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Volume 03 Issue 16

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Wednesday, October 14, 2009

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Pictured are Jim Lucas, Chuck Swanson, Tom McDowell, Rafael Topete and Al Resnick

Photo Ohlen Alexander

Tappan Lane Residents Pave the Way

By Andrea A. Firth

Tappan Lane residents and neighbors on adjacent streets have taken the repair of this decaying public road into their own hands, or at least into their own wallets.

"Frankly there were areas that were dangerous. We were concerned about the safety of driving on the street through another winter," states Al Resnick, a 32-year resident of Orinda who has navigated the potholes on Tappan Lane for the past 11 years. "We had to do this ourselves, because there is no money available

from the City to get the repairs done anytime soon," he adds.

Resnick along with neighbors Tom McDowell and Catherine Soso distributed a flyer to Tappan Lane residents and neighbors outlining the problem and proposing a solution—to fix the road with funds contributed by the road's users. Then the three organizers took their campaign door to door. "People were quite responsive. We have gotten pretty good participation," states Resnick, who estimates that they will raise

\$24,000 for the road repairs.

"It was a low pressure sale," says Resnick. Residents were not required to participate or told how much to contribute. Resnick is also quick to acknowledge that the project was possible due to the fact that the contractor, JV Lucas Paving, Inc, a family-owned and operated business in Lafayette, provided their services at a discount. The asphalt supplier, County Asphalt, LLC, also provided a discount on material.

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Supporters Push for Passage of Measure G

By Jennifer Wake

In the coming weeks, parents from the Alcalanes Union High School District (AUHSD) will be spreading the word to get out the vote on Nov. 3 for passage of Measure G—a new parcel tax measure designed to extend the existing AUHSD parcel tax indefinitely.

"Measure G will provide stable, local funding," says Tom Mulvaney, AUHSD Board Member and Measure G Chair. "This parcel tax is a renewal, a continuation of Measure A—a \$189 a year tax that equates to about \$3.64 a week."

Measure A was approved by voters in 2005 to restore small class sizes in English and algebra, and to restore competitive classroom programs. It brings in approximately \$6.7 million dollars annually to the District, but is scheduled to expire on June 30, 2011.

As stated in the Measure G ballot measure, proceeds of the parcel tax will be used "to provide stable local funding at [District] high schools and protect core academic programs

from deep State budget cuts; preserve science, mathematics, arts, music and foreign language courses; and maintain library hours."

Since the parcel tax amount stays at the existing rate, and continues its senior citizen's exemption, proponents of the Measure say there is no tax increase. But Measure G is unique because it contains no sunset period (expiration date)—a provision that has some local residents calling foul.

Orinda resident Richard Colman says now is not the time to seek a "permanent tax" when Lamorindans have been besieged with other tax and fee increases, the California unemployment rate is at an all-time high, and the economy might improve (see Letters to the Editor, Sept. 16, 2009).

"We are in a tough economic time," says Mulvaney, but given that the District doesn't expect to receive funding from any other source outside of the State, he says it's prudent to have a tax that the District can rely on.

... continued on page 8

Rash of Neighborhood Car Burglaries

By Cathy Tyson

On the evening of September 30 – October 1 there were nine car burglaries in Moraga. The one thing they had in common? All of the cars were unlocked. Six of the thefts were on Calle La Montana and Calle La Mesa in the Campolindo neighborhood. Some of the items taken were cash, an iPod power cord and Samsung car charger, Tom Tom GPS and an expensive tennis racquet. At one home the unknown thief used the garage door opener to open the garage door then proceeded to steal a briefcase from the BMW in the garage.

Perhaps the suspect ended his or her crime spree with the theft of a white 2008 BMW X3 from a Corliss drive resident. To make matters worse, the car owner's \$2,000 road bike was in the back of his car, along with his government credentials.

Moraga Chief of Police Robert Priebe warns residents that these are crimes of opportunity, "Don't leave anything in your car worth taking. Above all do not leave your car unlocked. It's pretty common sense."

(Editor's note: Orinda and Lafayette are not exempt from the car crime spree. Their police blotters have been heavily laden of late with "smash and grab" incidents -- windows broken and valuables removed from locked cars.)

Hearst Gallery Exhibit is Really—Out of This World

By Andrea A. Firth



For centuries, artists have accompanied explorers to new frontiers to document new realms and to inspire others to follow. Space exploration—traveling past the Earth's atmosphere to the planets in our solar system and the universe beyond—while the dream of every aspiring astronaut ... read on page 5

RED RIBBON WEEK

Three High Schools, Three Ways to Promote a Drug and Alcohol Free Environment

By Sophie Braccini

With a fatal accident that cost the life of a Lamorinda student last year, local high schools are focusing on all the possible sides of alcohol and drug prevention, offering a mosaic of actions during "Red Ribbon Week"—a traditional time in late October for schools to promote healthy and drug free living. ... Read on page 9

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Calendar

City Council 7pm
Community Center, Manzanita Room
500 St Mary's Road
Monday, October 26

Planning Comm. 7pm
Community Center, Manzanita Room
500 St Mary's Road
Thursday, October 15

Design Review 7pm
Community Center, Manzanita Room
500 St Mary's Road
Tuesday, October 20

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Next Step for Specific Plan – Environmental Scoping

By Cathy Tyson



Mayor Don Taztin speaks to a diverse group of residents, and business/property owners at a breakfast meeting. Photo Andy Scheck

The Revised Draft Downtown Lafayette Specific Plan is inching ever so slowly forward and is poised to scope the Environmental Impact Report (EIR) as required by the California Environmental Quality Act (CEQA). The goal of the EIR is to examine potential significant environmental effects of the plan and potential alternatives via a very thorough analysis of factors from aesthetics to noise to traffic.

Consultant Design, Community & Environment, Inc. (DC&E) will be crunching the numbers for three alternatives: first off, the “no project” alternative which sticks with the existing General Plan; the second option, the “low intensity” alternative, includes a 25 foot height limit by right, along with 35 foot height limit with conditions; and finally the “high intensity” alternative assumes the heights and densities described in the Revised Draft Downtown Lafayette Specific Plan.

In noting the range of possible alternatives, Steve Noack of DC&E said, “We look at them in a qualitative way and look at relative differences.” They try to be as conservative as possible in their assessments, anticipating a worst case scenario.

Height and density continue to be the most controversial aspects of the plan depending on perspective. Chris Watson, who along with partner Kurt Setzer owns three commercial properties on Lafayette Circle, said at a recent Planning Commission meeting, “I am cut off at the knees if a 25 foot height restriction is implemented – it makes the project not feasible. If you stick with 25 foot height limit – might as well call it a historic district – nothing will ever change or improve.” ... continued on page 7

Inaugural Policies on Renting Library Spaces

By Cathy Tyson

While the city will be opening the main doors of the Lafayette Library and Learning Center (LLLC) in November for patrons to check out books and materials, doors will also be opening on all of the rentable spaces in the facility: the Homework Center, the Technology Center, small meeting rooms, Teen Center, as well as the Community Hall, Art & Science Discovery Center and Amphitheater & Reading Court.

Developing policies and a pricing structure that is community friendly and covers the costs incurred of room rentals while at the same time striving for frequent usage was a challenge for the Lafayette Library and Learning Center Foundation (LLLCF).

“We benchmarked against multiple venues, like the Veterans Memorial Hall, the Lafayette Park Hotel, LOPC, Temple Isaiah, Orinda Community Center & Library and San Ramon Community Services facilities. We put special focus on the Lafayette Community Center to achieve some continuity, though the facilities are quite different,” said Kathy Merchant, President of Lafayette Library and Learning Center Foundation Trustees.

Because larger spaces like the Community Hall, which has a maximum capacity of 229 people, are completely different from the Homework Center which has a capacity of 35, the LLLCF developed two policies to govern the facility - one for reserved rooms on the library main floor and one for larger spaces.

... continued on page 7

Hit and Drive Away Slowly, 9/22/09 A victim called Lafayette Police to report her car was hit by another car in the Trader Joe's parking lot on Mt. Diablo Boulevard. The offending driver was backing out of a parking space when he hit the victim's car. The victim offered a honking warning but the driver continued to back up. After he hit the victim's car, he slowly drove away. An alert Trader Joe's employee who recorded the offending license plate number witnessed the low-speed incident. The car is registered in El Centro, California. It is possible the suspect is both deaf and unable to process the feeling of impact with another vehicle. Perhaps crash-test dummy is a suitable future career?

Counterfeit Registration Tags, 9/25/09 Lafayette Police stopped a vehicle on Mt. Diablo Boulevard at Lafayette Circle for an expired registration tag. The driver consented to a search of the vehicle and police discovered five counterfeit registration tags. The driver denied knowledge of the tags and stated they belonged to his brother who was in the hospital in Oakland. The driver was cited and the vehicle was towed. It is unknown how the driver got home or how his brother took the news.

Anger Management Issues, 10/2/09 A Second Street resident parked and locked her vehicle and retired to her apartment for the night. When she returned to her vehicle the next morning, she immediately knew something was amiss. A closer look revealed four punctured tires, a smashed front driver's side window, smashed passenger window and a light dimmer switch that was pulled out of the dashboard. There are no leads, witnesses or suspects and the fingerprint dusting was negative. Let's hope the culprit will try using his words next time.

Thieves Like Backpacks Too, 10/9/09 The victim parked and locked her car on Mt. Diablo Court. When she returned, she discovered an unknown subject had broken the passenger side window and taken the backpack she'd left in plain view. There are no suspects or witnesses. As an aside, there were an inordinate number of vehicle break-ins in Lafayette during the past two weeks; residents may want to take extra caution when stowing their belongings.

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By Appointment

Lamorinda residents may have noticed the fresh coat of paint on the Park Theater and wondered what was going on. “We’re looking for something that’s economically viable in that location. Investors, along with the city and community, want something that will work best for all parties,” said Greg Woehrl who, with a group of investors, owns the Park Theater. C.Tyson

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Moraga

Lamorinda Community

Calendar	
Town Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo Wednesday, October 28	
Planning Comm.	7:30pm
Moraga Library 1500 Saint Marys Rd Monday, October 19	
Design Review	7:30pm
Moraga Library 1500 Saint Marys Rd Monday, October 26	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, November 13	
Town of Moraga online: http://www.ci.moraga.ca.us	
Chamber of Commerce: http://www.moragachamber.org	



Scorned woman angry, 9/28/09 A woman who was asked to leave a Sparrow Court home due to a domestic dispute backed her vehicle into a parked car in front of the residence almost striking a man who is no longer her partner. Fellow retaliated by throwing a brick through the rear windshield of subject's car as she drove away. Does this mean they're even?

Smash and grab burglar strikes again, 9/25/09 Officers responded to Saint Mary's College to contact the victim of an auto burglary. The reporting person said she parked and locked her black 2001 BMW near the baseball fields. Upon her return she discovered an unknown suspect had smashed out a window to steal her purse and computer. Police were able to obtain finger prints. Estimated loss \$3,135. This may be the work of the mystery thief who had been "working" the Lafayette Community Park, heading to greener pastures.

Narcotics at Campo, 9/25/09 A student was detained at the Principal's office for possession of several narcotic substances - pot and prescription medication. Both were collected by police for destruction. Lucky for the student in question, school staff handled the incident administratively. Apparently he or she won't be going to juvenile hall, but may be in detention for the foreseeable future.

Easy car burglary, 9/26/09 A Whitethorne Drive resident called the cops to report a theft from her Honda Pilot. She parked her vehicle in several places around town and ultimately parked the car in her driveway. She was unsure if it was locked at any of her stops, so has no way of knowing where her purse was pinched. No signs of forced entry, total estimated value of items taken \$1,196. What's that? The sound of her trunk saying, "use me."

Where the Real Work is Done

By Sophie Braccini

Have you ever been to a Moraga Town Council meeting, seen the members sitting next to each other, facing the audience and wondered how real work could be achieved in such an arena? The effort it takes to craft policies and make complex choices requires a setting more conducive to work. That's why the Town has a staff and, when matters need to be discussed among different constituencies, subcommittees are created. One of them that is active at this time is the Moraga Center Specific Plan Development Standards Subcommittee. Its purpose is to create a 20 dwelling unit per acre district in the area where the Specific Plan is focused; an area that is presently designated as six dwellings per acre.

The members of the subcommittee represent most of the stakeholders. Town staff members are Planning Director Lori Salamack and Town Manager Mike Segrest; Mayor Dave Trotter and Council Member Mike Metcalf represent the Town Council; two members of both the Design Review Board and the Planning Commission participate; finally, the owner of most of the land affected by the Specific Plan, the Bruzzone family with consultant Dick Loewke, are there to negotiate their terms. They meet around an oval table in the Meeting Room of the library every Monday evening

and attempt to resolve possible differences in a courteous manner.

The meetings are public, but word of scheduled sessions rarely reaches residents. Only full-blown committee and commission meetings have their own listing on the Town's web site with their respective agendas and minutes.

The meetings of this subcommittee are posted under the Moraga Specific Plan heading on the Town's homepage. The group has met every Monday evening from 5:30 to 7:30 p.m. (with the exception of October 12), and will continue to do so until the building standards are approved by all. A plan will then be submitted to the Town Council for final blessing. Meeting notices can be found at http://moraga.ca.us/production/moraga_moraga_center_specific_plan.php.

At the October 5 meeting it was clear that all the participants were moving in the same direction, fine tuning the last details. The subcommittee members are in agreement that the Specific Plan area should be designated as a minimum of 20 dwelling units per acre rather than 6, with up to 30 units per acre when senior assisted housing is included. A request from Loewke that the maximum be upgraded to 33 units per acre when some of the units do not have cooking facilities was accepted by all.

... continued on page 9

Financial Relief in Sight?

By Sophie Braccini

An initiative by the California Communities, a joint powers authority (JPA) sponsored by the League of California Cities and the California State Association of Counties (CSAC), could return to local governments the property tax dollars that the State of California has decided to keep for a while.

"We have \$249,000 outstanding that we didn't expect to see for another three years," said Moraga Finance Director Joan Streit, "but the JPA has proposed a bill by which it will buy the receivable from us, give us the money and the State will pay them back in time." If the bill succeeds, Streit anticipates that the town would get half of that

money in January 2010 and the other half in May.

"The last step consists in cleaning the language and having the Governor sign that bill," explained Streit. With the high-level bargaining taking place in Sacramento, she does not expect a final result before the end of October.

Another piece of good news came regarding the return of gas tax funds to cities, which was going to be delayed for a long period of time. "It looks like it's not going to be deferred for quite as long, and we'll get money sooner than we expected," she said, "if all the stars align with the moon."

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"About Town" in Moraga

By Sophie Braccini

A new feature has appeared on the home page of the Moraga Town web site; it is called "About Town, a Bi-Weekly Update from Moraga Town Staff."

"For the past few years, the Town has been trying to do more to reach out to folks to keep them informed," said Mayor Dave Trotter, "About Town" will be a key part of our ongoing effort to communicate with the broader Moraga community." The person in charge of this effort is Town Manager Mike

Segrest, who is following in the footsteps of another City Manager, Lafayette's Steve Falk, who publishes his "Friday Summary" to keep interested residents in the loop on city happenings.

'About Town' will be updated on the Fridays that follow Town Council meetings, which are held on the second and fourth Wednesday of each month. The variety of topics addressed in the first issue, published on September 30th, include updates on the town hous-

ing element and the Rancho Laguna II project, police staffing and Hacienda repair plans.

"I am doing this simply to get information out to the community so residents can have accurate information about what is happening in the Town," said Segrest, "anyone who wishes to receive 'About Town' can email Marty McInturf at mmcinturf@moraga.ca.us to be added to the email list." Or go to the Town's website, <http://moraga.ca.us> and read it online.

Rancho Laguna Park Public Input Survey and Workshops

By Sophie Braccini

The Moraga Parks and Recreation Department is conducting a survey of Moraga residents to find out what their expectations are regarding the use of the Rancho Laguna Park. Parks and Recreation Director Jay Ingram would like input from all park

user groups, including parents of school age children, sports users and dog owners.

The survey is available online on the town web site at moraga.ca.us; scroll down the front page to reach "Rancho Laguna Park Planning Survey" (Rancho

Laguna II at the top of the page is a non-related issue.) The next meeting of the sub-committee collecting public input will be Sunday, October 25th at Rancho Laguna, from 4:00 p.m. to 6:00 p.m. and Thursday, October 29th at the Hacienda from 7:00 p.m. to 9:00 p.m.

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Orinda

Lamorinda Community

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way	
Tuesday, October 20	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way	
Tuesday, October 27	
Historic Landmarks Comm.	3pm
Gallery Room, Orinda Library 26 Orinda Way	
Tuesday, October 27	

City of Orinda:
<http://www.cityoforinda.org>
 • all meeting notes
 • calendar updates
 Chamber of Commerce:
<http://www.orindachamber.org>
 • local businesses
 • upcoming events



Drunk in public, 9/16/09 A police officer noticed an older male staggering near Moraga Way and Brookwood Road, nearly falling into traffic. Recognizing him as a frequent flyer from numerous previous contacts, Orinda's finest took note of his needing a signpost to assist in staying upright. After several failed attempts at completing a breathalyzer test, the subject finally did it. Perhaps he had just a few sips more than the three beers he admitted to drinking that day; his blood alcohol level was way above the legal limit. Very rarely does this reporter see "drunk in private" items in the blotter, wink wink. Stay home, sleep it off.

Return of the known shoplifter, 9/16/09 A call from Longs drugs reported that a gentleman in his seventies came in and walked out with a bottle of alcohol. Apparently this was not his first attempt at a five finger discount, store employees recognized him. A Longs staffer followed him down the street where they met up with police. Maybe he was having a senior moment, forgetting to remember stores he had robbed.

Smash and Grab, 9/14/09 At 7:25 in the morning an unknown suspect smashed the rear window of a Range Rover on Robert Road, that was parked in the driveway. A duffle bag of kids clothing was stolen, along with a gym bag with an iPod, sneakers and workout clothes. Sadly no witnesses.

Smash and Grab, 9/14/09 At 7:31 in the morning, also on Robert Road just a few houses down from the original burglary, a Honda Accord parked in the owner's driveway was broken into. The front passenger window was smashed and a Garmin GPS device along with eight \$1 bills were stolen. What are the odds it was the same perpetrator? Apparently once was not enough. Is anyone sensing a theme in today's blotter?



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The City Council will hold a Quad Agency meeting between the City Council, OUSD, AUHSD and MOFD Thursday, October 22, 2009 at 7:00pm, Garden Room, Orinda Library, 26 Orinda Way

Council Imposes Last Offer on Employees

By Andrea A. Firth

Tough times. Tough talks. Tough outcome. After negotiating for over a year, the city of Orinda and the members of the Orinda Employees Association (OEA Local #1) had reached an impasse. The employees union had rejected the City's final contract offer, which included a 4% reduction in pay and reduced medical benefits. Last week, Orinda's City Council voted four to one to unilaterally implement the agreement, and the new terms became effective immediately. Council Member Victoria Smith was the lone dissenting vote.

"I was surprised and disappointed that the union did not accept the agreement," stated City Manager Janet Keeter. She acknowledged that bargaining representatives on both sides devoted significant time and effort over the year to reach an agreement in the face of the City's declining revenues. "It was necessary to make cuts, and our biggest expense is personnel costs," stated Keeter. "I am trying to avoid layoffs."

OEA Local #1, which represents the City's 24 non-management staffers, had been working without a contract since the end of June. While the employees were prepared to accept the reduced

compensation from 10.5 furlough days, the major obstacle for the union to ratify the agreement was a reduction in medical benefits. "[The employees] were willing to give up many perks in order to keep the medical benefits status quo," stated Jeanette Irving, a senior administrative assistant in the police department, in her comments to the Council.

Employees will now be offered a health plan that is of lower cost to the City (the PERS Select family plan). Employees who choose to stay with a more expensive health plan—many participate in the Kaiser family plan or Blue Shield of CA—will be responsible for the difference in premium cost.

The protracted negotiating process was also marred by miscommunication and distrust. "I'm very disappointed with how the negotiations have been handled," stated Irving. "It is unfortunate that the membership was not adequately informed to make good decisions."

"I never felt like we negotiated. It was all about giving back," stated Tod Fiermer, President of OEA Local #1 and a member of the employee negotiating team. "There was a distrust," he added, noting that some employees became skep-

tical of the process. When pressed for further explanation by Vice Mayor McCormick, who expressed concern about the distrust issue, Fiermer stated, "I don't think anyone distrusts [the Council]." Fiermer indicated that he believed that the employees would move forward from this point and that the working relationship between staff and management would heal over time.

In the end, it came down to maintaining a balanced budget. "It's a challenging time," stated Mayor Sue Severson. "With declining revenues, no one walks away from negotiations happy. But we have to be fiscally responsible, and we face more unknowns regarding the budget as we continue into the future."

Mandatory furlough days are also part of the 2009-10 agreement with the City's managers. City offices and departments will be closed on furlough days which are currently set for November 25th, December 28th through the 31st, February 12th, March 12th, April 9th, May 28th, June 18th, and one half-day to be determined. The estimated salary cost savings provided by the furlough days to be taken by the general employees' unit will save the City approximately \$57,000 over the next nine months.



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Tappan Lane Residents Pave the Way

... continued from page 1

"This is the first group in Orinda that has come together to fund repairs on a public street," notes Chuck Swanson, Director of Public Works and Engineering for the City. He is supportive of the Tappan Lane residents' efforts and is watching the progress of the project with interest.

"The City has very limited funds for the Pavement Management Program right now," says Swanson. He explains that the Council has designated collectors (e.g., Altairinda and Miner Roads), arterials (e.g., Camino Pablo and Moraga Way), and school routes as priorities for the City's limited road repair dollars. "Residential streets won't get much attention right now. There aren't enough dollars available," adds Swanson.

There is a precedent for residents funding their own road repairs already established in nearby

Lafayette, which like Orinda, can fund only a handful of road repair projects each year.

"In the past, the timeline for certain streets has been accelerated when private donations are pledged to fund a significant share of the project cost," states Tony Coe, Lafayette's Engineering Services Manager. "This most recently happened on Sweet Court, where residents paid for half of the costs, and the court was accelerated to be reconstructed about the same time as another through street in the neighborhood," he adds, noting that this is not a formalized process and requests are handled on a case-by-case basis.

"We're looking at a three to five year fix," states Resnick who was very satisfied by his first drive on the newly repaired street. "It's not just a better road, it's a safer road. It's major repair."

Council Says No to Chevron C-Store

By Andrea A. Firth



Chevron station on Orinda Way

Photo Andy Schreck

Orinda's City Council recently denied a request by Chevron to amend the City's Municipal Code to allow for a large convenience store, an Extra Mile market, at its service station site in the City. Chevron is located on Orinda Way

immediately off Camino Pablo as one enters Orinda Village. Currently, the Orinda station has a small (less than 40 square feet) cashier's booth that sells a few snack-food items and three service bays. Chevron's goal was to replace the

service bays with the larger convenience store. Chevron has recently built Extra Mile markets at service stations in Alamo and San Ramon.

Prior to the public hearing, the Planning Commission had reviewed Chevron's application and recommended denying the request, because they felt that the addition of a larger convenience store would not serve the local user and was inconsistent with the City's village character.

"Our error here was not anticipating some of the questions that might arise, like alcohol sales," stated Bob Abbott, a representative for Chevron, who spoke to the Council. Lifting the City's current Municipal Code that limits convenience markets at service stations to 40 square feet could open the door for alcohol sales at this station and other stations through the City.

The sale of alcohol was not the only problem the Council found with the Chevron proposal. Vice Mayor Tom McCormick questioned the benefit of losing the service bay.

"Prohibiting the expansion of convenience stores is not keeping service bays open. The services bays are disappearing anyway," stated Abbott. He noted that major oil and tire change chains have usurped the much of the business from the small independent auto repair supplier. While McCormick regretted the potential loss of the service bay, he stated repeatedly that Orinda did not need another empty storefront.

Council Member Victoria Smith found multiple reasons to deny Chevron's request. "I don't think an Extra Mile market is at all the image that we want for our community," stated Smith. In addition to

not wanting a large convenience store to sit at the entrance to the Village, she was concerned about the potential for alcohol sales and felt the market was more for people passing through than the residents of the community. "I'm less concerned about the potential for a shuttered service bay than the long-term plan for the City," stated Smith.

The potential for crime exposure was another concern raised by Council Member Amy Worth. "We are right off Highway 24, said Worth. "The Safeway is open 24 hours, so I think the community's needs are met in that respect."

The Council unanimously denied Chevron's request but left the door open for the company to re-submit a revised application. Any staff costs associated with a second application would have to be paid by Chevron.

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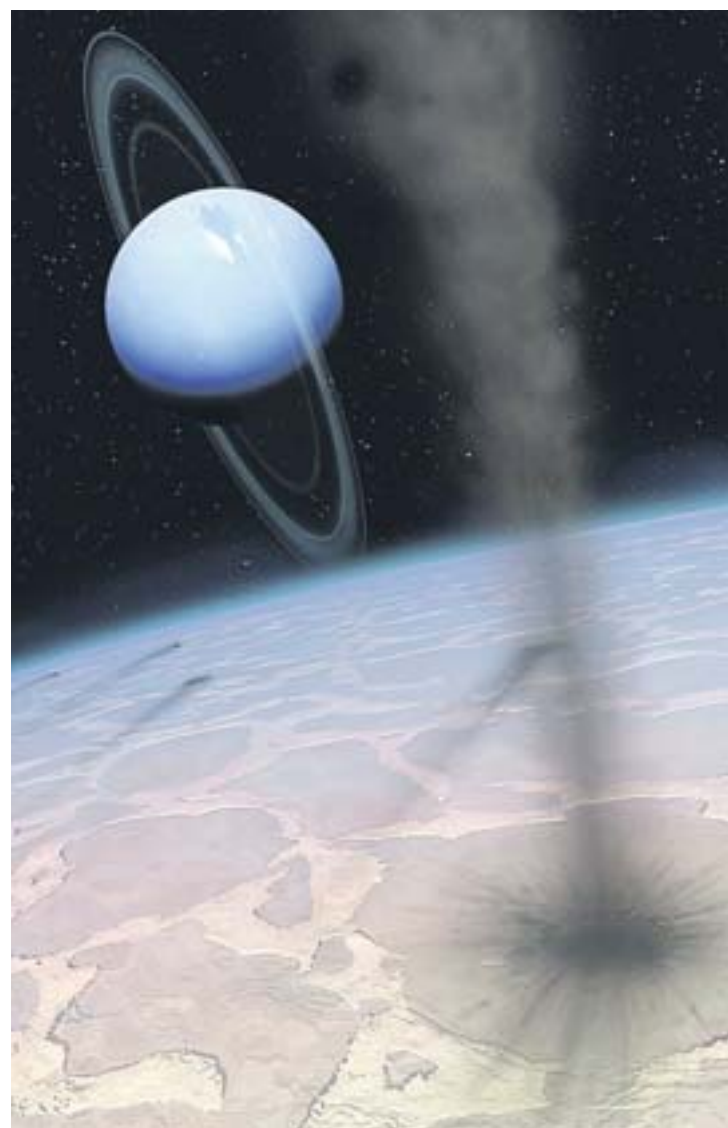
Life in LAMORINDA

Hearst Gallery Exhibit is Really—*Out of This World*

By Andrea A. Firth



Enceladus digital image by Ron Miller, 2007



Ice Geysser digital image by Mark Garlick, 2000

For centuries, artists have accompanied explorers to new frontiers to document new realms and to inspire others to follow. Space exploration—traveling past the Earth's atmosphere to the planets in our solar system and the universe beyond—while the dream of every aspiring astronaut is primarily the purview of robotic explorers and satellites.

This is where art and science come together, robot and man meet. Space artists possess the curious and fastidious nature of a scientist grounding their work in facts and data. Simultaneously they possess the creativity and imagination of an artist, which enables them to translate these datapoints into beautiful images of the outer world. This is space

Photos courtesy of Hearst Gallery art, and it really is out of this world.

The Hearst Art Gallery exhibit, *Out of This World*, includes dramatic, alarmingly realistic images of planetary landscapes created by many of the best-known space artists of our day alongside detailed photographic images taken by robotic explorers and satellites. "This whole show was done over the Internet," says exhibition co-curator Carrie Brewster who looked at hundreds of images from NASA to identify artwork for the exhibit. High-resolution images of the chosen artworks were then printed on canvas. "From start to finish, the show was created digitally," added Brewster.

The family-friendly exhibit is a walking tour of our solar system with a section of the Gallery's wall space devoted to each of the eight planets and their moons. (Don't expect to find Pluto which remains demoted to dwarf planet status.)

The Mars section includes a 1/3 scale model of the Mars Rover roaming the planet's turf. The planet's surface was created with "red dirt" from the SMC baseball infield and red rocks collected in Nevada. Exhibit-goers can also experience a fly-through flight of the Mariner Valley, a 3-mile long canyon on Mars that is as deep as Mount Everest is tall. Created by Jet Propulsion Laboratory, the video is reminiscent of a flight over the Grand Canyon (not recommended for those with a weak stomach).

On November 17th, the Hearst Gallery will host a pres-

entation by astronomer and space artist William K. Hartmann, Ph.D. "I'll try to relate the basic discoveries that have come out of space exploration to a larger cosmic perspective... For example, turning the discoveries into art, trying to take what we now know about universe and creatively turn it into something beautiful," states Hartmann. His own space artwork is on display at the exhibit—look directly right upon entering the exhibit to see his acrylic painting of a gully on Mars. The presentation will be followed by stargazing and a meteor shower watch, weather permitting.

Out of This World will be on display at the Hearst Art Gallery at Saint Mary's College in Moraga through December 13th. Exploring the Cosmos by Spacecraft and Paint Brush will be presented by astronomer William K. Hartmann on Tuesday, November 17 at 7:00 p.m. Stargazing and meteor watch will follow, weather permitting, at 8:30 p.m. For more information go to www.hearstartgallery.org

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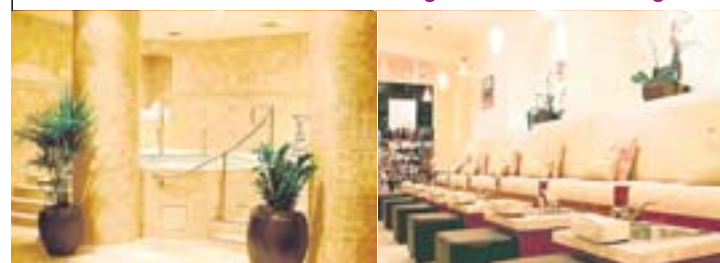
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LAMORINDA Community

Letters to the Editor

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email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Dear Editor,
It is rewarding to see the response to hate and racism in Moraga, and the Town Council resolution. We were first families in the area and remember the trauma but also the support of the Council for Civic Unity, Orinda Community Church, St. Stephen's Church and AAUW. Hopefully Orinda and Lafayette will pass similar resolutions.

She writes about our beloved pets. "They are just like our children. We don't leave their poop lying around for others to smell or step over." Dogs do not pollute the air and water. They do not leave cans, bottles, plastic, cigarette butts, candy wrappers and needles at parks. They do not drive drunk, steal identities, send others to die in war or kidnap children. No, they are not just like our children.

Carolyn Ashe Stokes
Orinda

What dogs do for those who care for them is improve the quality of life. To watch a young child play with a puppy for the first time is a source of wonder and awe. To see an elderly person relate to their pet when they have no one else is a blessing. Watching a dog run, play and give their human unconditional 24/7 love, companionship and friendship is inspiring. Yet, they poop. Coincidentally, birds, cats, snakes, rats, fish, cows, horses, pigs and the filthiest animal of them all, humans, also poop.


Editor:
Reading the letter from a concerned citizen in Lafayette regarding her disgust with dog poop at the new sidewalk to the Lafayette reservoir across from the Community Center moved me to action. She exclaimed, "Why don't all you dog owners go down and pick up ALL the accumulated poop?" Since I am always looking for decent places where I can walk my two dogs, Essie and Brutus, I went to the place where she was forced to "get to the other side of the street just to get away from the stench." I picked up one piece of very dry dog poop. Just like older singles, it was very easy to pick up. My dogs decided that this was not the time or proper place for them to defecate. We had an exhilarating walk around the reservoir. I do admit that there have been times that my dogs have created poop without my knowledge and I did not pick up the poop. This is why I have no problem picking up any poop that I find. Picking it up is very little bother. People like the infuriated letter writer exclaim that people are breaking the law by not picking up the poop. One can write a book about picking up dog poop or yell and holler at it with all their strength and good intentions but it just stays there. Furthermore, dogs cannot read and are oblivious to the evils of their poop. They think it is natural.

The concerned Lafayette resident says that dog poop spreads disease. Dysentery, Typhus, Diarrhea among others spreads from human poop. What disease spreads from dog poop? She writes that she does not want to get started on "the dogs in restaurants licking their private parts" while she is eating. I suggest paying more attention to one's meal than focusing on canine private parts.

Dogs do not know that they have private parts. Being totally true and honest creatures they do not know that they are naked. In fact, to a dog, a restaurant is just another place that they have to go. Since we train them not to urinate or poop in our homes, they have to go outside or wherever we take them. If we do not pick up after them, we should be aware of the poop-pollution of the world who are inconvenienced by our beloved pets. They will remind us of our poop obligations. We should feel bad for them. Imagine how many other things there are in the world that are far more annoying and dangerous than dog poop and naked dogs in restaurants.

Norman Weiss and his best friends, Brutus (14) and Essie (2)
Orinda

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Public Forum JOIN IT

Acalanes Parcel Tax

As one whose offspring enjoyed superb educations at the Acalanes High school component of the Acalanes School District, it's most disheartening to read in the October Bloomberg Markets publication, the history of unethical and costly strategies employed by the district, in its multiple "bond refinancing" forays. Particular "refis" were employed in April and May of 2004 - again, January and December of 2005. The "fiscal massaging" provided by investment bankers, bond attorneys and credit rating services, etc., resulted in the district shelling out 41 cents of every "refi" dollar for such activity. Attorney General Brown, in January of 2009, "opined" that such procedures are both illegal - and, unconstitutional - in fact, subject to suits that would invalidate said bonds.

when a long ago "wants" tax (for a world class sport complex) was forgone - and, highly motivated "wanters" ultimately brought the project to fruition, via their own alternative funding efforts. So should be the approach for all public tax-consuming agencies...schools included!

This distressing exposure thus makes it most difficult to even consider voting for a November parcel tax being proposed by the District. As a recent local "opinion commentary" observed, "this district has an insatiable appetite for money." Such funds, are often devoted to what many taxpayers would categorize as "wants" - not, applications which support the "needs" that would unquestionably promote the outstanding academic achievements of its several campuses.

This is noted, because the Acalanes District has seemingly still not embraced this concept. Last year's tax was heavily focused on such "wants" items as artificial turf for playing fields, new tennis courts, etc. - expenditures which unmistakably were "wants". And, had just a "needs portion" been offered to voters (less amounts for legitimate "wants" capital charges), tolerance for a current "term-limited" parcel tax (to deal with temporary State subvention deficiencies) would be much more "salable" to voters in today's general voter unhappiness with politics and taxes in general.

As a long time grass roots taxpayer advocate, it's been noted that such organizations generally support and defend taxes to meet genuine public or educational "needs". In contrast - "wants" are almost universally opposed - this, on basis that "wanters" should fund such options. The City of Lafayette has done well in this context - e.g.,

Finally, the ethics angle" re "proposition filing timing" can't be ignored. Its submission to the County Elections Office was such that there was no time to submit "opposing data" for inclusion in voter pamphlets, etc.

If ongoing "needs" must be accommodated by the eventually expiring parcel tax - then, come back next spring with a "timed" renewal of that tax.

Donald Lively
Lafayette
(Donald Lively is an active member of the Lafayette Taxpayers Association)

If you have significant knowledge about an issue facing Lamorinda or one of its cities that requires more than the 350 words to which we must limit Letters to the Editor, don't despair! You can submit your letter to our Public Forum section. Just send your letter to letters@lamorindaweekly.com and let us know you'd like to be considered for the Public Forum.

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What Can You Do in Four Minutes?

By Cathy Tyson



Tim Bayley trains at the Lafayette Reservoir Photo courtesy of Priscilla Bayley

For a very select few athletes, four minutes could be the time it takes to run a mile. On Saturday October 25, a dozen four minute and sub-four minute milers will compete in the first ever "ELITE" mile preceding the Lafayette Reservoir Run. These speedy youths come from near and far; Lafayette's own 3:58-man Tim Bayley, 3:56 David Torrence of Berkeley, 3:59 Liam Boylan-Pett of Washington State and even a

pending entry of a runner all the way from Kenya, Heron Lagat. First place wins \$1,000. Lamorinda residents may recognize Bayley from the women's fitness classes he teaches or his sports performance coaching - he specializes in the development of sport-specific speed and agility. Fans will be able to get autographs after the race at the Sports Basement booth; they'll have posters avail-

able for athletes to sign. The starting and finish line for these elite runners is just a few yards from the main starting area at Moraga Road and Mount Diablo Boulevard. Athletes will run down Mt. Diablo, do a u-turn at Trader Joe's and finish where they started. Be sure to arrive early, the ELITE mile starts at 8:00 and will be over in the blink of an eye. "The San Francisco Bay Area is a hotbed of talented runners. Sports Basement supports elite athlete development and is taking the first step in creating the Inaugural Sports Basement Elite Mile," said Priscilla Bayley for Sports Basement. For those that may be a bit slower, the 17th Annual Reservoir Run features a 10K, 5K or 2 mile race through the heart of downtown, around the reservoir and back. As usual, a healthy crowd of 2200 - 2500 participants will compete. Post run/walk pancakes will be available care of the Lafayette Rotary Club, along with complimentary snacks and beverages following the race. On site registration available from 6:30, with staggered race times commencing at 8:30. Proceeds will be shared by the Lafayette Schools and the Chamber of Commerce. For more information on registration, go to www.lafayettechamber.org.

Next Step for Specific Plan - Environmental Scoping

... continued from page 2

Tom Whitten agrees, "The 25 foot height requirement is a 'no development plan.' Period." The existing General Plan has a 35 foot height requirement. Susan Callister recommends staying with the existing General Plan and scrapping the Downtown Strategy and Specific Plan altogether. Capacity management was brought up by Avon Wilson, specifically concern about a spillover of excess traffic on Lafayette's already crowded streets. Despite some public opposition, the scoping of the plan will go forward. "The City Council entered into an agreement two months ago with an EIR consultant to prepare the environmental document. The subject of not proceeding with the EIR and therefore not proceeding with the downtown planning has come up before, but the Council has decided to continue with the process. It would be a Council decision to stop the process," said Ann Merideth, Community Development Director. On Friday Mayor Tatzin addressed a group at the Chamber of Commerce offices, with a summary of the process, and a focus on economic feasibility. "If you plan it, will somebody build it?" He

pointed out, "Understanding how a rational investor would act is very important input for the future of the community." The estimated cost to complete the EIR is \$278,088., any in-contract cost overruns are to be absorbed by DC&E. More than half of that fee will be covered by a \$150,000 grant from the Metro-

politan Transportation Commission. One of the requirements to receive the funds was that the EIR had to be wrapped up by spring. The completed Draft EIR is scheduled to be finished on December 14, which will be followed by a public review period from December 15 - February 2, 2010.

Inaugural Policies on Renting Library Spaces

... continued from page 2

If the Community Hall was reserved for a wedding for example, there are insurance requirements, staff set up, rules for caterers and more; renting the space is more complex. Hourly rates are divided into categories with respect to the renters for Library Main Floor rooms. Lafayette resident non-profit groups get the lowest rate, non-resident non-profits pay a bit more, followed by private resident or commercial renters, and finally private non-resi-

dent or commercial renters. Larger spaces are set up similarly with different rates for resident non-profits, non-resident non-profits and in the last category private parties or commercial use. Organizers want to make library spaces as accessible as financially feasible. "The concept behind this is to acknowledge the generosity of our community in supporting the creation of LLLC and at the same time not pricing

the spaces out of reach of all non-profits," noted a recent statement from the Foundation. The Reading Court/Amphitheater is available for free to non-profit groups, subject to a refundable security deposit to encourage a dynamic amphitheater environment for community enjoyment. The LLLCF is taking a wait and see approach, and plans on reviewing all aspects of the policies in three to six months.

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Life in LAMORINDA

From Law to Jam: Local Attorney Gets "Best in Show" At State Fair

By Sophie Braccini



Joan Edelson in her kitchen preparing to jam

Photo Sophie Braccini

Joan Edelson is an attorney defending insurance companies during the day, but come the night she trades her business attire for a chef's hat. Standing over her stove, she brews new jam recipes. One of the latest, an Apricot Amaretto jam, recently won the "Best of Show" award at the California State Fair. As far as canning recognition is concerned, you can't get any higher.

"I was shocked," says the Moraga mom, "my jam first won the 'Best in Division' (Jams) and it was already a great honor. I didn't even stay long enough to hear the final results and heard I had won 'Best in Show' two days later."

The idea of competing with her cooking came to Edelson after her daughter Sienna was invited to present a wood table she had cre-

ated, in Campolindo High School, at the State Fair. "I've always liked to cook and we make almost everything from scratch in our family," says Edelson, "I was interested in canning but really didn't know how, so I taught myself with books and particularly experimented with jams." She confesses that her favorite breakfast is toast with butter and jam, and she has about ten different varieties of homemade concoctions from which to choose. "I like the whole process," she adds, "but it can be very time consuming preparing the fruit when you want perfection."

To make her blackberry jam, she removes all the little seeds from the fruit and to make marmalade she makes sure to remove any part of the outer and inner skin of the cit-

rus. Edelson enjoys the alchemy of jam-making as well, "You can never be completely sure that the jam or marmalade will 'take,'" she says, there is always an element of surprise."

Edelson believes that the secret of her success is the quality of the ingredients she uses. "I enjoy shopping at the Moraga Farmers' Market on Sunday morning," she explains, "I can taste the produce, and that's how I select it: I close my eyes, I taste and if I feel that it's one of the best fruits I've ever had, then I buy it for jam." She believes that only perfect fruit can become amazing jam. She gets base ingredients from friends and colleagues as well. "My husband works in the Central Valley, a lot of people have a lot of fruit there," she says, they

give us fruit and in return we give them jam." Edelson confesses that if the fruit does not pass her taste test it will not be processed into jam.

For recipes, she started with the basics and then added items culled from different cookbooks, listened to friends' suggestions and tried out her own ideas. "The simplest way to start is to follow the recipe that is found on the package of Sure Jello Pectin," she explains, "when it comes to jam-making you have to follow the proportions to the letter." She confesses that her first year she made a lot of ice cream sauce, but not much jam that took. Now that she has been 'jamming' for three years she is experimenting with such personal creations as blueberry-lemon jam, blackberry Cabernet Sauvignon jam and Bing cherry marmalade.

Edelson's kitchen is very large; it can accommodate many cooks at the same time and contains all of the utensils and apparatus necessary for good producing. Joan's passion has infected the entire family. Her three children, now all in college at UC Santa Cruz, participate in the family endeavor and all had entries at the last State Fair; their father David, an anesthesiologist by day, entered his homemade biscotti.

Edelson cooks full batches at a time, which means that for one recipe, such as apricot jam, she will make 14 jars and she produces 20 to 24 batches a year. She does not sell her creations, they are solely for gift giving and private consumption. "When my kids leave for college I make sure to add a few jars of their favorite jams in their luggage," she says.

Supporters Push for Passage of Measure G

... continued from page 1



Miramonte High School

Photo Andy Scheck

According to AUHSD Superintendent John Stockton, there is no cogent state-wide conversation taking place regarding the funding of public schools, and funding from the State over the last decade has primarily been devoted to low performing schools.

"The high performance of the Acalanes Union High School District is due in large measure to the funding provided by the parcel tax," he says. "Over the last five years the District has only been able to offer its high quality programs through the support of the parcel tax and additional donations from the community."

Additionally, Stockton underscores that the District has had a parcel tax for approximately 20 years. Returning to a constituency that is largely in favor of a parcel tax every four to five years is costly, and labor-intensive.

"The human and fiscal expense of election cycles, along with the inability to make long term plans, is a serious handicap to a school district," he says. "While money is not the only factor in the success of a district, it is the key to programmatic success."

Even with the parcel tax, Stockton says the AUHSD's budget has been reduced by over \$6 million during the last two years. State funding for AUHSD this year went from \$56 million to \$49 million, forcing the District to lay off 19 teachers, 17 staff members and delete 95 sections to make up for the shortfall.

"We've made many, many cuts and it's been difficult," Mulvaney says. "The Acalanes Union High School District is the number-one-rated high school district in the state academically. If we want the districts to maintain high quality ed-

ucation in the state of California, we're going to have to pay for it. What young people get is top-flight public education."

If the Measure fails, however, the District will be in a tight spot.

AUHSD Associate Superintendent for Business Services Christopher Learned says losing nearly \$7 million in funding would be catastrophic.

"Without the parcel tax, over 70 full-time teachers would be eliminated," adds Stockton. "Las Lomas High School, the largest school in the district, currently has 75 full-time positions. A dynamic educational program is not a realistic expectation should one-quarter of the AUHSD teaching staff be released."

Education Foundation of Orinda (EFO) president Joan Kiekhaefer says there is no way that EFO can come close to bridg-

ing the gap at Miramonte if the Measure fails. "Nearly one third of the EFO contribution to Miramonte already goes back to the District to fund salaries for counselors, librarians and leadership teachers which would have been cut this year because of the state budget shortfalls leaving less funds for Miramonte-specific programs."

For Mulvaney, the passage of Measure G is a way for the District to avoid descending into a world of mediocrity given the current state of California.

"I believe I can have an impact in my small way at the Acalanes Union High School District and hopefully try to maintain some quality there," he says. "I believe Measure G is going to pass because these communities believe in public education. But it's a fight. It's going to be a fight."



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Life in LAMORINDA

Stimulus Green Money Available: Lamorinda Gets Organized

By Sophie Braccini



Contra Costa communities met in Orinda to share best practices

Photo Sophie Braccini

At a September 24th meeting organized by the non-profit Contra Costa County Climate Leaders, local jurisdictions met to share best practices to take advantage of the American Recovery and Reinvestment Act; specifically, the stimulus money that is made available to promote energy efficiency.

Danville, Antioch and El Cerrito had large scale projects to discuss, citywide energy retrofits that are likely to have an impact on their bottom lines. These jurisdictions are large enough to get a direct award with a defined amount of money. Smaller communities, such as those in Lamorinda, need to "opt-in" and enter a competitive grant process with defined projects. Lafayette, Moraga and Orinda are working on identifying

plans that would qualify.

"The town has indicated that it intends to submit an application for the competitive awards," said Moraga's staff engineer John Sherbert. "The CEC (California Energy Commission) has published 'target' levels of funds available for the town; the target is approximately \$93,000 based on the population." According to Sherbert, the CEC is expected to release the formal program solicitation by mid-October.

Monica Pacheco, assistant to the Orinda City Manager, indicated that even if the city intended to compete, no specific project had been chosen.

Lafayette Planning Department intern Sarah Allen confirmed that, "Lafayette will be applying for the Energy Efficiency and

Conservation Block Grant funding available through the California Energy Commission."

"We anticipate the funding to be used for modifications to the former Lafayette Library," added Allen, "we hope to retrofit the building to make it energy efficient and eventually house the City Offices there."

Moraga has ambitions for its library as well. "We have a full wish list," said Sherbert, "at the library we would like to increase the insulation of the attic and upgrade the heating system." The town's list is quite long, including attic, duct insulation, upgrading of the heating and air conditioning system at the Hacienda, and upgrading lighting at parks and parking lots.

Sherbert confesses that the application process is quite complex and that he's been on the hook. "We will have until late November to submit a package, and the money should reach us the first part of next year," he said.

This money allocation is not the only one that communities can apply for. The Association of Bay Area Governments (ABAG) is working to assemble a coalition of County-level representatives to develop a competitive proposal for funding from the State Energy Program for a regional building retrofit program. The available pool of funds is approximately \$95M, and ABAG believes their efforts could secure approximately \$10M of the total.

This money would be used for residential energy efficiency programs. "I participated in a 'webinar' on September 29th hosted by ABAG where they described the proposed steps and timelines for the regional project," said Sherbert, "the next scheduled meeting is October 9 where the steering committee will be formed."

Lafayette has an interest in the ABAG program, but City Manager Steve Falk notes its limitations. "Let's manage our expectations," he said, "ABAG represents 11 counties, and so if they receive the \$10M grant, that will be about \$900,000 per County. Divide by the 19 Contra Costa cities, and that would suggest that there will be about \$47,000 per city - which might be enough to retrofit one, two, or at best a few houses."

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City of Orinda Keeps Community Fund Afloat by Hosting Youth Triathlon Fundraiser

By Lucy Amaral



Northern California Kids Triathlon logo

Budget cuts may be brutal these days, but the City of Orinda is finding clever and creative ways to keep treasured community events from going on the chopping block.

On Saturday, November 14, the City of Orinda will host the first Northern California Kids Triathlon, from 9:00 a.m. to 1:00 p.m. at Miramonte High School. Proceeds from this event will go to Orinda's Community Fund, youth programs and to honor the memory of Joe Loudon. Orinda's Community Fund helps support local events and activities such as Orinda's Fourth of July Parade, public art displays, youth programs and concerts in the park.

According to Sue Severson, Mayor of Orinda, the genesis of this event is twofold. "The last couple of years the City of Orinda has been trying to partner with schools to offer more opportunities for youth to do healthy activities," she said. "As well, as is true with most agencies, we had to do major cuts to our budget and an unfortunate cut was community funding for programs and events. As Mayor, I was asked to help brainstorm on how to raise private dollars for community events and one we chose was a kids' triathlon. With this event, our youth would benefit as well as the city."

The NorCal Kids Triathlon, as it has become known, is the only youth-specific triathlon in the area and will be open to children and teens ranging from kindergarten to high school. Competition will be divided by grade level K-2; 3-5, 6-8, and 9-12. The participation fee is \$40 per person, and \$35 for additional children in the same family. The Relay Team fee is \$100. The race itself will be composed of the traditional triathlon events: swimming, running and biking, with the start and finish at Miramonte High School and course distances adjusted for age appropriateness. Because this is the first triathlon the city has offered, Severson said that the event will be limited to 300 participants.

Severson noted that USA Productions, a special event company, has been retained to produce the race, but emphasized that it is truly an Orinda event. "Miramonte High School leadership students, for example, helped design the logo and Facebook link. Booths will be set up for use by local non-profits and the Mira-

monite Boosters will be hosting a snack shack on site," she said. "We want this to be a high quality event; one that everyone will enjoy participating in."

Severson also said that event volunteers are still needed and information about the event with registration links can be found at www.norcalkidstri.org.

"This triathlon is a fun, healthy activity for our youth and our community," said Severson. "It gives our kids a chance to do something in our area that they can't do anywhere else, and, (at the same time) will help raise some money for our Community Fund."

Where the Real Work is Done

... continued from page 3
 The document allows for three-story buildings with a maximum height of 45 feet.

A few elements are still contentious. For example, the Bruzzone family believes, based on figures from recent upscale developments, that a number of .7 parking spaces per unit are sufficient, while Salamack believes that one parking space per

unit would fit Moraga better.

Another discussion involved green building requirements. The approval process includes an obligation for the developer to provide "a description of sustainable practices to be used in the development of the project, including how the development will comply with the Town's

green building requirements." Loewke said, "If the green building requirements are not an ordinance, they should not be imposed on us."

According to Planning Director Lori Salamack, only polishing remains to be done and the Specific Plan could be approved by the Council before the end of the year.

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Submitted by Steve Maita



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Rotary Club of Lafayette Gives to Local Music Programs

Submitted by Ron Wake



Left to right: Dick Holt, Judy Lazarus, Leslie De Boer, Jenny Reynolds, Norm Dea, Mo Levich, Brian Pardo, Bob Athayde

Photo Andy Scheck

Fifteen years ago, Dick Holt had the vision that Rotary could raise money for the Acalanes High School Music department by having a concert. This wasn't to be just another concert but one performed by student musicians with the Lafayette Reservoir as the beautiful backdrop. Lafayette Rotary constructed a stage on a grassy slope

Overlooking the Reservoir, the students performed and the first "Concert at the Res" was a success. Stanley Middle School and The Rossmoor Big Band joined in later years to make the concert a true community event. Rotary, with the help of many talented students, has raised thousands of dollars to provide instruments for the schools.

This year, Dick Holt presented honorariums to Norm Dea, Acalanes Music Department;

Bob Athayde with Jenny Reynolds, Stanley Middle School; Brian Pardo, Bentley School, and Mo Levich, Rossmoor Big Band.

Over the years Holt's friend Leslie DeBoer helped with the concert graphics design. She asked Dick to give her honorarium to Xenophon director Judy Lazarus. Xenophon helps disabled children work with and learn to ride horses.

Ask Jeff SPRING AHEAD-FALL BACK



Jeff Joyce

As we prepare to set our clocks back, it's also time to evaluate our vehicles again as the seasons are changing as well. California's climate tends to be very mild most of the year so certain parts of our vehicles are left unused. One area is our wiper blades. Have you tried them out lately? Remember, wipers sit out exposed to the UV rays year round and the worst thing is to encounter a decent rain and not being able to see clearly. It's not only unsafe, but it's very preventable and they are not very costly to replace. One idea is to check your wipers in the fall when adjusting your clock back.

Another area to remember seasonally is your cooling systems. Belts, hoses and thermostats are maintainable and are much less expensive to replace than your entire engine. Take your vehicle to a competent, honest service facility that is in tune with prevention, not just cures.

Dear Jeff:
A mechanic recently recommended flushing out my brake fluid, but it still looks clean to me. How often should I have my brake fluid flushed?
Signed, Carl in Concord

Dear Carl:
Brake fluid provides the brake system its entire life support and should be tested and replaced at least every 30000 miles. Brake fluid can take on moisture and other contaminants that are not always seen by looking at the fluid.

Dear Jeff:
My windshield wipers are streaking and they are only a few months old. Why is this? I haven't hardly used them yet.
Signed, Blurry in Berkeley

Dear Blurry:
I guess the first thing that comes to mind is if there are any chips in your windshield? Even tiny rock chips can interfere with the wiping ability of your wiper pattern. Secondly, try cleaning your wipers with rubbing alcohol on a cotton ball and clean off the rubber strips. You may want to try the new "Flat Blade" wipers that are one piece of molded rubber that actually conforms to the shape of your windshield. Ask your service provider for a set next time. I'm sure you'll be impressed with the results.

Jeff Joyce has been the Manager of Express Oil Change & Tire Center since 2004. He can be reached at 925-254-8989 or jjoyce@orindamotors.com

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Submitted by William Carman



Left to right: Joan Dorsey, Elena Bocek, Velda Chapman, Judy Dyer, Seth Freeman, Jeanne Moreau, Bill Carman, Bob Symon, Larry Koncz

Photo Andy Scheck

Owners of well behaved doggies from Lamorinda can now celebrate. On October 9th it will be official, per Moraga town ordinance 225. All good dogs can show up with their owners at the park and socialize. To celebrate, we are launching www.moragadogs.org.

Before you go to Rancho Laguna with your dog, please read www.moragadogs.org. Every dog owner bringing their dog to this park should read the PETiquette page for what is

proper behavior. If you will be coming to the park for the first time, read the first timer page, it will ease you into the experience.

We did not forget that Americans will spend over \$50 billion in discretionary income on their dogs in 2010. We know the social elite show their dogs. So if you are interested in a restaurant and want to know if they like well behaved dogs in their outside seating areas? We called all the ones in Lamorinda and asked for you, then listed them on the

restaurant guide. If your pet is in an emergency, we have the links to local 24 hour animal hospitals, and animal poison control hotlines. There are two photo albums, one of a small number of dogs who use the park, and another of just the park or dogs in the park.

E-mail Moragadog@moragadog.org with a picture of your lost dog, or the one you found and we will help you reconnect with your real best friend.



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• Community Service •

Rotary Club of Moraga Named Best Medium-Sized Club in the District

Submitted by Gary Irwin



President Vickie Devlin and Past President Rich Render

Photo submitted

The Rotary Club of Moraga was recognized as the Best Medium-sized Club in the District for the second straight year at the Installation and Awards Banquet in Corning. The new Moraga Rotary President, Vickie Devlin, was installed along with many other new presidents of Rotary Clubs in the district, and Moraga Rotarian Jim Campbell was recognized for his excep-

tional year as Governor of the District. The Best Club award was based on a comprehensive system that awarded points for various types of service activities. District 5160 is composed of 67 Rotary Clubs from San Ramon to the Oregon border.

Moraga also won the award for Best Website, at www.moragarotary.com, recognizing the hard work of Moraga Rotarian

Rich Render, the webmaster.

Other Moraga Rotarians attending the event were President-elect Tony Schoemehl, Past Rotary International President Cliff Dochterman, and Past Presidents Mary Elena Dochterman, Debbie Roessler, and Gary Irwin, and Director Javier and Adriana Cortez. The Club meets for lunch most Tuesdays at the Soda Activity Center at St. Mary's College.

Lafayette Residents Walk to Find a Cure

Submitted by Mark Curtis



Darci Chan, Meg Reid, Casey Reid and Katie Greer of Lafayette, members of the National Charity League which helped on the walk

A group estimated at over 2,000 participated in a charity walk on Sunday October 4, 2009, to benefit the Juvenile Diabetes Research Foundation (JDRF). The walkers and their supporters-- who came from all over the Bay Area-- gathered at Heather Farm Park in Wal-

nut Creek. This was the 19th annual JDRF East Bay walk.

The event raised over \$400,000 dollars, but that number will grow as more pledges come in over the next few months according to JDRF staff member Kelly Craft. Over 100 families walked together

on the two-mile route and 34 corporate or civic groups walked as teams.

The event raises money for reaserch and treatment for juvenile diabetes, one of the fastest growing medical problems facing the nation. Children who have diabetes really appreciated the outpouring of support from the walk. Emily Giambastini, age 14, of Lafayette suffers from juvenile diabetes and participated in today's walk with a team of friends and family. "They care about me a lot and that's good," said Giambastini.

Over four million Americans now have diabetes, many of them children. Sadly, the numbers are growing. Every thirty seconds, another person in the United States is diagnosed with diabetes.

Major corporate sponsors for the walk included Abbott Diabetes Care, based in Alameda, and USS-Posco Industries, based in Pittsburg, CA. For more information visit www.CureType1.org.



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All of our stories are available on our web site and are archived back to our first issue (March, 2007). You can read the current issue at the Read Online tab, or click Archive to read earlier issues. For your convenience, all stories are available as a single-page for downloading or sending to friends and family.

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions can be sent to storydesk@lamorindaweekly.com with the subject header In Service to the Community.



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Lamorinda Home Sales continued

LAFAYETTE	Last reported: 9
LOWEST AMOUNT:	\$545,000
HIGHEST AMOUNT:	\$2,075,000
MORAGA	Last reported: 5
LOWEST AMOUNT:	\$230,000
HIGHEST AMOUNT:	\$930,000
ORINDA	Last reported: 7
LOWEST AMOUNT:	\$600,000
HIGHEST AMOUNT:	\$1,200,000

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- LAFAYETTE**
- 3974 Canyon Road, \$1,612,000, 4 Bdrms, 2977 SqFt, 1999 YrBlT, 9-16-09
 - 3366 Carlyle Terrace, \$780,000, 4 Bdrms, 1730 SqFt, 1955 YrBlT, 9-18-09
 - 1072 Carol Lane, \$485,000, 2 Bdrms, 1306 SqFt, 1980 YrBlT, 9-11-09
 - 437 Donegal Way, \$530,000, 2 Bdrms, 1836 SqFt, 1967 YrBlT, 9-11-09
 - 5 Greene Place, \$630,000, 4 Bdrms, 2495 SqFt, 1949 YrBlT, 9-10-09
 - 3724 Happy Valley Rd, \$3,655,000, 6 Bdrms, 4995 SqFt, 1964 YrBlT, 9-15-09
 - 3279 Mt. Diablo Ct #20, \$399,000, 2 Bdrms, 737 SqFt, 1987 YrBlT, 9-23-09
 - 3343 Oak Court, \$947,000, 4 Bdrms, 2024 SqFt, 1959 YrBlT, 9-10-09
 - 26 Sanford Lane, \$3,000,000, 4 Bdrms, 4923 SqFt, 2008 YrBlT, 9-16-09
 - 3546 Silver Springs Rd, \$1,100,000, 3 Bdrms, 1853 SqFt, 1956 YrBlT, 9-18-09
 - 3340 St. Marys Road, \$925,000, 5 Bdrms, 2755 SqFt, 1965 YrBlT, 9-16-09
 - 1 White Oak Drive, \$1,400,000, 4 Bdrms, 3799 SqFt, 1951 YrBlT, 9-16-09
- MORAGA**
- 733 Augusta Drive, \$850,000, 2 Bdrms, 2076 SqFt, 1974 YrBlT, 9-16-09
 - 899 Augusta Drive, \$690,000, 2 Bdrms, 1656 SqFt, 1978 YrBlT, 9-23-09
 - 759 Crossbrook Drive, \$865,000, 4 Bdrms, 2228 SqFt, 1966 YrBlT, 9-15-09
 - 7 Dickenson Drive, \$977,000, 4 Bdrms, 2294 SqFt, 1960 YrBlT, 9-18-09
 - 311 Lakefield Place, \$550,000, 4 Bdrms, 2009 SqFt, 1976 YrBlT, 9-22-09
 - 24 Sullivan Drive, \$960,000, 4 Bdrms, 2196 SqFt, 1961 YrBlT, 9-17-09
 - 168 Tharp Drive, \$1,015,000, 3 Bdrms, 2686 SqFt, 1963 YrBlT, 9-17-09
- ORINDA**
- 15 Don Gabriel Way, \$910,000, 3 Bdrms, 2248 SqFt, 1950 YrBlT, 9-22-09
 - 10 Lloyd Lane, \$705,000, 3 Bdrms, 1917 SqFt, 1954 YrBlT, 9-22-09
 - 556 Moraga Way, \$650,000, 3 Bdrms, 1624 SqFt, 1950 YrBlT, 9-16-09
 - 8 Muth Drive, \$749,000, 4 Bdrms, 1691 SqFt, 1959 YrBlT, 9-23-09
 - 4 Southwood Court, \$640,000, 3 Bdrms, 1573 SqFt, 1938 YrBlT, 9-10-09

Lamorinda Foreclosures continued

ORINDA

- 73 Brookwood Rd #25, 94563, CWALT Inc., 09-15-09, \$261,375, 673 sf, 1 bd

Green and Greener

It's the Kids' Fault!

By Dave Rochlin and Katy Foreman

Dave: Now that both of my kids are over 6 feet tall, it's no wonder everything gets used faster in my house....food, gas, paper towels, and even hot water. Having teens is like inviting a plague of locusts into your home. It's a struggle to keep on a reasonably green path. Just taking a family vacation that involves flying is about as good for the climate as setting fire to a rainforest.

Katy: I'm just starting my own baby adventure, but I already struggle with the same thing. I'm fighting a losing battle against the wave of stuff that is flooding my house.

Dave: Maybe we can help each other out! The obvious starting point for you has to be diapers. Over 15 billion disposable diapers end up in US landfills each year, and the average baby uses over 6,000 before potty training takes hold. In Lamorinda alone, that's 3 million diapers/year. Stacked up, you could make a tower of stink 40 miles high!

Katy: That's an easy one for me, actually. There are plenty of good options in reusable diapers these days. I read reviews, asked around, and wound up choosing the kind they carry at the Nurture Center in Lafayette. While the cloth/disposable debate is heated, I believe that cloth is better, not just for the planet but for the baby's health, and to make toilet training easier. Now let's talk about your constant shuttling of kids to and from school, events and games.

Dave: Have you noticed traffic jams around the high schools? Since teens can't drive with other teens for their first year behind the wheel, you have lots of solo drivers. It's a good rule, but highlights the impact that all this kid-moving driving has on our towns. Carpooling takes a bit of coordination, but has big pay offs in creating free time for parents, and reducing automobile congestion and emissions. I also try to convince my kids to get some homework done rather than come home between school letting out and after school activities.

Katy: Or, a radical thought, they

could walk or ride their bikes. Moraga isn't THAT big! What about all of this baby stuff that gets used for less than a year? You managed to off load some of yours onto me. In fact, I've been ridiculously lucky to get almost everything I needed from other moms and a few local consignment stores. My favorite is "They Grow So Fast" in Lafayette. I did buy a new stroller, but made sure to get one that transitions from newborn to toddler. Lots of items are made to grow with the child these days - highchairs turn into tables and chairs, cribs turn into beds, changing tables turn into regular dressers. It's nice to see that kind of innovation in product design.

Dave: If only our Playstation 2 would turn into a Playstation 3! Some things are designed for obsolescence. Looking for products with longer use windows, and going the reuse route definitely pay off. On pickup days, I'm always amazed at how much gets thrown away.

Katy: Well, one thing I won't be throwing away is little glass jars. Once we pass the breastfeeding stage (big environmental win there) and venture into "real" food, I'm planning to make my own instead of buying it. Avoiding the packaging alone will be a huge benefit, and I'll know what my kid is eating.

Dave: Keep in mind that "convenience" is why baby food and disposable diapers were created, and sometimes they make sense...the key is to be thoughtful. It's hard to teach your kids to make good environmental decisions if they aren't aware that we make trade-offs every day.

Katy: True, but I'd argue that if we are really thoughtful, and don't just succumb to what is marketed to us, we will often wind up making greener decisions. And, on the flip side, I see kids "teaching" their parents to be greener all the time. They've grown up more accustomed to thinking about the planet. Just last week at the Yogurt Shack, I saw a kid correct his mom's choice of the styrofoam cup over the paper one. Sure, it's a little thing, but it reflects a new, hopeful mindset.

Katy Foreman is a committed environmentalist who lives in Lafayette, and Dave Rochlin is a lazy environmentalist who lives in Moraga. Together they operate ClimatePath. Individuals and businesses can measure and then reduce their carbon footprints through tax deductible donations that support carbon reduction activities, renewable energy project, and forestry initiatives around the world at www.climatepath.org

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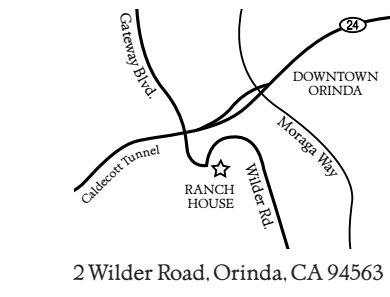
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Luna Perpetuates the Legacy of Lamoreem Gymnastics and Expands

By Sophie Braccini



Lisa Bond-Nelson teaching young gymnasts in the new facility Photo Sophie Braccini

The large gymnastics floor opens out into a brightly lit room with panoramic windows on two sides. The feel of Luna Gymnastic is very cheerful, especially compared to the austere setting of its predecessor Lamoreem Gymnastics. The faces remain the same; Wayne Clark and Lisa Bond-Nelson are still there. But there's been a role reversal: Bond-Nelson bought the business from Clark and now he works for her.

Lamoreem Gymnastics was a pillar of kids' fitness in Lamorinda for 28 years. The waiting lists were always long, even at the five-year old level. Former owner Wayne Clark is a respected local figure and parents appreciate that he is continuing to be part of the new company. "I was just getting tired of the management part of the business," he said, "I still love teaching gymnastics and this new structure just allows me to do that."

"Wayne was not going to continue (the business)," said Bond-Nelson, "I had been teaching alongside him for six years and could not let go of something that is truly part of the community. We now have second generation kids coming, and I just enjoy working with Wayne so much." So the young woman, who has been living in Moraga since 1994, decided to become a business owner.

Bond-Nelson is a dancer and a gymnast. She received her Bachelor's degree from UC Davis and is passionate about teaching life skills and healthy living. She is working on a graduate degree at San Francisco State. "I love teaching young children," she said, "gymnastics has so much potential for teaching kids positive values, I just had to step up."

"My first managerial task was to find a new place for the gym," explained Bond-Nelson. She said that the lease was expiring at the old location behind the Rheem Shopping Center and the owner wanted to increase the rate in a proportion that



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didn't make any business sense to the new owner. Luckily the owners of the large stand-alone facility along Moraga Road in the same shopping center were ready to negotiate; the new facility is larger and more practical for the installation of the material and teaching of classes.

Luna is continuing the format offered by Lamoreem. There are recreational gymnastics classes, starting at kindergarten-age, from beginner to advanced levels. The more motivated students enter the intensive team program that trains its members for competitive levels. "We can have more students in this new location and easily conduct two classes at the same time," says

Bond-Nelson. "The good thing is that this year they didn't have a waiting list and I was able to enroll my daughter," says Jessica Zur whose youngest daughter, Elise, has joined the team. As for Clark, he continues to teach with the same rigor and pas-

sion, "I've loved doing it for twenty-eight years," he said, "and I'm ready for the next twenty-eight." Luna Gymnastics, 594 Moraga Road, Moraga, 376-2363, www.lunagymnastics.com.

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.

Steve Benjamins Gives Pianos a New Life

By Sophie Braccini



Steve Benjamins playing the restored piano Photo Sophie Braccini

On the morning of October 10 Steve Benjamins was waiting for the piano movers who were going to take the Lescure's piano back to its Orinda home. The 1908 Hoffmann didn't look anything like it did when it was brought to Ben-

jamin's shop almost a year ago, and it didn't sound the same either. "When I got that 1908 piano it looked like an old instrument that sits in a garage waiting to be given away," said Benjamins. But it was, in fact, a very high quality instru-

ment that had been in the Lescure's family since 1908. Benjamins restored everything, from the inside out, including some resurfacing of the original ivory keyboard. The result is stunning. "I have been tuning it and playing it every day for

the past week," says Benjamins, "it is visceral to hear it." The upright piano delivers a very rich and powerful sound.

Benjamins' next piano restoration is a Steinway from Berkeley, and there are many very fine instruments in his shop waiting for his attention. "Since we moved to this new location on Golden Gate Way a year ago, business is taking off," says Benjamins. "I've done my best work here." Benjamins tunes pianos and performs in public as well. Pictures of the restoration can be seen on the business' web site, along with a sound recording of the instrument.

Find Benjamins at 3434 Golden Gate Way, Lafayette, 284-3077, restorationpiano.com.

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business briefs

Lafayette Mercantile's Architecture Receives Recognition
3599 Mount Diablo Boulevard, Lafayette
Sudhish Mohindroo and Eric Maltman announced at the beginning of the month that their SZFM Design Studio had received the Grand Award for Outstanding Retail Project from the Pacific Coast Builders Conference 2009 Gold Nugget Awards Program for the Lafayette Mercantile building. The Conference invites projects from the 14 western United States and foreign countries, this year, some 375 projects competed. The Mercantile won in the Outstanding Retail Project category. The judges said: "With a focus on street retail, this project presents an inviting public space for people to stop, shop, and enjoy the pedestrian scale." They also appreciated the artistic details, convenient parking and the pleasant mix of retail and offices. The 43 foot high project was developed by Cortese Properties.

News from the Three Chambers of Commerce: Lafayette

- Lafayette Reservoir Run on Sunday October 25, starting downtown Lafayette at 8:30 a.m. The 17th Run is sponsored by Oakwood Athletic Club and supported by the whole community, including the Chamber of Commerce. Over 2,500 participants of all ages and abilities compete in the 10K, 5K or 2 mile race. It's a family affair that gets together serious runners along with walkers, the stroller brigade and dog owners. Stanley Middle School will provide music and the Lafayette Rotary Club will supply pancakes for breakfast. Pre-registration can be done by visiting the Lafayette Chamber of Commerce website, www.lafayettechamber.org or www.active.com
- Green Committee Meeting on Wednesday, October 21 at 11:45 a.m. in the Chamber Conference Room.
- Business Issues Meeting on Friday, October 23 at 8:00 a.m. in the Chamber Conference Room.

Main Street Property Recruits New Associates
985 Moraga Road, Suite 202, Lafayette. 299-8170, www.mspsinc.com.
Main Street Property Services, Inc. is pleased to announce the arrival of two new members on its leasing team. David Fishbein will act as Retail Consultant for the Lafayette-based real estate company. Mr. Fishbein specializes in high-end retail and destination restaurants. Michael Semmelmeier will act as Retail Consultant. Semmelmeier joins Main Street after serving in the United States Navy for six years. Focusing exclusively on retail, Main Street Property Services provides clients with first-hand knowledge of activities and transactions throughout the retail real estate industry.

Moraga

- Chamber meeting on October 27 at 6 p.m. at the Hacienda de las Flores. Light refreshments will be served for members and guests. Andy Scheck will talk about the Lamorinda Weekly, its business model, use of the web site, and the paper's support of small and middle size businesses.

Orinda

- October 23, Orinda Chamber October Luncheon, noon to 1:30 p.m. at the Orinda Country Club, 315 Camino Sobrante. This month's topic is, "An architect's personal vision of downtown Orinda for the next generation; opportunities for sustainable growth," by Peter Hasselman, architect, urban designer, and illustrator based in Orinda. Cost \$30.00 per person. RSVP: 925-254-3909.

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If you have a business brief to share, please contact **Sophie Braccini** at sophie@lamorindaweekly.com

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Lamorinda Schools

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy • Orinda Intermediate • Saklan Valley School • Sleepy Hollow • Springhill • Stanley Middle • St. Perpetua School • Wagner Ranch

SCHOOL CALENDAR

School Governing Board Meetings

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, Oct. 21, 2009 at 7:30pm

Lafayette School District
LAFSD Office
3477 School Street, Lafayette
Wednesday, Oct. 14, 2009 at 7 pm

Moraga School District
Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
Tuesday, Oct. 17, 2009 at 7:30 pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, Nov. 9, 2009 at 4:00pm

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“Odyssey” Offers Mind-Expanding Explorations

By Lou Fancher

Odysey of the Mind (OOM), an international educational program involving 26 countries, is a journey led by children. This innovative team activity, like any sport, requires agility, flexibility, dexterity and a dose of shrewd wisdom equal to Odysseus, the king of Ithaca, who used a giant wooden horse to win the Trojan War.

Unlike the infamous Greek battle, defeat is the farthest thing from the minds of the kids involved in OOM. Instead, teams of five to seven young people, organized into divisions by age, focus their ingenuity on tackling diverse problems with more than one answer. Teams bring their solutions to local, regional and finally, world competitions that celebrate the remarkable energy and vibrant minds of today’s youth.

Started 25 years ago by Dr. Sam Micklus, a professor at Rowan University, OOM invites kindergarten through college age students to escape conventional education’s fixed processes through mind-expanding explorations. Member organizations, often schools’ gifted departments, community clubs or colleges and universities, sponsor local groups and oversee the coaching. Parents and teachers, captivated by the program, volunteer to lead the teams and judge the final competitions. In this case “lead” is a relative term, because OOM is firmly hands-on for kids, hands-off for adults. “Parents facilitate, but never direct the creativity of the kids,” says Pin-Pin Wong, a parent with six years of coaching under her belt.

Each year, five “problems” are presented: Large Vehicle – sponsored by NASA and involving designing, building and operating a vehicle; Technical Performance – creating a contraption based on an artistic concept; Classics – transforming a classical item, such as bringing a painting to life; Structure – building a balsa and glue structure able to withstand tremendous impact; and Performance – a performance based on a theme. All teams pick from these five categories, meaning eight-year olds and eight-

teen-year olds wind up working on the same problems. “It’s fascinating to see what happens,” says Rich Render, a member of the Moraga Rotary Club that sponsors the Moraga teams.

Along with the vigorous pursuit of innovative solutions, the kids develop enduring friendships. Brainstorming sessions adhere to the no-idea-is-too-crazy rule. “You’re always welcome to express your ideas,” says Gwendolyn Tom, a sophomore at Campolindo High School. What’s more, the five months of preparation before competition allows team members to gain confidence and trust their instincts.

“We can set long-term goals and actually achieve them,” Colton Jang says, his tone concentrated, the look on his face joyous and proud. For Tom and Jang, and all the kids at an early informational session, the combination of freedom and investigation is clearly intoxicating.

Competition days are a well-organized festival of wild, intellectual creativity. Teams present their long-term work in 8-minute performances. They also face a spontaneous challenge, like naming things that hurt and what they hurt, or tying a rope in a loop and improvising with it. It’s 8 minutes of the best young minds on display.

Natalee Bartak, a parent now active in recruiting and training new coaches, explains the participants’ enthusiastic response to this part of the competition: “The kids become quick on their feet. They can be creative problem solvers on the spot because they’ve been doing it for months.”

And isn’t this the goal of education after all? Enabling students to use their minds, to support each other’s efforts, to see possibility instead of pessimistic defeat in every obstacle? Life will throw obstacles – there will be armies with greater numbers – but for these OOM grads, there are no barriers, there are only opportunities to innovate.

For more information about Odyssey of the Mind, visit its web site at: www.odysseyofthemind.com.

Red Ribbon Week: Three High Schools, Three Ways to Promote a Drug and Alcohol Free Environment

By Sophie Braccini

With a fatal incident that cost the life of a Lamorinda student last year, local high schools are focusing on all the possible sides of alcohol and drug prevention, offering a mosaic of actions during “Red Ribbon Week” – a traditional time in late October for schools to promote healthy and drug free living.

The three high schools each have a different way of fostering safe behaviors: Miramonte focuses on parents, as well as students, Campolindo proposes fun activities to the students, and Acalanes empowers students to talk to other students.

Acalanes High School will involve students in the process of managing the Red Ribbon week themselves. “Students talking to students is the best communication channel when discussing the dangers of drugs and alcohol,” says Melody Howe Weintraub, the Parents’ Club member in charge of Healthy Choices.

Last year the school’s nurse, Dvora Citron, was able to secure a mini-grant and launch the Acalanes Health Council that’s composed only of students. “Two dozens students joined last year and they are 60 this year,” Citron says. “They are interested in promoting healthy programming on campus, they will be CPR trained and will learn intervention strategies.”

The students are planning Red Ribbon Week exhibits at lunchtime and will be conducting an alcohol prevention bingo. “More than the information, what is important is that the students share with each other, and discuss how to act on their own values,” adds Citron.

At Campolindo, the Healthy Choices committee headed by Renee Breber and Roxey Klein is planning two informative days for the students. “Tuesday the 27th and Thursday the 29th, student activities will be

offered in the Quad at lunch time,” explains Breber.

The first activity will be a one-page quiz with facts and myths regarding drugs and alcohol use that will give students the opportunity to enter a raffle. Breber hopes that the students will discuss the quiz and its finding with their parents. “Studies have shown that the most influential people in the life of teens regarding substance abuse behavior are their parents, not their peers,” she adds.

Campolindo is also planning an obstacle course where students wear a pair of “fatal goggles” – eyewear that simulates altered perception while intoxicated at various levels. During the week, parents will get information in the daily e-bulletin focused on one of this year’s themes: “Lock Your Meds.”

At Miramonte an important part of the week focuses on parents.

“We are organizing a Community Forum on Alcohol,” explains Lynne Alper, who co-chairs Healthy Choices with Jaime Zaffanella. The forum – “Underage Drinking in Our Community – Myth and Reality” – will be held at the Miramonte Theater on Oct. 27 from 7 to 9 p.m., and will consist of a panel of five speakers who will address different angles of underage drinking and answer questions.

Miramonte principal Adam Clark, Orinda Chief of Police Bill French, Attorney Ted Cassman, who has expertise in liability, and Orinda’s Jan Gurley, M.D. will address alcohol intoxication. Emily Justice, from the Center for Human Development, will talk about empowering parents to be more diligent, feeling more confident calling other parents, and saying “no.”

Different programs will also be organized in the local elementary and middle schools.

Lamorinda Schools Make Green by Going Green

By Jean Follmer

From Lafayette School District solar installations like those at Stanley Middle School and Burton Valley Elementary, to fluorescent light bulbs, electronic equipment and Caprisun wrapper recycling, Lamorinda schools are placing an increasingly stronger emphasis on being more earth-centered and “green” and saving money in the process.

Del Rey Elementary in Orinda added earth-conscious elements to its annual pumpkin patch, and for the past two years, students have been able to play with a giant “Earth” ball and watch solar bags float toward the sky fueled only by the heat of the sun.

A number of schools, including Donald Rheem Elementary in Moraga and Springhill Elementary in Lafayette, have recently completed construction of outdoor garden classrooms while other schools have enjoyed the riches of their gardens for many years. These gardens enable students to literally interact with the Earth through cultivation, nurturing and ultimately reaping the rewards of their work.

The Lafayette School District is embarking on a new effort titled “Team Green.” The group is a collective effort between the District, the City of Lafayette, parents and citizens and will hold its first Green Summit at Springhill Elementary on Friday, Oct. 16.

Orinda Intermediate School Principal Michael Randall said

OIS has a Green Team of its own. The Green Team consists of two faculty members and a group of students and meets regularly during the lunch hour.

“The objective is to increase recycling and reduce waste,” said Randall. The Green Team’s efforts have resulted in revenue to the school and savings to the Orinda School District.

“As a result of their work last year, we received an awarded of \$1,200 from Wastebusters,” said Randall, noting that recycling disposal costs much less than garbage disposal. As a result of OIS’s successful recycling program, Randall said the District has seen a savings in overall waste disposal costs.

St. Perpetua School has started a Terracycle drink pouch recycling program. Terracycle pays its “brigades” to collect certain garbage-bound items and send them to Terracycle for recycling and reuse. Instead of ending up in a landfill, Caprisun and Honest Kids drink pouches will be sent to Terracycle and St. Perpetua will receive \$.02 per packet. Terracycle turns the packets into bags, backpacks and lunchboxes.

Lafayette parent Leslie Westphal has championed the effort and also plans to get the program running at Springhill Elementary.

Campolindo Social Studies teacher Caron Brownlee is the coordinator of the Lorax Club. “The Lorax Club generates rev-

enue here by recycling cell phones, toner cartridges, bottles, cans, and aluminum. The latter is collected every Friday and the two former ones are collected monthly. We have also generated revenue by participating in Waste Audits that grant prize money if the audit is successfully completed,” Brownlee said.

Last year, Donald Rheem Elementary in Moraga won first place in the Bay Area in Walmart’s “Kids Recycling Challenge.” The school collected 295 60-gallon bags of used plastic bags and was awarded \$1,475 for the collection plus \$3,000 for the grand prize.

“Our intention is to use the money to expand or improve our playground,” said Rheem Principal Elaine Frank. “We’re also very involved in the (Contra Costa County) Wastebusters Program and used our \$1,200 (prize money) for the garden.”

Lafayette Superintendent, Dr. Fred Brill, said both Lafayette and Springhill Elementary Schools would be running on solar power by Thanksgiving. Preliminary financial results are promising.

“Our rough estimates show about \$2,000 in savings at the two schools in the last month,” Brill said. Brill recently requested an energy audit from PG&E to determine other ways the district could take steps to save money. The District plans to pursue a similar report with East Bay Municipal Utility District.



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Living a Full Life with Asthma

By Sophie Braccini



Justin Archangel

Photo Carol Shenon

Justin Archangel would probably have preferred another reason to be on national T.V. rather than his asthma, but when Nickelodeon suggested that the 15-year old boy be featured in a program about allergies, he accepted and decided to take the opportunity to pass on some messages regarding his condition.

"When he was 10 months he got a cold, and I saw he had problems breathing," said his mother Carol Shenon. "I put my head on his chest and it sounded like a flock of seagulls." She took her son at once to the pediatrician who gave the baby a medication to open his airways and directed the mother to take him immediately to the emergency room for complete treatment. Justin stayed there for 24

hours. After that first episode he didn't have asthma attacks for a while, but it came back with a vengeance when he was seven.

"Asthma is a chronic condition that can be well controlled, but there is currently no cure," Shenon says. The American Lung Association reports that asthma is the most common chronic disorder in childhood, currently affecting an estimated 6.7 million children under 18.

Asthma causes the narrowing of the small airways in the lungs. Typically, asthma patients develop wheezing and have increased mucous production in their lungs. The alarming fact is that the number of asthma sufferers is growing. According to the Contra Costa Asthma Coalition, "The prevalence of

asthma has been increasing steadily over the past 20 years with the largest increases in asthma among children under the age of five."

The causes and triggers of asthma vary from one individual to the next. According to the American Lung Association more than 50 percent of current asthma cases in the U.S. can be attributed to allergies. Secondhand smoke exposure in both adults and children is a risk factor for new asthma cases. Outdoor and indoor air pollution also worsens existing asthma.

"The cause of my asthma is an allergy to dust mites," explained Justin, "and those are found everywhere in a house, in carpets, upholstery, bedding, pillows, even stuffed animals." In the Nickelodeon program, Justin showed the reporters the specific bedding that his parents got him to remove further triggers.

"By making easy changes we've been able to improve the air quality inside our home," explains Shenon, who cleans very often using cleaning products that are as innocuous as possible. "For example, I buy large jugs of distilled vinegar that I dilute with water to clean my floors," she says.

But besides indoor air quality, there are outdoor air pollutants that can trigger asthma incidents, so Shenon started to research and advocate in her community and beyond.

In the district where her son goes to school, Shenon started ad-

vocating for the use of "green" cleaning products. "We've been working with Carol for some years now," says Moraga School District Superintendent Rick Schafer, "and we've asked all our schools to use only sealants and cleaning products that adhere to the State's environmental standards."

Bruce Leslie, Maintenance Supervisor of the Orinda School District, confirmed that the same type of policy was in place in Orinda. "We've been using zero-reactivity cleaning products in the schools for years," he said. "It's efficient and doesn't trigger asthma reactions." (The Lafayette School district did not return our calls in time for this article.)

"In movies, kids who are weak and nerdy are the ones who suffer from asthma," said Justin, I wanted to show a different image." Justin continues playing the trumpet even though he was told at age nine he wouldn't be able to, he practices karate as his sport of choice and does not miss P.E. classes. "I have to be conscious of my asthma, but it does not run my life."

"No child should be prevented from living a full, active life because of his or her asthma," says Shenon, "and if we can all reduce the ways we pollute, with our cars, wood fire burning, the use of chemicals, etcetera, it could help stop this condition from affecting so many children."

Local Vocalist Wins 2009 CoCo Awards

Submitted by Janice Nickelson



Amy Beth Nickelson Photo submitted

at the Del Valle Clubhouse in Rossmoor.

The 10 final contestants advanced from the first two rounds that took place in August. Each level of competition was judged by Professional Entertainment Industry members.

Three contestants, Douglas Bryson, Brynne Faye and Amy Beth Nickelson, received the three highest scores from the judging panel and became the CoCo Award Winners. The audience then voted for their favorites to decide on the first, second

and third place awards. Nickelson was the first place winner receiving a \$500 cash prize. She is a vocal performance major at Cal Poly San Luis Obispo and hopes to pursue a career on Broadway.



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Controversial Rules for Couples

By Margie Ryerson, MFT

There are many expert opinions on what steps a couple can take to improve their relationship. Many ideas are helpful and practical, but a few make me wonder what pipe a particular "expert" was smoking.

One rule that has been around for decades is "Never go to bed angry with your spouse." This sounds like a great idea... just one that is practically impossible unless you don't need much sleep or you like pulling all-nighters from time to time.

The reality is that we can't always choose the time when issues arise in our relationships, and sometimes we are still upset with our partner when we're tired and ready to go to sleep. The last thing we need is to feel guilty because we're not supposed to go to bed angry! Not only that, but how effective are we able to be when we're physically tired and perhaps emotionally exhausted?

I suggest that couples acknowledge that emotions are at a high level and that the discussion will need to be continued. Then agree on a specific time to revisit the issue the next day. Yes, you may lose some sleep because you are agitated, angry, or hurt, but hopefully the knowledge that you will resume problem-solving the next day may help get you through the night. If you don't have time with each other the next day, it is still important to specify the next time you can both address the problem. And in the meantime, you can write down your thoughts to share when you are able to get together. Couples say that it helps them get more perspective when they take time to cool down.

Another rule I often question is how couples are supposed to disagree with each other. According to some professionals, we are supposed to keep our voice intensity

and tone modulated, listen respectfully to our partner's perspective, and basically behave in a controlled, reasoned, and polite manner. Some experts even suggest that highly compatible couples do not engage in arguments with each other – they merely have discussions.

I have worked with couples who are puzzled that their relationship is in trouble since they never argue with each other. Sometimes one or both partners are conflict-avoidant; they suppress their negative feelings either to keep the peace or because it is difficult and frustrating for them to communicate effectively. This is not a recommended approach since a pattern of holding back strong feelings over time can result in pent-up resentment and alienation.

Perhaps there are a few perfect couples reading this, but for the rest of us I think it is better to be realistic. First we need to expect that we will be highly upset with each other at times, maybe even irrationally angry. Then, we need to decide how we are going to deal with our own emotions and those of our partner. Yes, we can attempt to apply the rules of fair-fighting and remain as calm and reasonable as possible. And we certainly need to avoid words that "hit below the belt" and being physically or emotionally abusive. But we are most likely going to have strong reactions from time to time, and this is not only okay – it is healthy.

There are strategies for de-escalating anger in arguments, such as time-outs, agreeing to disagree, or trying to understand the issues and emotions underlying the issue so that the discussion can be more rational. We need to be prepared for times when intense negative emotions arise in our relationship and not be caught off-guard. But often such intense sharing of feelings

brings us closer to each other and provides us with more information for building a better relationship.



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. She can be reached at 925-376-9323 or margierye@yahoo.com

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Traditional piano lessons require students to learn how to read music as a means of learning how to play. This "read first, play later" approach is slow and frustrating, and far too many students never acquire the ability to play. Many lose their desire to learn all together. In reality, expecting students to read music before they have learned to play is like expecting toddlers to read before they have learned to talk! Unlike traditional learning, this breakthrough program is tactile, experiential, and multi-sensory, with students being physically, visually, and aurally fully absorbed.

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- Jim Thompson

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- Amber Lewis

The program has enriched my life tremendously. It has also afforded an opportunity for spending quality time with my youngest son as we practice and learn together, and other family members get to listen to beautiful music rather than scales and drills over and over."
- David Petersen

"I wish the Simply Music program had been around when I was taking piano lessons and was so frustrated!"
- Amy Bellin

Lamorinda Schools

Is Early Acceptance Right for You?

By Elizabeth LaScala, Ph.D.

October is an especially busy month for seniors who choose to apply early to one of the hundreds of colleges and universities that welcome early applicants. These schools set application deadlines typically between Nov. 1 and Nov. 15 and offer a quick response, usually by mid-December. How do you know if an early option is right for you? This article describes the differences between the two major early admission plans to help you decide.

Early decision is a binding agreement between the college and applicant. You may only use early decision for one school. If accepted, you are obligated to attend, if the school offers you a satisfactory financial aid package. The college can also deny your application or defer it to the regular admissions cycle. If denial or deferment occurs, you can apply to other colleges to meet their regular admission deadlines.

Early decision programs have become more popular over the past decade. There are some clear advantages to both the college and the student. The college gets a head start assembling a fall freshman class. Students admitted under early decision are certain to enroll. In college admissions talk, the "yield" from the early decision pool is 100%. This permits schools to more efficiently manage enrollment and, from a competitive standpoint, gives the college the opportunity to admit desirable students who might have attended rival institutions.

The advantages to students include ending the uncertainty of

the college admissions process so they can relax and enjoy their senior year. Also, it is generally believed that applying early decision can increase chances of admission. Historically, the acceptance rate for early decision applicants is higher than the rate for regular admissions. This is particularly true for legacy applicants and recruited athletes. The downside is that students who are accepted early are limited in their financial aid options. Early decision removes the opportunity to compare financial aid offers from several schools, or negotiate for a better package between schools. This makes early decision a good business decision for the college, but not necessarily for the student. The family may feel pressured to accept an offer that is not as affordable as that from another school which could provide the student a similarly good education.

Early decision is one of the most hotly debated topics in college admissions. Critics point out that early decision is increasingly being used as an admissions strategy. They note that early decision favors students who do not need financial assistance and who have access to strong parental and counselor support systems that permit identification of a first choice school and facilitate an efficient assembly of all materials necessary to meet early application deadlines. Students with limited financial means, and those who attend poorly funded and overcrowded public schools, do not enjoy these advantages. Due to these concerns as well as because the sheer number of early appli-

cants has increased dramatically, some schools are reducing the number of students admitted through the early cycle. Others, like Princeton and Harvard, have ended these programs altogether.

Early action gives the student an early response without a binding commitment. Students accepted through early action enjoy the benefit of knowing that they have been accepted by one or more of the schools on their list, but they can wait until the spring to decide what school to attend. The student is also free to apply to other schools using the regular admission cycle and make a decision once all admission offers and financial aid awards are on the table. A few early action schools do place restrictions. The most restrictive is "single choice early action." Under this program a student may not apply early decision or early action to any other school. At the present time Yale and Stanford use this policy. Schools can and do change their policies unexpectedly, so be sure to obtain the most current policy information.

Here are a few guidelines to help you decide if an early acceptance option is right for you:

- Start early. Juniors and even sophomores can begin to research and visit colleges during school breaks and learn about early options and deadlines. Hasty decisions made in your senior year may lead to disappointment.
- You must be totally confident that your first choice school is right for you.

- Assess your academic and extracurricular profile; bear in mind that early acceptance is a good choice for students who would be competitive applicants for regular admissions.
- Be certain that you do not need your fall semester grades to boost chances for admission.
- Talk with your parents about the importance of maintaining the ability to compare financial aid offers.
- Make certain you have the support from your parents and high school counselor to submit a strong, cohesive application by the early deadline.



Elizabeth LaScala, Ph.D. is an independent college admissions advisor located in Lafayette, California. Her goal is to help students and their families understand the college admissions process, research college and career options, create a college list and prepare a strong, organized and cohesive application. Dr. LaScala is a member of NACAC, WACAC, and HECA and earned a certification in College Admissions and Career Planning from University of California at Berkeley. Contact her at (925) 891-4491 or elizabeth@doingcollege.com.

Big Birthdays!

Mary Gladys (Snider) Postell turns 102

Submitted by Nancy Gilmore (Mary Postell's niece)



Mary Gladys (Snider) Postell on her 102nd birthday. Photo provided by Nancy Gilmore

Mary Gladys (Snider) Postell celebrated her 102nd birthday last month at the Lafayette Care Center. She was born in Lenoir City, Tennessee, on September 19th, 1907.

Postell moved to Cleveland, Ohio with her family, when she was 11, and then to Orlando, Florida. She settled in California in during the Depression, living in southern California for 70 years.

As a teenager, one of her greatest pleasures was gymnastics. Later, in Florida, she was involved in dance and the-

ater. After moving to California, she worked as a switchboard operator and supervisor at the telephone company in Van Nuys. She was on duty the day Pearl Harbor was attacked and often told the story about the switchboard suddenly lighting up and everyone knowing that something important must have happened.

She married Archie Postell during the war in 1943, and they started their own business designing and manufacturing office supplies. They built their home, in Granada Hills, CA, themselves.

They moved to Ventura, CA, after retirement. Postell enjoyed craftwork, and volunteered at the Senior Craft Shop in Ventura, where she sold many of the items she had made. Archie died in 1985; they were married for 41 years. They didn't have any children, but Postell has many nieces and nephews.

Postell moved to the Bay Area in 2003; she lived independently at Orinda Senior Village until shortly before her 100th birthday, when she moved to Lafayette Care Center.

If you or a friend /family member is having a Big Birthday in Lamorinda, please send us a picture and tell us the story: storydesk@lamorindaweekly.com.

SeaScouts Take to the Sky

Submitted by Carol Taylor



Acalanes sophomore and Sea Witch Boatswain Taylor Lindenhayn (left) takes a break with fellow crew members Cheyenne Clarke and Sierra Lameira in front of an experimental ultralight seaplane at the Clear Lake Splash-In on September 26th. Photo submitted

After volunteering at the annual Clear Lake Seaplane Splash-in Sept. 25 to 27 in Lakeport, Acalanes High School sophomores Taylor Lindenhayn (15) and Hiroshi Redic (14), freshmen Brooke Metro (14) and Braedon Cuming-Timms (15), and other crewmembers of the Sea Scout ship S.S.S. Sea Witch were given free rides in various seaplanes.

The Splash-In offered seminars for pilots such as "Seaplanes and Invasive Species" and "International Flight Planning for Seaplanes," as well as flying events including Spot Landing contests, Water Bombing contests and a Grand Flying Parade of Seaplanes as the finale. The Sea Witch crew was one of three Sea Scout crews volunteering including two Lakeport-based crews, the S.S.S. Conocti Phoenix and the S.S.S. Whisper.

"They guided the seaplanes down to the lake ramp for takeoff with orange batons and kept curious onlookers a safe distance away from the spinning propellers and moving wheels. After the planes returned and landed on the water, the Sea Scouts guided the planes back up the ramp onto the field and then physically had to push many of them into the proper parking spot all while keeping

an eye on children and plane buffs eager to get a closer look," said Communications Officer Rolf Lindenhayn. "A number of planes were vintage 1940's in beautiful condition like the Grumman G-44 Widgeons and

there were several unusual Republic RC-3 Seabees and a Searay."

Sea Witch Boatswain, Taylor Lindenhayn, rode in a special composite material plane called a Glastar, while crew members

Braedon Cuming-Timms and Alex Phillips braved the open air in single passenger ultra-light seaplanes. Seawitch Bosun's Mate, Brooke Metro, rode in a single engine flying boat.

Hiroshi Redic was impressed with the variety of seaplanes at the event. "One plane that caught my interest was called The Mermaid. It had a slick futuristic-looking design and left me speechless. I thought most sea planes would have the same design and but, wow, I was completely wrong," Redic said.

Sea Scouts is a non-profit national co-ed boating program for teens and young adults. Started in 1912, there are about 20 ships and crews in the Bay Area. Crew members learn how to operate large ships and small boats, and gain seamanship skills such as navigation, weather, first aid, water safety, and knot tying. The S.S.S. Sea Witch crew meets Tuesdays 6 to 8:30 p.m. at 225 N. Court St. Martinez and Saturdays 9-4pm on the ship at the dock in Martinez. For more information call (925) 917-0573 or go to www.seascout.org.



Acalanes sophomore and Sea Witch Boatswain Taylor Lindenhayn (left) and freshmen Braedon Cuming-Timms (center) and Brooke Metro (right) train with a fellow Sea Scout before volunteering at the Clear Lake Splash-In on September 26th. Photo submitted

Milestones

Harry and Betty Adamson Celebrate 65th Anniversary

With a little help from the Mayor

Submitted by Joanne Robbins



Mayor Don Tatzin, Betty and Harry Adamson

PROCLAMATION

WHEREAS, Harry Adamson was born in Seattle and later moved to Hayward and Oakland; and

WHEREAS, Betty Adamson was born in Minnesota and later moved to San Francisco and Berkeley; and

WHEREAS, Harry and Betty Adamson met and were subsequently married on October 8, 1944 in Berkeley; and

WHEREAS, Harry and Betty Adamson moved to their home in Lafayette in 1951 while Betty commuted to her job in Berkeley at the University of California at Berkeley and Harry commuted to his studio in their home; and

WHEREAS, Harry and Betty Adamson studied wildlife, especially birds, and Harry became a world-famous wildlife artist whose works are enjoyed by all who see them and hang in museums, galleries, homes, and offices; and

WHEREAS, Harry and Betty Adamson are always gracious, kind and willing to share with others their tips about creating great art and enjoying life; and

WHEREAS, Harry and Betty Adamson's enjoyment of wildlife has taken them on trips around the world as well as to the nature reserve in their Lafayette backyard; and

WHEREAS, Harry Adamson was recently honored as a lifelong member of the Mt. Diablo Audubon Society; and

NOW, THEREFORE, BE IT RESOLVED, that I, Don Tatzin, Mayor of the City of Lafayette, recognize Harry and Betty Adamson on the occasion of their 65th wedding anniversary and send congratulations on this special day of celebration.

**HARRY AND BETTY ADAMSON
ON THE OCCASION OF THEIR 65TH ANNIVERSARY
IN WITNESS WHEREOF,**

I have hereunto set my name and affixed the seal of the City of Lafayette this 8th day of October 2009.

Send YOUR milestone to storydesk@lamorindaweekly.com

• Living Longer and Loving it •

InterPlay: Finding Your Inner Voice through Movement and Story Telling

By Sophie Braccini



Marlys (right) demonstrate "hand movement" with artist Karen Wyse (center) and colleague Angela Chang (left) Photo Sohie Braccini

Marlys Tobias says she is a happy woman; she has freed in the second part of her life the inner dancer that was always there but had never been able to flourish. All thanks to InterPlay, a gentle movement, dance, singing and story telling practice that she wants to bring to her neighbors in Lamorinda.

For the Lafayette resident it all started 15 years ago with Cynthia Winton-Henry and Phil Porter, the founders of InterPlay in Oakland, which is celebrating its 20th anniversary this year. "Both Winton-Henry and Porter have been interested in how individuals and communities can regain a sense of integration and connectedness," said Tobias, "for me it has also been an extraordinary source of creativity and development."

According to its founders, InterPlay is an active and creative way to unlock the wisdom of the body by allowing individuals to regain access to their stories, movement and voice. It's a system of forms, a set of tools and ideas to help individuals and communities thrive. And anybody willing to give it a try can do it. All that is needed is a little willingness.

A first session starts with warm ups and stretching. There is no need to perform here, each participant allows his or her body to guide the way. One can stretch standing, sitting or lying down. Then the music starts and participants can walk, run, move their bodies and stop. "That part can be construed as a walking meditation," says Tobias, "but InterPlay is more than that."

The next period in the session is dedicated to getting a partner and telling that person about something they saw through their window. After a change of partner, other little items that have been noticed in one's recent past are exchanged.

Then it's time for the hand-dance. As music is playing, a group of participants move one hand together, they touch, push and pull in an incremental way. "The purpose is to get the feeling of being in touch with another person, in a non-threatening way," says Tobias, "I love the playfulness of it, the closeness developed with another person, the music."

During the shape and stillness exercise, the music plays and participants walk to its melody, then they are asked to stop and

make a shape. "As practice develops people make more and more shapes and finally just do it on their own," explains Tobias.

"Nobody is ever judged here," says Tobias, "InterPlay has allowed me to be the dancer that was always within, without being choreographed."

The last activity is called toning. Participants produce sounds (tones), that match or not; they can choose to just listen, and there is no limitation to the creativity of each participant.

"The whole experience is so energizing and freeing," said Ann Leitch, who became a friend of Tobias through InterPlay. "InterPlay opens people up to telling their stories as well, whether real or invented," adds Tobias. In the more advanced classes there is an activity called "Big Body Story," where people tell their tales with their voice and all their body.

In Oakland Tobias has participated in groups for all ages, including a children/family group where her own grandchildren experienced the method. She says she hopes to attract 50+ active adults to her classes at the Lafayette Community Center.

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Swingin' Seniors

Submitted by Mei Sun Li



Back row: Jim Alexander, Jean Walton, Roy Gilbert, Georganne Eddy, Bob Eddy, Senior Services Commissioner Steve Swantner (who organized the event), Alan Nakisher. Front row: Sam Kang, Senior Services Commissioner Sandra Smith, Milton Panagotcos, Fred Story Photo Mei Sun Li

It was another rousing day of ball for Lafayette seniors when the Lafayette Senior Services Coed softball game was played on Friday October 2nd at the Lafayette Recreation Department's ball field at 480 Saint Mary's Rd.

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A new walking group for Lamorinda seniors is being formed and the group's first walk is scheduled for Thursday, October 22. The weekly walks will cover anywhere from one to three miles each Thursday with various starting spots in Moraga The walking program is being organized and led by Lainey Piper of Senior Helpers. She is a certified senior fitness instructor by the International Fitness Association (IFA). Meet outside the Senior Helpers office on Oct. 22 at 11:00 a.m. at 1550 Viader Drive in Moraga, just behind Orchard Supply Hardware. Registration is free. Please call the home care company at (925) 376-9900 to sign up.

Learn how to maintain or possibly increase your bone mass at a workshop with Anne Randolph, RPT. What are the risk factors for developing osteoporosis; what are some treatments? Get tips on how you can take control and keep your bones in the best shape possible. Friday, Oct 23rd, 11:30a.m.-12:30p.m. LCC, 500 Saint Mary's Road, Sequoia Room. RSVP (925)284-5050. \$1 Members/ \$3 Non-Members.

Free Blood Pressure Screening on Friday, Oct 23rd, 12:30p.m., LCC, 500 Saint Mary's Road, Sequoia Room. Blood Pressure screening is brought to you through John Muir Medical Center Senior Services and is available for a one-time check or to assist individuals who monitor their health status regularly. No appointments are required.

Free: Brain Gym Introduction for Seniors: October 24, 2009. 10 – 11:30am. 58 Van Ripper Lane, Orinda. Must RSVP with Pam Whitman (925) 253-1223. STAY RESILIENT AND ACTIVE! Learn tools that bring your brain, body, and balance to their optimum. You will improve concentration, memory, vision, hearing and movement in easy steps. Have Fun and Take It With You!! For more information visit www.transitionpoint.com

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. November 5, 10:30a.m – noon. Lafayette

◆ Not to be missed

Senior Services, 500 Saint Mary's Road, Lafayette. Call (925)284-5050 to reserve a spot. \$1 Members/ \$3 Non-Members.

Desperate for Clarity re Medicare or Medicare Part D Entitlements? Come on Down! Join us for an illuminating presentation from ElderCare Services Care Manager Vivian Torres to better understand just what Medicare pays for, what it doesn't pay for, how the drug component Medicare D actually works, and what you should do when your HMO doesn't seem to be paying its share, and more. Time is allotted for Q & A. \$1 Members/ \$3 Non-Members, Tues 11/17,10:30 - Noon, Lafayette Senior Services, 500 Saint Mary's Road, Lafayette. Call (925)284-5050 to reserve a spot.

The Lafayette Senior Recreation Center was founded in 1950 and is operated solely by volunteers for the purpose of providing recreation and entertainment at monthly birthday luncheons, bingo, bridge, yoga and trips. They meet on the second and fourth Thursdays of the month at the Methodist Church (not affiliated) at 955 Moraga Road, Lafayette. The group's An-

niversary Celebration and Holiday Luncheon will be held at noon on December 10 at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Tickets for the event can be purchased by sending a \$20 check made out to Lafayette Senior Recreation Center at PO Box 163, Lafayette, CA 94549.

Ungoing workshops with the Lafayette Senior Services. Drop-ins welcome. \$1 Members/ \$3 Non-Members unless otherwise noted. LCC, 500 Saint Mary's Road, Lafayette. To sign up, call 284-5050.

Embracing Aging with Story and Movement, Thursdays, 10/22, 11/5, 11/19, from 1:00 -2:00p.m.

Self-Discovery and Aging' Creative Writing Workshop, Fridays, 10/23, 11/6, 11/20, from 1:00 - 2:30p.m.

Positive Living Forum (a.k.a "Happiness Club") Thursdays, 11/12 and 12/10, from 10:30a.m. – noon.

Bi-Monthly Caregiver Support Group, Mondays 10/26, 11/9, 11/23, from 1:30 – 2:30p.m.

Tea Dancing and dance lessons, every Wednesday, 12:30 – 3:00pm, LCC: Live Oak Room, \$2 Members/ \$4 non-members.

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They explained that their **70/70 Guarantee Program** first must meet some "very basic" requirements. (This is where we thought, here comes the catch-- but we were wrong). They stated that the first requirement is that the resident must be 70 years young. Second and last requirement is the resident must live in the community for a minimum of 70 days. If after the seventy day requirement the resident decides that the community is not to his or her liking, the resident can give notice, move-out and the community will refund **100% of all rent money paid.**

So how can they offer such an outlandish guarantee? Well, to quote Tom Mac Donald, the patriarch of the family business that operates Independent, Assisted Living and Memory Care Communities. "It is our responsibility to every senior that moves into one of our communities that we provide the **Quality of Services and Resident Respect that we promised** upon move-in. This Guarantee gives the resident and their family comfort that we are not just giving them a sales pitch. I can honestly say that over the last 25 years we have only had a mere handful of residents, 10 or less that have asked for a refund and we have had over 7500 residents live with us over the last 25 years". To learn more about these communities, Call **(888) 472-1751.**

Please submit events to: calendar@lamorindaweekly.com

Please submit stories to: storydesk@lamorindaweekly.com



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planet surfaces & their moons by famous space artists. The Hearst Gallery is located at Saint Mary's College, 1928 Saint Mary's Road, Moraga. The building is directly behind the Chapel. Hours: Wednesday through Sunday, 11 a.m. to 4:30 p.m. Suggested admission donation: \$3. See story page 5

Lamorinda Art Alliance Open Studios. Lafayette, Moraga, Orinda; October 17 & 18, 11am - 4pm. An artists' reception will be held on Friday, October 16, 5pm - 7pm at the Moraga Art Gallery, 570 Center Street, Moraga.

Orinda Library Gallery Artist Reception! October 17th 3pm-5pm. The Orinda Arts Council invites you to meet gallery artists Mei-Rung Huang, Mei-Yu Lo, and Wayne Wright in the Orinda Library Gallery. And, don't miss four artists from Orinda Arts in Public Places speaking in the Garden Room at 3:30pm, including Kent Roberts, Patricia Vader, Keith Bush, and Nina Lyons.

Reception Honoring Elementary School Artists at Fastframe of Lafayette, October 25th, 1-4 p.m. Local school children entered their artwork in a drawing coordinated by LASF, and the lucky winners received complimentary custom framing from Fastframe. The artwork will be displayed at Fastframe, located at 3571 Mt. Diablo Blvd, through mid-November. Call 283-7620 for more information.

Docent lecture: "Tutankhamun and the Golden Age of the Pharaohs," Wednesday, October 28 at 2pm, Moraga Library, 1500 St. Mary's Road, Moraga, (925) 376-6852. The Friends of the Moraga Library present this SF Museums of Fine Arts lecture based on the exhibit currently at the De Young through March 2010.

"October Quartet, An Exhibit of Four Artists," features Carla Williams Gelbaum, paintings and prints, Mindy Goldman, watercolors and mixed media, Margaret Lucas-Hill, jewelry, and Judy Miller, paintings. The exhibit opens at the Lafayette Gallery, 50 Lafayette Circle, Lafayette, California on October 13th and continues through October 31, 2009. The public is invited to a reception for the artists on Thursday, Oct 22, from 6:30-8:30pm.

MUSIC

NightinGael's Concerts. Join us for the annual fall concert performances by the Saint Mary's College student chorus, the NightinGael's. The series includes selections from the great composers, contemporary artists and a

few surprises. Thursday, October 15 at 8 p.m., and Sunday, October 18, at 2 p.m. Chapel, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga. Free and open to all.

The University of California Alumni Chorus presents "Music of the Night: An Evening In Song" on Sunday, November 15, 2009, 7:00 P.M., at First Congregational Church of Berkeley, 2345 Channing Way near the U.C. Berkeley Campus. The concert will be conducted by Dr. Mark Summer, director of the U.C. Choral Ensembles and will feature pianist and associate director, William Garcia Ganz, organist Mark Bruce and a guest appearance by Perfect Fifth, UC Berkeley's premier madrigal ensemble. The University of Californian Alumni Chorus has a number of members who live in Lamorinda. Tickets: \$15/\$12/\$6 (students) Call (510) 643-9645 or purchase at the door

THEATRE

DVC Drama Presents URINE-TOWN (the musical), "an irreverently humorous satire" from October 16 - November 8. To purchase tickets call (925) 687-4445 or, pay in person at the DVC Box Office Monday-Friday: 12-4pm and 1 hour prior to show curtain.

Onstage Theater presents "Broadway Bound", the third part of Neil Simon's autobiographical trilogy which includes "Brighton Beach Memoirs" and "Biloxi Blues." Performances are at the Knight Stage 3, Leshner Center for the Arts, 1601 Civic Drive in Walnut Creek. October 9 thru November 1st. For showtimes and tickets call 943-SHOW.



Saint Mary's College Performing Arts Theatre Program presents a production of "At Mrs. Dalloway's Party", an evening of short stories written by Virginia Woolf and adapted for the stage. Woolf's innovative "stream of consciousness" narrative sets the evening's entertainment simultaneously at a party thrown by the famous Mrs. Dalloway, and inside the

Not to be missed

minds of several guests. Wry observations and elegant prose come to life onstage through some of Woolf's most amusing Characters. The play opens November 12th for a two-weekend run in LeFevre Theatre on the Saint Mary's College campus. Tickets are \$15 general admission; \$12 for non-Saint Mary's students with ID as well as Saint Mary's faculty and staff, and \$8 dollars for Saint Mary's students. Group discounts are available. To purchase tickets phone the Performing Arts Department at (925) 631-4670.

Moving Arts Dance's original Halloween production "Night Visions", Oct. 24-25 is a delightfully dark-themed Halloween adventure where wax museum characters magically come alive. The non-verbal story unfolds between the characters that is told through the language of the body in movements. This is a no guts, no gore, no blood production that visits the classical nature of the mystery and enchantment of fantasy characters that represent Halloween. Saturday, Oct. 24 at 4, 6 and 8 p.m. and Sunday, Oct. 25 at 5 and 7 p.m. Advance tickets: \$10/\$15, kids, seniors/adults, day of performances: \$20/\$25. Moving Arts Dance Center and Theater, 1281-C Franquette Ave., Concord. www.movingartsdance.org. (925) 825-8399.

LITERATURE

"Yeshua, Understanding the Jesus We Never Knew." Tuesday, October 20, 9:30 am - 11:30 am, Peace Room, St. Monica Parish Center, 1001 Camino Pablo, Moraga. Jeff Sloane, Director of Temporal Affairs & Catechetical Ministries, Santa Maria Parish, will use his background in psychology and religious studies to share new perspectives on Jesus. Anyone wishing to attend who needs transportation to and from the event should contact: tobrien001@earthlink.net and for babysitting information, please call (925) 283-3398.

One day class lectures will be held at Rossmoor through Emeritus College this fall. Oct. 24 (12:30 - 2pm) "Iran: Democracy vs Conservatism" will be taught by Ismael Agayev PhD, Philosophy and Religion, who will observe, in many unknown details and on the new materials, all major characteristics of a continuous struggle between democracy and religious conservatism in the Islamic republic today. Oct. 24 (2:30 - 4pm). "The Middle East & Obama Policy" will be taught by a lecturer who spent 18 years working as a diplomat in the Middle East, and who will discuss what impact the ongoing changes of the American policy in the region have had and may have in the future

on a geopolitical situation in the world. For more information on these and other one day lectures, please contact Jo Mele, Emeritus College Executive Director, (925) 906-9105.

Nov. 4, Vincenza Scarpaci Book Reading/signing on Thursday, Nov. 4, 12 - 1:00 pm, Saint Mary's College in the Hagarty Lounge. Vincenza Scarpaci is a professor/author whose new book "The Journey of the Italians in America," describes the experience of immigrants and their descendants; covering the life cycle of family work, socialization and achievements as well as exploring the deeper impact of the process from immigrant to ethnic. For more information: contact Professor Maria Grazia De Angelis at (925) 631-4044 or mdeangel@stmmarys-ca.edu.

St. Mary's College's Kalmanovitz School of Education will have keynote speaker, Harry Wong, author of "The First Days of School", at its Distinguished Speaker Event on Saturday, October 24, from 8:30am-1:00pm. Register online at www.stmmarys-ca.edu/saturdayseminars or contact Lydia Wiley at lwiley@stmmarys-ca.edu for more information.

Saint Mary's College of California's Creative Writing Reading Series features Susan Steinberg on Wednesday, October 28, 7:30 pm at the Soda Activity Center. For more information contact: MFA Program at (925)631-4457. Susan Steinberg is the author of the short story collections "The End of Free Love" and "Hydroplane."

Book Discussion: "Wicked: The life and Times of the Wicked Witch of the West" on Thursday, October 22 at 2 pm, Moraga Library, 1500 St. Mary's Road, Moraga, (925) 376-6852. Join the discussion of Greory Maguire's acclaimed 1995 novel which is the basis for the hit Broadway musical.

KIDS, TEENS AND PARENTS

Nor Cal Kids Triathlon on Saturday, November 14, 9 am to about 1 pm Miramonte High School, 750 Moraga Way, Orinda. Participation is open to all kindergarten through twelfth grade students (cap of 300 total participants). Each individual participant will compete by time (time chips) sequentially in swim, bike and run courses. Course distances are adjusted for age appropriateness. Participation fee is \$40. Additional child in same family discount rate is \$35. Relay Team fee is \$100 (all three members of team must be in same age category). Benefits Orinda Community Fund. For more info go to www.norcalkidstri.org. See story page 9

ART



The Moraga Art Gallery presents a group show, "Bold Statements" by local Bay Area and Lamorinda artists showing watercolors, oil painting, collage, ceramics, photography, mixed media, jewelry and glass design through October 31. The Gallery is doubly featuring the work of Angelica Samame, painter, and jewelry

designs by Laura Paige. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs. Open Tuesday through Sunday, 12-5 pm. (925) 376-5407.

Hearst Gallery: Out of This World: Real & Imagined Images of Our Solar System Oct. 10 - Dec. 13. This visually dazzling exhibition chronicles the relationship between space science and art, bringing together the explorers and the artists who have illustrated their discoveries. Highlights include: art of space science, Interactive computer programs, model of the JPL Mars Rover, computer simulation of Mars Mariner Valley fly-through, Rover & Voyager 1 & 2 images,

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Not to be missed

Not to be missed

Not to be missed

Parent Education Speaker Series, "Building Resiliency Through Life: How to help your child thrive and make healthy choices". Thursday October 22nd, 7pm - 8:30pm, Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga. This talk will focus on how parents can effectively communicate with their children in an age appropriate manner in order to promote the development of skills that will ultimately empower and educate children to make healthy/safe decisions regarding drugs, alcohol, and peer pressure.

Moraga Junior Women's Club is proudly sponsoring three one hour Self Defense Classes for Middle School Girls at The Karate & Fitness Place USA in Moraga in November. Educate yourself and learn self defense techniques in a fun and safe environment. Sign up today, as space is limited! See exact dates and times and register at www.moragajuniors.org by Thursday October 29th. Cost is \$30.00.

Attention Parents of Middle School Girls! Ever wish you could have at your fingertips the wisdom of experienced moms to help you navigate the middle school years with your daughter? Here's the next best thing: "How to Raise a Strong, Independent Daughter and Survive--True Confessions of Mothers of Daughters", a Q&A with a panel of moms who did. They will share their strategies, dilemmas and successes raising their own daughters in our community. Join us for a lively session Wednesday, November 4, 7:00-8:30 at JM Intermediate School. Light refreshments served. Sponsored by the Lamorinda AAUW Sister to Sister Conference Team.

Fun at the Moraga Library Crafty Storytime, Tuesdays, October 20 and 27 at 4pm, Stories and crafts for ages 4-7.

Lapsit Storytime, Wednesdays, October 21 and 28 at 10 am, For babies 6 to 24 months and their caregivers. Toddler Time, Wednesdays, October 21 and 28 at 10:45 am, Ages 2 to 3-1/2 with adult participation. "Tarantula in the Yard" on Thursday, October 15 at 4 p.m. East Bay Regional Park ranger Mike Moran to describe the habits of tarantulas in our local area. October 20, 21 and 22—3 to 5 p.m. "Wizard of Oz Wand" drop in to make a wizard wand. For kids and preschoolers. October 20, 21 and 22—3 to 5 p.m.

Seminar: "Getting into College" presented by Kaplan Test Prep, Thursday, October 15 at 6:30 pm at the Moraga Library. For parents and teens to gather basic understanding of the college admissions process and the importance of admissions test scores. Registration required; go to Kaptest.com/practicetest or call 1-800-KAP-TEST. Event code: SKBK9111.

OTHER

17th Annual Lafayette Reservoir Run will take place on Sunday, October 25th. The start location is on Mt. Diablo Blvd. between First St. & Moraga Rd. Registration Opens at 6:30am. Staggered Start Times: 5k 8:30am, 10k 8:45 am, 2mi run/walk (dogs and strollers ok) 9:00am. Adult registration fee: \$28; Race Day fee:\$33. Elementary school fee:\$20; Race Day fee:\$25. Register on-line at www.lafayettechamber.org or at the Chamber offices at 100 Lafayette Circle, Suite 103. (925) 284-7404. See story page 7

Do you like working with people? Are you good with numbers? Contra Costa County AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages. Volunteers are trained by Tax Aide and become IRS Certified tax counselors. If interested, call LaVerne Gordon, District Coordinator, at (925)335-8749 for information and to apply. Orientation is in November 2009 and classes for counselors start in January 2010.

How to maintain excellence is K-12 schools in spite of budget constraints —A Forum on October 20 in Moraga.

School superintendents John Stockton of the Acalanes Union High School District, Richard Schafer of the Moraga School District and Joe Jacquette of the Orinda Union School District will address "Maintaining Excellent Schools in Tough Financial Times" and answer questions from the public concerning this important topic on Tuesday, October 20th at 10:00 am, at the Serbian Orthodox Church, 1700 School Street, Moraga. The forum is sponsored by the Orinda-Moraga-Lafayette branch of the American Association of University Women, it is free and open to all.

Come to Acalanes High School electronic e-waste drive. This October 24 and 25 from 9:00am-3:00 p.m. at Acalanes' front parking lot, 1200 Pleasant Hill Road, Lafayette. Drop of your old monitors, computers and electronics, and get your tax write off. For more information go to unwaste.com or call (888) 832-9839.

Ægis of Moraga is hosting a Fabulous '50's Outdoor Show and Picnic on Sunday, October 25th from 1pm to 4pm. Free admission. Music, Dancing, and Cars of the 1950's. Bring your vintage 1950's car for a casual cruise-in. Listen to toe-tapping 50's classics by Hot Rod Jukebox. Enjoy refreshments, dancing and picnic on our front lawn. A prize will be given for "People's Choice" car. To reserve your parking space, please RSVP to Virginia Sargent at (925) 377-7900 or Virginia.Sargent@AegisLiving.com.

The Rheem Theatre (350 Park Street, Moraga, CA) will be holding a free 10p.m. showing of "Monty Python and the Holy Grail" on Friday, Oct 16th. Please bring a can of non-perishable food as your admission. We are donating the cans to the Contra Costa Food Bank. The show is open to all ages!

Join us for a special Fall Fundraising event at the Captain Vineyards in Moraga! Guided tour, generous wine tasting, Middle Eastern feast and exclusive art & craft items to benefit The Hungry Duckling, helping orphaned children in Asia. Saturday, October 24, 2- 5 pm, 1969 Joseph Drive, Moraga. Suggested tax deductible donation \$55. Max: 30 participants Reserve your spot: Ksenija.Olmer@254-05439, Xenija@aol.com.

"Redefine Your Vision of Success—People, Planet, and Yes, Profit" Triple Bottom Line Companies Panel Discussion (with dinner and wine reception) October 15, 5:30-8:30 P.M. at the Soda Center, Saint Mary's College, Moraga. Featuring Michael Hannigan, Give Something Back, Peter Liu, New Resource Bank, and Marisa Massie, Salesforce.com. Moderator: Phillip Gordon, Director of the Center for Socially Responsible Business, Mills College. It's not just about profits anymore—See how three companies are redefining success by focusing on the triple bottom line. Dinner and the wine reception is \$35. Please go to the following link to register (select "member") <http://www.stmarys-ca.edu/news-and-events/item-event.html?ID=3648>.

Serbian Food Festival, Saturday, October 17, Noon - 9pm. Featuring authentic Serbian cuisine, delicious homemade pastries / Live Serbian music. Free admission. Everyone welcome! Holy Trinity Cultural Center, 1700 School Street, Moraga. For info. (925) 376-6850.

The first Many Faces of Breast Cancer Event in the East Bay will address the needs of Breast Cancer Survivors. An esteemed panel of experts will discuss the latest research and issues affecting 2.5 million breast cancer survivors on Saturday, October 24 10am. to 12:00pm. (Registration begins at 9:30 a.m.) Admission, refreshments and parking are free. WHERE: Lesher Center for the Arts, Stage 3, Knight Theatre, 1601 Civic Drive, Walnut Creek. RSVP: Space is limited. Advance registration required. To register, call 1.877.732.6033 or email ManyFacesEastBay@zenogroupevents.com.

Moraga Garden Club Meeting, October 15, 2009, 9:30 am, Holy Trinity Cultural Center - 1700 School St., Moraga. A program "Designing with Roses in Lamorinda" will be presented by Laurie Callaway of Laurie Callaway Landscape Design.

Are your holidays nutty enough? They can be even nuttier when you help support the Girl Scouts of Northern California through the annual Fall Nut and Magazine Sale! Local Girl Scout Troops will be out and about in Lamorinda taking pre-orders through October 18, and from November 6 through November 22, Girl Scouts will be selling nuts at various locations throughout Lamorinda, so watch for Girl Scout booths at our local Safeway, Starbucks, CVS Pharmacy, Diablo Foods and Noah's Bagels. Or, to find a troop near you and arrange purchases, please call 800-447-GIRL ext. 190.

HALLOWEEN EVENTS



David Marron, a first-grader, lugs a giant pumpkin at Lafayette Elementary School's 'Westival' on October 10

Annual Halloween Carnival: Orinda's favorite Pumpkin Patch Festival raises money to support vital School Programs. The Del Rey Pumpkin Patch will be held at Del Rey Elementary School, 25 El Camino Moraga in Orinda, Saturday October 17, from Noon to 3pm. Activities, games and contests offer fun for all ages. Admission is \$8.50 per person, which includes all activities. The popular Bake Sale, Auction and Halloween Costume Sale are back this year. Lunch catered by Top Dog. Tickets available at: <http://www.orindaschools.org/delrey> or at the door.

Sleepy Hollow Elementary School invites local families to spend a fun-filled day at its Annual Pumpkin Patch on Saturday, Oct. 17 from 11:00 a.m. – 3:00 p.m. Head over to the school's grounds, located at 20 Washington Lane in Orinda and enjoy a day of old-fashioned fun and games with family and friends. This year's attractions and festivities include a haunted house, pumpkins, carnival games, jump houses, home-made treats, a cake walk and more.

Haunted House. Please join us at the Lafayette Community Center in the Live Oak Room for a ghoulishly good time! Friday, October 23 and Saturday, October 24 from 5:00-7:00pm (not too scary; parents accompany children 7 and under) 7:30-9:30 (very scary - for children 8 and over) Ages 7 and under \$3. Ages 8 and over \$5. Sponsored by the Lafayette Youth Commission.

The Moraga Junior Women's Club will hold its 33rd Annual Halloween Carnival on Sunday, October 25th from 10am to 2pm at Campolindo High School located at 300 Moraga Road in Moraga. The annual Carnival is a fun and fanciful event perfect for children ages 2 to 8 years, and attracts over 500 children each year. Participants will be able to choose a pumpkin from the pumpkin patch, enjoy carnival games and hands on crafts. Pizza, snacks, refreshments and various homemade ghoulish goodies will be available to purchase. Admission is \$5 per child, plus a small charge for game tickets and food. All children are encouraged to come in costume. Bring your own trick-or-treat bag and receive 3 free game tickets. For more information and online ticket sales, go to www.moragajuniors.org.

POLITICAL GATHERINGS

Ygnacio Valley Republican Women Federated meets at the Oakhurst Country Club, 1001 Peacock Creek Road, Clayton, and welcomes Laurie Firestone, the former White House Social Secretary to President George H. W. Bush to their Wednesday, October 21, 2009 Dinner Meeting. No-host Cocktails 5:30 P.M. Speaker 6:30 P.M. Dinner and Brief. Business/Legislation/Americanism 7:15 P.M. \$35 RSVP: Barbara Allen (925)672-5061 or jngcabot@pacbell.net Please assist our Hospitality Ladies with payment by check or exact amount when possible (no credit cards).

Saint Mary's College of California will host a forum for candidates seeking California's 10th Congressional District seat in the Nov. 3, 2009 general election to replace U.S. Rep. Ellen Tauscher, D-Alamo. The forum is open to the public and features candidates Jeremy Cloward, Jerry Denham, John Garamendi, David Hamer, and Mary McIlroy. Contra Costa Times political editor Lisa Vorderbrueggen will moderate the forum and take questions from the audience, which will be put to each of the candidates for a response. Monday, October, 26 from 7 - 9pm at the Soda Activity Center, Saint Mary's College of California, 1928

St. Mary's Road, Moraga. Co-sponsored by: the League of Women Voters of Diablo Valley and the Contra Costa Times.

Veterans Day Vigil, November 11th at 5:15pm. We will come together in peaceful fellowship, to express our grief for the loss of life in Iraq and determination to put an end to this war. Please join us. PLACE: The Crosses of Lafayette, located on the corner of Deer Hill and Oak Hill Road, across from the Lafayette BART station. Sponsored by: The Crosses of Lafayette, Mt. Diablo Peace & Justice Center, Lamorinda Peace & Justice Group, and Buddhist Peace Fellowship.

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Friday, October 30, 2009, 7-9pm

Venue: HCH, 3702 Mt. Diablo Blvd., Lafayette, CA, Fee: \$100
Contact: Carrie Kehoe at 925-878-5435 or livingitwell@gmail.com

Please submit:

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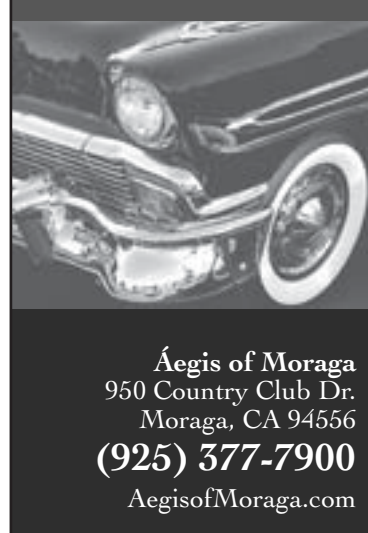
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Paella in the Park

By Susie Iventosch



3rd and 4th from left: Tom and Carol Sueoka Photo Andy Scheck

Paella is one of those dishes that has no exact formula, but instead is an evolving recipe – one that changes according to the cook’s whims and the availability of ingredients. And, making paella is as much an event as a meal!

Commonly cooked over an open fire, paella is considered a delicacy, made with short-grain rice and vegetables, seasoned with saffron and most often including chicken, sausage and shell fish. But, originally, paella was a common meal for field laborers and since shell fish sightings are rare in the fields, it was usually made with chicken, rabbit, duck or snails.

To make paella, one needs a very large pan, some good friends, a large fire pit, barbecue grill or stove top and some time to kill. It is a great reason to gather family and

friends to spend a day in the park.

Carol and Tom Sueoka of Orinda recently embarked on making paella for big family gatherings in the park and enjoyed good old-fashioned fun with their family and friends while doing so. They’ve celebrated “paella” style at the Lafayette reservoir and more recently the Moraga Commons Park.

Tom said they really like the Commons because it also offers Bocce ball, frisbee golf and a skate park for the kids. But, there are only two grills large enough to accommodate a large paella pan, so he suggests arriving early to reserve one of them.

“The large grills are better for making paella, because you don’t have to continually rotate the pan to ensure even cooking,” he said.

This is quite a cooking ad-

venture and a bit of an undertaking, all inspired by a common interest in the Food Network.

“My husband and I were talking with our daughter and son-in-law about what to do on July 4th this past year,” Carol said. “Somehow the conversation came around to the discovery that the kids and I had each recently seen the same episode of ‘Bobby Flay’s Throw-down’ on the Food Network. This show featured an interesting chef from nearby Occidental who prepares authentic paella for large groups on different beaches in Northern California.

“The recipe looked delicious and our son-in-law, Brad Hoover, who had lived in Spain for some time after high school, has a passion for things from Spain, so we decided to try making it for our July 4 celebration.”

Carol says the colors are spectacular at each stage of the preparation, with the addition of saffron, the special puffy paella rice, peppers, pink shrimp and clams.

“There is nothing like standing around in a beautiful setting with close friends and family and preparing a beautiful-looking, aromatic, delicious dish together,” she said. “We are so fortunate to have beautiful parks like the Lafayette Reservoir and the Moraga Commons in our backyard to enjoy.”

Cooking in the park is not just for summer, as the crisp fall days lend themselves so nicely to being outdoors enjoying the cooler air and the lovely fall colors. Try your hand at entertaining in the park and let me know how it goes! I’ll be waiting for your wonderful recipes to share with our readers.

Moraga Commons Park
Moraga Rd & St Mary’s Rd
Moraga, CA 94556
(925) 376-2520

Paella pans are sold in a variety of sizes at Sur La Table in Walnut Creek. They range in size from 15 to 22 inches in diameter and come in several different materials and price points.

Sur La Table
1211 Broadway Plaza
Walnut Creek, CA 94596-5112
(925) 210-0103
Or a large-sized frying pan can also be used and Across the Way carries a great assortment of these.
Across The Way
1409 Moraga Way, Moraga
(925) 376-3600

Gerard’s Paella Mixta with Sueoka Family additions

*This is a half recipe, which is plenty for a family meal plus leftovers! I made this in a 17-inch paella dish. The Sueokas used a larger dish and the full recipe, which served at least 20 people. I like to add langostino or lobster, and calamari is also a nice touch. A Spanish Rioja is a wonderful pairing with this dish.

** The dish takes approximately 1 1/5 hours to prepare, so be sure to plan on plenty of time.



Photo Susie Iventosch

INGREDIENTS

- 1/2 cup olive oil
- 1 head of garlic, with cloves detached, but not skinned
- 3 red peppers or piquillo peppers, cored, seeded and sliced
- 2 1/2 - 3 pounds of chicken, preferably leg and thighs with bone in
- 1 package (4-sausages) of Spanish chorizo, sliced into 1-inch thick slices (available at Lunardi’s, Diablo Foods and Whole Foods) ***
- 2 yellow onions, chopped
- 1-16-ounce can diced tomatoes
- 3 1/2 cups chicken broth (have a little extra on hand if you need to add more)
- 10-12 threads saffron, crushed
- 1 1/4 teaspoons Spanish smoked paprika
- 2 1/2 to 3 cups uncooked short-grain (paella rice is available at most upscale markets)
- 1-16-ounce garbanzo beans, drained
- 1/2 pound green beans or slender asparagus
- 1-14-ounce can artichoke heart quarters, drained
- 10-12 jumbo shrimp (16/20 count)
- 10-12 Manila clams and or New Zealand Green Lip mussels (I like to add langostino or lobster, too, and my friend adds calamari)
- 2 lemons cut into wedges for garnish

***Spanish chorizo is flavored with garlic and Paprika, compared with Mexican chorizo, which is generally flavored with vinegar and chili powder.

DIRECTIONS

Heat paella pan over medium-high heat, add olive oil and garlic and fry the peppers for about 4-5 minutes. Remove peppers and set aside.
Add chicken parts to the pan, and cook over medium-high heat, turning chicken to sear all sides. When chicken is golden brown, add the onions and cook until translucent. Add the tomatoes and the chicken broth and reduce this down for about 30 minutes, over medium heat. Meanwhile, crush saffron threads and add to the broth mixture along with the paprika.
After the 30 minutes, stir in the rice and let it simmer for about 20-30 minutes. Do not stir or cover the rice. As the rice begins to cook, add the vegetables and the garbanzo beans.
Finally, add the shrimp and shell fish into the rice mixture, tucking them down into the broth, and cook for 10 more minutes.
The dish is done, when the rice begins to caramelize on the bottom of the pan and all of the liquid is absorbed by the rice, and the chicken is cooked through. If you need to stir in additional broth, do so a little bit at a time, to get the rice to the desired texture and doneness.
Squeeze lemon juice over the entire dish before serving.
Susie can be reached at suziven@gmail.com

This recipe is available on our web site.
Go to:
www.lamorindaweekly.com
Susie can be reached at suziven@gmail.com

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LAMORINDA's Restaurants
... updated September 16, 2009 ...

American	Bistro, 3287 Mt. Diablo Blvd, Laf, 283-7108	Ristorante Amorora, 360 Park St, Mor, 377-7662
	Chow Restaurant, 53 Lafayette Cir, Laf, 962-2469	Japanese
	Quinos, 3651 Mt. Diablo Blvd, Laf, 962-0200	Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor, 376-0809
	Ranch House, 1012 School St, Mor, 376-5127	Blue Ginko, 3518-A Mt. Diablo Blvd, Laf, 962-9020
	Terzetto Cuisine, 1419 Moraga Way, Mor, 376-3832	Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930
	The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf, 283-1234	Kane Sushi, 3474 Mt. Diablo Blvd, Laf, 284-9709
BBQ	Bo's Barbecue, 3422 Mt. Diablo Blvd, Laf, 283-7133	Kirin Sushi, 356 Park Street, Mor, 376-2872
Burger Joint	Nation's Giant Hamburgers, 400 Park, Mor, 376-8888	Niwa Restaurant, 1 Camino Sobrante # 6, Ori, 254-1606
	Nation's Giant Hamburgers, 76 Moraga Way, Ori, 254-8888	Petra Café, 2 Theatre Sq # 118, Ori, 377-1203
Café	Ferrari-Lucca Delicatessens, 23 Lafayette Cir, Laf, 299-8040	Yu Sushi, 19 Moraga Way, Ori, 253-8399
	Geppetto's cafe, 87 Orinda Way, Ori, 253-9894	Mediterranean
	Mamounia Express Cafe, 3732 Mt. Diablo Blvd #179, Laf, 299-1372	Oasis Café, 3594 Mt. Diablo Blvd, Laf, 299-8822
	Rising Loafers, 3643 Mt. Diablo Blvd Ste B, Laf, 284-8816	Turquoise Mediterranean Grill, 70 Moraga Way, Ori, 253-2004
	Susan Food Catering & Cafe, 965 Mt. View Dr., Laf, 299-2469	Mexican
California Cuisine	Artisan Bistro, 1005 Brown St., Laf, 962-0882	360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf, 299-1270
	Metro Lafayette, 3524 Mt. Diablo Blvd, Laf, 284-4422	Casa Gourmet Burrito, 3322 Mt. Diablo Blvd, Laf, 284-4415
	Shelby's, 2 Theatre Sq, Ori, 254-9687	El Charo Mexican Dining, 3339 Mt. Diablo Blvd, Laf, 283-2345
Chinese	Asia Palace Restaurant, 1460 B Moraga Rd, Mor, 376-0809	El Jaro Mexican Cafe, 3563 Mt. Diablo Blvd, Laf, 283-6639
	Chef Chao Restaurant, 343 RHEEM Blvd, Mor, 376-1740	La Cocina Mexicana, 23 Orinda Way, Ori, 258-9987
	China Moon Restaurant, 380 Park St, Mor, 376-1828	Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf, 283-8740
	The Great Wall Rest., 3500 Golden Gate Way, 284-3500	Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf, 283-8288
	Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori, 253-9852	El Balazo, 3518 Mt. Diablo Blvd, Laf, 284-8700
	Lily's House, 3555 Mt. Diablo Blvd #A, Laf, 284-7569	Maya Mexican Grill, 74 Moraga Way, Ori, 258-9049
	Mandarin Flower, 581 Moraga Rd, Mor, 376-7839	Numero Uno Taqueria, 3616 Mt. Diablo Blvd, Laf, 299-1333
	Panda Express, 3608 Mt. Diablo Blvd, Laf, 962-0288	Pizza
	Szechwan Chinese Restaurant, 79 Orinda Way, Ori, 254-2020	Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf, 283-6363
	Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf, 283-1688	Mountain Mike's Pizza, 504 Center St, Mor, 377-6453
	Yan's Restaurant, 3444 Mt. Diablo Blvd, Laf, 284-2228	Pennini's, 1375 Moraga Rd, Mor, 376-1515
Coffee Shop	Millie's Kitchen, 1018 Oak Hill Rd #A, Laf, 283-2397	Round Table Pizza, 361 RHEEM Blvd, Mor, 376-1411
	Squirrel's Coffee Shop, 998 Moraga Rd, Laf, 284-7830	Round Table Pizza, 3637 Mt. Diablo Blvd, Laf, 283-0403
Continental	Village Inn Cafe, 204 Village Square, Ori, 254-6080	Village Pizza, 19 Orinda Way # Ab, Ori, 254-1200
	Petar's Restaurant, 32 Lafayette Cir, Laf, 284-7117	Zamboni's Pizza, 1 Camino Sobrante # 4, Ori, 254-2800
	Vino Restaurant, 3531 Plaza Way, Laf, 284-1330	Sandwiches/Deli
	Duck Club Restaurant, 3287 Mt. Diablo Blvd, Laf, 283-7108	Bianca's Deli, 1480 Moraga Rd # A, Mor, 376-4400
French	Chevalier Restaurant, 960 Moraga Road, Laf, 385-0793	Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori, 254-7202
	Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930	Kasper's Hot Dogs, 103 Moraga Way, Ori, 253-0766
Hawaiian Grill	Lava Pit, 2 Theatre Square, St. 142, Ori, 253-1338	Noah's Bagels, 3518 Mt. Diablo Blvd, Laf, 299-0716
	Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf, 962-9575	Orinda Deli, 19 F Orinda Way, Ori, 254-1990
Indian	Giardino, 3406 Mt. Diablo Blvd, Laf, 283-3869	Subway, 396 Park St., Mor, 376-2959
	La Finestra Ristorante, 100 Lafayette Cir, #101, Laf, 284-5282	Subway, 3322 Mt. Diablo Blvd #8, Laf, 284-2627
	La Piazza, 15 Moraga Way, Ori, 253-9191	Subway, Theatre Square, Ori, 258-0470
	Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf, 284-3081	Seafood
	Michael's, 1375 Moraga Way, Mor, 376-4300	Yankee Pier, 3593 Mt. Diablo Blvd, Laf, 283-4100
	Mondello's, 337 RHEEM Blvd, Mor, 376-2533	Singaporean/Malaysian
	Pizza Antica, 3600 Mt. Diablo Blvd, Laf, 299-0500	Kopitiam, 3647 Mt. Diablo Blvd, Laf, 299-1653
	Pizzeria Amorora Rest., 65 Moraga Way, Ori, 253-7662	Steak
	Postino, 3565 Mt. Diablo Blvd, Laf, 299-8700	Casa Orinda, 20 Bryant Way, Ori, 254-2981
		Tea
		Patisserie 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 #8, Laf, 283-8883
		Baan Thai, 99 Orinda Way, Ori, 253-0989
		Royal Siam, 512 Center Street, Mor, 377-0420
		Siam Orchid, 23 Orinda Way # F, Ori, 253-1975
		Vietnamese
		Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor, 376-7660

download our Restaurant Guide from our web site at www.lamorindaweekly.com

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 LAMORINDA'S LOCAL SPORTS NEWS

Water Polo Rivals Split Victories

Lady Cougar's still perfect; Miramonte boys defeat Campolindo

By Guy Dotan



Campo Jeffery Strausser (9)

Photo Doug Kohen

Lamorinda is known for its success in the pool. Since 2005 both the Miramonte and Campolindo girls' water polo teams have finished in the top five seeds of the North Coast Section (NCS). The boys' water polo team at Miramonte is the four-time defending champion. The Campolindo boys' team has finished as a top qualifier in the league as well.

With the success of both schools the rivalry match-up on October 11th was expected to be an exciting affair. However, the match-ups did not prove so equal and each school came away with a commanding win as the Campolindo girls defeated the Miramonte girls 14-6 and the Miramonte boys dominated the Campolindo boys 13-7.

The girls played first, both teams looking to prove themselves. The Lady Cougars wanted to continue their Diablo Foothill Athletic League (DFAL) dominance by maintaining their first place seed with a 9-0 record. The Lady Mats hoped to demonstrate that despite a weak, 4-6 record, they could compete with a powerhouse.

Both teams got off to a quick start trading off goals in the first quarter. By the end of the first Miramonte, in true underdog spirit, had a surprising 4-3 lead. After falling behind in the first, however, the Cougars defense buckled down

and the offense stepped up their play. The Matadors were held scoreless in the second and fourth quarter, while the Campo offense exploded. The Cougars went on to outscore the Matadors 11-2 in the final three quarters, including an eruption of six goals during the third quarter. By the final whistle, the Cougars finished with a commanding 14-6 victory. The Cougars' received goals from sophomore Kimi Klein (6) and junior Emily McPhee (2); and seniors Alex Toohey (3), Kerstin Henshall, Lizzie Peiros (1), and Daphne Nunez (1).

After the Cougar girls' victory Nunez, the team's starting post up, said, "It was awesome to crush Miramonte in our senior year. Every time we got in the pool we played as a team and all of the hard work really paid off."



Lady Cougar team

Photo Doug Kohen

The boys' game followed and was almost a reversal of the girls' game. Campolindo had a 7-6 record entering the game while the Matadors, following true to their dynasty, entered with an 11-1 record.

The Matadors got off to a quick start scoring three goals on the Cougars. Miramonte never looked back and maintained their lead for the entire game. Despite several surges by Campolindo during the third and fourth quarter, led by junior captain Jeffrey Strausser's high intensity defense, the Matadors were able to hold off the Cougars. Saves by Miramonte's senior goalie John Sibley stifled Campolindo's rallies and helped the Matadors finish the game with a solid 13-7 victory.

Campolindo travels to Dougherty Valley and Miramonte hosts Acalanes today, October 14.

Lady Mats Volleyball Sweeps Rivals

Miramonte Takes the Lead in DFAL

Submitted by Tony Diamantidis

The Miramonte Lady Matadors (12-1, 5-0) extended their winning streak to 12 games with straight game wins against Campolindo (7-3, 2-1), Dublin and Acalanes High Schools. Miramonte matched up against Campolindo on September 29 and despite a team-wide flu bug, they were able to sweep their competition. The Lady Mats almost had to cancel the game, as seven of the players were unavailable until the morning of the game. Unlike their coach Shannon Ross, who was too sick to attend, the team regrouped and was able to defeat a hard hitting Campolindo team 25-20, 25-19, 25-23.

The victory propelled Mira-

monte to the number two spot in the East Bay, behind Bishop O'Dowd, and dropped Campolindo to the number three spot.

At Dublin, on October 6, Ross used all her players in Miramonte's match-up against the Gaels. The Lady Matadors defeated the Dublin Gaels 25-14, 25-12, 25-18. All 14 players on Miramonte's team saw playing time.

Miramonte continued its winning streak against Acalanes on October 8. Again the Lady Mats recorded the victory in three games: 25-18, 25-14, 25-9. Senior outside hitter Juliana Stivanicevic led the team with 17 kills. Senior setter/middle blocker Mary Diamantidis added eight kills, 18 as-

sists and senior outside hitter Haley Sayres had seven kills. Senior setter Sarah Vaccaro had 20 assists and junior libero Jane Siri and senior libero Lissa Gilbert had 20 and 18 digs respectively. "Our setters set the tone for this match," said Lady Matadors coach Shannon Ross. "They distributed the ball well, and made smart plays for us all night long."

Miramonte travels to Alhambra tomorrow, October 15th.



Audrey Breitweiser (9), Mary Diamantidis - Captain (1) Photo Doug Kohen



Sophie Smith (15) Photo Doug Kohen



Sandra Neason (12) Photo Doug Kohen

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Miramonte Cross Country Finish in Top 20

Submitted by Maggie Sharpe

The Miramonte Cross Country team competed in the Third Annual Scott Bauhs Invitational cross country meet at Shadow Cliffs Regional Park in Pleasanton on October 3. Junior Mackenzie Martin competed in the girl's junior three mile course and finished in 11th place with a time of 20:18:36 leading the girl's team. Senior Nick Vedovi competed in the boy's senior three mile course and finished in 17th place with a time of 16:48:87 leading the boy's team.



Nick Vedovi

Photo Jim Knowles



Mackenzie Martin

Photo Jim Knowles

From Struggling to Competing

Campolindo Girl's Golf Team Improves

Written by Dean Okamura



Courtesy Team's website: campolindogirlsgolf.com

Senior co-captains Samantha Carr and Kelsey Aubrey have seen their Campolindo Women's Golf team transform from a small, struggling team to a confident group of athletes aspiring to a berth in the 2009 North Coast Section (NCS)

tournament. The team is aiming to finish in first or second place in the league so they will automatically qualify for the tournament.

As freshmen, the two remember barely having six players come out for the team. This year, co-

coaches Valerie Robertson and Janine Martello were required to limit the number of players to 16. "We had a lot more girls try out than we expected," said Martello with a smile.

Robertson believes that participation has grown for two reasons: the team has become competitive in league play and there is an increase in the availability of scholarships at the collegiate level. Aubrey sees it differently. She credits the coaches for fostering a contagious team spirit. "Coach Val keeps it organized and Coach Janine keeps it fun," says Aubrey. Carr adds, "the excitement of the coaches rubs off on the players."

Martello cites another reason the team has become so popular, "MCC (Moraga Country Club) has been very good to us." The Club

provides free access to the driving range and playing privileges to players. PGA Apprentices Scott Reeves and Eric Zimmerman also provide free instructional advice to the girls. "Jason (Woodworth, Director of Golf at MCC) is wonderful," Robertson adds.

Assistant Coaches Mike Eustis and Tom Carr complete the foundation of the Campolindo Team. Their primary goal is to develop the younger players.

Aubrey believes that potential new players should consider the team because "...it's a fall sport, you will find an immediate group of friends," she says, drawing on her personal experience of meeting her co-captain for the first time at try-outs. Carr adds, "Expect to work hard...really hard, but most importantly you'll have fun."

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SPORTS LAMORINDA'S LOCAL SPORTS NEWS



SMC Volleyball Perfect in League

Gaels Defeat Santa Clara; San Francisco

By Caitlin Graveson

Volleyball in the West Coast Conference (WCC) is a roller coaster ride of competition. The level of play is so elevated that on any given day, any team has a chance to win. Last year the conference sent five teams to the NCAA post season tournament, the highest percentage of any other conference in the nation. This year three teams are receiving votes in the national polls.

Saint Mary's women's volleyball has managed to avoid the drops on this ride thus far. The Gael's remain perfect in WCC play, 4-0, and are climbing the national polls. The team is currently ranked #29 in the CSTV/AVCA Coaches poll. The Gaels are 12-3 overall with their only losses coming from #7 Stanford and two from #15 California.

Saint Mary's greatest strength is the fact that every player has the ability to rise to the occasion and lead the team. Head coach Rob Browning said, "We have a lot of weapons and on any given night, two or three girls can win it for us."

Saint Mary's returned all four of its players who garnered WCC honors last year; first team: senior middle blocker Megan Burton, junior setter Kapua Kamana'o, junior middle blocker Shannon Lowell; all freshman: Chanteal Satele. Outside hitter Megan York, 2007-2008 co-freshman of the year, is also continuing to make an impact.

In addition to their returning players, the Gael's have added two key freshman, outside hitter Lauren Corp and setter Missy White. Corp is leading the team in kills for the



Kapua Kamana'o (14)

Photo Tod Fierner

season and White is second in assists.

Last week Saint Mary's knocked off Bay Area rivals Santa Clara University and the University of San Francisco. The Broncos (10-6, 01) proved a challenge for Saint Mary's as the Gael's needed five sets to secure the win in their match-up on Thursday, October

8th. Senior outside hitter Lauren Jaeckel stepped up for the Gaels. Jaeckel led the team in 17 kills on the evening, three of which came in succession at a key moment in the final set giving the Gaels the lead.

The University of San Francisco was no match for Saint Mary's on Saturday, October 10th. The Gaels defeated the Dons in a sweep at their Dig Pink fundraiser. Saint Mary's recorded 66 digs in the match and raised over \$2,500 for the Sideout foundation. Many fans came from the surrounding community to support the cause by sporting pink. Browning said, "It's such a great event—everyone has been affected somehow by breast cancer or knows someone directly or indirectly...the nice thing about this event is that it gets people out to a match that they don't normally get to because they want to support the campaign against breast cancer."

Saint Mary's travels to take on #24-ranked University of San Diego (11-4, 3-1) on Saturday, October 17th.



Head coach Rob Browning

Photo Tod Fierner



Lauren Corp (above) recorded 12 digs against San Francisco Photo Tod Fierner



For up to date schedules see: www.smcgaels.com

Fri, Oct 16 WSOC San Diego Saint Mary's Stadium 3:00 PM
 Sun, Oct 18 WSOC Santa Clara Saint Mary's Stadium 1:00 PM
 Sun, Oct 25 MSOC Santa Clara Saint Mary's Stadium 2:00 PM
 Thu, Oct 29 VB Loyola Marymount McKeon Pavilion 7:00 PM
 Sat, Nov 7 WSOC Loyola Marymount Saint Mary's Stadium 1:00 PM
 Sat, Nov 7 VB Santa Clara at Santa Clara, CA 7:00 PM
 Fri, Nov 13 MSOC San Diego Moraga, CA 2:00 PM
 Fri, Nov 13 WBB Idaho State McKeon Pavilion 6:00 PM
 Fri, Nov 13 MBB New Mexico State McKeon Pavilion TBA

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From Dream to Team

SMC Waterski and Wakeboard Team Hosts Tournament

By Mikaela Cowles



Brian Detrick

Photo provided

The Saint Mary's Waterski and Wakeboard team was created from nothing, but the team's small beginnings are proving to be no indication of where they are headed.

Turning down multiple waterskiing scholarship offers, Brian Detrick enrolled in Saint Mary's in 2007 for the academic rigors. However, he has still managed to hold on to his dream of competing at the collegiate level. With a lot of hard work in the spring of 2008, Detrick became the founder and captain of the Saint Mary's Waterski and Wakeboard team.

Detrick has been successful at his sport since he got on the water. Detrick first competed at the age of four and by 1998 was ranked first in the U.S. Under-9 Boys 1 Slalom in the United States. In the 2009 Collegiate National All Stars, Detrick ranked sixth over all.

Slalom is a water skiing event similar to downhill skiing in which competitors must navigate a course

weaving in and out of buoys.

His slalom skiing reached a new level on September 11, 2009 when he competed in the Diablo Shores ProAM Waterski Tournament in Brentwood, CA. Taking "39 off," Detrick competed with 36 foot rope and scored an impressive one and half bouys at 36 MPH. This score qualifies Detrick as a Men's Open Division skier, raising him to the professional level.

The first Saint Mary's team Detrick put together was made up of three members. In one year it grew to 14. In a competition that is based on points, lacking team members makes success difficult. The team placed in the top five in all their tournaments but failed to qualify for Nationals. Now with 25 men and women, the team has Nationals in its sight. Detrick said, "The goal is to win. I know with us being a new team with lots of beginners it's tough, but we have been

taking on the challenge and been competitive with teams that have been around for over 20 years or so."

Adding her skills to the girl's line up is graduate student Kelly Bay. Having competed one year at Chico State University, Bay brings an added level of talent and experience to the water. Despite Bay's experience, the Gaels are primarily made up of members like freshman Gary Mancini, who has just begun skiing competitively. Detrick said Mancini's "a natural and a huge asset for the team."

On October 10th and 11th the Gaels hosted the Western Regional Collegiate Waterski Championships at Shortline Lake, in Elk Grove. This was the Gaels' first time hosting a tournament, which brought top skiers from the Western Region to compete in Slalom, Trick and Jump skiing. Thirteen teams competed in the event; the Gaels finished in 7th place.



Brian Detrick

Photo provided



Scott Westerhof

Photo provided

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Last Second Heroics Seals Victory

Acalanes defeats Las Lomas; Dougherty Valley

By Kevin D. Shallat



Acalanes defends against Las Lomas junior running back #5 Marquis Walters

Photo Doug Kohen

The Mike Ivankovich era has officially begun for the Acalanes Dons football team. The first year head coach jumped out to a fast start in league play on Friday, October 2nd, as the Dons hosted the Las Lomas Knights in their first league game of the year. Acalanes continued its winning ways on Friday, October 9th against Dougherty Valley. The Dons defeated Dougherty 21-14 and with the win improve to 3-3 overall and 2-0 in league.

The Knights looked poised to run away with the victory as they led 21-6 at halftime. However, the second half played out like a movie script for the Dons, as they came back to beat Las Lomas by one point, bringing the final score to 36-35.

Acalanes entered the game coming off a tough preseason in which they managed only one win, beating Justin-Siena 35-20, while dropping two.

Friday's regular season opener looked grim in the first half. The Dons managed only one score in the first half of this game, which came on a five yard run by senior runningback Bo McSwine, but the

Dons missed their PAT. The team was also given quite a scare when Acalanes senior tight end, Tommy Capello, was taken off the field with an apparent concussion. "Giving the thumbs up to his teammates and inspiring them to continue, letting them know it was okay, showed a lot of courage," said Ivankovich.

The Dons came out of the locker room a different team.

Senior runningback Tyler Malley returned the second half kickoff 36 yards, which set up a 64-yard touchdown run by McSwine. Seconds later, the Dons recovered the football on an onside kick from senior kicker Ben Ewing. The two runningbacks for Acalanes combined for 197 rushing yards on the game.

At the 10:34 mark in the third quarter, Acalanes' junior quarterback Michael Leamy converted their first pass play attempt of the game to junior wide receiver Lucas Levine. The play only garnered five yards, but it was enough for a first down and enough to get Leamy back on track. Leamy finished 5-13 for 61 yards, but it was his pass plays on third and fourth downs kept Acalanes alive.

Las Lomas increased their lead to 28-20 in the fourth quarter but Acalanes was able to tie the score on a fourth down pass play to senior tight end Mat Lewis in the right hand side of the end zone. Leamy went right back to Lewis in the same spot for the two-point conversion, tying the game at 28-28.

After Las Lomas runningback Marquis Waters scored a touchdown to give the Knights a 35-28 lead, the Dons were forced to try and tie the game with just over three minutes to play.

With 24 seconds to play, Leamy connected on a touchdown pass to Lewis. All the Dons needed to do was convert their PAT to take the game into overtime. Instead, coach Ivankovich decided to go for a two-point conversion. McSwine received the handoff and bulled his way straight up the middle for the two point score, and the one point victory.

When asked about the play call of the coach in the last few seconds of the game, Leamy said, "That's what I wanted the whole time. Everyone wanted that, and we knew we'd get it. There was nothing stopping us."



Acalanes' running backs, seniors Bo McSwine and Tyler Malley (pictured), combined for 197 rushing yards in the game

Photo Doug Kohen




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Women Hit the Jack Pot in Vegas

OCC Tennis Club Finishes Third at Nationals

Submitted by Riki Sorenson



Back: Laura Pagano, Linda Jones, Julia Bates, Miyuki Sheppard, Marianne Lehman, Linda Davidson, Sarah Loughlin, Susan Lundstrom, Sheila Eversole, Ayako Schaham, Blair Paige, front Sharyn Lawrence, Riki Sorenson

Photo Jen Pottheiser

Lamorinda women's tennis team captured third place at the United States Tennis Association (USTA) National Women's Team 4.0 Championships in Las Vegas on October 4. The tournament included sixteen other regional champions. The team competed for the first time in the tournament, besting 176 local teams to earn the berth.

The team, sponsored by the Orinda Country Club (OCC), has a roster of 26 players, thirteen of whom traveled to Las Vegas to compete for the national title. Players range in age from 28 years old to 60 years old.

OCC prevailed in its first three matches of the Nationals weekend with three 4-1 victories, to earn a spot in the final four.

Beginning at 7:30 a.m. on Sunday morning, they faced the Las Vegas team on their home turf, in extremely windy conditions. OCC battled, but lost 1-4. They turned around for a second match at 10:00 a.m. versus Michigan, winning 4-1 to earn third place.

During competition Marianne Lehman suffered a potentially career-threatening wrist injury, forcing her to captain from the sidelines. Another team member, Sharyn Lawrence, suffered from bronchitis and was sidelined as well.

"These are the women who paved the road so we younguns could compete. They got us through a pressure-packed series of play-offs, districts, and sectionals to make it to Nationals. It is not only

bitterly disappointing that they could not participate, but their absence weakened the team significantly," noted Julia Bates, a young mom and rookie on this year's team.

The team is captained by Lehman (Moraga) and Linda Davidson (Orinda), and coached by Brian Thomas of OCC. National's participants include singles players Riki Sorenson, Ayako Schaham, and Blair Paige, and doubles players Sarah Loughlin, Linda Jones, Susan Lundstrom, Sheila Eversole, Bates, Miyuki Sheppard, Laura Pagano and Lawrence.



Davidson (Orinda),

Lawrence, Loughlin, and Lehman (Moraga), considered "seniors" by USTA definition (over 50), have been playing recreational tennis for twenty years. This generation just missed the benefits of Title IX, but these women have cultivated their athleticism and competitive spirit out on the court.


The team also includes a "youthful" group of women (mostly in their 40's) who did benefit from Title IX, participated in high school and collegiate athletics and who now, after raising families, are re-starting their athletic careers through competitive team tennis.

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