

# LAMORINDA WEEKLY

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Wednesday, July 25, 2007



Photo by Andy Scheck

## Orinda's Saturday Market

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### Food Scrap Recycling – Giving Back to Nature

By Sophie Braccini

The Contra Costa County Solid Waste Authority will launch a Food Scrap Recycling program in Lamorinda on September 1st. For Bart Carr, composting is second nature. In his Lafayette home the practice allows him to turn food scraps into rich soil amendment for the family garden. Carr is also the Composting Program Coordinator for the Contra Costa County Solid Waste Authority and has been conducting classes and interviews on the subject across Lamorinda.

The goal of the Food Scrap Recycling Program is to reduce the waste that goes to our landfills and to further incorporate sustainability into our way of life. Residents can collect their food scraps and paper items in small kitchen containers ("pails") provided by the CCCSWA and then transfer the materials to their Green yard waste carts for the usual

weekly collection. Carr has held classes and meetings with Homeowners Associations and the general public to determine which kitchen container would be most user-friendly for the community. The "Norseman Kitchen Container" was chosen by a majority of residents because it closes tightly, avoiding odors. Coming this August, you'll find your new container perched on top of your green recycling cart with a User's Guide inside.

You'll be able to recycle all of your food waste, including fruit, vegetables, breads, cereal, dairy, meat (even bones), coffee grounds/filters, tea bags and food-soiled paper products (e.g. towels, plates, napkins, pizza boxes and lunch sacks). Items that cannot be composted are plastics, glass, metal, liquids and pet waste. ...

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Bart Carr empties the pail in the green yard waste cart

### Old Friends, New Records at Lafayette City Swim Meet

By Kevin D. Shallat

Aside from the raucous atmosphere and the life sized trophies, swimmers were competing for bragging rights for the city at the annual Lafayette City Meet on Saturday and Sunday, July 14 and 15 at Acalanes High School. The atmosphere was electric as swimmers from Las Trampas, LMYA, Oakwood Athletic Club, Rancho Colorados, Springbrook, and Sun Valley Swim Team competed against their friends, teammates, and classmates.

Springbrook captured the most high point trophies over the weekend, accounting for eight of the potential 13 individual high point trophies. Springbrook's impressive trophy count helped secure first place for overall points in the Lafayette City Meet, finishing with 786.5 points. Coming in second place was Rancho Colorados, with 454.5 points. Sun Valley secured third with 384.

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### Race Day Lafayette

By Mike F. Foley

For me, nothing quite compares to the speed and exhilaration one feels racing bicycles at top speeds.

At 38, with nine races under my belt this season, it's been almost six years since I've considered myself a competitive road racer, though I'd never stopped riding.

I'm registered for Pro 1/2 category in the third annual Lafayette Criterium, where some of the top racers in the state will be competing. With a DNF (did not finish) in both of the last two races at Davis and San Rafael respectively, I am due for a decent placing this day.

Straddling my bike waiting for the start, grouped together with 47 other spandex-clad athletes, I am feeling those familiar pre-race jitters. Glancing around, I recognize some good riders and some very strong sprinters. Everybody always looks 'fast' on the start line.

My whole family is here: it's the first time my young nephews Shane and Brice will see me race. I wanted to make a good showing. My brother-in-law Pat, a long-time runner, says, "You guys look like you're just pedaling around out there. Why don't you just go out and win?"

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Mike F. Foley

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