

Campolindo Records Big Win over Hoversten and the Dons

By Kevin D. Shallat



Campo Water Polo and Coach

Photo provided

Campolindo played host to the Acalanes Dons in water polo on Wednesday, September 26, with Campo holding on in this match to defeat USA Cadet National player Nick Hoversten and the Dons, 7-6.

With the Cougars plan to assign Andrew Melton to defend Hoversten, Melton stepped it up and then

some Wednesday night. Not only did Melton hold Hoversten to one goal in the game, but he recorded five of the Cougars' seven points in the match. One of the goals was scored from two meters out. Despite the impressive five goal output for Melton, it was his defense of Hoversten that appeared to make the difference in this game.

Campolindo senior Matt DeTrane had the other two goals for the Cougars.

Acalanes dug themselves into a big hole early on in the match, as they were unable to get the offense into gear, scoring only one goal in the half. But with the score a mere 4-1 at the break, the Dons had ample opportunities to come back. Campolindo Goalie TJ Barni had a lot to do with the low score in the first half, as he had a number of good stops in front of the net. Acalanes sophomore Morgan Kennedy was able to record a goal against Barni, and agreed that Barni and the Cougars were playing at the top of their game.

"I think we had 11 for 27 shots on him tonight, so we're going to have to step it up next time," Kennedy said.

In the second half Acalanes did a nice job of spreading the offense, getting goals from five different players in the game, including two goals from senior Blair Ridings. By spreading the offense, this took some of the pressure away from Hoversten, who

did have one goal on the night. It was clear that the Dons took this approach more out of necessity, as they would have preferred to have more of the offense run through Hoversten.

In the fourth quarter the Dons were able to surmount an exciting comeback by scoring three goals in the fourth quarter. In the end though, the Dons ran out of time, falling to the Cougars by a one goal margin.

"This was a close game all the way through, they were clawing back," said Campolindo Head Coach Ray Meadows. "The accolades go to Acalanes."

Campo moves to 9-1 on the season, and 2-0 in league play. In turn, Acalanes fell to 7-4 on the year, and 1-1 in league play.

Sharp Bicycle

- Road Racing • Road Touring
- Comfort Road • City Bikes
- Bike Path • Cruisers
- Womens Specific

Save
BIG

All Current
TREK Madone
Carbon Road
Bikes on Sale

Full Service Bike Shop:

- Repairs, Tune-ups
- Cycling Apparel
- Shoes, Accessories

- Gary Fisher
 - Trek Womens Specific
 - Ellsworth - Co-Motion

969 Moraga Rd. Lafayette in La Fiesta Square
284-9616 • M-F 10-6, Sat 9-6, Sun 12-5
www.sharpbicycle.com

PROFESSIONAL AUTOMOTIVE

E N T E R P R I S E S

- Auto Body & Collision Repair
- Computerized Color Matching
- Complete Detailing Services
- Expert Unibody Reconstructions
- Free Computerized Estimates
- Paintless Dent Repair

All Work Guaranteed With Written Warranty

925-283-2160

3331 Mt. Diablo Blvd., Lafayette

Quality Service
Since 1949

www.professionalautomotive.net



The Living Lean Weight Loss Program

"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!