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## Ten Challenges for your New Year

Cathy Dausman



Sunrise over Lamorinda Photo Andy Scheck

The sun has risen on a brand new year - you've been given a clean slate, and a chance to make good on your best intentions. Here come the resolutions - fast, furious and often futile. Diet. Exercise. Clean clutter. Read more. Learn a new skill. Really... haven't we heard it all before?

Let's consult Time magazine's list of most-forgotten resolutions, and tackle them all without leaving Lamorinda:

### 1. Lose weight

To lose weight, eat less (see #4) and exercise more. For exercise, get outside in Lamorinda. Hike Briones Trail, Mulholland Ridge, run the Rez, or bike the St. Stephen's or Lafayette Moraga Trail.

### 2. Quit smoking

With California's "spare the air" attitude, it's tough to even find places to smoke nowadays. Smoking is banned in most public places, including state and county owned buildings and vehicles. If you're caught smoking where you shouldn't, fines are \$50 to \$200, and repeat offenders are subject to \$500 fines. You may as well give it up now, and get a head start on item 5.

### 3. Learn something new

Take a class, for love of learning. Read something written by a local author. Head to lectures or performing arts presentations at St. Mary's College, or by Orinda's Starlight Players or Cal Shakes; attend a California Independent Film Festival showing or a live play at Lafayette Town Hall Theater. Enroll in a Lamorinda community center class. You could learn to play the ukulele, speak a foreign language, take an outdoor exercise "boot camp" or cook something new.

### 4. Eat better/diet

What better way to do that than by treating yourself to fresh produce at one of Lamorinda's weekly farmer's markets. In the bargain, you get fresh air and a chance to socialize. Lafayette Farmer's Market runs May through September, Thursday, 3:30 to 7:00 p.m., in the Plaza, Mt. Diablo Blvd. and Moraga Road. Orinda Farmer's Market in Orinda Village runs April through November, Saturday, 9:00 a.m. to 1:00 p.m. Both are Contra Costa County Certified Farmer's Markets. The Moraga Farmer's Market is a member of the California Farmer's Markets Association. The market runs year round on Sundays, 9:00 a.m. to 1:00 p.m. out of the Moraga Shopping Center.

### 5. Get out of debt/save money

Pocket that BART fare when you casual carpool to work! Run errands around town on bike and save gas. Shop for

gently-used clothing and household goods at local stores. Find a good read at a fraction of the cost at the Lafayette, Moraga or Orinda Friends of the Library used book store.

6. Spend more time with family

Explore items 3, 8 and 9 with them.

7. Travel

It's nice in Lamorinda, so take a "staycation" instead. Eat out locally-your choice of American cuisine, or Italian, Thai, Chinese, Japanese, Mexican, French. Find a new neighborhood and explore it on foot. Travel back in time by visiting your community's historical society.

8. Be less stressed

Walk the dog. Play like a kid at a park, playground or trail. Grind, carve or perform ollies at a skatepark. Play like an adult with a round of Petanque or Bocce on local courts. Play disc golf. Watch a free outdoor movie or attend a concert in the park during summer, or splash around in a high school swimming pool.

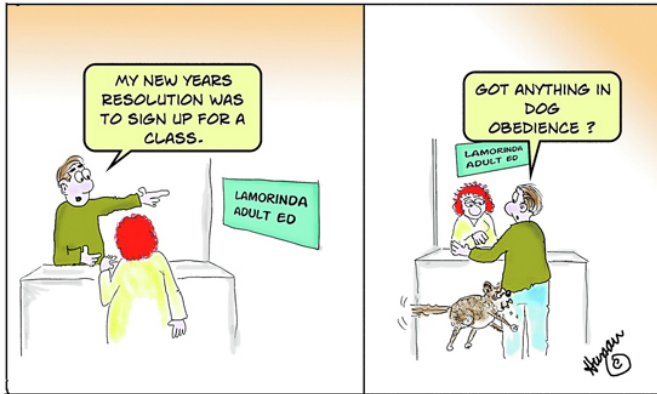
9. Volunteer

Give your time and talent to a local school - it's what makes Lamorinda consistently great. Give blood, drive seniors to appointments, make or deliver meals, teach a skill or craft and help others learn something new. Join your neighborhood watch, work with scouts, or help out at community events.

10. Drink less

Dare we say that in an area with up and coming vineyards? Instead, let's just say drink discerningly, and substitute quality for quantity. Keep it local. It goes without saying to keep it legal too-don't drink and drive, and don't let others do that either.

There's your list. Pick a favorite or tackle them all, and get back to me in 365 days (2012 is a leap year). I'll be the thinner, non-smoking, erudite, eating-right, debt-free, fun-with-family, Lamorinda-travelled, stress-free, light-drinking volunteer you'll see around town!



### Lamorindans Resolve for 2012

Compiled by Cathy Dausman



In the photo:

Couples from Lafayette and Walnut Creek celebrate New Year's Eve at the Round Up. From left: David Jordan resolves to, "Be better to my wife;" Stacey Robbins' (his wife) resolution is, "To be the best Maid of Honor to my sister;" David Huddleston resolves to "Conquer Skyrim;" while fianc? Kelly Robbins vows to, "Plan my wedding!"

Here is what some other locals said when asked about their own New Year's goals:

Fix Orinda's Roads in 2012! Victoria Smith, Orinda

My New Year's resolution is to go horseback riding where ever my travels take me. Nancy D. Brown, Lafayette

Keep the history of Lafayette alive and available to our community. Mary McCosker, Lafayette

I'm going to give up eating h?karl (fermented shark) in 2012. Erik Olafsson, Canyon

In 2012 I resolve to not drink caffeine on City Council meeting nights! Michele Olsen, Orinda

My resolution is to establish mindfulness in my day-to-day life... and have more fun too! Sophie Braccini, Moraga

Tough...hopefully my dentist will read this --- floss more, more concerts, slightly fewer cookies. Cathy Tyson, Moraga

To laugh and dance more! Laura Zucker, Lafayette

Mine is to travel back East to reconnect with my cousins. Laurie Snyder, Orinda

A healthier life style. Doug Kohen (Lamorinda Weekly photographer)

I'll stop swearing like a sailor. Martina Cistaro, Moraga

I want to start going to yoga again on a regular basis. Wendy Scheck, Moraga

My New Year's resolution is to not make any resolutions to exercise more or lose weight.

I might actually be able to keep this one. Barry Hunau, Lafayette

My New Year's resolution is to be more technologically savvy. I need to keep up with generation Y! Todd Skinner, Lafayette

I resolve to use alternate modes of transportation in 2012-I will try to walk and ride my bike more rather than drive my car. Dennis Rein, Lafayette

I vow to sweep the clutter from my life...in my office, closets and cupboards. The Oakland Museum White Elephant folks will be glad to see me coming on donation days! Patti Witalis, Orinda

I'm not a New Year's resolution kinda guy. I haven't made a resolution in over 30 years. I just try to live and enjoy a good life, it is sooo short; to be fair and honest with all my friends and to whomever I meet... Rob Omo

May I remember that 'the older I get the faster I was!' May I forget the speed at which I now propel myself is fast approaching 'the speed of dark.'" John Fazel, Orinda

To read more and walk more on Lamorinda's many trails. Ginger Wadsworth, Orinda

Be quoted more in the local paper. Mason Walters, Lafayette

Reach the reporter at: [cathy.d@lamorindaweekly.com](mailto:cathy.d@lamorindaweekly.com)

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