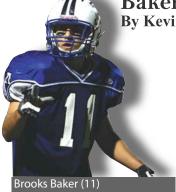
## Baker and the Dons on a Roll, Take Down Mats By Kevin D. Shallat



In a Lamorinda DFAL show-down, the Miramonte Matadors came to Lafayette last Friday to take on the Acalanes Dons. After both teams built momentum coming off the previous week's wins, Acalanes moved to 2-1 in league play, and Miramonte dropped to 1-2, after the Dons defeated the Mats, 26-14.

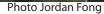
Miramonte started this game with an impressive offensive drive. Quarterback Trevor Boswell had a couple of nice passes to fullback Grant Hyjer, which set the Matadors up for an easy scoring opportunity, but a costly turnover prevented the Mats from scoring. The Dons took advantage, and with forty five seconds left in the first quarter, Acalanes quarterback Robbie Pestal threw a fade pass to wide receiver Evan Howard for a touchdown.

Wide Receiver Brooks Baker and running back Tyler Malley showed why they are an invaluable duo to this team. The Dons broke out to a 14-0 lead on a nice 11-yard Pestal pass to Baker, who promptly broke a tackle as he scampered down the sidelines for a long touchdown run.

"The running game really opened up the passing game for us," Baker said. Miramonte halfback Kevin Paulsen was able to put the Mats on the board as he took a handoff from Boswell, hit a wall of players, then redirected his run to score a touchdown - the Mats' only score of the half. With twenty five seconds left before half, Acalanes sophomore sensation Malley took a handoff from Pestal and turned a tough run into a touchdown, as the Dons scored their third touchdown of the night, before missing the PAT, and



Brian Maxson waits for Acalanes to snap the ball





Dons running back Tyler Malley makes the catch Photo Jordan Fong

headed to the locker room with a 20-7 edge at half time.

The Matadors charged back in the second half by scoring their second touchdown of the night on a 14-yard pass from Boswell to wide receiver James King to narrow the score to 20-14. This was

the perfect opportunity for the Mats to stage a comeback. The Mats were finally able to limit the running attack by Malley, but the Mats were unable to get to Pestal, as he continued to get rid of the ball within a few short seconds. Baker was able to score his second

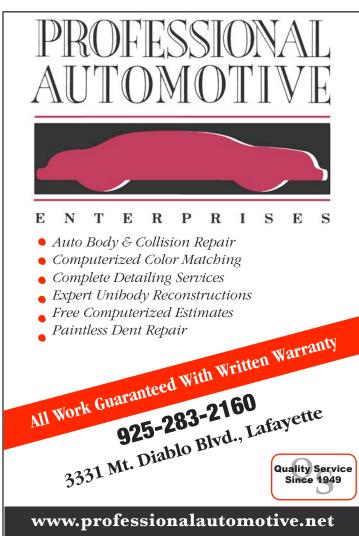
touchdown of the night on a 15-yard touch pass from Pestal which was caught in the far left corner of the end zone, bringing the score to 26-14.

Shortly after a big sack by Acalanes defensive end Hunter Hewitt, Miramonte quarterback Boswell went down near the Miramonte sidelines with an apparent knee injury. After Boswell went down at the 4:09 mark of the third quarter, Miramonte could only preserve the current score, as they were down to their third string quarterback.

Baker and the Dons continue to throw up big numbers in their two-game win streak. With two touchdowns in this game, Baker now has six touchdowns in the last two games.

"Our shortest receiver is 6'3," said Acalanes Head Coach Randy Takahashi. "They're not just big kids, they're athletic and smart, and they run great routes, and they work extremely hard."







"Within an eight-week period, I lost 22 lbs and eliminated my type- 2 diabetes," says Bill Rudolph.



Bill Rudolph

I am a 52 year old guy that came to Sheena weighing 208 lbs, which is too much for my 5 ft 10 in. height. I had a big gut with a 37 inch waist. I had recently been to the doctor and had been diagnosed with type 2 diabetes based on a triglyceride level of 379 mg/dl and a glucose level of 115 mg/dl. Given this information my wife and I decided to try the Living Lean program.

We began spinning classes two to three times a week, personnel training twice a week and riding our road bikes or skiing on the weekends. We changed our entire eating habits in accordance with Sheena's guidance.

Within an 8 week period, I lost 22 lbs and reduced my waist size to 33 inches. My recent blood tests indicate that I have eliminated the type 2 diabetes issues with a triglyceride level of 150 mg/dl and a glucose level of less than 100 mg/dl. I feel better than I can ever remember. I feel strong, energized, and have an overall positive attitude. My wife has had similar positive results, and it has been very reinforcing to do the program together.

Thank you Sheena!

Call Sheena at **(925) 360-7051** For More Information Space is limited so call today!