoves, and to drive less.

You can help reduce winter air pollution if you:

- Postpone errands and link necessary trips
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- If you must burn wood, burn less and use only dry, clean, seasoned wood, and nonglossy white paper. Moist, or "green" wood smolders more, producing greater amounts of harmful air pollutants.
- Avoid any unnecessary driving, walk, use public transit or your bike instead.

If you must drive, carpool and "triplink" your errands into one trip!

Life in LAMORINDA

Think You're Fat? For Most, the Mirror's Reflection Misrepresents Reality

By Jennifer Wake

It is likely that most of us have taken time to look in a mirror recently, either to check whether a tie is straight or if our hair is styled properly. But recent research shows that the majority of women (and a smaller fraction of men) are unhappy with what they see in a mirror's reflection.

Orinda resident and psychiatrist Dr. Harvey Widroe believes part of the reason is a potent combination of cultural and psychological development factors, citing a "Thin Is Beautiful" societal drumbeat. Widroe has spent the past 25 years working with people battling image distortion problems and has written several articles tackling the subject.

"Look at any magazine, newspaper, TV or Internet advertisement. No plump bodies urge us and our impressionable daughters to be like them. No 'Hefty is Beautiful' messages entice us to buy products to adorn the overweight body. We see only painfully thin models," Widroe wrote in a recent American Reporter article entitled, Eat or Die.

The National Institute on Media and the Family states that by age 13, approximately 53 percent of American girls are "unhappy with their bodies," with this number increasing to 78 percent once girls reach 17 years of age. And the media effect is not limited to teens. A report by the Social Issues Research Center (SIRC) revealed that nearly 80

percent of women over-estimate their size when looking in a mirror.

"Increasing numbers of normal, attractive women, with no major weight problems or clinical psychological disorders, look at themselves and see ugliness



and fat," the SIRC report noted.

According to the American Academy of Pediatrics, the average young person views more than 3,000 ads per day on television, on the Internet, on billboards and in magazines. Ads are also creeping into schools, where marketers have cleverly placed them in "educational" posters, textbook covers, bathroom stalls, scoreboards, daily news programs, and

bus radio programming.

Research found that subjects became significantly more dissatisfied with their own appearance after being shown TV ads featuring exceptionally slim and beautiful people, while control groups shown non-appearance-related ads did not change the rating of their own attractiveness.

"For most adolescent girls, becoming 'thin' becomes a major preoccupation," Widroe said. "Some give up quickly, and jealously watch their peers from the sidelines of dieting. They secretly aspire to achieve the 'Thin Is Beautiful' goal, but, after a few failed tries, realize they aren't real contenders. Luckily, most are spared the dangerous pathways of anorexia or bulimia."

Fortunately, men generally have a much more positive body-image than women, with many men over-estimating their attractiveness or not seeing flaws in their appearance when looking in a mirror.

"As adolescent boys developmentally shift from parental nurture to gang allegiance, the set of values pushed by our society's

advertisers has nothing to do with 'Thin Is Beautiful,'" Widroe explained. "Male adolescents most often value the macho images typically accepted by the guy groups in crude, simple, caricatured versions. Young males, though hardly exempt from adolescent problems, are usually spared the eating disorder that 'Thin Is Beautiful' values foist on adolescent girls."

And for girls, reaching this "ideal" is nearly impossible. Less than 5 percent of the female population could achieve the ideal in terms of weight and size, and only 1 percent of women could ever attain the ideal shape, face, etc., projected by the media.

Fortunately, there has been a recent drive by some media personalities to present more realistic body images on TV and in magazines. The success of actresses like America Ferrara, Queen Latifah and Beyonce – who are beautiful ambassadors of the more curvaceous figure – as well as the recent More Magazine photo shoot by Jamie Lee Curtis and the shift of some modeling agencies away from the ultra thin, is a step in the right direction. But there is still a long way to go.

"Searching for identity beyond childhood, teens mimic the cultural imagery they are constantly exposed to," Widroe stated. "Variations of 'Thin Is Beautiful' become a group chant; and after enough repetitions this evolves into an individual mantra, and finally an internalized version of what was only a seductive TV message."

Truth is Stranger than Fiction: An Interview With Carol Pogash

By Linda U. Foley



Author Carol Pogash
Photo Susan Wengraf

Pogash, a veteran journalist and author, was fascinated by the shocking murder of popular therapist Felix Polk by his delusional wife in the sleepy hills of Orinda. As the tale unraveled, Pogash was appalled by the unethical methods to which the renowned Felix Polk ascribed from using experimental therapies on his patients and sleeping with one of them to est (Erhard Seminars Training started by a used car salesman). Nowhere was the loosening of values more pronounced than in the 70s-especially in California. In this milieu, est-a varia-

tion of positive thinking-provided a platform for Felix Polk to follow his feelings, guilt free.

Pogash says her book is not merely an accounting of a true crime but "a condemnation of a controversial, decadent therapeutic culture including sleeping with patients (a taboo inherent in the Hippocratic oath), satanic ritual abuse, and repressed memory."

Ironically, it was recovered memory (an 80s-90's fad), which was the beginning of the end for Felix Polk and his volatile family.

... continued on page 16

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THEATER AND MUSIC

Lafayette Town Hall Theatre presents "Moonlight and Magnolias" " Feb. 9 – March 15, 2008 This story brings audiences into the inside of the office of legendary producer David O. Selznick during the final moments when he is transforming the best selling book, "Gone with the Wind", into one of the most beloved movies of all time Contact the Town Hall Theatre Company Box Office for exact dates and times Town Hall Theatre Company, 3535 School Street at Moraga Road, Lafayette 925-283-1557 or www.thtc.org

ART



Digital Photography by John Diestler



Jewelry By Karen Bkum-Boateng

New Moraga Art Gallery Show to run through March 16

The Moraga Art Gallery featuring the work of jewelry designer Karen Blum-Boateng, "Little Gems for Little Hands" and John Diestler, digital photographer. Karen's funky elegant designs combine the hippest jewelry fashions with sophisticated style. John teaches digital photography, digital art, multimedia and graphic design at Contra Costa College in San Pablo. The public is invited to the Opening Reception on Sat, Jan 19, from 3-5 pm. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs in Moraga. The Gallery is open Tuesday through Sunday, 12-5 pm.

Lafayette Gallery's new show,



Print by Master printer Sherry Smith Bell

Objects of Affection is open through March 1st and will be featuring works from 22 artists. Join us for a festive champagne reception on Fri, Feb 8 from 6:30-8:30pm. Lafayette Gallery, 50 Lafayette Circle, is open Tuesday to Saturday from 11am to 5pm. 925-284-2788, www.lafayette-gallery.net

Adult Art Student's Exhibit at the Moraga Library through Jan. 26th. Public Reception, Sat. Jan 12th from 2 to 4 pm. The artists are: Vi Buck, Bill Moon, Charles Bullard, Jonny Cohen, Elaine

Frazel, Jim Frane, Kris Titcomb, Susan Kendall, Beryl Glen-Reiland, Susan Mautner, Nancy Sorenson, Mary Demouth, Christy Stegman, Mary Hobson, and Beverly Campbell. Moraga Library, 1500 St. Mary's Rd, Moraga

The Martinez Gallery's new exhibit "Imagine" will run from Friday, January 18 through February 23. A public reception will be Friday, January 18, from 6pm to 9pm. This exhibit is of two and three dimensional art by local artists, ceramics, jewelry, paintings photography, sculpture, textiles, as well as cards and prints. 630 Court St, Martinez. Open Wed, Thu, Fri from 10am-2pm.

Bedford gallery Opening Reception—Sun, Jan 13, 3-5 pm. Please join us for a special event featuring Chinese musicians and dancing dragons. Refreshments hosted by the Bedford Gallery Guild. Admission \$3. Free for Friends of the Bedford and members of DRAA.

"Mt. Diablo A Personal View" – The Photography of Sue Reynolds Through February 28. Lindsay Wildlife Museum, 1931 First Ave, Walnut Creek

LITERATURE

Orinda Library presents El Cerrito writer, Shelly Ravioli, whose book, "Travels with Baby: The Ultimate Guide for Planning Trips with Babies, Toddlers, and Preschool-Age Children," on Wed., Jan. 9 from 10:30 -11:30 am. There will be a Preschool Storytime in the library during the program for little ones. Free. Orinda Library Gallery Room at 26 Orinda Way in Orinda.

World Affairs Book Group will discuss "Journey of the Jihadist: Inside Muslim Militancy" by Fawaz A. Gerges on Tuesday, January 15, 2008 at 3:00 p.m. at Orinda Books. The purpose of the World Affairs Book Group is to enlarge our understanding of important issues through reading and discussion. New members are always welcome. There are no membership requirements or obligations. For information, call Daisy Daymond, Group Leader, at 935-1565.

The Friends of the Moraga Library present a visit with Carol Pogash, author of *Seduced by Madness: the true story of the Susan Polk Murder Case.* Tue, Jan 15, 7pm Moraga Library, St. Mary's Rd, Moraga

China's Cultural Revolution through a Child's Eyes.

Meet Ying Chang Compestine, the award-winner author, of *Revolution is Not a Dinner Party*, Tues., Jan. 22 at 7:00 p.m. at the Lafayette Library. Storyteller Book Store will offer books from the author at the event. Author available for signing after the program. Light refreshment and free admission. Lafayette Library, 952 Moraga Road, Lafayette, 925-283-3872

POLITICAL

The Lamorinda Democratic Club presidential primary candidates' night. Representatives from each of the eight Democratic presidential campaigns will present their candidates' positions. All in

Not to be missed

attendance will have the opportunity to participate in a straw poll at the end of the evening, as club membership is not a requirement for voting. Merchandise and/or literature will be available from each candidate's representative, and attendees can learn how to get involved in the campaign of their choice.

Fri. Jan 25, 7:30pm general club meeting, 8:00 PM Presidential campaign representatives present their candidates. Orinda Community Church, 10 Irwin Way, Orinda, \$5 for admission.. Students free. Call 925-210-7337 or go to www.lamorindademoclub.com/ for more information.

Scott Ritter, former United Nations weapons inspector in Iraq, and Jeff Cohen, founder of Fairness & Accuracy in Reporting (FAIR), will speak in Walnut Creek at 7:15pm on Tuesday, January 15 at the Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane, Walnut Creek. Ritter and Cohen will aim their talk at past mistakes and our current relationship with Iran and the possibility of war, but they will look to the future of our country. The doors will open at 6:45 PM.; no advance reservations are required. The suggested donation for the event is \$20 general, \$10 seniors and \$5 students. The building is wheelchair accessible. For directions or flyer call: 925-933-7850 or www.mtdpc.org.

OTHER EVENTS

Teens Knit Mon, January 14 at 4pm at the Lafayette Library. Find a new and productive way to relax after school. Impress friends and family with your mad skills. Take a more active role in the flowering evolution of your wardrobe... Learn to knit for teens: Middle School and High School

Lafayette Senior Services-Welcome to Medicare

Presented by the Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County. This seminar is for those of you both new to Medicare and those of you who are already on Medicare who want to better understand the many benefits available. You will learn specifics about the health benefits program, uncover the mysteries of prescription drug coverage, and what your wisest choices might be for Medicare supplement coverage. Lafayette Community Center, Tues, Jan 15 10:30am – Noon

Be Wise: Avoid Fraud, Scams, and Identity Theft

Free education event. Experts say that elder financial abuse is the "crime of the 21st century." This presentation by Shirley Krohn, Senior Assembly Member, California State Legislature, will describe how elders are particularly vulnerable, and tools and resources to protect yourselves your family and your friends. Call Lafayette Senior Services at 284-5050 to let us know you are coming. Concerned relatives or caregivers are especially encouraged to attend. Lafayette Community Center, Thurs Jan 17 10:30am - Noon

Moraga Garden Club's annual salad luncheon.

January 17, 9:30

a.m., Holy Trinity Cultural Center, 1700 School St., Kristin Yanker-Hansen, Horticulturist/Floral Designer will speak and create Gorgeous Winter Blooms. For information contact Mardi Potts at (925) 376-2004.

Montelindo Garden Club will host a special winter speaker series starting on Fri, Jan 18th with Dick Turner, Editor of Pacific Horticultural Magazine. The events will be held at the Orinda Community Church, #10 Irwin Way, Orinda at 10:00AM. They are free to the public. Refreshments will be served, followed by the speaker.

Men's Basketball Open Gym starting Sat, Jan 19th from 7-9pm at Joaquin Moraga School in Moraga. \$5 per player/night. For more information contact Gerald De Venuta at 817-8429 or the Moraga Parks and Recreation Dept at 925-888-7045.

The Moraga Barn Open House on Jan 18th from 10am to 5pm. Canyon Construction invites the people of Moraga, Lafayette and Orinda for guided tours at 11am, 1pm, 3pm and 5pm to see the solar tiles, discuss the geothermic heating and cooling system, check the windows, fly ash concrete floors, recycled wood structures, ventilation system and many more interesting features of the building. FREE. Light refreshments will be served. 925 Country Club Dr., Moraga. Tel: 376.3486

Red Cross "Shelter Management Training" will be held on Saturday, January 26, 9:00 am to Noon. The training will be held at the Moraga Valley Presbyterian Church. We encourage CERT graduates to attend, though other volunteers will be welcomed. The workshop will provide instructions covering various topics that you need to know such as Shelter Management, Shelter opening, registration of volunteers and displaced persons, dormitory operation, feeding and material support, communications, as well as closing of a Shelter. The class will be restricted to the first 30 who sign up. Email (tkentom@aol.com or call Ken Tom at 925-376-0533.

Registration for the February 7 CERT training is open! The class will be held at Saint Mary's College. To enroll, register online at www.lamorindaCERT.org or call Ken Tom at 925-376-0533.

DRAMA WORKSHOP FOR KIDS Thurs, January 24, 4pm, Moraga Library, St Mary's Rd, Moraga. Theater games and improvisational exercises. For kids in first grade through fifth. Registration required. Instructor:LIZ MARSH

Comedy, Juggling, Magic and More! On Wednesday, January 30th, come see one of San Francisco's finest entertainers. Owen Baker-Flynn has been mesmerizing both children and adults for over 20 years. The show is from 1:30-2:15pm at the Lafayette Community Center in the Live Oak Room. Tickets are \$5 per person (under 1yr free) and will be available at the door. You don't want to miss this fun-filled show!

Not to be missed

Saint Mary's College

Campus Happenings

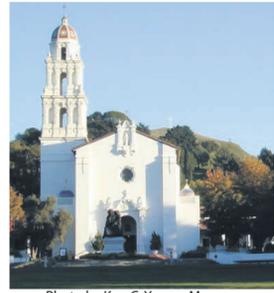


Photo by Ken C. Young, Moraga; www.kcyoungfineartimages.com

Lectures/Special

Events/Performances: "Afghanistan: The War for Hearts and Minds."

Budd MacKenzie, founder of Trust in Education, will speak on "Afghanistan: The War for Hearts and Minds." Trust in Education (TIE) is a grassroots, nonprofit organization founded to provide health care, education and economic development programs in Afghanistan. All programs are implemented in partnership with the Afghan communities as a means of offering solutions for ending cyclical poverty by empowering the communities with self-reliance. The organization has made more than 140 micro-credit loans; built a school for old and young, boys and girls; taught "bio-intensive" farming techniques; purchased sheep and implemented a number of other programs to help put the citizens of Afghanistan on the road to self-reliance. Tuesday, Jan. 15 from 7:30 to 9 p.m.; Soda Center Free

"Focus the Nation: Global Warming Solutions for America"

The event, which includes a daylong Eco-Fair and evening symposium, is part of a national teach-in on climate change called Focus the Nation that will involve more than 1,000 colleges, schools, civic groups and faith organizations during the last week of January. The symposium culminates the Saint Mary's College Focus the Nation event with experts discussing the challenges and opportunities presented by climate change and what it will take to cut greenhouse gas emissions by 2 percent over the next decade. Wednesday, Jan. 23 from 11 a.m. to 5 p.m. (Eco-Fair); 7 p.m. (Symposium), Soda Center; Free For info, visit: <http://www.stmarys-ca.edu/news-and-events/focus-the-nation/index.html>



St. Angelo the Martyr - Maker unknown; h. 14 x w. 10 inches

"The Ghosts of Abu-Ghraib" by filmmaker Rory Kennedy. This viewing of the PBS docu-

mentary digs beneath the headlines to investigate the psychological and political context in which torture occurred and to ask critical questions related to its sanction. The evening will conclude with an opportunity to talk about our thoughts and feelings on the topic through a facilitated dialogue. Tuesday, Jan. 22 from 7:30 to 9:30 p.m. Soda Center Free

"Fireworks"

Hailed as "the hottest classical band in New York," Fireworks redefines the chamber music experience with its fusion of classical, rock, jazz and world music traditions. These classically trained musicians will take you on a whirlwind tour of dance music from Johann Strauss to Duke Ellington, the Bee Gees, and much more. Sponsored by The Committee for Lectures, Art and Music at Saint Mary's College. Tuesday, Jan. 29 at 8 p.m. Soda Activity Center Tickets are \$25 general; \$20 Seniors (over 65); \$12 Non-Saint Mary's students, SMC faculty and staff and; \$2 Saint Mary's students For info, call (925) 631-4381



Our Lady of Guadalupe (Nuestra Señora de Guadalupe) Maker unknown; h. 13 3/4 x w. 9 5/8 inches; oil on tin

Art Exhibitions:

"Pinturas de Fe: The Retablo Tradition in Mexico and New Mexico" Pilgrimage, procession, and the creation of home altars and shrines are ancient religious practices that endure today in many cultures around the world. This exhibition tells the story of one such tradition as it evolved in the Americas from the time of the Spanish Conquest to the present day. Today, individual artists faithfully carry on the tradition of hand painted retablos, and contemporary artists from diverse cultural backgrounds draw creative inspiration from this popular art form. Exhibition opens Jan. 12 and runs through April 6 Hearst Art Gallery

"William Keith: The 1880s Paintings"

Works from the 1880s, which marked a decade of great changes in William Keith's life. On view in the William Keith Room, Hearst Art Gallery

Exhibition hours: Wednesdays through Sundays, 11 a.m. until 4:30 p.m. Admission: \$3 adult; children 12 and under free; free parking Web site: <http://gallery.stmarys-ca.edu>. Telephone: 925-631-4379

For more information about upcoming events at Saint Mary's College, visit the college website at <http://www.stmarys-ca.edu/news-and-events/events.html>.

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Please call David Watson / Communications Director - 283-2160



Please submit events to: calendar@lamorindaweekly.com

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

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Is Moraga Ready for Extreme "Traffic-Calming"?

- Install Rheem Shopping Center-style speed bumps on Camino Pablo?
- Dismiss with impunity the Moraga-Orinda Fire District's objections to the Camino Pablo speed bumps?
- Reduce Moraga Road to one lane in each direction between Corliss and Donald Drive (with the possibility that it be extended all the way to Rheem Boulevard)?
- Contemplate extreme "traffic-calming" devices for other major Moraga thoroughfares?
- Impose Berkeley's divisive "traffic-calming" model on Moraga?

Dear Fellow Moraga Residents,

This is to alert you to some very alarming traffic management measures being considered by the Moraga Town Council that will impact all Moraga residents.

These changes go beyond mere daily travel inconvenience in and around Moraga to matters that could seriously impact the speed of our fire and rescue service, our property values, the town's litigation risk, and our reputation as a community that addresses matters of common interest thoroughly and openly. This issue is on the agenda for a Special 7:30 p.m. January 16 Town Council meeting at Joaquin Moraga School auditorium. Whatever your point of view, please try to attend.

Benign-Sounding Label of "Traffic-Calming"

The contemplated changes are being pursued under the benign-sounding label of "traffic-calming." For example, the automobile frame-jarring speed bumps in the Rheem Shopping Center near Starbucks and the Laundromat—Level 3 Aggressive speed bumps, absurdly characterized by the Town as "slightly-raised crosswalks"—are considered traffic-calming devices. And to directly quote new Moraga Mayor Lynda Deschambault in an email to Town Staff, "I like the way the ones are done at the Rheem shopping center."

She apparently likes them so much that when the Town Council installed three Rheem Shopping Center-style speed bumps on Camino Pablo near CP and JM Schools, Ms. Deschambault queried the Town Staff in her email as to why there wasn't a fourth "crosswalk" because, as she said, "there seems to be a gap between #1 and #2 and #3".

The Town Council—A Failure to Communicate

Beyond not clearly communicating straight-up with Moraga citizens about the extreme height of the Camino Pablo speed bumps, these devices were approved, planned, designed and installed without consulting the Moraga-Orinda Fire District authorities, who—when they learned of the speed bumps—objected to them based on multiple speed tests they later conducted using actual fire and rescue equipment.

While the Town Council has since attempted to "band-aid" the speed bumps by doubling to twelve feet from six feet the approach ramps on both sides, they remain elevated: 1) well above the height communicated by the Town Council prior to installation; and, 2) more importantly, well above a design height acceptable to the Moraga-Orinda Fire District, who says the modified bumps still unacceptably delay fire and rescue response times. And, while these particular speed bumps primarily impact those living along the Camino Pablo corridor, they offer a glimpse of the future for the rest of town. So, the time to get informed is NOW, before any more "extreme traffic-calming" measures find their way to Moraga streets.

Moraga-Orinda Fire District Objects to Camino Pablo Extreme Speed Bumps

Fire Chief Pete Nowicki, supported by a unanimous vote of the Moraga-Orinda Fire District Board of Directors, on October 15 wrote to the Moraga Town Council a detailed objection to the Camino Pablo speed bumps, reprinted on this page. It describes the potential impact such speed bumps have on the response time for an ambulance, rescue vehicle or fire truck.

According to the Fire Chief's letter, the MOFD's first choice is "the removal of the three recently-installed 'speed bumps' on Camino Pablo as quickly as can be accomplished." The MOFD would accept a modification, but the Chief very specifically defined "modification" to mean converting the speed bumps into "speed cushions," which he described as "channels cut down to the pavement which allow traffic to proceed unimpeded" (our italics) To date, months later, the Town Council has failed to satisfy the Fire District's objections or to even notify Moraga residents of the letter's existence. The letter isn't even posted on the Town's website.

Emergency Vehicle Response Time Calculations*

2-Minute Vehicle Response Time	80% Survival Rate
4-Minute Vehicle Response Time	51% Survival Rate
5-Minute Vehicle Response Time	19% Survival Rate

*Source: Studies conducted by Thomas Kistler, retired Firefighter/Paramedic and former Acting Engineer for the City of El Cajon, CA.

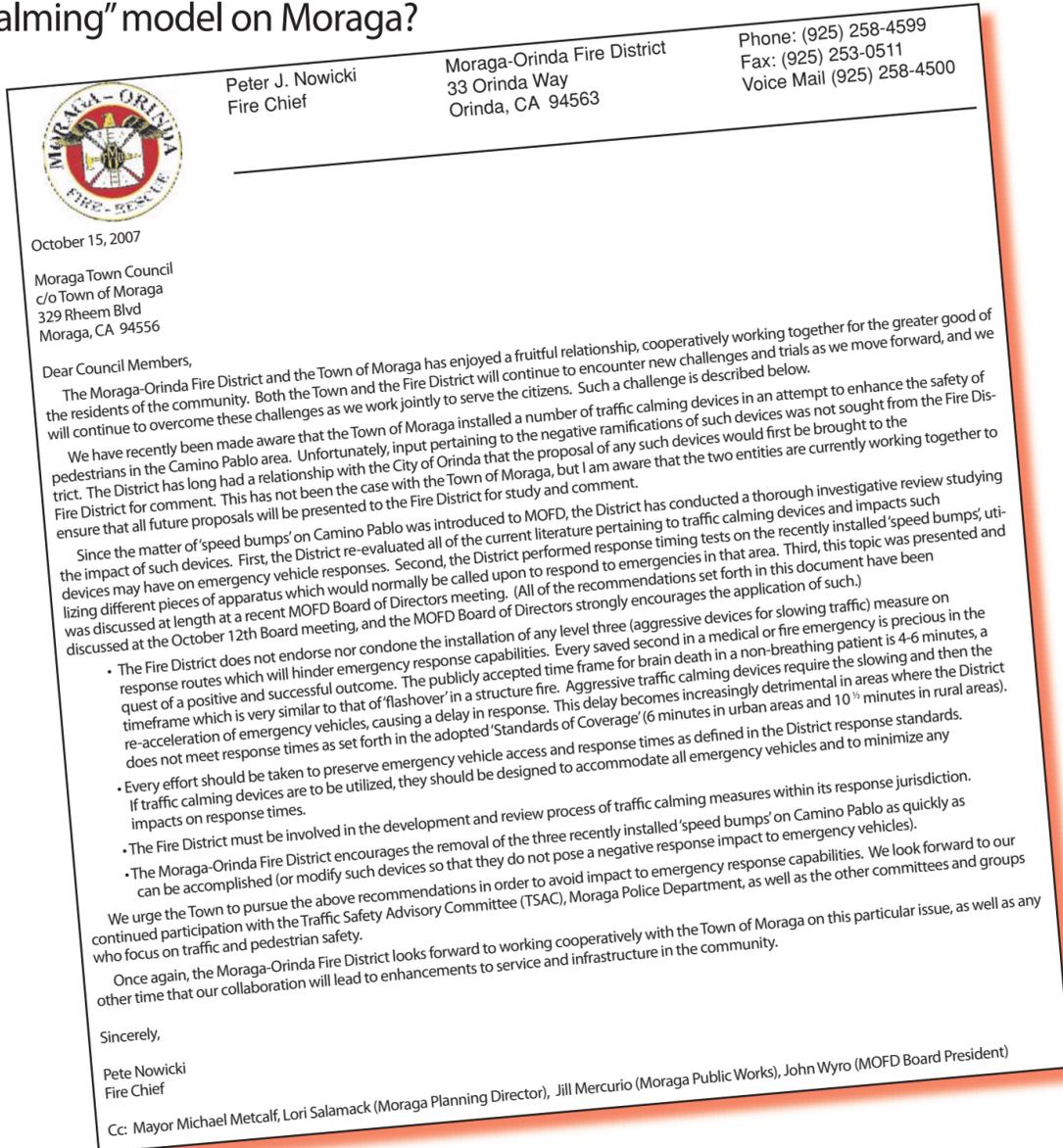
"To the general public, 30 seconds to a minute isn't long, but it means life or death in many cases. I would ask you why emergency medical crews train to get to an emergency as fast as possible? The answer is simple, the faster they get there the more people they can save."

Thomas Kistler, October 29, 2002

At least one Town Council member's position on the matter is that he is simply free to defy fire and rescue authorities. Councilman Ken Chew's attitude is clear in his revealing—almost stunning—commentary in two separate emails:

"Keep in mind that the town is under no obligation to accept MOFD's recommendation. I like those raised crosswalks . . . I had to compromise in the end with my fellow council members and reluctantly agreed to a modification in width from six to twelve feet" (in the approach and decline ramps—our clarification) . . . "I personally dislike the added length." (Councilman Ken Chew email dated Oct. 18, 2007)

"Regardless, the council has no obligation to accept MOFD's recommendation. I don't anticipate council to consider the item again for more debate. We all have spent way too much time on the issue, and like you and many sensible residents, I would like to see this subject put to rest." (Councilman Ken Chew email dated Oct. 19, 2007)



Is This What We Expect from Our Elected Officials?

What exactly is going on with the Moraga Town Council? Councilman Ken Chew asserts that he can arbitrarily dismiss input from fire and rescue authorities on matters of life and death? Is Councilman Chew prepared to personally assume the town's legal and financial liability for any tragedies that might occur due to his cavalier attitude toward fire and rescue authorities? More fundamentally, is this the quality of leadership we expect from our elected officials? It is actions like these that have us concerned about what other "extreme" surprises—traffic-calming or otherwise—these Council members really have on their agendas for our community.

Permanently Narrow Moraga Road Between Corliss and Donald Drive?

Another disturbing proposal being discussed is to permanently narrow Moraga Road to one lane of traffic from the current two lanes in both directions between Corliss and Donald Drive. That's because "traffic-calming" proponents on the Town Council believe that Moraga Road between Corliss and Donald is not "calm" enough to meet their standards and are seriously contemplating the reduction in lanes and installing a (planted) median in the middle of Moraga Road, with already a suggestion that the concept be extended to Rheem Blvd.

Now, anyone who regularly uses that stretch—which is to say all of us—knows how congested it can get during morning and evening rush hours in and out of Moraga, school commute periods at Rheem Elementary and Campolindo, and frequent special events at Campo such as swim meets, athletic games, and theatrical performances.

Importantly, to characterize this extreme action as simple "traffic-calming," or addressing it through the Moraga Beautification and Tree-Planting Committee because it might involve a median strip planted with flowers and trees, fails to properly alert the average, busy Moraga citizen to a substantial change on a major town thoroughfare that will surprise, impede, anger and frustrate Moraga drivers.

Note: The Town Council's potential timetable for making these extreme changes to Moraga Road is this coming summer when East Bay MUD will begin digging up the street for one of its capital projects. The idea being discussed is to have EBMUD put Moraga Road back together with only one lane in each direction following its work.

Re-Make Moraga Streets in the Image of Berkeley?

The "traffic-calming" actions to date, and proposals for the future detailed in this letter, are reminiscent of Berkeley, with its aggressive speed bumps, intrusive curb designs and medians, cement barriers, dead-end streets, and other unattractive and frustrating obstacles designed to "calm" traffic to the satisfaction of an extreme crowd. (Interestingly, in the irony of all ironies, even the city of Berkeley has placed a moratorium on Level 3 Aggressive speed bumps and has banned aggressive "traffic-calming" measures of any type on all major streets.)

Clearly, the "traffic-calming" vision being discussed for Moraga has the potential to significantly impact the character of the town and should be examined exhaustively, with lengthy deliberation, and with a bias

toward caution. Instead, one contingent of the Town Council has taken the position that the issues have been decided, debate is closed, and the "traffic-calming" train has left the station. ("Exhibit A" in this regard is the Oct. 19 Chew email quoted earlier in this letter.) Contrary to Mr. Chew's expressed desire to cut off debate, there's a far more compelling case to be made that his extreme vision of "traffic-calming" is more appropriately decided at the ballot box by all the residents of Moraga.

We Can Start the Debate by All Agreeing on One Thing: Safety is our Common Concern

We are all concerned about safety in Moraga, particularly protecting our children, areas around our schools, and the elderly living around town and in the two assisted living facilities adjacent to the Moraga Shopping Center. But with the benefit of community-wide involvement, a little common sense and an emphasis on open dialogue, we can develop viable alternatives that allow for ample protection of our most vulnerable citizens along with unimpeded emergency vehicle access throughout the community. And we can do this without resorting to the unsafe, divisive, extreme "traffic-calming" measures that have already been installed on Camino Pablo and are being considered for other areas of our town.

It is important that we have a fair and open debate of these issues and their impact on our community.

If extreme "traffic-calming" or the manner in which the Moraga Town Council is pursuing these measures in our community troubles you, it is important that your voice be heard. One way to do so would be to attend the Special January 16, 7:30 p.m. Town Council meeting at the Joaquin Moraga School auditorium. "Traffic-calming" proponents have been organizing and mobilizing support for their vision of Moraga and are urging their supporters to attend the January 16 meeting as well, so this could be the beginning of the comprehensive debate this important issue deserves.

To register your support for a more thoughtful approach to the extreme "traffic-calming" measures discussed in this letter, with broader and deeper Moraga community involvement, please visit our website at MoragaSafety.org.

Citizens for Moraga Safety www.MoragaSafety.org

- | | |
|-------------------------------|--------------------------|
| Jack and Kathi Balousek | Jim Hermansen |
| Stan and Heather Roth | Harry Bergland |
| Joe and Margaret Mahoney | June Masuyama |
| Scott Bowhay | John and Susan Sanders |
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Where Are We Going and Why Are We in This Hand-basket?

By Mark Shaw



I picked up the newspaper this morning only to see more bad news about sub-prime mortgages and devastating write downs of major financial institutions. Domsday looming in the future...it's a wonder we've made it this far. Before you throw in the towel regarding the future of the Real Estate market in the US, let's take a look at some hard numbers regarding this disaster "ala mode."

Since 1952, the Real Estate community has been keeping track of the number of homes sold in the US. In 1988, 3.5 millions American households changed hands. This represented a "solid year" by industry standards. By 1991, both the Gulf War and Cold War had come to a close and there was a major economic re-grouping across the country. Home sales dropped 10% to 3.1 million homes. This was the lowest ebb we had seen in 20 years.

By 1997, the Real Estate market had firmed up and by the end of 1998, there were 4.2 million sales recorded. Y2K supposedly the year that we were all going to be hurled back into the Dark Ages according to the media, came and went, showing 4.6 million home sales. Then in 2004, the market went bananas and by its conclusion, 5.7 million units were on the books. In 2005, Real Estate sales became overheated with 7.1 million recorded sales, 40% of which were non-owner occupied. This meant that either Baby Boomers were buying 2nd or vacation homes or people were speculating on investment properties. This is very normal in a capitalistic society.

Now, in 2006, sales had cooled to 6.4 million. In 2007, with the numbers almost in, we are looking at a market that is back to normal with a national figure of 5.5 million sales. What a minute... what's hap-

pening to the hand-basket? It will be clear that 2007 may prove to be the 4th best Real Estate market in US history!

Taking a peek at America's equity picture will give us true perspective on today's "devastation" in the sub-prime sector. Of all the homes in the United States, 30% are owned free and clear. Rarely, if ever, mentioned that there is between \$9.9-10.4 trillion in current mortgages with \$56 trillion dollars of equity in American households. Add to that the wealth of the US at \$70 trillion with the value of stocks between \$15 and \$20 trillion, while the bond market is even larger.

It is estimated that the foreclosure number will equal about \$75 billion. Now, obviously banks will not write off the entire amount because they still have a house to sell, so in essence the truer figure is approximately \$25 billion. Let's see...\$25 billion compared to

\$10 trillion. That comes out to .0025%. Around 1/4 of 100th of a percent.

In short, let's take the time to look at the real facts: the Hundred Years War actually lasted 116 years; Panama Hats are made in Ecuador; King George VI's first name was really Albert...and the Real Estate market is alive and well in 2008.



Mark Shaw is a Real Estate Broker with ReMax Accord in Lafayette. He can be reached at 297-0332 or mark@markshawrealtor.com

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Lamorinda Home Sales continued



LAFAYETTE Last reported: 4
 LOWEST AMOUNT: \$805,000
 HIGHEST AMOUNT: \$1,645,000

MORAGA Last reported: 2
 LOWEST AMOUNT: \$535,000
 HIGHEST AMOUNT: \$734,500

ORINDA Last reported: 9
 LOWEST AMOUNT: \$835,000
 HIGHEST AMOUNT: \$1,925,000

Home sales are compiled by Cal Resource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California Resource. Neither Cal Resource nor this publication are liable for errors or omissions.

LAFAYETTE

34 Crest Road, \$805,000, 3 Bdrms, 1881 SqFt, 1956 YrBlt, 12-14-07
 669 Sky Highway Circle, \$1,645,000, 3 Bdrms, 2736 SqFt, 1974 YrBlt, 12-21-07
 3153 Somerset Place, \$850,000, 4 Bdrms, 1911 SqFt, 1958 YrBlt, 12-11-07
 3385 Woodview Drive, \$1,090,000, 3 Bdrms, 2372 SqFt, 1977 YrBlt, 12-11-07

MORAGA

1383 Camino Peral, \$535,000, 3 Bdrms, 1360 SqFt, 1971 YrBlt, 12-11-07
 2 Madsen Court, \$734,500, 3 Bdrms, 1287 SqFt, 1954 YrBlt, 12-11-07

ORINDA

261 Courtney Lane, \$1,100,000, 4 Bdrms, 2290 SqFt, 1979 YrBlt, 12-19-07
 11 Damby Court, \$1,175,000, 3 Bdrms, 2064 SqFt, 1959 YrBlt, 12-20-07
 41 Dos Posos, \$1,925,000, 4 Bdrms, 2754 SqFt, 1966 YrBlt, 12-21-07
 12 Edgewood Court, \$1,575,000, 4 Bdrms, 3725 SqFt, 1981 YrBlt, 12-20-07
 27 La Cresta Road, \$1,235,000, 3 Bdrms, 2521 SqFt, 1954 YrBlt, 12-13-07
 90 Loma Vista Drive, \$835,000, 5 Bdrms, 2160 SqFt, 1954 YrBlt, 12-20-07
 12 Lost Valley Drive #A, \$1,665,000, 4 Bdrms, 3483 SqFt, 1981 YrBlt, 12-21-07
 516 Moraga Way, \$1,025,000, 4 Bdrms, 2181 SqFt, 1959 YrBlt, 12-14-07
 6 Risa Court, \$1,290,000, 4 Bdrms, 2648 SqFt, 1957 YrBlt, 12-14-07

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LAMORINDA Business

business briefs

Lavande Spa Cuts a Ribbon, 3589 Mt. Diablo Blvd Lafayette, 299-8877
The Mercantile's new spa will hold its Ribbon Cutting - Thursday, January 10 - 4:00pm.

Floyd Leaves Lafayette

Tim Floyd, Senior Loan Consultant, Wamu Home Loans
1390 S Main St. 2nd Floor, Walnut Creek - 256-4828

Mr. Floyd has moved his office from Lafayette to Walnut Creek. He is currently ranked as the #1 loan consultant for Wamu in Contra Costa County and specializes in purchases, refinances and home equity loans for both owner occupied and investor loan clients. He can be reached by telephone at (925)256-4828.

Ægis of Moraga Celebrates 8 Years

950 Country Club Dr. Moraga - 377-7929 - www.aegisliving.com

In December 1999, Ægis of Moraga opened its doors for the first time. Sixty three luxurious assisted living studios and one-bedroom apartments were being offered, along with fourteen private studio apartments for residents living with Alzheimer's and dementia in ÆgisLiving's nationally recognized Life's Neighborhood program.

Since that day we have celebrated many anniversaries and birthdays. We've planned many fun and memorable events for our residents such as Hawaiian Luau's and BBQs, Antique Care Shows, Holiday celebrations, Happy Hours and so much more. We have a wonderful staff that comes each day to share in the lives of those they care for and Ægis of Moraga truly strives to make our resident's lives better.

As a company, AegisLiving is celebrating 10 years as a national leader in independent and assisted living with a premier Alzheimer's and dementia care program and now operates 32 communities in three states.



Car show and dance at Ægis of Moraga

New Face at Coldwell Banker Residential Brokerage, 85 Moraga Way Orinda - 253-6339

The Orinda brokerage firm is pleased to welcome Soraya Golesorkhi as its newest sales associate. In her new position, Golesorkhi will specialize in residential sales in Orinda, Moraga, and Lafayette. Prior to joining Coldwell Banker Residential Brokerage, Golesorkhi worked in marketing and operations at Premier Retail Networks, and subsequently with Oakhurst Properties as a new home sales associate.

Parking and Transportation Options for Lafayette Employees and Employers:

Last fall the City of Lafayette and the Lafayette Chamber of Commerce conducted a parking survey to determine the need for parking in the downtown area. The results have been computed and the Chamber and the City have prepared a document presenting practical information to help move cars out of the parking spaces that should be available to shoppers and visitors in the downtown area. Starting on January 17th, an army of Chamber volunteers will be visiting every business in Lafayette to distribute copies of the new brochure.

News from the three Chambers of Commerce:

Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette, www.lafayettechamber.org

- Wednesday January 16th, 12 noon at the Chamber office, launch of the GREEN committee. The objective of the new initiative is to promote environmental business practices in Lafayette. Such practices include waste reduction, recycling, energy and water conservation, alternative transportation and much more. The meeting will be hosted by staff and representatives from Sustainable Lafayette, a citizen-based organization promoting sustainable living and business practices. If you can't attend and want to learn more, contact Bart Carr at bart@ebassociates.com
- Friday, January 18 - 8:00am Coffee with the Mayor, Chamber Office
- Friday, January 25, 6:00pm at the Lafayette Park Hotel & Spa. Annual membership meeting with introduction of the 2008 Board of Directors. Mayor Mike Anderson will give the "State of the City Address." Music will be provided by Generations in Jazz. Reservations required, form on the Chamber's web site.

Chamber of Commerce of Moraga, www.moragachamber.org

- Friday January 25th, 8:00 am to 9:30 am. Monthly meeting at Terzetto 1419 Moraga Way in the Moraga Center.

Orinda Chamber of Commerce, 24 Orinda Way, Orinda, www.orindachamber.org:

- Thursday January 24th, 8:00am to 9:15am. Breakfast Meeting at Shelby's Restaurant - 2 Theater Square in Orinda. Meeting is open to the public, the cost is \$10.00 per person.

If you have a business brief to share, please contact

Sophie Braccini at sophie@lamorindaweekly.com
or contact
Lamorinda Weekly at 925-377-0977.

Exploring the Mercantile

By Sophie Braccini

Construction never goes as fast as one might hope. The Lafayette Mercantile on Mount Diablo Boulevard is no exception, but the few stores already open are making a difference. Your intrepid reporter went exploring two of the new stores, JoS A Bank and Lavande.

"It's nice to have a quality men's store in Lafayette," says Michael Schneider, a satisfied Lafayette resident. "This place is nice, friendly and they offer good quality apparel at a reasonable price." He adds, "It's refreshing to be able to shop locally." The store opens to both Mt. Diablo Blvd. and the back parking lot and is full of light. It offers a beautiful selection of silk, lamb's wool, and cashmere outfits for all occasions and ages. The tie selection is extensive and the warm coats befit the season. I couldn't resist buying a gift for my husband; when he received his new silk sweater he was happily surprised. "Since when do we have a Jos A Bank here?" he asked. "Well, just read your newspaper and you'll find out everything about new businesses around town," I answered.

The next stop was quite a treat: a "mother-daughter" manicure/pedicure package at Lavande, the new spa. Jennifer Leung and her husband have opened their 4th store. The first one was an immediate success in San Francisco. Leung attributes the success to her concept of manicure and pedicure: a whole spa experience complete with massage, exfoliation and pampering. When I arrived with my daughter, we were invited to sit in adjacent pedicure chairs, our foot baths were ready, warm with rose petals, rose scent in the atmosphere. In fact "rose" was the theme of our treatment, everything smelled of roses but the chocolates we were offered, along with relaxing tea.



Jennifer Leung in the lounge of Lavande's Spa Photo Sophie Braccini

The salon is full of light and decorated in soft colors, hues of yellow, green and brown warmed by an occasional touch of orange. Treatment is executed very professionally with the extra smile and soft touch that made me feel at home in Provence. "I love to travel and I enjoy the south of France," says Leung. "I want my clients to get that extra spa treatment and touch of luxury when they come for a manicure/pedicure, without having to pay a fortune." When asked why she decided to choose Lafayette as her East Bay location, Leung explains that it was in fact Steve Cortese, the Mercantile's developer, who visited her and convinced her to join the site.

Once our treatment was over, we were given a tour of the spa. Entering that side of Lavande is like stepping onto another continent. "The spa is of Asian inspiration", says Leung, "materials, design and colors have all been assembled to promote relaxation and peacefulness." The first space found upon entering is a large relaxing lounge with chairs and a Jacuzzi. The women's locker offers a steam room and a sauna. The spa comprises different massage rooms: a special one for couple's treatment including a bathtub, an other one with a particular bed for wet treatment, rooms for facials or the different types of massages that the Spa offers: deep tissue, hot stone. Orinda's Cheryl Brewster was having a pedicure at the spa and commented "I came back here today after the massage I had yesterday. I must have pulled a muscle in my back and was in pain; I came here and had such a great experience that I had to come back."

As we left, we were shown the set of manicure and pedicure tools that were now ours and saved in our personal bags at the salon. "Cleanliness and sanitation are very important for me," says Leung, "we want to make sure that our customers feel safe and special." My daughter and I certainly did.

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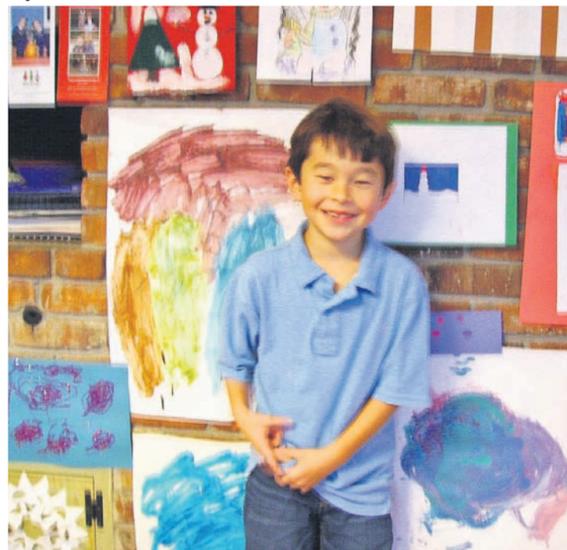
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Who is Your Favorite Author?

By Jean Follmer



Lafayette Elementary 1st grader William Berten Photo Jean Follmer

definitely Kate McMullan. McMullan is the author of the Dragon Slayers' Academy series along with other past favorites, including I STINK! and I'M MIGHTY! Much of her illustration is done by her husband, Jim McMullan.

William decided to send an e-mail to Mrs. McMullan to let her know how much he enjoys her books. He told her "I really like your books because they have very good adventures and stuff." He also described one of his favorite scenes to her saying it was "really scary...when Seetha almost tossed Wiglaf into a moat full of eels..." McMullan replied "Thanks for telling me the part of the story you think was scary. I like to write scary scenes - but of course no matter how scary the scene, Wiglaf always seems to find a way out of trouble." She also let

In addition to nightly reading, Lafayette Elementary first grade teacher Joan McClure offers extra assignments to those students seeking further enrichment. A recent assignment

asked the students to answer the question "Who is Your Favorite Author?" The response was easy for first grader William Berten because his current favorite author is

William know she has a new book coming out in the spring. McMullan told William. "It's about a T-rex, and it's called I'M BAD! It was fun to work on a book about a dinosaur, and we're thinking of doing another one about a Stegosaurus." William was thrilled with the response from McMullan. He said "I was really surprised she wrote back. I thought she would be really

busy writing books."

William's mother, Jenny Berten, was "touched by her (McMullan's) words of kindness and encouragement and to learn more about her future books." She went on to stress how meaningful the response was for William. Mrs. Berten stated, "Her note certainly added an element of humanity to books we read. It turned on a light bulb for William - that

authors are people too, with their very own stories as well." Mrs. McClure was pleased with the back and forth William initiated with the author. She believes technology can be so helpful with literature and research. Her class is going to study another author, Jan Brett, early this year by reading her books and visiting her website.

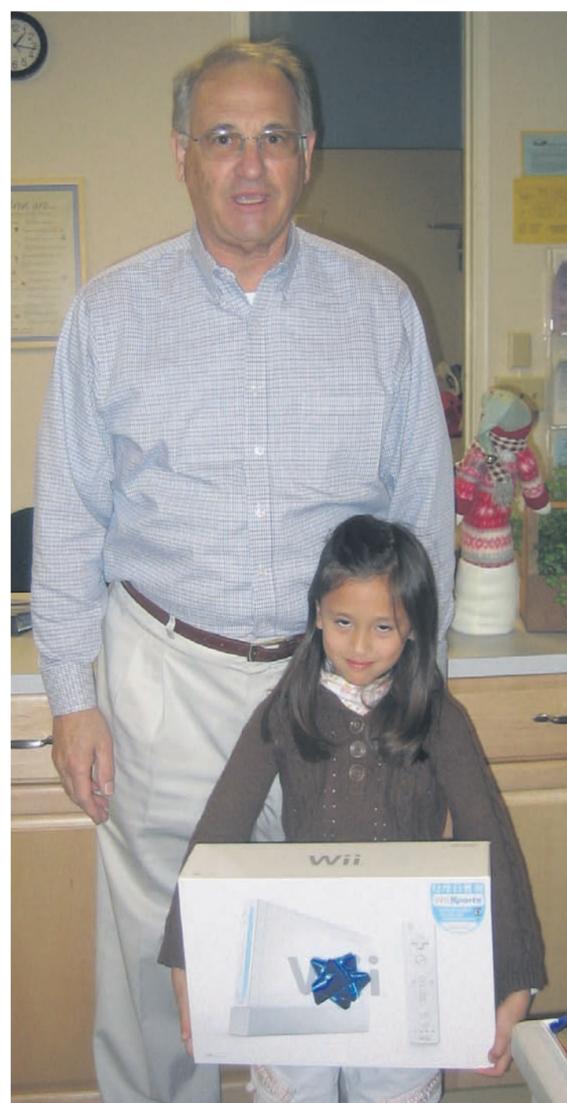
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or call 925-377-0977

Wii Winners!

Los Perales 2nd-grader Amy Chen was the happy winner of a Wii, a prize won in a drawing for families who got their auction donations in before the holidays. "Night in the Big Apple" Auction Committee representative Paula Pollack said, "They are generous donors; it couldn't have gone to a nicer family!" A pleased Pollack continued, "We went from 35% participation to 53% in a few days with our latest PR stunt; it was New Year's Eve at Los Perales, where various masked New York celebrities took donations right from parents' cars, threw biodegradable confetti and blew noise makers. Lady Liberty (a popular LP dad in drag; talk about giving your all for a good cause) was there, too!" The final deadline for LP auction donations is January 15, and the auction committee is hoping for 100% parent participation.

Camino Pablo also had a Wii to give away. In a most charitable turn of events, the Allen family, who originally won the Wii, donated it back to the auction because they already had one. A spontaneous silent auction was held, and the Fenske family is now the proud owner of the CP Wii.



Amy Chen with LP Principal Bill Walters



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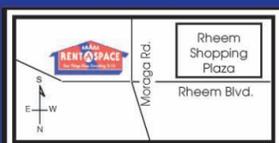
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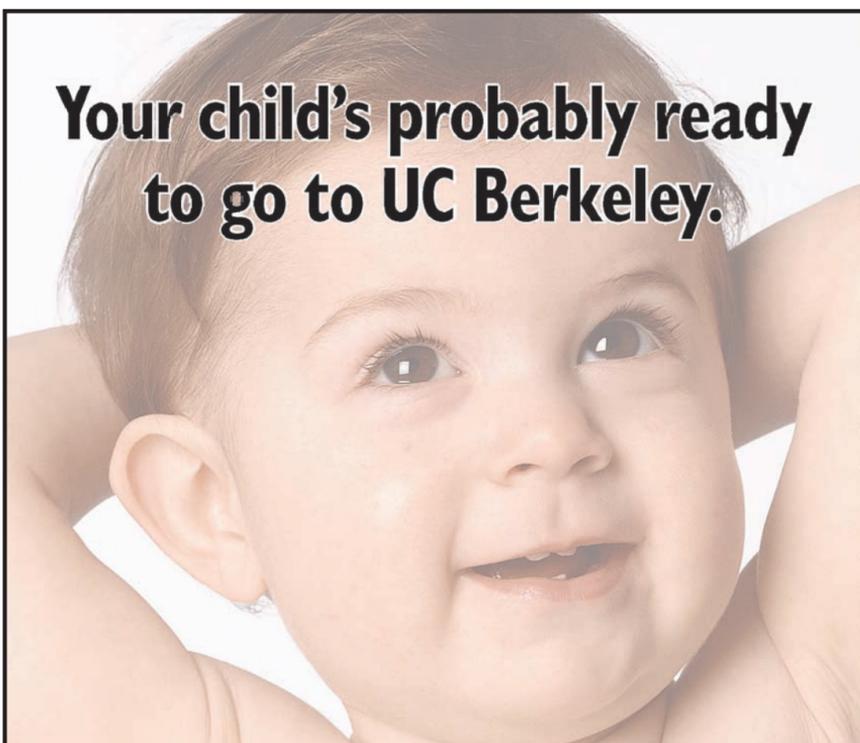
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Lamorinda Schools

Exchange Student from Spain Explores Life in Lafayette

By Andrea A. Firth



Jessica Pallares (right) with Margot and Terry Camp Photo Andrea Firth

Jessica Pallares describes her first day at Acalanes High School as a "little scary." This is not an unusual reaction for a new student in a large high school, but the transition was even more challenging for 17 year-old Jessica who had just arrived from Spain as an exchange student through the Rotary International Program. "I had to color code my schedule and follow a map to find my classes," she explains. However in just three months, Jessica has found her way. Her English vocabulary has grown exponentially, and she converses comfortably about her life in Lafayette with her hosts Terry and Margot Camp.

Jessica met Terry Camp in her hometown, La Coruna, while helping with a community service project refurbishing a soccer field and playground. La Coruna is an historic city that sits on a peninsula overlooking the Atlantic Ocean. A busy commercial and fishing port with 350,000 residents, it is dotted with ancient

forts and lookouts and boasts the oldest active lighthouse in the world.

"She was the only teenager who showed up every day, early on time," notes Terry. Jessica had dreams of traveling to the United States from a young age. As the Camp and Pallares families became friends, the opportunity for an exchange seemed like a natural fit.

"I really like Lafayette, it's a really good city. It's one of the best," states Jessica. However, she admits to missing some things. "I miss my mom's cooking." To which Margot, her host mother, teasingly responds, "Ouch." But Jessica is quick to rectify the situation reassuring Margot that she is a great cook and explaining that what she misses are some of the traditional Spanish foods such as tortilla Espanola, an omelette made with potatoes, and empanadas, pastry stuffed with meat, chicken or fish.

"School is really different

here," says Jessica. "Acalanes is probably three or four times larger than my school in Spain. We spend all day in the same classroom with the same students." She finds that the larger setting and movement around campus provides many more opportunities to meet a variety of young people. When asked about the differences in freedoms allowed teens in Spain versus the United States, Jessica says, "Kids in the U.S. can drive at 16 years old. This changes your life. The driving age in Spain is 18. But in other ways it is more strict."

She keeps busy after school with practice for the Junior Varsity Girls Basketball Team. Although she has yet to see much court time, she enjoys being part of the team and is looking forward to improving her play. In addition, Jessica is participating in a seasonal play at the Camp's church in Walnut Creek. She has traveled to Mount Shasta with the Camps and has plans to visit Lake Tahoe. She will also travel with other exchange students from around the world on a Rotary-sponsored trip called the Western Safari that will take her to Los Angeles, Las Vegas, parts of Arizona, and Disneyland.

When she returns to Spain next fall, Jessica will complete her senior year of high school and plans to go on to college to possibly study interior design or architecture. However, she hopes to return to northern California and may consider attending school here. That sounds just fine to the Camps, "Having Jessica here is the most awesome experience we've ever had."

Family Forum

Who's In Charge? (Part 1)

By Margie Ryerson, MFT

"Jason, you need to go put your toys away now, okay? Megan, we're leaving now for your piano lesson, okay? Derek, I want you to stop screaming now, okay?"

What's wrong with this picture? Who is really in charge here? Something is off track if we need to ask for our kids' consent when we're directing them to follow our instructions.

In dog training, we want to ensure that we are the "alpha," and we issue commands in a strong, calm tone of voice. We don't wait to see whether or not our dog feels like cooperating; we are firmly in control. Not to put our kids into the same category as our pets exactly, but there is a lesson to be learned here. In the case of both our dogs and our children, we are trying to raise well-disciplined, respectful, and cooperative members of the household.

From a young age, children are well aware of their power within the family. Parents need to walk a fine line between being compassionate and caring, yet insisting on certain behavioral requirements. It isn't easy.

One sign that your emotions instead of your reason may be guiding you is if you engage in lengthy discussions with your child when he challenges your decisions. A little participation is fine, so that your child has a chance to feel heard. You may even decide to accommodate some of his wishes. But if you want him to take you seriously, it is important to minimize words and maximize action.

Children often complain that their parents lecture them repeatedly. As we all know, they tune us out after a while. Along with excessive lecturing, some parents issue two or three or more warnings and then fail to deliver consequences. Or they yell out of frustration when their wishes are disregarded.

For your family's peaceful functioning, and also to help train your child to respect all authority – including teachers, coaches, and other adults – it is essential to instill a cooperative attitude as early as possible. Despite their loud protests, children feel most secure when they have limits and consequences.

Taking control in a benevo-



Margie Ryerson, MFT, is a marriage and family therapist with offices in Orinda and Walnut Creek. Contact her at 925-376-9323 or margierye@yahoo.com.

lent, but firm manner involves advance planning. The benevolent part is important so that your children will see that you discipline them reluctantly. They need to realize that their behavior forces you to take action. In this way, you are not an ogre (well . . . maybe a little bit), but they are ultimately responsible for their choices and the subsequent consequences.

Just as we engage in financial planning, home remodeling planning, and vacation planning, we need to do advance behavioral planning for our children. We can't all be "Father or Mother Knows Best" and figure things out on the spur of the moment. In my next column I will present one approach to positive discipline that I use with families.

Gold Award Winners

By Cathy Tyson

Three Moraga best friends recently worked together on a community service project for which they received the Girl Scout Gold Award. Kimberly Scherr, Caitlin Haley and Rachael Shapiro have known each other since kindergarten, and are now all seniors at Campolindo High School.

"We were trying to help families that are less privileged. We cleaned up, painted and furnished a room for a single mom and her two kids at the Elizabeth House," said Scherr.

The Elizabeth is a transitional residence for single women and women with children who have experienced homelessness, violence, addiction or poverty. What's unique about the house is that its goal is to support women and their children as they transition to self-sufficiency. Their Parenting Group, Homework Club, plus job search help provide the tools for their residents to get back on their feet.

A fair amount of planning, and at least 65 leadership hours must be spent on the project itself. The girls had a timeline and a project proposal that needed to be approved by



From left, Caitlin Haley, anonymous recipient, Rachael Shapiro, Kimberly Scherr Photo provided

the Girl Scout Council.

"We were there almost every day after school," said Scherr. "She was really excited. The woman had been homeless and was struggling to keep custody of her kids. It was definitely really rewarding. It was way more work than we thought. It's amazing to see how much three average teenagers can accomplish."

They plan to help two more families at Elizabeth House in the New Year. The girls had asked their parents to save old furniture, and used some of their cookie sale money for paint, and sent out a donation letter to friends and

family. Haley agrees, "It was really fulfilling and fun moving everything in. The lady was so nice and so supportive. I would love to do it again."

"The most striking thing, was that we asked her what she needed, and she was so excited to get even the littlest thing," noted Shapiro.

Shapiro will be attending Northwestern in the fall; Scherr has heard back from a couple of schools, but is waiting with Haley until the spring for the final word on the balance of their applications.

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Mindful movement options in today's fitness world can provide opportunities for renewal, relaxation, rejuvenation and a whole new body!

By Kerry Silverstone

Mind/Body fitness has evolved into a proliferating innovation of movement choices designed to help soothe one's demanding lifestyles. A multitude of diverse classes in our health and wellness centers have taken storm for our forever fitness fanatics as well as for people of all ages looking for programs designed to help them find balance with body sculpting. With a proactive strategy to more calmly face day-to-day challenges, get in shape and to decrease risk of injury from activities of daily living, movement can be medicine for the rest of your life!

Community residents need not travel to destination resorts to fulfill their 'get away from it all' needs due to local programs which provide day-to-day movement opportunities for a holistic lifestyle. With education now available from local fitness and mind/body professionals, we now realize that health and wellness are far more than high heart-rate driven modes of exercise.

Enhance physical, psychological and emotional well-being

Formats such as multiple styles of Yoga, Pilates, Nia, Feldenkrais, T'ai Chi, Stretch, Meditation, Core and other Mind/body fusion formats have grown to be extremely popular because they provide physical challenges as well as life balance and emotional awakening. Programs and services such as Pilates Reformer, Wellness Coaching and even a menu of Spa services all feed the needs of individuals looking for a healthy retreat within close proximity of their homes, and they can often find it all under one roof.

Creative Mind/Body ideas add flare and flavor for all populations

New programs such as those targeting teens are now a viable source and service to local schools with cut backs on physical education. Pilates programs for golf, tennis, baseball racquetball players can help create a competitive edge for an athlete who is looking to surpass his competition. Yoga, Pilates and conditioning programs are now available in your neighborhood for seniors, pre/post natal moms, Cancer patients and survivors, those individuals living with osteoporosis or even Cerebral Palsy. Meditation formats can reduce stress both in mind and body. All mindful sources of movement can empower and reduce stress from the physical and mental challenges of daily living.

Think beyond their hearts!

With the broad spectrum of Mind/Body programs right in our backyards, we can and must redefine ourselves. Today's world of health and wellness professionals can nurture your needs, touch you with inspiration and encouragement and erase the 'you must look like Arnold or Rocky' stereotypes of yesterday's health club cultures. With these modes of movement, you will discover that you walk away feeling like you have given yourself an active massage. Or, if that's still not enough, most centers have or are affiliated with massage therapies to complete your trip to a 'feel better' local resort!



Kerry Silverstone is a Marketing Executive and Certified Pilates Trainer at Absolute Center in Lafayette. She can be reached at 925-299-9642 or healthker@pacbell.net.

Rotary Continues to Give in Many Ways

Many of Lamorinda's Rotary Clubs participate in the Rotary Dictionary Project, which was started in May of 1998 by the Rotary Clubs of District 5160 and has placed dictionaries in over 30,000 households throughout Northern California. The primary objective of the Dictionary Project is to support the academic development and personal growth of the youth in our communities through a focus on literacy. Often local clubs offer help and support to nearby communities as well.

This year the Moraga Rotary Club delivered 295 dictionaries; 85 went to Peres Elementary School in Richmond, at the invitation of the Rotary Club of Richmond which has "adopted" Peres Elementary and has on ongoing commitment to the well-being of the school. Third graders at Camino Pablo, Los Perales, Rheem, Saklan Valley and Canyon schools all received dictionaries, which bear the Rotary book plate. The Book plate states Rotary's "Four Way Test:"

The Four Way Test of the things we think, say or do:

- First:** Is it the TRUTH
- Second:** Is it FAIR to all concerned?
- Third:** Will it build GOOD WILL and BETTER FRIENDSHIPS?
- Fourth:** Will it be BENEFICIAL to all concerned?



Paul Griessel with the new dictionary at Saklan Valley School



Moraga Rotary President Colin Barnard

Mike Rosa, the program coordinator, said, "Personally, this was the most enjoyable project that I have been involved with through Rotary. The kids, for the most part, knew of the project and anticipated our arrival. They were very eager to get their dictionaries and were also enthused about reading aloud definitions of words like Truth and Fair."

For more information on the Rotary Dictionary Program, go to <http://www.rotary5160.org/programs/dictionary/description.php>

Orinda Rotary Endowment

Orinda Rotary's Dick Burkhalter says, "The 32,000 Rotary Clubs throughout the world give back to their communities and to say thank you for all that has been provided for their families and the education of their children." Each year the Orinda Rotary Club's Endowment thanks the community by awarding grants to local projects. For 2007, the recipients were:

- Wagner Ranch Elementary School: Microscopes for the science programs, \$1,800
- Sleepy Hollow Elementary School, Special Ed. Program: Educational books for special ed. students to check out, \$500
- Del Rey Elementary School: Supplies for a 10' x 20' Mural wall and tile project, \$600
- Del Rey School's Garden Club: Tools, wheelbarrows and supplies for their garden, \$635
- Orinda Community Church, Interfaith Winter Nights: Food, transportation and utilities for seniors and needy during the winter nights, \$1,700
- Xenophon Therapeutic Riding Center: Horse riding training for disabled children, \$720
- Orinda Historical Society: Convert historical audio tapes to digital CD's, \$1,500
- California Shakespeare Theater: Student Discovery Program for future performers, \$800
- Orinda City Arts Council: Beautification & promotion of art in Orinda, \$2,000
- American Association of University Women: "Sister to Sister Summit," a one day conference for Lamorinda middle school girls to develop self confidence, awareness and positive choices; led by local high school students, \$500
- Orinda Garden Club: Beautification & improvement for Hwy. 24 off ramp, \$1,000
- Wagner Ranch Elementary School: Two brick planters and dividing walls, a project by the members of the Rotary Club, \$1,000

First MOSO, Now MOSPRO

... continued from page 3

The MOSPRO 2008 initiative would amend the Moraga General Plan and transform the Bollinger Canyon area from a "Study Area" to a mix of open space and property development allowing two dwellings per acre. The land owner would be required to conduct an environmental impact report prior to commencing the project. A portion of the Indian Valley property would be dedicated to Open Space with the remainder of the property developed with two houses per acre. The total number of new homes could reach 312.

MOSPRO 2008 contains a number of financial benefits for the Town of Moraga if adopted. One benefit is the provision of up to \$4M dollars by the Bruzzone's to the Town of Moraga for the construction of a Town Community and Recreation Center on an allotted piece of their land located along Moraga Road, across from Moraga Commons Park. The Bruzzone's would also contribute up to \$2M for additional sports fields and up to \$1M for transportation infrastructure improvements. The total payment of these funds is contingent to the recordation of a final subdivision map to subdivide both Bollinger Canyon and Indian Valley.

"Staff is still reviewing the recently submitted Bruzzone initiative," said Mayor Lynda Deschambault. "Moraga residents have a strong desire to protect the Town's open space and natural areas, so I expect they'll be very interested in comparing these two measures and understanding which one best supports those goals," she continued.

The authors and proponents of MOSO 2008, an organization called Friends of Moraga Open Space, are not enamored of the competing initiative. "This new initiative pretends it's about protecting open space, but in reality it's an attempt by the developer to buy votes so he can build hundreds of houses on open space," said spokesperson Susan McNeill.

Neither initiative will be placed on the ballot until the respective petitions are signed by 10% of registered Moraga voters (roughly 1000 signatures) and verified by the Town.

MOSO 2008 Update:

The Board of the Moraga Country Club recently rejected an offer to compromise with proponents of the MOSO 2008 initiative. The main concern of the Board was that if passed, the ordinance would prevent the Club from purchasing land from the town for its holes 10 thru 18 and would impair its rehabilitation projects.

The proponents of the initiative, Friends of Moraga Open Space, although claiming that the Country Club would have been grand-fathered under MOSO 2008 subsequently announced plans to revise the initiative "to explicitly exclude the Moraga Country Club entirely. The revisions will be relatively brief but will best reflect the interests and concerns of the majority of our Moraga residents. We will circulate a revised petition for signatures."

MOSPRO 2008 contains language the specifically protects Country Club activities.



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Life in LAMORINDA

Saint Mary's "Focuses the Nation"

By Sophie Braccini

Steve Woolpert, Dean of Liberal Arts at Saint Mary's College, is one of hundreds of faculty members around the country engaging their institutions this month in "Focus the Nation," a project that coordinates teams of teachers and students at more than 1,000 locations to engage in a collaborative discussion about possible solutions to global warming.

"My hope is that Saint Mary's College can help our community confront the biggest challenge of our generation. We stand at a unique moment in human history. We are in a race against time to elevate global warming solutions to the top of the US political agenda," says Woolpert. "Decisions that are ours to make today - to stabilize global warming pollution and invest in clean energy solutions - will have a profound impact not only for us and our children, but indeed for every human being who will walk the face of the earth from now until the end of time." Woolpert quotes Republican Governor Arnold Schwarzenegger: "We know the science, we see the threat and we know the time for action is now."

Focus the Nation is an educational project. Each Focus team will invite local leaders and decision-makers to come to campus and participate in a non-partisan, round-table discussion of global warming solutions. During the last week in January, thousands of students on every participating campus, millions of students nationwide, will participate in workshops and panels, brainstorming global warming solutions. "In the next few years,

we as a nation will make, or fail to make, critical decisions regarding global warming, pollution and clean technology investments. These decisions will

co-director of the Interdisciplinary Program in Environment and Resources at Stanford University; Robin Bedell-Waite of Contra Costa Hazardous Materials and the Contra Costa Green Business Program; Dan Lashof, who received his PhD from UC Berkeley's Energy and Resources Group and is a senior scientist with the National Resources Defense Council's Air and Energy Program; and Rob Lucacher, Senior Manager for Facility Services and Sustainability with Mervyn's LLC, who has extensive experience managing environmental affairs, operations and sustainability for major corporations in energy, technology, defense and manufacturing.



have far-reaching and irreversible impacts on the lives of today's students and the lives of their children," explains the Focus the Nation team. "At this moment in time, we owe our young people at least a day of focused discussion about global warming solutions for America." On Wednesday, Jan. 23, 2008, Saint Mary's will host Focus the Nation: Global Warming Solutions for America. The event includes a daylong Eco-Fair and evening symposium. The Eco-Fair will be held in the Soda Center from 11:00 am- 5:00 pm, with green vendors, advocacy groups and nonprofit organizations working for a sustainable future.

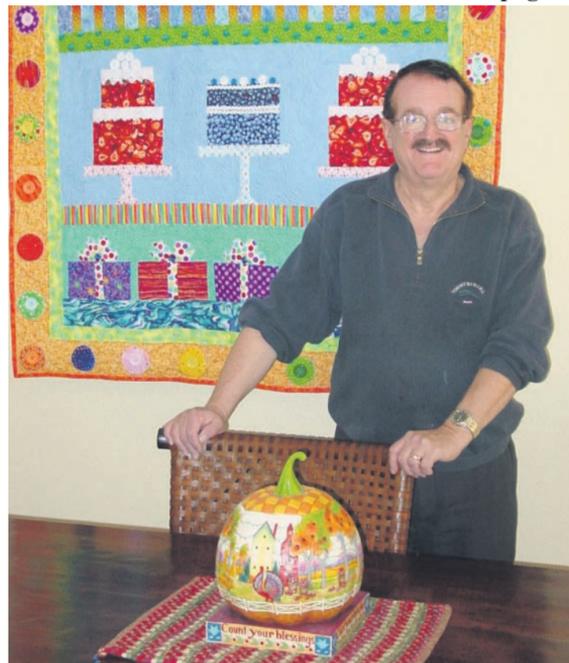
A 7:00 pm Symposium will feature experts discussing the challenges and opportunities presented by climate change. The speakers will be Stephen Schneider, an internationally renowned expert in global warming who is

Scheduled to participate in the Eco-Fair:

Building Solutions Contracting, Calculate Your Impact, California Institute for Biodiversity, Chevron Energy Solutions, ClifBar & Co., East Bay Regional Park District, Everything Grows Interior Landscaping, Greenbelt Alliance, International Rivers, Life Garden, Low Carbon Diet (Acerra), Sustainable Moraga, Melaleuca: The Wellness Company, Natural Resources Defense Council, Parents for a Safer Environment, PG & E (electric car), Provocare Presentations, San Francisco Electric Vehicle Assn., Save Mount Diablo, Sierra Club, Bay Area Chapter, Slow Food East Bay, SMC Project Green, Sustainable Lafayette, TALC (Transportation & Land Use Coalition), Trendsetter, Village Green, World Centric

Raul Deju: A Man of Many Interests

... continued from page 6



Deju in front of one the quilts his wife Shari create Photo Sophie Braccini

Working with partners, he built the first environmental science and engineering company in America, International Technology. Later, he participated in the building of Chemical Waste Management, Inc., a subsidiary of Waste Management Inc. In 1997, he started ISG Resources with two partners, a company that took ash from coal-fired power plants and sold it as a cement and lumber substitute. ISG eventually handled 60% of the fly ash sold in the United States. He merged the enterprise with Headwaters, Inc., became President of the merged entity and grew it over two years to a \$1.8 billion enterprise.

When he decided to retire in 2004, nobody thought it would be for long. Indeed, he went back to his passion of growing and merging companies with his previous ISG partners, and some additional muscle from a Wall Street equity

partner. He is now the President and C.A.O. of Energy Solutions, Inc., a provider of specialized, technology-based nuclear services to government and commercial customers. The company's range of nuclear services includes engineering, in-plant operations, outsourced specialty services, spent nuclear fuel management, decontamination and decommissioning. The company, based in Utah, operates twenty-two reactors and ten sites in the UK. It is the largest single-purpose nuclear and waste disposal service company in the US.

Deju is an enthusiastic supporter of nuclear energy and he is not oblivious of the dangers. "Every form of energy has risks," he says, "mines, dams can all claim a terrible death toll." "We cannot ignore the challenge of the growing need for energy," affirms Deju. "One can either participate in the game and make sure to minimize

the risks or be passive and complain."

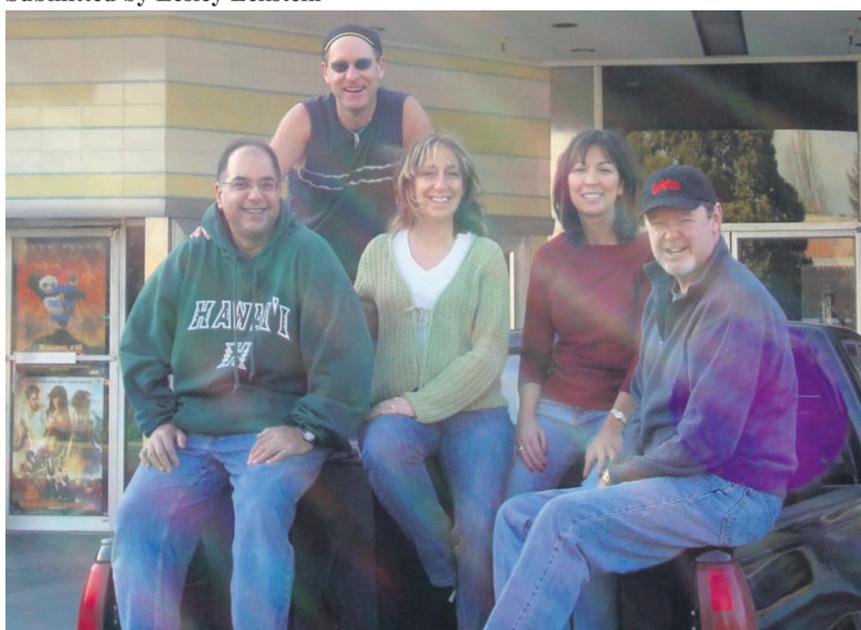
Deju travels all over the world and sees first hand the growing needs of economies in Eastern Europe, Asia, and South America. "The first thing to do is to maximize energy efficiency, use solar and wind," advises Deju, "but we won't be able to cover everyone's growing energy needs with just renewables and efficiency, or oil and gas for that matter. Those last two have all the negatives: cost, pollution, non-renewability. So you have coal and nuclear left. The footprint for a nuclear plant is much smaller than a coal operation and I believe it is safe." Deju is well aware of the risk of proliferation. "We can build nuclear fuel that can't be used for weapons," he explains, "especially if the country has a deal to send the material back for reprocessing. We can build nuclear energy without proliferation."

Moraga is where Deju calls home. "Moraga is a great place to live; everything is close by in the Bay Area and, more importantly, our friends are here. We've lived in the same house for twenty-one years. My wife Shari says that we're 'nesters.'"

Deju plans to spend more time at home in the future. "I believe in the importance of education and giving back," says Deju. Energy Solutions has a very active Foundation that provides about two hundred scholarships yearly to sophomores in towns where the company does business. His advice to budding entrepreneurs: "I'm a believer in global business. The key to success when you integrate different businesses and work on different continents is respect of the cultural ways. You don't create business in a vacuum, you have to listen a lot and work very hard."

The Party Was at Amoroma!

Submitted by Lesley Eckstein



littledog2 in front of the Rheem Theater

Photo provided

For the first time in decades, Moraga enjoyed its own New Year's Eve celebration, hosted by Ristorante Amoroma and the Rheem Theater. Long time Moraga resident and sports announcer Dick Callahan presided as emcee of the event, which featured littledog2, a rock band comprised entirely of Moraga parents - Eric Eckstein (drums), Dean Myatt (bass), Ric Hattabaugh (guitar), Dorothy Watson (keyboards) and Jane Daniel (vocals). In addition,

there were performances by stand-up comedian Jim Perry and folk duo Kelly Callahan and Eric Black. Local Moraga residents (including neighbors from Orinda, Lafayette and Walnut Creek) shared in spirited dancing, great food and beverages and a big screen countdown to midnight.

This first time event underscored a growing trend of Moraga-centric events featuring local talent in collaboration with local businesses and organizations. Mem-

bers of the Town Council, including former Mayor Mike Metcalf, mingled with Moraga Park Foundation members, including former Board Presidents Judy Dinkle and Howard Harpham, as well as residents of all ages, backgrounds and interests. Amoroma co-owner Hafiz Hadari stated his hope to continue to promote community events like this as well as private functions in the restaurant and theater, "It was a great success and I hope to make it an annual event."



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LAMORINDA Restaurants

A Rocky Road to Sweeten the New Year

By Susie Iventosch

We celebrated New Year's Eve with our dear friends by dining at Ris-torante Amoroma in Moraga. Both the setting and the food were perfect. The atmosphere was festive, the service was impeccable and the meal was delicious, but still, we chose to satisfy our sweet tooth back at my friend Fran's house with her fabulous chocolate cake. My motto: if it's not chocolate, it's not really dessert!



Susie can be reached at uziven@hughes.net

Her cake initiated the desire to create a

decadent new chocolate treat for my family's New Year's Day dinner, the very next day. So, we found a recipe for a chocolate marshmallow cake, which, after tasting it, we thought should be called Rocky Road cake. This dessert is like eating cake and candy, all at the same time ... and the colder the cake, the more like rocky road it tastes!

High quality cocoa and chocolate make this cake even better. In purchasing cocoa powder, you may have noticed that cocoa powders can be "Dutched" or "Undutched," -- a fancy way to say alkalized or natural. Apparently it was a Dutch man

who invented the alkalizing process.

While the alkalizing process deepens the chocolate color, mellows the flavor, and reduces the bitterness, a natural cocoa has a fruitier flavor. Alkalized cocoa is more soluble in water, which is good for most baking purposes, but it may be fun for you to experiment with both to see what you prefer.

The French Valrhona Gastronomie cocoa powder is an example of alkalized cocoa powder and Scharffen Berger offers a natural variety. These two are at opposite ends of the spectrum and as such, would make a good test.

Diablo Foods of Lafayette carries a good selection of chocolates and cocoas, including the Chocolate Vitale, Moonstruck, New World, Lindt, NewTree Belgian, Sharffen Berger and Lake Champlain, to name a few.

Rocky Road Cake

- 1½ sticks unsweetened butter, at room temperature
- 1½ cups granulated sugar
- 4 tablespoons unsweetened cocoa powder
- 3 eggs
- 1½ cups all-purpose flour
- 2¼ teaspoons baking powder
- ¾ teaspoon salt
- 1½ cups pecans, chopped
- 1 teaspoon pure vanilla extract
- 3 cups miniature marshmallows

Frosting

- ½ stick butter
- 3-4 cups powdered sugar
- ¼ cup unsweetened cocoa powder
- 2 ounces, bittersweet chocolate, melted and cooled
- 1 teaspoon vanilla
- ¼ cup milk



Rocky Road Cake

Directions

With an electric mixer, cream butter and sugar until light and fluffy. Beat in cocoa powder. Add eggs, one at a time, beating well after each. Add flour, baking powder and salt and mix well. Stir in nuts and vanilla. Pour into a greased (or sprayed) 9x13x2 inch glass baking dish. Bake at 325 degrees for 35 minutes, or until toothpick comes out clean from center of cake. Remove from oven and immediately distribute marshmallows over entire top of cake.

Allow marshmallows to melt slightly and spread frosting over top of marshmallows while cake is still warm. This will be a gooey process, and the marshmallows will mix a little bit with the frosting, but that is perfectly okay! Allow to cool completely before serving.

For frosting:

Using an electric mixer, beat butter and melted chocolate until well mixed. Add cocoa powder and beat until integrated. Add 3 cups of the powdered sugar and beat into chocolate mixture, adding milk as needed for spreadable consistency. Add remaining powdered sugar, as needed, to adjust consistency. Spread over melted marshmallows on still warm cake. Serve cooled to room temperature.

Moraga Movers

Over seventy Moraga Movers attended the annual Christmas luncheon at St. Mary's College on Monday, December 10. The NOTEables, a mixed chorus from the Lafayette Presbyterian Church, entertained with Christmas songs and a sing-along. The group elected its Board for 2008: (L-R) Treasurer Bob Foxall, Outgoing President

Yolande Rowe, Vice President Dan Rego, President George Fisher, Recording Secretary Pat Jensen, and Corresponding Secretary Norma Heath. The Moraga Movers is dedicated to the well being of citizens 55+. Applications are available at the Hacienda de las Flores, or by calling 376-6622.



Truth is Stranger than Fiction: An Interview With Carol Pogash

... continued from page 6

Writing about controversy (including murder) is not new to Pogash having covered many such stories for the San Francisco Examiner, contributing frequently to the New York Times and Los Angeles Times, The Washington Post and writing about the AIDS epidemic in her book As Real As It Gets about the medical and human dimensions of the disease. Seduced by Madness combines Pogash's expertise as an investigative journalist and lyrical writing to create an immediacy to the crime that recalls Capote's In Cold Blood. "Hansen knew what a dead body looked like. Polk's eyes were open and fixed. His chest was still ... In the course of his career, Sergeant Hansen had notified many people of the death of their loved ones. He had heard people scream. . . twitch and shiver. . . He had never seen anyone as devoid of emotion as this woman. After a minute, she spoke. 'Oh well,' she said, looking up from her seat on the bench, 'we were getting a divorce anyway.'"

Pogash's descriptions are spot on, drawing the reader into the scene. "She drove her car through parched pastures, where her tires left crevices in the soil. . . His

tanned face was rounded and carved in curves. . . She had the perfect features of a woman in a soap commercial before Dove discovered average women."

Living in the same town as the murder took place had its unexpected bonuses. "Occasionally, at the market, I'd be standing in front of the butternut squash and someone would approach me—aware I was working on this book—and offer bits and pieces of information which were useful." Pogash attended the trial every day and got to know her characters pretty well. Her research in fact was so conscientious that direct feedback from Polk's sister was that "At times she was so engrossed, she forgot the book was about her brother." Other family members also "liked what they said was an honest accounting."

Once the trial ended, Pogash says, she wrote the book quickly, but she wasn't satisfied with the first half. She hired San Francisco editor/writer Ethan Watters who helped with the bumpy sections. The effort produced a book that works because this is what critics and others have to say:

"...For fans of true crime, psychology, courtroom drama. . . this is a triumph."

*Publishers Weekly (*Starred Review*)*

"Electrifying. . . Carol Pogash goes beyond the lurid headlines and gets to the heart of the matter."

Cassandra King, author of The Sunday Wife

"Fascinating look into the brilliant mind of a woman many thought to be delusional."

USA Today

"Very well done."

Ann Rule, the doyenne of true crime stories

"Rarely has there been a case like this, and nobody knows it better, or tells it so well, as Carol Pogash."

Keith Morrison, award-winning correspondent for Dateline NBC

"Riveting Reading. . . Ms. Pogash has produced a truly chilling study of evil."

The Washington Times

Carol Pogash will be speaking at the Moraga Library on January 15 at 7 p.m.

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Ranch House	1012 School St, Mor	376-5127	
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832	
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234	
BBQ			
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133	
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Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	
Café			
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Ferrari-Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040	
Geppetto's cafe	87 Orinda Way, Ori	253-9894	
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Chinese			
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809	
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740	
China Moon Restaurant	380 Park St, Mor	376-1828	
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500	
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852	
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569	
Mandarin Flower	581 Moraga Rd, Mor	376-7839	
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288	
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020	
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228	
Coffee Shop			
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816	
Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830	
Village Inn Café	290 Village Square, Ori	254-6080	
Continental			
Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	
Vino Restaurant	3531 Plaza Way, Laf	284-1330	
Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	
Hawaiian Grill			
Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	
Indian			
India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	
Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	
Italian			
Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	
La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	
La Piazza	15 Moraga Way, Ori	253-9191	
Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	
Michael's	1375 Moraga Way, Mor	376-4300	
Mondello's	337 Rheem Blvd, Mor	376-2533	
Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	
Postino	3565 Mt. Diablo Blvd, Laf	299-8700	
Ristorante Amoroma	360 Park St, Mor	377-7662	
Japanese			
Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	
Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	
Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	
Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	
Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	
Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	
Yu Sushi	19 Moraga Way, Ori	253-8399	
Jazz Dinner Club			
Joe's of Lafayette	3707 Mt. Diablo Blvd, Laf	299-8807	
The Orinda House	65 Moraga Way, Ori	258-4445	
Mediterranean			
Alex's	2 Theatre Sq # 105, Ori	254-5290	
Nino's Bay	#2 Theater Square, Ste. 153, Ori	253-1327	
Oasis Café	3594 Mt. Diablo Blvd, Laf	299-8822	
Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225	
Mexican			
360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270	
El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345	
El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639	
La Cocina Mexicana	23 Orinda Way, Ori	258-9987	
Mucho wraps	1375-B Moraga Way, Mor	377-1203	
Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740	
Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288	
El Balazo	3518D Mt. Diablo Blvd, Laf	284-8700	
Maya Mexican Grill	74 Moraga Way, Ori	258-9049	
Numero Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333	
Pizza			
Aladino's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363	
Mountain Mike's Pizza	504 Center St, Mor	377-6453	
Pennini's	1375 Moraga Rd, Mor	376-1515	
Round Table Pizza	361 Rheem Blvd, Mor	376-1411	
Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-0404	
Village Pizza	19 Orinda Way # Ab, Ori	254-1200	
Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800	
Sandwiches/Deli			
Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400	
Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202	
Gourmet Bistro Café	484 Center St, Mor	376-1551	
Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766	
Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716	
Orinda Deli	19 F Orinda Way, Ori	254-1990	
Subway	396 Park St., Mor	376-2959	
Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627	
Subway	Theatre Square, Ori	258-0470	
Singaporean/Malaysian			
Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653	
South American			
The Patio Tapas and Restaurant	960 Moraga Road, Laf	299-6885	
Steak			
Casa Orinda	20 Bryant Way, Ori	254-2981	
Tea			
Patesserie Lafayette	71 Lafayette Cir, Laf	283-2226	
Tea Party by Appointment	107 Orinda Way, Ori	254-2206	
Thai			
Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883	
Baan Thai	99 Orinda Way, Ori	253-0989	
Royal Stam	512 Center St, Mor	377-0420	
Siam Orchid	23 Orinda Way # F, Ori	253-1975	

The Lamorinda Weekly (LW) Restaurant Guide is not paid advertising; our intent is to provide a useful reference guide. We hope that we have included all Lamorinda restaurants on this page, except those that told us they did not wish to be listed. LW is not liable for errors or omissions. In the event that we have inadvertently printed misinformation or excluded a restaurant please let us know (info@lamorindaweekly.com) so that we may correct our list for the next issue.



SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Cougars Hang Tough at Holiday Classic

Submitted by Conrad Bassett



Campolindo's Tom Wraith races through the Long Beach Jordan defense in the Cougars 61-56 victory at the MaxPreps Torrey Pines Classic

Photo provided

The Campolindo High School boy's basketball team spent the four days after Christmas participating in the MaxPreps Torrey Pines Holiday Classic near San Diego.

The tournament had four divisions with the Cougars participating in the highest (National) division featuring some of the state's top teams including the eventual winner, Dominguez (Compton), the No. 22 team in the United States per MaxPreps.

The Cougars opened the tournament with a convincing 75-58 win over Arroyo Valley (San Bernardino). Will Shields riddled the Hawks hitting seven 3-point shots on his way to sharing

game high scoring honors with Jack Trotter at 25 each. Chris Dyer added 11 as the Cougars outscored Arroyo Valley 19-5 in the final period to pull away.

In the second round, Campo ran into a buzzsaw in eventual runner-up Simi Valley. The Pioneers scored early and often bringing a 39-25 lead into the locker room at the half. Campo started the third period with an 8-0 run to close to six before Simi Valley (now 13-1) broke the game open. Trotter led the Cougars with 19 points and 14 rebounds with Graham Smith scoring 11 and Shields adding 10.

On Friday, the Cougars got caught up in a

horse race with the Gahr (Cerritos) Gladiators. The Cougars, behind Trotter and Shields led at the half 39-35 and expanded the lead to 63-47 early in the fourth before the Glads came racing back to take the lead 74-71 with only a few seconds left in regulation. Shields got open and hit one of his six three pointers with only a couple of seconds on the clock to send it to overtime. The Cougars were outscored by 14-7 in the extra stanza falling by a final of 88-81. Trotter finished with 39 points, 17 rebounds and 5 blocks, Shields with 21 and Smith with 14. Dyer has 10 assists.

In the seventh place game on Saturday,

A Few Highlights, submitted by Cathy Tyson

More than 50 high school basketball teams, from as far away as Washington, Texas and Louisiana, effectively gave up or rescheduled their Christmas to participate in the annual Torrey Pines Holiday Classic in San Diego. The Campolindo Cougars flew out on Christmas day, so they would be ready for their first game at 10 a.m. on December 26.

Here's what a few said they liked most: "Winning our last game to give us a 500 record, and scoring 108 points in four games. Will Shields hitting seven 3's twice." – Jack Trotter, senior.

"The very high level of competition. Coach Whirlow placed the team in the toughest bracket, we saw five or six teams with legitimate Division 1 players." – Gary Sanders, father of Brian Sanders, sophomore.

"It was exciting - we had the opportunity to play against the best teams in the state. The kids really came together." – Don Reinke, father of Bryan Reinke, senior.

Campo came up against Long Beach Jordan. Falling behind 32-17 early in the second period, the Cougars methodically chipped their way back into the game behind strong defense from Tom Wraith eventually taking the lead by the end of the third quarter and defeating the Panthers by a score of 61-56. Shields continued his long range mastery leading all scorers with 27 including six treys. Trotter poured in 24 with 12 coming in the decisive fourth period, many coming off of Dyer passes. Dyer had 11 assists.

Trotter was named to the all-tournament team. The 6-5 Cougars open their DFAL season at College Park on January 8.

Mats Bring Home Championship

By Jennifer Wake

The Miramonte girls basketball team made Matador history when they returned from the Nike Tournament of Champions – universally regarded as the most competitive and prestigious high school basketball event – with a championship plaque in their possession. Held during the winter break in Phoenix, Ariz., the Mats took the Orange Division championship in a tightly contested thriller. With only 1:09 left in the fourth quarter, Arizona's Chandler High School (12-3) tied the game. Things looked grim after a quick turnover from Miramonte, but a Katie Batlin steal and free throws down the stretch from Batlin and Katie Evans sealed the victory, 54-51.

Batlin finished the game



with 17 points, 10 rebounds, and three steals to lead the Matadors. Katie Reid had eight points to go with 11 rebounds and Evans added 13 points, five rebounds, and five steals.

Catch the Local Basketball Action!

DFAL Schedule of Local Games in January:

(Games 1 through 7: Boys JV, 4 p.m.; Boys Varsity, 5:30 p.m.; Girls Varsity, 7 p.m.
Game 8: Girls JV, 4 p.m.; Girls Varsity, 5:30 p.m., Boys Varsity, 7 p.m.)

Game 2: Friday, Jan. 11
 Acalanes at Campolindo
 Las Lomas at Miramonte

Game 3: Monday, Jan. 14
 Las Lomas at Campolindo
 Northgate at Miramonte

Game 4: Wednesday, Jan. 16
 Miramonte at Acalanes
 Mt. Diablo at Campolindo

Game 6: Tuesday, Jan. 22
 Alhambra at Acalanes
 Concord at Miramonte
 Dublin at Campolindo

Game 8: Tuesday, Jan. 29
 Campolindo at Miramonte

LMYA Spring Registration Opens Jan. 10

This spring, LMYA will feature the following sports:

Girls Softball – Grades 2-8
 Season: March-June

T-Ball – Boys and Girls, Kindergarten
 1st Grade Softbaseball-Separate Boys and Girls
 2nd/3rd Grade Boys Baseball
 Season: March-June

Girls Volleyball – Grades 5-8
 Season: March-June
 (Visit the LMYA Web site volleyball section for more information)

Boys Spring Soccer – Grades 3-8
 Season: March-June

Registration for Spring 2008 will be Jan. 10 to Jan. 20, 2008. Registrations after January 21 will be on a space available basis and will have a \$20 late fee.

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SPORTS

LAMORINDAS LOCAL SPORTS NEWS



Exercise Comes Knocking at the Door

By Jennifer Wake



Christy Dalton works with two clients in the backyard of an Orinda home. It is one thing to have a personal trainer at the gym, but it is quite another when a trainer knocks on your door and pulls you off the couch to get moving. The two owners of Fit Chix in Orinda do just that.

Christy Dalton and Melissa Aycock understand the psyche of the exercise adverse. Prior to starting Fit Chix over a year ago, Dalton and Aycock spent the past 15 years working as group fitness instructors and personal trainers at health clubs throughout the Bay Area.

"For a few years, I tinkered in outside sales and various corporate positions, but knew soon enough that my area of strength and interest was in fitness," said Dalton, a Saint Mary's College alumna. It was difficult for both Dalton and Aycock to sit all day and be on an 8 to 5 schedule after college, and both found themselves planning evening workouts for group fitness classes or client training programs.

Now in their second year of their in-home personal training business, which offers both individual and group training sessions at homes and locals throughout Lamorinda, both Dalton and Aycock practice what they preach: they maintain a healthy lifestyle through both diet and exercise (and that's putting it lightly).

Long-time running partners, the idea for Fit Chix came to Dalton and Aycock (who consider a 9-mile run as a way to limber up) over the course of a few long runs. Dalton has completed five marathons, with the most significant being the San Diego Rock-n-Roll marathon where she ran her personal record of 3:12. This placed Dalton eighth in her age division and the 39th overall female finisher. She recently placed first in her age group (third overall woman) in the Lafayette Reservoir Run 5k with a personal record time of 19:26 (6:16 per mile pace).

Aycock placed in the top 50 woman at the Primo's Half Marathon, finishing 18th out of 88 in her age group with an overall time of 1:48, and has completed three marathons. She also completed the World's Toughest Half Ironman (1.2

mile swim, 56 mile bike and 13.1 mile run) in Auburn, Calif., two years ago. She came to the Bay Area as a trip leader for the Berkeley-based active travel company, Backroads. "I led trips all over the world (cycling, hiking, kayaking, etc.) full-time for three years and then wanted to take a little break to have a 'real life' for awhile," she said.

Weight training is also a big part of their routine. "I emphasize to my clients that you can do cardio work everyday, but you will not see results like you will once you add weight training to your program," Aycock said.

The two trainers strive to make it easier for the modern day busy woman to fit their workout in by bringing all of the equipment to their home and training them there.

"We complete a full fitness assessment and health evaluation, determine personal needs and goals, create individualized programs to help achieve goals, provide motivation and current industry information, and perform follow up assessments to determine program effectiveness and satisfaction," Dalton said. "Our client base ranges from people just beginning a fitness routine, to seasoned athletes just needing a change in their current regimen. We work with all age ranges and the benefits for older clients are the same for any age - stabilized blood pressure, ideal body weight, increased stamina and bone density, improved body image and overall fitness level."

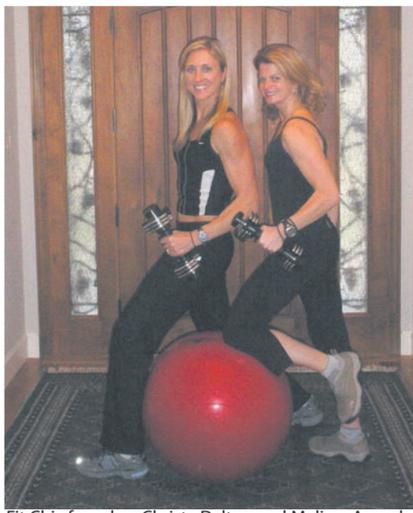
Costs for this type of personal training range between \$50-90 per hour, depending on what level of expertise your trainer has and what services they provide. Fit Chix offers small group personal training sessions with (2-4 clients) at a reduced cost. Joining a larger circuit training group can

Photo Jennifer Wake lower costs as well.

"Basically it is all relative to what you want to get out of your workouts," Aycock said. "Although most people will hire trainers as a way to jump start their workouts or to motivate clients who have specific goals it is not necessary to have a trainer for every workout that you do."

"But since Fit Chix shows up at your doorstep," added Dalton, "there is no escaping your workout that day."

For more information about Fit Chix, you can e-mail them at melissaaycock@gmail.com.



Fit Chix founders Christy Dalton and Melissa Aycock

Saint Mary's Topples Fullerton: Back in National Rankings

... continued from page 1

Ian O'Leary continues to play with more confidence as the season plays on. He has been able to score points at crucial moments for the Gaels. O'Leary scored back to back double-doubles in this tournament, finishing with 14 points and ten rebounds in this game. Diamon

Simpson quietly put up gaudy numbers in this game, finishing with 16 points, 15 rebounds, and four blocks. Simpson needs only one more block to give him the all-time record for blocks at Saint Mary's.



SMC Men's Basketball Team, Ian O'Leary (4) is holding the Trophy

Photo Tod Fierner



Patrick Mills (13)

Photo Tod Fierner



Diamon Simpson (20)

Photo Tod Fierner

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Go Gaels!
Upcoming Sports Events at Saint Mary's College

Men's Basketball vs. Furman vs. CS Fullerton, Fri., Dec. 28 at 5 pm McKeon Pavilion
Men's Basketball vs. Howard

Friday, Dec. 28 at 7:30 p.m. McKeon Pavilion
Women's Basketball vs. Cal State Fullerton, Sat., Dec. 29 at 2:05 pm McKeon Pavilion
Women's Basketball vs. Northern Colorado Sunday, Dec. 30 at 2:05 p.m. McKeon Pavilion
For information about upcoming season schedules, visit the official Saint Mary's athletics website at www.SMCGaels.com.

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SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Saint Mary's Women's Hoops Downs Northern Colorado

By Kevin D. Shallat

The University of Northern Colorado Bears came into town on Saturday, Dec. 30 to take on the Saint Mary's women's basketball team. Northern Colorado did their best to take advantage of the Gaels, as they were without their leading rebounder and scorer. Maija Lahde has been out for some time, but Jontelle Smith was unable to play after injuring herself on the last road trip. After trailing by 15 points at halftime, the Gaels pulled off a gritty victory at home after a strong second half, taking down the Bears, 73-62.

The Gaels struggled to put points on the board in the first half. Saint Mary's had nine turnovers in this half as well, but that wasn't the main factor for the large deficit at half, because Northern Colorado had 14 turnovers in the half as well. The Gaels clearly missed Smith's offense. They shot just 32 percent from the field, and 37 percent from the free-throw line. Conversely the Bears

shot close to 52 percent from the field, and 84 percent from the free-throw line.

The pressure defense the Gaels instilled was not working, and the coaches decided to sit some of the starters for the last few minutes of the half. The Gaels knew they would improve their shooting percentage in the second half, but the real question was whether there would be enough time to come back in the second half of play.

After the first few minutes of the second half, head coach Paul Thomas got his starters back in the game, but things got worse before they got better. Saint Mary's found themselves down by 17 points at the 18-minute mark.

Forward Mikaela Cowles was able to hit two free-throws and a 3-pointer to get the Gaels going in the right direction, but every time Saint Mary's would score, Northern Colorado would answer right back. Serena Benavente hit a big 3-point shot

to get the Gaels to within 7 points at the 6:41 mark, but time was running out for Saint Mary's. With 4:35 to go in the game, Louella Tomlinson drew a triple team down low in the paint, and was able to pass it out to Sierra Chambers, who calmly knocked down the 3-point shot to cut the deficit to 2.

After a traveling violation by the Bears, Lauren Shaughnessy was able to hit a beautiful shot off the glass to tie the game at the 3:10 mark. From the 3-minute mark on, it was all Louella Tomlinson. In the last 2:51, Tomlinson had four rebounds, three points, one assist, a free throw, and one block, which helped the Gaels close out the game. Despite Tomlinson's domination toward the end of the game, she remained humble in victory. "This was a great team win for us. It's nice to have back to back wins going into league play," said Tomlinson.

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The Lafayette RINK will be hosting a Roller Hockey Winter Bash Tournament the weekend of Jan. 12. Players may enter as a team or as a free agent, with three games guaranteed for every team. There are five divisions (10 & Under, 14 & Under, 18 & Under, Adult Silver and Adult Gold). Call Lafayette Recreation for more information 284-2232.



Send sports stories and ideas to:
sportsdesk@lamorindaweekly.com
 or call 925-377-0977



Lauren Shaughnessy (11)

Photo Tod Fierner



Sierra Chambers (10)

Photo Tod Fierner



Serena Benavente (20)

Photo Tod Fierner

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