

LAMORINDA WEEKLY

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Wednesday, October 3, 2007



A joyful youngster takes off at a gallop to greet a friend emerging from a car that has just pulled into the nearby parking lot. The pair tussle and race around the park for an hour or so, frequently distracted by the arrival of a new playmate or the opportunity to play a little ball. People from all over Lamorinda mingle and chat, some holding cups of coffee close to ward off the nip in the morning air. Shortly before 9:00am the call goes out, "Time to go!" The more obedient leave without complaint. Some, however, simply flop down on the ground and refuse to budge.

If you guessed kids or mules, you're getting warm.

If you're a dog owner, chances are you know where and by whom this scene is played out, in infinite variation, nearly every reasonably dry morning and evening of the year. Rancho Laguna Park in Moraga is the place for your pooch to see and be seen by dozens of the playfully inclined.

David is at the park this morning with his 9-month old soccer-playing Fox Terrier, Bella.

... continued on page 7

A Dog's Life

By Lee Borrowman

Lafayette Residents Help Define Vision For Downtown At Workshop

By Cathy Tyson

About 100 people gathered for the first Community Workshop as part of the Strategy for Downtown Lafayette at the Community Center last week. The purpose of the Strategy is to guide Lafayette so that it remains true to its past and still progresses forward.

Wallace Roberts & Todd (WRT) the consultant firm selected for the task has sent out surveys to all residents and businesses in Lafayette.

This is a many-phased project, anticipated to take about 18 months to complete, funded by Lafayette Redevelopment Agency funds. By California state law these redevelopment funds cannot be used for road repair, schools or police services. Right now WRT is working on Phase I - define issues and visions. To that end there have already been three meetings of the Citizen's Advisory Committee and WRT will continue to meet with them as they move forward.

Jim Stickley, Principal in Charge and Team Leader for WRT addressed and guided the workshop. First WRT looked at existing factors and analyzed them. Understanding physical land use like parcel size and ownership patterns, natural factors and open space and how they contribute to downtown's character, like building setbacks, parking locations, ground floor transparency and landscape character.

As an example of looking at what's already in town, he received an audience chuckle with "Lafayette has the nicest Jiffy Lube in the country." Continuing, "what cues can we take from existing automotive uses?"

A transportation specialist explained the firm took traffic counts and looked at parking patterns on a Friday afternoon. They differentiated between morning, late afternoon and mid-afternoon peak congestion times.

Another presenter spoke about the city's demographic profile, in a nutshell, "Lafayette is affluent, family-oriented with an older more highly educated population." WRT will look at downtown multi-family housing, residential development opportunities and especially mixed-use development.

Workshop members were asked to consider three questions, first, as the downtown continues to mature what type of uses should be incorporated. Second, are there key street segments or zones that need a different land use, and third, will tomorrow's downtown be able to serve the needs of future downtown residents?

Attendees were asked to brainstorm goals for downtown improvement, prioritize their top three goals, and indicate where actions should occur to achieve these prioritized goals. Every large cir-

cular table had a huge map and a collection of colored markers to note suggestions. A WRT facilitator helped each group stay on topic and encouraged considering what to do with the east and west ends of town.

At the end of the evening, table representatives came to the podium to summarize their top three findings.

One table suggested increasing mixed-use development downtown, increasing public gathering spaces, specifically turning La Fiesta Square into a pedestrian piazza and finally enhancing creeks and pedestrian walking trails, making them safer.

Tablemate Ruth Sechler, a 34-year resident of Burton Valley noted, "Lafayette is a wonderful place to live with terrific citizens who care."

... continued on page 2



Joe Garrity, Erling Horn and Bob Russell attend Lafayette Community Workshop Photo Cathy Tyson

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Brave New World of On-line School Registration

By Cathy Tyson



OIS Principal Michael Randall

For parents frustrated with waiting in lines, writing numerous checks and filling out countless forms for school registration, there is a better way, and you can find it throughout the schools of Moraga and at Orinda Intermediate School (OIS) as well as Del Rey Elementary. "Its better, faster, cheaper, more efficient, and more environmentally-friendly," says OIS Principal Michael Randall.

The initial idea came from Miramonte High School. Like Miramonte, OIS is using LogiForms for data entry and RevTrak to handle the financial aspects of

the process.

Going paperless is a significant change. OIS had a committee to help transition from paper weekly and monthly newsletters to email. "It seemed like a natural evolution to start to add the registration process," reflects Randall.

Imagine 900 students, each with a packet of 30 - 40 pieces of paper. Much of the paperwork was redundant, the same information on multiple forms. Now its much simpler, all the forms come up online, already pre-populated with family name, address, student number. Parents can fill out the forms, and pay for yearbooks, lunches, T-shirts and sports fees all from the comfort of their own homes on just one website.

"The Orinda community was ripe for this kind of revolution, almost all families have computers, many families are already familiar with on-line purchasing." He continues, "The changeover couldn't have been done without the assistance of parent volunteers. Without their help, there's no way they could have made the switch. The Dis-

trict gave tremendous support, guidance and advice as far as developing the tools and uploading their information."

Without question, the new system is much more secure. Secure Sockets Layer software provides security for the OIS system, encrypting information and using firewalls. The old way, although supervised by school personnel, had up to a hundred volunteer parents handling student and family information. Now individuals have their own user name and password. Only about half a dozen school employees have access to confidential information. So far they have had no breaches of security.

Managing the old way with a paper-based system was inconvenient. For example, consider the number of kids purchasing yearbooks; accounting for the checks, making deposits, it used to take two weeks to sort out. Now it's done in minutes, according to Randall.

Even for families without a computer, OIS makes available 20 of their laptops for parents to use the system at school.

The PTA's of all the Moraga Schools

make electronic registration happen. Rheem Elementary was first, then Camino Pablo, then Los Perales, and Joaquin Moraga started just this year.

Erin Bydalek, the PTA President of Joaquin Moraga Intermediate School, said, "this system is so much faster. The reason we went online was primarily for our own database needs, especially for hot lunch." It saves countless volunteer hours when parents can input their child's lunch order, versus manually having volunteers key in each child's choices and keep track of the money.

Marcia Holbrook, the Financial Secretary of Camino Pablo (CP) Elementary School PTA says by going to a web-based registration they were able to free up countless volunteer hours so they could funnel that time and energy into the school auction, which in turn raised thousands of dollars for the school. At CP each of the 400 students had a 40-page packet; that works out to 16,000 pieces of paper each fall. "We are able to access our information easier and sooner, track changes and be more green," notes Holbrook.

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Lamorinda Community, Calendar, Agendas, Notes, News

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, Oct 9	
Monday, Oct 22	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, Oct 4	
Thursday, Oct 18	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, Oct 9	
Tuesday, Oct 23	
Park, Trails, Rec.	7pm
Community Center 500 St Mary's Road Wednesday, Oct 10	
Circulation	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, Oct 15	
Emergency Prep.	9:15am
City Offices 3675 Mt. Diablo Blvd. Suite 265 Wednesday, Oct 10	
Senior Services	3:30pm
Community Center, Alder Room 500 St Mary's Road Thursday, Oct 25	
check online: Town of Lafayette: http://www.ci.lafayette.ca.us for: • all meeting notes • calendar updates Chamber of Commerce: http://www.lafayettechamber.org for: • local businesses • upcoming events	



Agency Assist, 9/27/07 Lafayette police assisted U.S. Marshall in apprehending a suspect on an outstanding warrant on Stanley Boulevard, near Acalanes High School. Undercover Lafayette police fooled this reporter, they looked like bad guys.

Would you like some fries with that?, 9/23/07 Unknown suspect entered Flipper's restaurant on Moraga Road via side hallway. Suspects removed the entire cash register with approximately \$500. inside as well as a Dell laptop computer. Unfortunately there were no suspects or witnesses.

Bike Theft, 9/15/07 Homeowner's son left his bike in front of their Brookdale Court home. No one heard or saw anything, a white Ironhorse Maverick 24 speed mountain bike was taken.

Bike Theft, 9/13/07 Two expensive bicycles were stolen from a Betty Lane residence. One was a black Trek 5.1 Madone road bike valued at \$2621., the second was a Fisher Sugar 2 mountain bike, valued at \$1823.

Measure J – Parcel Tax Redux

By Cathy Tyson



From left, Elizabeth Domagalski, Teresa Gerringer and Mary Newman, Yes on J Co-Chairs

Measure J is on the upcoming Lafayette November 6th ballot to renew the current parcel tax, which is set to expire in June of 2008. According to the District, "Revenue does not keep pace with the cost of maintaining our current programs. This is due to inadequate state funding, declining enrollment and increased cost of providing programs." The \$313 proposed tax includes a provision for a three percent annual cost of living adjustment along with an optional exemption for seniors 65 and over, who own and occupy a residence within the school district.

If passed, the money raised from the tax would go toward maintaining small class sizes, retaining quality teachers, improving science and writing instruction, purchasing textbooks and equipment for computer and science labs, and finally maintaining updated technology in the classroom.

Voters first passed a parcel tax in 1992; it was renewed and increased in 1999 to \$132. As it stands now, Lafayette has one of the lowest parcel taxes in the state. It's above Walnut Creek School District, which taxes \$82 per parcel, but significantly below Piedmont Unified School District at \$1,559 per parcel. Measure J, if passed would put Lafayette in the ballpark with the Moraga parcel tax of \$325 and Orinda at \$385.

"I believe everybody benefits from a strong public school system, therefore I think it's in the best interest of the entire Lafayette community to partner with our local school district by approving Measure J, which will ensure stable, locally controlled funding for schools,"

says Mary Newman, Co-Chair of Yes for Excellent Schools. For more information, go to www.yesforexcellentschools.net.

It might surprise some Lafayette residents to learn that the state allocation of per pupil spending in the Lafayette School District is the 16th lowest of the 18 districts in Contra Costa County.

Today only 14.5% of local property taxes paid by Lafayette homeowners goes to the school district. Prior to the passage of Proposition 13, 51% of property tax dollars in Contra Costa County went to school funding. This coupled with declining enrollment help explain the financial situation of the Lafayette School District.

Since 1978 when Proposition 13 passed, school districts across the state have felt its ramifications. First and foremost, it requires a 2/3 majority to pass any local parcel taxes. Getting 66% of voters to agree on anything is quite a challenge. Equally daunting from the school district's point of view are the limits on property taxes. This held property tax rates to 1% of the assessed value of a home and a 2% cap on annual assessment increases.

"100% of the money raised from Measure J will serve our students," says Dr. Frank Tom, the Superintendent of Schools.

Those in favor of No on J argue that Measure J is an "unwarranted new tax increase." They represent, according to their website, a grass-roots, out of pocket effort to promote fiscal common sense and responsible school-district budgeting. For more information, go to www.NOonJ.net.

Calling All Deadheads

By Cathy Tyson

On October 19, the Town Hall Theatre will host a special evening to remember Brent Mydland, former Lafayette resident and keyboardist for the Grateful Dead. Workingman's Ed, featuring Stu Allen and Pat Nevins will be performing the music of the Grateful Dead. Doors will open at 7:00, patrons are invited to enjoy a refreshing



adult beverage at the full bar while checking out the silent auction of Dead memorabilia. The evening will include a ceremony to unveil the acrylic portrait by local artist Jeanette Baird of Brent Mydland that will hang permanently in the lobby of the Town Hall Theatre. Money raised will go toward the historic Town Hall Theatre.

The lobby and theater will be transformed care of Judy Hayman of Peek Experience and Jim Olmes. Tickets are on sale now for \$45 at the Lafayette Chamber of Commerce, 100 Lafayette Circle, or you can charge by phone (925) 284-7404.

Tickets will not be sold at the Town Hall Theatre. Management would like to gently remind attendees that no smoking of any kind is allowed at the theater.

Lafayette Residents Help...

... continued from page 1



Bill and Joanne Robbins attend the Lafayette Community Workshop
Photo Cathy Tyson

Other tables had similar, yet slightly different concerns. One group suggested 1) define and develop the center of town, 2) redefine and develop smaller areas for peace and pleasure with fountains, trees and benches and 3) make Lafayette more pedestrian friendly with a free shuttle.

Another table wanted to 1) define mixed retail and housing – at a maximum of three stories tall, 2) have more gathering spaces – specifically La Fiesta Square and 3) beautify creeks and walkways.

Finally another table decided to 1) work on the aesthetics and give downtown more of a Danville like feel, 2) traffic concerns – have easy and convenient places to park, and 3) pedestrian access with new walking trails to follow creeks.

There will be more community workshops in the future; residents are encouraged to attend.

Senior Needs Survey: Ok to Find Funding

By Cathy Tyson

At the September 24th Lafayette City Council meeting, the Mayor and City Council Member's authorized the Mayor to appoint a task force to pursue funding to commission a senior needs assessment. Ruth McCahan, Senior Services Commissioner, argued for a survey to look at the needs, interests and behaviors of seniors in the community. With the oldest Baby Boomers turning 60 last year and a significant proportion of Lafayette's population aging in place, there are specific needs of this distinct group that could be addressed by the City.

Ms. McCahan was looking for funding for a consultant to do a report on the demographics of seniors and to define the gap between what area seniors have and what they need. The City Council thought it was a good idea, especially in light of the current strategic survey.

City Council members advised Ms. McCahan to keep an open mind about finding funding sources or community resources to help defray the cost.

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Lamorinda Community, Calendar, Agendas, Notes, News

Moraga

Calendar	
City Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo Wednesday, Oct 10	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, Oct 15	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Tuesday, Oct 9	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive Tuesday, Oct 16	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, Oct 12	
Chamber of Commerce	8am
Terzetto's Cuisine Moraga Shopping Center Friday, Oct 26	
check online: Town of Moraga: http://www.ci.moraga.ca.us for: • all meeting notes • calendar updates	



Safe Not Safe, 9/22/07 Unknown suspects pried open a side door at Gourmet Glazed Hams in the Rheem shopping center. Suspect(s) removed table top safe, nothing else was taken or disturbed. Fingerprints were obtained.

Loud Party, 9/22/07 Report of a loud party in the area of Thune Ave. and Larch Ave. Officer heard loud noise, and noticed about 20 cars near a residence on Thune. When officer contacted the resident, the party guests started to leave.

Car Theft, 9/21/07 An individual parked his 1998 Mercedes SUV along St. Mary's Road at approximately 8:40 in the morning. The car was locked, but the driver left the ignition key on top of the rear wheel while he took a walk. When driver returned about 10:00 the car was gone. He walked home and called the police.

Medical Assistance, 9/17/07 Police responded to an apartment on Ascot Drive to check on a 66-year old resident who had not been seen for two days, which was unusual for her. The apartment manager opened the door, the resident was found laying on her back in an upstairs bedroom. She was unresponsive, and her breathing was shallow. Emergency medical personnel took her to Kaiser.

Town May Ease Second Living Unit Restrictions

By Steve Angelides

The Town Council has asked the Planning Commission to look into easing the Town's second living unit restrictions to allow more affordable housing.

Under the current restrictions enacted in 2003, no second units have been allowed and only two units have been proposed. Architect Michael Carradine told the Council that he proposed one unit for himself and one unit for a client, but that both were built as guest houses instead because they could not meet the strict requirements for second units.

Carradine said that guest houses do not have a stove and do not count toward the Town's required number of affordable housing units. "The Town has effectively shot itself in the foot by this very restrictive process," Carradine told the Council.

Carradine spoke at length about how he thought the restrictions should be eased. He suggested the maximum size of a second unit be raised from 750 to 1200 square feet. He also wants the limitation of the second unit to 25% of the area of the main unit lifted. "The Town shouldn't reward larger houses with larger second units," he explained.

Carradine said second units taller than 19 feet or above a garage should be allowed in some cases. He suggested that decks be allowed as part of the overall square footage.

Carradine said that if a second unit is 50 feet from the neighboring property, the windows should not have to be five feet high. "That's enough space to protect privacy," he said. "Having windows at five feet is an abuse of the person living in the second unit."

Carradine suggested that the requirement that the owner occupy one of the units be lifted, so both units could be rented. He also wants the parking requirements for second units eased.

Planning Director Lori Salamack said the current restrictions were enacted in response to a state law mandating a process which would allow a second unit without the exercise of any discretion. With no previous experience with such a process, Salamack explained that the Town was concerned about protecting the neighbors, "so we had to put every rule we could think of in our ordinance." Salamack said that based on Orinda's experience,

allowing discretion in approving second units should result in more second units.

The issue was put on the agenda at the request of Councilmember Ken Chew. "Our ordinance is not very friendly compared to Orinda's," Chew said. "I like the idea of allowing the Design Review Board and the Planning Commission to use discretion," he added. "If we do that we'll have a better distribution of affordable housing and a better show of good faith," Chew explained.

Chew and Salamack agreed that by producing more second units Moraga would show good faith progress toward its allocation of affordable housing. Salamack also said that if more affordable housing was distributed throughout the Town in the form of second units it would ease the pressure for more concentrated development.

Earlier this year the Council voted 3 to 2 to study up to 720 housing units in the Moraga Center specific plan area. For Chew, who was on the losing end of that bitterly divided vote, second units may be another means toward his end of fewer units in the specific plan area.

Movie Night at the Commons



The Town of Moraga and the East Bay Regional Park District are sponsoring the movie "Dreamer" on Saturday night, October 6th at the Moraga Commons Park.

"Dreamer" is based on a true story and features Kurt Russell and Dakota Fanning. Russell is a down-and-out horse trainer who is given an equally broken down horse. Fanning's goal is to win the Breeders' Cup Classic. This movie is directed by John Gatins and rated PG for brief mild language. This event is free and for the whole family. "Dreamer" will start at approximately 7:30pm. Bring your blanket and short lawn chair and enjoy this great family movie. The concession stand will be open for your convenience.

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Lamorinda Community, Calendar, Agendas, Notes, News

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, Oct 16	
Planning Comm.	7pm
Sarge Littlehale Conf. Room City Hall, 22 Orinda Way Tuesday, Oct 9	
Park & Rec Comm.	7pm
Community Center Room 7 28 Orinda Way Wednesday, Oct 10	
Hist. Landmark Comm.	3pm
Gallery Room, Upper Level 26 Orinda Way Tuesday, Oct 23	
Liaison	8:30am
Community Room at City Hall 22 Orinda Way Monday, Nov 5	
check online: Town of Orinda: http://www.ci.orinda.ca.us/ for: • all meeting notes • calendar updates	
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Orinda Grove Development Rounds the Final Lap

A mix of housing, community recreation, open space, and offices for a harmonious transition between Downtown and Orindawoods

By Andy Scheck



The map above illustrates the site; the old and new location of the ball park, OUSD office, new retaining walls and also the position of the new access roads Graphic Andy Scheck

In December 2003, JFK University at 8 Altarinda Rd. closed its doors and about 1,400 students left empty classrooms. Three months ago the City of Orinda moved out of trailers and into its new building at 22 Orinda Way, leaving an empty site behind. Only the nearby ball park is still in use by a variety of softball, baseball, soccer and other teams several times per week, but the field is no longer in prime condition.

Housing developer Pulte Homes, a Michigan-based company with an office in Pleasanton, presented last week the revised design for the 73 unit (65 detached and 8 attached) development named Orinda Grove to the Planning Commission. Scott Pacheco from Pulte presented the main elements of the projects and Shannon Allen, Project Manager with LSA Associates,

which prepared the Environmental Impact Report (EIR), explained the draft EIR.

Orinda Grove, located on 8 Altarinda Rd, encompasses 14.2 acres. 11.1 acres are currently owned by the Orinda Union School District, which will keep 0.4 acre for an office building. The City of Orinda owns the remaining 3.1 acres; the city-owned ball park will be relocated closer to street and to the south west corner of the site and will remain as City property. The new ball park will replace the old school buildings and the old ballpark area will become housing.

In the north, a cut into the existing slope will make room for seven residences and a series of retaining walls that will be between 140 and 200 feet from the east property line. These homes will be at an elevation of approx-

Fall Art Fair

By Lee Borrowman

As you enjoy the fall colors and produce at the Farmer's Market on Saturday, October 13, a nearby venue will be offering a visual treat of a different sort. The Lamorinda Art Alliance will present its Fall Art Fair at the Orinda Community Center that Saturday from 10:00-3:00. Artwork and photography by several area artists will be available for purchase.

According to the Art Alliance's Susan Kendall, who will present some of her own work at the Fair, the not-for-profit Lamorinda Art Alliance was founded over 13 years ago by famed Orinda artist and teacher Dorothy Davis, who at age 77 can still be found teaching art at the Community Center. The Art Alliance is an artistic community-building organization offering local artists the opportunity to support each other through peer-critique and networking, and the chance to participate in group shows and events.

... continued on page 6

Meet just a few of the participating artists:

Margaret Lucas-Hill, artist

"My paintings are about light and color. I like painting natural objects and landscapes, giving them strong, vibrant colors. I am particularly intrigued by the mystical quality conveyed through light. It moves across the temperature spectrum, from icy cold to blazing hot, changing the appearance of the things it touches. Like a good novel, my paintings can have many meanings. My hope is for my images to be emotionally and spiritually uplifting. Creating art and viewing it are both part of the continuous learning process of life."



"Watertown" by Margaret Lucas-Hill



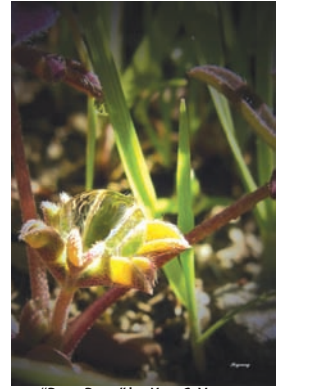
"Sunflower Bouquet" by Susan Kendall

Susan Kendall, artist

"Susan's painting journey started in 1994 after she transplanted to the East Bay from the East Coast. Her studies include classes at the Orinda Community Center and workshops with many local artists including "Outsider's" Pam Glover and Niki Basch Davis. She is influenced greatly by the Fauves and any painter that is brave with color and brushstrokes."

Ken Young, photographer

"Ever since I met the Sierra with my baby brownie I have tried to present a point of view with my photographs rather than simply a record of events. I prefer high contrast and unusual perspectives in my subjects. Transmitted light adds new details and color, an unexpected kaleidoscope. I am fascinated with the macro world in the fields around us. Rather than simply "illustrating what I see," I try to capture moments of discovery and communicate them to the viewer."



"Dew Drop" by Ken C. Young

ORINDA POLICE

Wallet Gone, 9/25/07 Unknown suspects came into an office at Theater Square, sometime between 8:00 a.m. and 1:00 p.m. A black leather wallet sitting on a table near the front door was taken. Inside were several credit cards, a driver's license, and some cash.

Auto Burglary, 9/25/07 Someone entered a locked vehicle on Sleepy Hollow Lane and removed some property. Items from the glove box and ashtray were strewn about the interior, only a Comcast cable box, valued at approximately \$200, was taken. There was no sign of forced entry.

Graffiti, 9/25/07 Police were called by Miramonte staff to report two or three suspects painted graffiti on several areas of the school. A surveillance camera identified suspects. Associate Principal Bartlett thinks the suspects are members of an area soccer group.

Bomb Threat, 9/24/07 An unknown male called a local bank with a bomb threat saying, "I just wanted to let you know a bomb will go off before noon, it's a box of TNT." Police were at the bank in three minutes, the bank was evacuated. Officers and bomb sniffing dogs checked the premises with negative results. The bank was opened later that afternoon.

Men In Trees?

By Wendy Scheck



Photo Tod Fierner

A concerned citizen called last week to alert us to the felling of redwood trees along Highway 24 in Orinda and Lafayette. According to Caltrans spokeswoman Brigetta Smith, the trees were deemed diseased by a certified arborist and their removal is part of a safety project that Caltrans is undertaking which encompasses 1020 trees in four counties. The trees that were determined to be too far gone to save have already been removed and the rest are being pruned. The project along 24 will be completed this week and the men in trees will move to Highway 580.

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Life in LAMORINDA

What's on Tap in Lamorinda?

By Andrea A. Firth



Moraga beer brewer Scott Lothamer

If you ask Greg Wilson to describe his favorite hobby, he'll tell you, "...It's organic chemistry. You've got live organisms eating the sugar and turning it into carbon dioxide." Sounds gross, right? What he is describing is the fermentation process that goes on when he homebrews beer. Wilson, who lives in the Campolindo neighborhood of Moraga, got interested in making beer by watching a fraternity brother brew at MIT in the mid-1980's. When he returned to the Bay Area, he set out to make his own beer and has been brewing

in his backyard for over 20 years. "Homebrewing has definitely gotten a lot more popular over the last 15 to 20 years," notes Wilson.

Wilson brews beer eight to ten times a year usually for parties with family and friends. "It's fun to make different styles of beer that you wouldn't normally see. I can make some very unusual styles." For example, he makes a dark ale at Christmastime to which he adds orange peel, honey, and cinnamon.

And he typically brews special beers for an Oktoberfest celebration where he transforms his back-

yard into a beer garden complete with hanging globe lights, German music, barbecued sausages, and warm potato salad.

Wilson is not alone in his enthusiasm for zymurgy—the art of using fermentation in brewing or more easily put—making beer. Scott Lothamer, a resident of Moraga where he also maintains a dental practice, has taken the art of making beer to an elite level for an amateur brewer.

When his wife bought him a homebrewing kit back in 1993, "She did not know what she was getting into," says Lothamer with a laugh. Not long after receiving the gift, he had converted the potting shed into a customized "brew-house" where he makes his beer in 20-gallon batches (most homebrewers make 5- or 10-gallons at a time). "Most women don't like the smell, and that's why a lot of husbands that brew get banished to the outside." But he isn't lonely out there. His kegerator, a customized refrigerator that houses six kegs on tap, proves to be quite an attraction.

"The neighbors like to come over a lot," notes Lothamer.

Having majored in chemistry as an undergraduate, it's no surprise that Lothamer enjoys creating something that requires mixing, stirring, and propane burners. "I like to experiment a lot. Lagers and light beers are harder to make. So that's more of a challenge to me," he says. Lothamer uses different techniques when he experiments and sometimes plays with the taster's sensory perception. "One of the last beers that I made was a black pilsner," he describes. "It tastes like a light yellow beer, but I colored it...so it looks like a stout but doesn't taste like one."

Lothamer not only loves brewing beer; he's really good at it. He has competed in and advanced to the final round of the American Homebrewers Association National Competition, one of the largest homebrew competitions in the world with over 5,000

beer entries in a variety of categories. "A beer contest is a lot like a dog show," he explains chuckling. "You have certain style guidelines for each category. It has to be this dark, this sweet...certain flavors must be there and others don't belong."

So what does a beer aficionado like Lothamer do to celebrate Oktoberfest? He'll be camping with friends at a homebrewers festival enjoying gourmet meals prepared with and paired with the perfect homebrewed beers; of course!



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Andrea Firth's article on local brewers in this first October issue reminded some of us of the traditional German celebration of Oktoberfest. Whether you're planning your own Oktoberfest party, attending one elsewhere or too busy to worry about it, we'd like to share with you local author Linda Foley's reminiscences about her last visit to the real thing!

There is no Party Quite Like the Oktoberfest!

By Linda U. Foley



Al Foley's got the shades and the beer; life is good

Photo Linda U. Foley

toberfest. Here, promptly at noon, a ceremonial de-cogging of a huge keg—usually performed by the mayor—would signal the official start of the party. In that particular year of 2000, Buergermeister Christian Ude predicted that he would need no more than two huge swings with the hammer to send the cog flying and the beer flowing. It is said that reelection hinges upon this rite should the mayor need more than two tries. Bavarians take their beer and masculinity seriously.

Punctually, the Parade appeared with approximately 1000 participants of historically attired dancers, costumed performers, a Rifleman's Procession and an impressive stately group of wealthy beer hall landlords.

... continued on page 13

Oktoberfest Vocabulary

- Wies'n** Bavarian lingo for meadow; in this case referring specifically to the Oktoberfest location
- Dimdl** Bavarian for young girl but most often referring to a style of dress comprised of an embroidered blouse with short puff sleeves, a tight fitting bodice closed in front with hammered silver buttons and cording, and a flowing skirt over many petticoats. Modern dimdl skirt versions are made of leather.
- Mas'** Bavarian for one liter of beer
- A Hoibe** Bavarian for one half liter; in high German it would be "Eine Halbe" but, Bavarians are very colorful and distinctive
- A Busserl** in high German it would be "Ein Kuss" or a kiss. Lots of that going on at the Oktoberfest.
- Herzerl** Herz in high German and in this case referring to the Gingerbread hearts decorated with every kind of endearment imaginable, to hang around your neck, usually purchased from one sweetheart for another
- Brez'n** in high German, Bretze, meaning pretzel. These are distinctive, wonderful large Laugen pretzels, heavily salted. (Laugen is lye. One needs to try these before deciding it sounds unpalatable.)
- Mandl'n** hot roasted sugared almonds, in a triangular bag
- Fisch am Steck'n** my favorite; roasted crisp trout on a stick. Incredibly savory and wonderful.
- Fischbroetla** luscious herring with loads of onions in a bakery-fresh roll
- Huhn am Steck'n** deliciously crisp and flavored rotisserie chicken
- Radi** large white radish, often sliced on the diagonal to pull apart like a fluffy accordion. All foods are perfect accompaniments to enhance the consumption of rivers of beer and ribald camaraderie

Loneliness is not a word that comes to mind when you are partying with 7.1 million 'friends' at the Oktoberfest in Munich. The 183-year old tradition commemorates the wedding of Bavaria's King Ludwig I to Princess Therese of Saxony-Hildburghausen. The location for the Oktoberfest has henceforth been called Theresien Wiese (Theresie's Field) or in local lingo, Die Wies'n. The event usually lasts 16 days but in 2000—the year of our visit—the celebrations were extended by two holidays celebrating Germany's 10-year reunification.

also dressed in traditional clothing; the men wearing heavily silver-embroidered leather vests, velvet-trimmed jackets, cable knit and tasseled knee-high socks, Lederhosen (leather pants), and Knickerbockers (usually corduroy pants) suspenders trimmed with deer horn, and Haverl shoes, traditional footwear. The women attired in embroidered cotton blouses, voluminous wool skirts, lace petticoats, and colorful shawls. Languages spanning the globe and various German dialects floated into the overcast morning.

September 15, opening day, dawned and drizzled but hardly dampened our spirits. Our relatives were game to tackle this event with us even though many native Muenchners shun it like many New Yorkers do the Macy's Thanksgiving Day Parade. My cousins dressed in traditional garb—Dirndl and Loden wear (water-resistant material made from sheep wool usually died a blue green color). Passengers on the S-Bahn—even non-natives—

My cousin knew in advance the route which the 'Parade of Landlords'—brewery owners—would take and which of the many huge beer halls had been selected for the opening ceremony. Considering the enormous crowd, such strategic planning was extremely helpful. The tent, Schottenhamel Festhalle, has a seating capacity of 9,500 and is always popular with celebrities. Seating reservations must be made months in advance—there is no random seating throughout the duration of the Ok-



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Life in LAMORINDA

Lafayette Author Pursues Peace One Heart at a Time

By Jennifer Wake



Lafayette resident and Hiroshima survivor Takashi Tanemori stands with guide dog Yuki outside of Serika Japanese Restaurant in Orinda's Theater Square

Photo Jennifer Wake

On Aug. 6, 1945, Lafayette resident Takashi Thomas Tanemori was only 8 years old when he left his home and began to play hide and seek with his friends outside of his elementary school in Hiroshima, Japan. Minutes before school began, sirens sounded. The blast left Tanemori buried in the school's burning rubble.

After a gruesome exodus with his father, eldest sister and younger brother to Kotachi Village, 63 miles outside of Hi-

roshima, the remaining family members found themselves ostracized from relatives. Living in a one-room shack, Tanemori's two other sisters, who had been living in a nearby village, soon joined them.

His father, who was against the violence of the war, died from radiation exposure nearly one month later, after making several return trips to Hiroshima to search for Tanemori's mother and baby sister. They were never found. The day after his father died, Tanemori's eldest sister lost her battle as well.

Following a ten-year struggle to survive, Tanemori — orphaned and hell-bent on revenge — immigrated to the United States in 1955, landing in a migrant labor camp outside of Fresno. Not long after, he found himself fighting for his life in a mental institution, subjected to frequent spinal taps and other painful pro-

cedures as doctors researched the effects of his radiation exposure. Through the tenderness of one of the nurses, Mary Furr, he was released and found peace.

Throughout his life, Tanemori has strived to live by his father's guiding principles: "Be strong and never be defeated by your own weaknesses; Be true to yourself; Do not be satisfied with yesterday's accomplishments; and Rise to new height each day."

He went on to earn two master's degrees in theology and spent many years working as a minister in the Baptist church, and later served as an official emissary of California to the Pacific Rim promoting commerce with Japan, sponsored by California's State Export Program.

Now age 69, Tanemori has published his first book, "Hiroshima: Bridge to Forgiveness," (Multicultural Books, 2007), which offers readers a glimpse into Japanese culture, the complexities of post-war life in a small Japanese village, and the hurdles Japanese immigrants faced when coming to the United States.

"The purpose of the book was to fulfill a promise I made to my father the night before he died," Tanemori said. "He told me to live my life for the benefit of others; my book shows how I saw hope in the path of Hiroshima."



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The book not only tells a tale of survival of this young Japanese boy, but weaves a shining thread throughout its pages — of strength, discovery, isolation, and forgiveness. Not forgiveness for the bombing of Hiroshima, but forgiveness of a more intimate nature: The forgiveness between brother and sister, between heart and soul.

"The human soul is stronger than any nuclear bomb," Tanemori writes in his book. "The dramatic and emotionally charged nature of the story is inspirational testimony. It is my hope that this historical presentation may bring urgently required understanding that may lead us, as citizens of the world, to become more honest with ourselves and with our own history."

Tanemori will be at the Lafayette Book Store on Nov. 18 at 3 p.m. for a book signing. "Hiroshima: Bridge to Forgiveness" can also be purchased online at Amazon.com.

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A Dog's Life

... continued from page 1

"A handful of dog owners used to meet at this spot 30 years ago," he reminisces. "There have been a lot of changes to the park since then." Moraga Parks and Rec Director Jay Ingram says, "Rancho Laguna is a de facto dog park; it's not really sanctioned by the Town but we haven't had any problems." Leash laws are enforced at Rancho Laguna from 9:00am to one hour before dusk or 7:00pm during Daylight Savings Time.

Rancho Laguna Park Only
PETS MUST BE ON A LEASH AND UNDER CONTROL AFTER 9 A.M. WITH THE EXCEPTION OF BEING OFF LEASH 1 HOUR BEFORE DUSK DURING STANDARD TIME AND AFTER 7 P.M. DURING DAYLIGHT SAVINGS TIME. DOGS NOT ALLOWED IN TOT LOT AREAS.
Dog leash policy posted at Rancho Laguna

As parents of school-age children are often known as "Andrew's Mom," or "Isabel's Dad," so too do dog owners identify each other by their dogs. "If I run into someone at the store without their dog, I don't always recognize them," laughs David.

And just as not all people get along, neither do all dogs. But for the most part, there hasn't been much serious fighting. "We're self-selecting," David explains with a smile, "people with aggressive dogs are weeded out." You're probably more at risk from a rambunctious canine who may smell a doggie treat hidden in your pocket: "You learn to bend your knees," he laughs, "in case you get hit." Among park-goers there is a general consensus that most of the dogs and people at Rancho

Laguna are well-behaved and there are very few problems.

Ingram says the Public Works department has not received many complaints. "People are really good about following the rules, obeying the leash laws and picking up after their pets. We've had a few complaints about dogs being off-leash during the day and helping themselves to picnic fare that doesn't belong to them...the guys that mow the lawn are not wild about tennis balls being left in the grass; they have to pick them up or they go flying when mowed over!"

Lafayette resident Susie, whose striking black Giant Schnauzer Callie-Elizabeth sports a snazzy red collar and plays around with a frisbee, agrees that everyone gets along very well. If someone forgets to bring a plastic bag, "we're good at sharing," she says. There are no bag dispensers at the park because Public Works doesn't have sufficient staff to maintain them. "We tried it at the Commons," said Ingram, "we asked people to donate bags, but most of the time the PVC pipe 'dispenser' was empty, and often the bags were just blowing around the park."

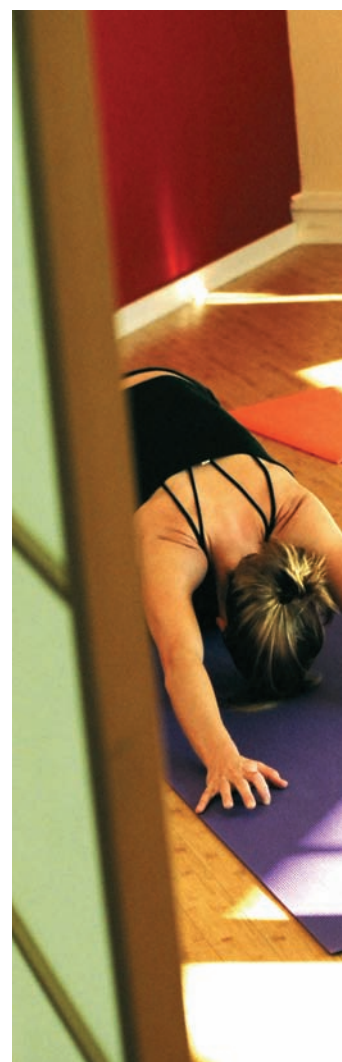
Susie only learned about the dog park early last summer. "I was walking at the Reservoir, and somebody mentioned it." She doesn't mind the fifteen minute drive to Moraga, but says, "It would be nice if we had a dog park in Lafayette. I hear rumors every now and then, but

nothing ever happens."

There is, in fact, a group of dog owners in Lafayette who are trying to establish a dog park. There are some serious obstacles in their path, both financial and political, but they have been seeking support through public outreach — you may have seen their booth at the Lafayette Art

and Wine Festival. For more information, check out their website at www.lafayettedog.org. This site also offers some valuable tips on dog park etiquette.

Rancho Laguna Park is located at the end of Camino Pablo in Moraga (watch for the new speed bumps on your way).



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Lafayette Mercantile, Urban Esthetics Serve Prime Retail Space
By Sophie Braccini



View of the Mercantile weather vane and decorative stars Photo SZFM design studio

Sudhish Mohindroo's primary focus when conceiving the architecture of the Lafayette Mercantile was how the building would integrate within the framework of public space. Cortese Investment, the owner of the building, hired SZFM Design Studio, the firm owned by Mohindroo and his partner Eric Maltman. Both Mohindroo and Cortese share the same vision of urban design, the creation of a sense of timeless harmony that pleases the eye and encourages high levels of foot traffic.

The new building had to blend in with its surroundings while adding to its dynamic. The Lafayette Mercantile sits on the sidewalks between Lafayette Circle and Mt Diablo Blvd and when looking at it from across the street, one notices that the left side is stronger and more prominent than the right. That was done to produce a continuum with the neighboring structures and create a feel of integration.

The building's harmony is strengthened by the timeless and elegant design selected for the structure. "The ground floor and the

upper ones are two different animals," says Mohindroo, "the upper floors, where offices will be located, provides the classical frame that will support the creativity and life brought by the retailers at the street level. They will express their personalities, within the guidelines of the general concept." And Mohindroo's company will be there for those storeowners who need a hand to complete their "boutique" presentation.

By the same token, Mohindroo is involved in the choice of retailers that are going to populate the Mercantile. "We are creating a place where shopping will happen, and where people will have the desire to linger, take a walk, or have a drink by the fountain," explains the architect. Cortese Investment, known for its careful choice of retailers, had already hired SZFM design studio to renovate the very successful "La Fiesta Square" a few blocks East of the Mercantile.

But where La Fiesta Square was a project involving primarily the renovation of existing buildings, the Mercantile had to face the complete transformation of a space:

a gas station was in operation at that corner. Cortese Investment needed the help of the city to succeed. In order to secure local support, the developer offered to open for free to the public the entire underground parking space, after 6 pm.

As a result, the Mercantile should quickly become an essential component of Lafayette's day and night life. The building's appearance will play a role in the success of the center in the larger community. Mohindroo explains how it has been enhanced by the attention paid to details. For example, the back of the building, where outside parking will be provided for shoppers, is being decorated with locally hand made ceramic tiles that hold one of the recurrent decorative fixtures of the Mercantile: stars. This timeless and symbolic motif is found as a weather vane on the building's roof, which connects it to the sky, as well as at the bottom of the fountain in the form of starfish, connecting the ensemble with the sea and the earth.

This cosmic and harmonic view of space is part of the long term and sustainable vision for the Mercantile. The main street side of the building faces north: a good natural lighting opportunity, while simultaneously keeping the structure cool. The large windows create a balance between glass and wall that's both esthetically pleasing and energy efficient.

Craig Semmelmeier, Principal of Main Street Property Services which leases the retail space, believes the appeal of the building drives the success it has met with

tenants. As of the end of September, he indicated that 90% of the retail space was already allocated, with tenants such as Powell's Sweet Shoppe, Misto Lino, Yankee Pier, JoS A. Bank and Lavande Nail Spa. Two spaces, of 1300sq and 833sqf, are still available.

Rick Steffens of Grubb & Ellis, the company in charge of renting the office space, says the

2nd floor is almost entirely rented, with 2800sqf left, and 9000 sqf is available on the 3rd floor. That's about a third of the total 32000sqf of the building's office space and Steffens claims there are letters of intent for the remaining openings.

Steffens believes the high interest in the building is due to the quality of the construction, its amenities and convenience,

"Lafayette needed a business building to take pride in," says the Senior Vice President, "we are looking forward to the second week in October when the first tenants move in." The building will harbor a mix of Financial and Health Care professional, including the recently incorporated California Bank of Commerce, which will set its headquarters in the Mercantile.

Lamorinda Home Sales continued



LAFAYETTE	Last reported: 12
LOWEST AMOUNT:	\$700,000
HIGHEST AMOUNT:	\$1,780,000
MORAGA	Last reported: 4
LOWEST AMOUNT:	\$546,000
HIGHEST AMOUNT:	\$1,171,000
ORINDA	Last reported: 5
LOWEST AMOUNT:	\$700,000
HIGHEST AMOUNT:	\$910,000

Home sales are compiled by Cal Resource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California Resource. Neither Cal Resource nor this publication are liable for errors or omissions.

- LAFAYETTE**
- 890 Birdhaven Court, \$1,780,000, 4 Bdrms, 2725 SqFt, 1952 YrBlt, 8-31-07
 - 418 Castello Road, \$833,000, 3 Bdrms, 1801 SqFt, 1954 YrBlt, 9-12-07
 - 991 Condit Road, \$1,115,000, 3 Bdrms, 2205 SqFt, 1955 YrBlt, 8-31-07
 - 6 Gilmore Court, \$875,000, 3 Bdrms, 1755 SqFt, 1954 YrBlt, 8-31-07
 - 1014 Hampton Road, \$1,085,000, 3 Bdrms, 2769 SqFt, 1947 YrBlt, 9-13-07
 - 3650 Happy Valley Road, \$1,685,000, 5 Bdrms, 2876 SqFt, 1949 YrBlt, 9-7-07
 - 172 Haslemere Court, \$700,000, 3 Bdrms, 1638 SqFt, 1988 YrBlt, 8-31-07
 - 970 Janet Lane, \$765,000, 3 Bdrms, 1119 SqFt, 1950 YrBlt, 9-13-07
 - 857 Mountain View Drive, \$1,309,000, 3 Bdrms, 3782 SqFt, 1995 YrBlt, 8-31-07
 - 365 Shire Oaks Court, \$1,350,000, 4 Bdrms, 3031 SqFt, 1965 YrBlt, 8-31-07
 - 3149 Stanwood Lane, \$1,232,000, 3 Bdrms, 2260 SqFt, 1959 YrBlt, 9-4-07
 - 1212 Sunset Loop, \$959,500, 4 Bdrms, 1634 SqFt, 1950 YrBlt, 9-11-07"
- MORAGA**
- 48 Corte De Rosa, \$869,000, 4 Bdrms, 1725 SqFt, 1977 YrBlt, 9-13-07
 - 272 Draeger Drive, \$1,171,000, 4 Bdrms, 2216 SqFt, 1973 YrBlt, 9-12-07
 - 134 Miramonte Drive, \$546,000, 2 Bdrms, 1514 SqFt, 1965 YrBlt, 9-14-07
 - 100 Walford Drive, \$950,000, 5 Bdrms, 2340 SqFt, 1963 YrBlt, 9-14-07
- ORINDA**
- 115 Bates Court, \$725,000, 9-12-07
 - 51 Camino Don Miguel, \$700,000, 5 Bdrms, 2316 SqFt, 1954 YrBlt, 9-11-07
 - 25 Crescent Drive, \$780,000, 3 Bdrms, 1214 SqFt, 1962 YrBlt, 9-12-07
 - 201 El Toyonal Road, \$850,000, 3 Bdrms, 1408 SqFt, 1953 YrBlt, 9-6-07
 - 297 Glorietta Boulevard, \$910,000, 2 Bdrms, 1467 SqFt, 1948 YrBlt, 9-7-07

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Camino Pablo • Campolindo • Del Rey • Donald L. Rheem
Glorietta • Happy Valley • Joaquin Moraga • Lafayette Elementary

Lamorinda Schools

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

The Pumpkin Patch, an Orinda Tradition

By Lee Borrowman
It just wouldn't be October without it. Since 1973, the Del Rey Elementary School Pumpkin Patch has been the favorite place to purchase those jack-o-lantern wanna-be's. This year's Pumpkin Patch will be held on Saturday, October 13, from 12:00-3:00 at Del Rey, 25 Camino Moraga. The admission fee of \$7.50/person gets you all of the fun and games.

The Pumpkin Patch was not always the extravaganza it is today. Its origins were far more humble. Peggy Manrique, veteran Pumpkin Patch Coordinator, explains: "In 1973, the Pease family, who had children at Del Rey, donated some pumpkins from their small ranch in Napa County. The pumpkins were sold as a fundraiser. From 1973-1987, they donated the pumpkins to the school and Pumpkin patch was just that - pumpkins for sale.

Over the years, Pumpkin Patch evolved. Manrique continues, "The idea to have a family get together in conjunction with the pumpkin sales came about in the early 1980's and a small group of families attended a Thursday evening Ice Cream So-

cial. The following year, they added some games and pizza and it was a smashing success. The principal at that time, Rita Wolneck, asked organizer Diana Hood if she would be willing to run the event the following year. Diana responded 'Yes, if we can schedule it on a Saturday and expand it to a full-scale carnival-sized event.'"

"The games at the first carnival weren't much different from those offered today," Manrique explains, "and included the Fishing Hole, Pinewood Derby, Cake Walk, Big Card Spin and of course, pumpkin sales. We have a bake sale that features delicious home made baked goods and a

Crazy Cake decorating contest. We've added a giant 90-foot inflatable slide and maze, and the 5th grade dunk tank. Prizes are awarded at most booths. This year, by popular demand, we are adding some booths especially for the younger crowd of future Del Rey students. Tempting treats and a BBQ lunch will be available for purchase."

Manrique has been the Pumpkin Patch Coordinator for three years. Now in her last year as Coordinator, she reflects on the unique nature of the event: "Pumpkin Patch has been the source of many fond memories for parents and students. It's not only an important part of our

fundraising efforts, it's great day of fun for the entire family. We all reflect on the good feeling that come from seeing families enjoying each other and their community in a good, old-fashioned home-spun environment. That's what makes Pumpkin Patch so special."

Pumpkin Patch raises about \$10,000 each year to support programs at the school that are funded entirely by the Parents' Club such as art, music, science and math in the garden. All of the work is done by volunteers, including student members of the "Others First" club at Orinda Intermediate School who come down to lend a hand.



Giant Slide



Julia Gomes, Pumpkin Patch 2006

After-School Activities Not Only Fun, But Therapeutic

By Jennifer Wake



Tracy and Elizabeth, Xenophon

carry out a sequence of unfamiliar actions. In short: to do what one needs and wants to do. Difficulty in this area can result in children looking clumsy.

Large muscle activities like martial arts, gymnastics or swimming can help with self-regulation. "Kids with ADHD really benefit from activities and sports that provide heavy input to muscles and joints. They are better able to do homework and are in a little calmer place. The worst thing for a student with SPD is to be penalized away from recess," said Hubner-Levin.

Although there has been an increase in understanding and support of ADHD, autism, and SPD in local schools, some teachers continue to pull recess time away from students as a form of discipline when they misbehave. "They need big muscle activity throughout the day so they can better listen and learn in class," Hubner-Levin said.

Fortunately, the Lamorinda area is replete with activities that bolster the proprioceptive system, which helps the body regulate itself. With our culture increasingly doing less hard labor, big muscle after-school activities offer children with SPD a stress-free way to use their bodies to help process sensory input from varying sources and thus improve self-regulation, strength, body-awareness and motor planning.

One sport that takes advantage of the area's outdoor beauty and gives children a chance to work on their non-verbal skills is horseback riding.

For the past 15 years Xenophon Therapeutic Riding Center in Orinda has offered children with varying disabilities individual lessons suited to their unique

abilities. "A lot of our children don't have much control in their lives," said Xenophon executive director and founder Judy Lazarus. "When the kids are on a horse, they have some control of this large animal; they tell it when to go, when to stop. It makes them feel they are in control and gives them a sense of power that they may not get elsewhere."

"Horseback riding offers heavy proprioceptive input, enhancing balance, motor planning and students can bond with the horse," Hubner-Levin said. But Hubner-Levin especially values martial arts for kids with ADHD and autism. "It teaches them healthful respect and you only compete with yourself. It fosters respecting one another while enhancing focusing abilities and coordination."

But, she warns, it must be with the right teacher at the right level.

"You need to be sure the activity is not overly competitive and that the child is placed in an appropriate setting so the child doesn't feel frustrated, but rather can increase his self-confidence," she said.

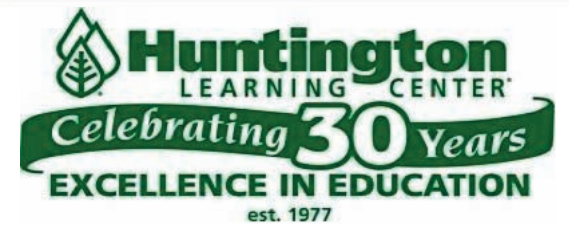
Lamorinda Martial Arts in Orinda and the Karate & Fitness Place in Moraga both cater to students of a variety of ages and skill levels. For parents seeking a more therapeutic experience, they can enroll their children in programs like Quest Camp in Alamo, Kids in Motion Gymnastics on Piedmont Avenue in Oakland, or the year-round Special Skater Program at the Oakland Ice Center.

The bottom line, however, is that therapeutic after-school activities don't have to be expensive or complicated. "Take a nature walk, go to the park, go outside where you're breathing the fresh air," Hubner-Levin said. "Ride your scooter or bike, go to Lafayette Reservoir, play or climb the rock wall, throw a Frisbee on the grass, or simply walk your dog. Turn off the TV and video games - just for a little while - and get out there."

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The garlic bread is really good," says Heather Baskett. Heather is a junior at Miramonte and enjoying a meal, compliments of Jill Larsen and other cross country moms in preparation for a Center Meet the next day at Lafayette Community Park. It takes a special kind of generosity to open your home and prepare food for approximately 90 kids. What's even harder from the hostess perspective is not knowing if all 160 kids from freshmen to seniors are going to show up.

As it turns out, according to Head Coach Brian Henderson, it worked - the students ran well. Three schools compete at a Center Meet; at this particular event Concord High, Acalanes and Miramonte participated. All six divisions won against Concord, and

the Frosh/Soph boys along with the JV girls won against Acalanes. "The pasta feeds are one of the absolute highlights of the season," notes Henderson. "It gets them pumped up for the meet."

"It's a great way to see all the kids who are a part of cross country. They appreciate a meal and some great team spirit. A lot of parents contribute, so it makes it easy," says hostess Jill Larsen.

Daughter Molly Larsen reflects, "I like having all the cross country people here. JV Girls rock!" She continues, "for anyone who wants to do a sport, cross country is a good choice - all you have to do is finish and do your best."

Lasagna, spaghetti, ziti, french bread, salad, fruit, cookies and brownies were on the menu for these hungry teenagers. There weren't a lot of leftovers.

Brave New World... ... continued from page 1

Jeff Turner, Supervisor of Network Services with Lafayette School District, when asked why Lafayette hasn't gone electronic replied, "because we don't have the resources." As it stands now, the district mails out a packet of papers, pre-populated with existing information.

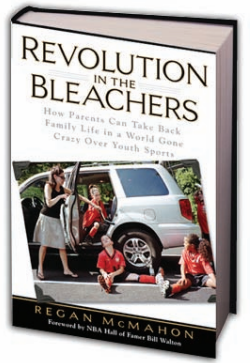
"Its great that these parents have the time and talent, but I'm very concerned about confidentiality," says Ben Lang, Director of Technology for the Orinda Union School District. In Orinda, NCS Pearson, Inc handles all student information. "This year they should have a software version that is fully integrated, with secure log-in." As it stands now, even though OIS has a web-based system, there is a fair amount of importing and exporting of data that is awkward. "Although it's not available now, in all likelihood it should be ready for next fall. Its inevitable," continues Lang, referring to the changeover to electronic registration.

Hear Author Regan McMahon at Glorietta

When it comes to youth sports, how much is too much?
Submitted by Laurie Dunn

We all know the many benefits of youth sports. But as youth sports have escalated in intensity, competitiveness, time commitment and parent involvement, certain risks are beginning to surface as well, from overuse injuries, stress and depression to inappropriate sideline behavior and fractured family patterns.

Please join us on Monday, October 15th, at 7:00pm in the Glorietta Elementary School Multi-Purpose Room to hear local author and deputy book editor for the San Francisco Chronicle, Regan McMahon, discuss and take questions on her recently published book, Revolution in the Bleachers: How Parents Can Take Back Family Life in a World Gone Crazy Over Youth Sports. Ms. McMahon's book has struck a



chord with parents, coaches, and psychologists across the country and beyond with regard to the increased pressures we are putting on children to excel in team sports.

Ms. McMahon will stay to sign copies of her book that will be available for sale before and after the event. Don't miss this one! For more information, please visit www.revolutioninthebleachers.com.

Teen Scene column

By Becky Ware

Junior, Acalanes High School

Last summer I made a two week voyage from Oakland to Hilo, Hawaii on Lynx, a replica 1812 privateer tall ship. There were five students and a professional crew of eight. Christopher, the captain, was a joy to sail under and he was one of the people that encouraged me to go on this trip.

We got under way on a Tuesday afternoon. We motored out the Golden Gate and encountered some choppy seas. Then we all practiced various drills including man overboard, fire and abandon ship. Practicing drills is important because when the real thing happens each person will know what to do and where to go without having to think too hard about it. After dinner we were broken into watches, of four hours each. While on watch, the four crew members rotated between look-out and helmsman and also did the chores allotted for that watch. Chores included deck wash, polishing brass, cleaning the head, cleaning the floor of the saloon, and galley clean up.

The food was amazing and there was never a time where I was hungry, there were always snacks, and the food was hot and ready to go at the same time everyday. From 2-4 in the afternoon we had class. The students gathered aft and the crew members taught various things, including navigation, charting, how to do boat checks, the history of 1812, Captain Cook, the history of Hawaii and how to use a sextant.

On the fourth day we got to



Becky Ware at the helm swim; there was no wind and the water was crystal clear. We rigged up a rope swing and people were jumping off the ratboards. The water was very cold but at the same time very refreshing. It also gave us a chance to wash our hair.

Throughout the trip we all had the opportunity to go aloft. It sure is a thrill going aloft while underway, with the boat swaying underneath.

On Sunday we had field day, and deep cleaned every part of the ship. My watch was in charge of the aft cabin, so we had to lemon oil all of the finished wood, sweep and wash the floor. Other watches were in charge of cleaning the saloon and head, or cleaning the galley.

Towards the end of the trip the students began to really feel like they were a part of the crew. Daily chores and setting and striking sails came so easily. Our last day was bittersweet as we arrived in Radio Bay, and were greeted by family and friends. I was sad to leave the ship behind and all of my new friends, and I couldn't have asked for a better group of people to sail across the Pacific Ocean with. I had a blast and it was definitely a life changing experience.

For more information, go to www.privateerlynx.org

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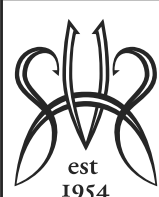
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business briefs

New Businesses and Ribbon Cuttings:

Kopitiam Restaurant, 3647 Mt. Diablo Blvd., Lafayette | 299-1653
The official Ribbon Cutting ceremony of the Malaysian/Singaporean restaurant will be held on Tuesday, October 9th at 4:30pm. The restaurant located, near Trader Joe's offers creative and tasty dishes for breakfast, lunch and dinner to-go, accompanied with a traditional hot beverage.

Mt. Diablo Nursery & Garden, 3295 Mt. Diablo Blvd., Lafayette | 283-3830
Formerly known as Harry's Nursery, the nursery is now managed by new owner Garth Jacober. The Ribbon Cutting ceremony will be held on Thursday October 11th at 4:30pm.

General News for Business Owners:

Business Emergency Planning.

Ken Tom, CERT Instructor in Lamorinda, believes that small businesses should know how to help their businesses survive in case of emergencies. In partnership with Jay Lifson, the Executive Director of the Lafayette Chamber of Commerce, the Town of Moraga and the Moraga Chamber of Commerce, Tom developed a brochure to help business owners protect their valuable assets in case of disaster. Formal business training will be scheduled in January 2008. It will be a joined effort by SCORE, VISA and CERT. For more information, contact TTK at (925) 376-0533.

Sign Ordinance in Moraga: get involved now!

The discussion draft of the proposed sign ordinance was released on September 29th, and several opportunities will be given to the public during the coming month to discuss the project and file comments. The first two opportunities will be joint meetings between the Planning Commission and the Moraga Economic Committee that are open to the public and will be held in the La Sala building of the Hacienda de Las Flores on October 9th and on October 15th at 7:30 pm. The draft will be presented to the Town Council on October 24th. Lori Salamack, the Moraga Planning Director, urges business owners to come as well to the "Citizens Land Use Academy." The next session, on October 9th, will address the Sign Ordinance. It takes place at the Hacienda as well, 5:45pm- 7:15pm.

Diverse Business News:

The Absolute Center, Mt. Diablo Blvd., Lafayette | 299-9642
The Lafayette Pilates, yoga and reconditioning training studio is expanding from 1900 feet to 4,000 feet and will open the new space on November 1st.

Clocks Etc., 917 Moraga Road, Lafayette | 284-4720
Wendy Tamis and Scott Hampton, owners of Clocks, Etc. have brought you the 4th Annual "Time To Celebrate Life" event to help get the message out about ovarian cancer. This month long event was organized in partnership with the Oakwood Athletic Club. The October 4th final event will be held from 5:00-8:00pm at Clocks Etc. It will include food, music, and the raffle of dozens of prizes including a grandfather clock. Raffle tickets were sold at both businesses during the month of September; to purchase additional tickets call 284-4720.

News from the three Chambers of Commerce:

Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette 284-7404 | www.lafayettechamber.org
The Chamber is organizing a **fund raising event** on October 19th to benefit the historical Town Hall Theater in Lafayette. The happening is a concert in the honor of late Lafayette resident Brent Mydland, (1952 - 1990), who was part of the Grateful Dead. The concert will be held at the Theater, 3535 School Street (@Moraga Rd.) in Lafayette. Workingman's Ed, featuring Stu Allen and Pat Nevins will play Grateful Dead's music as well as songs written by Mydland. Tickets are on sale at the Lafayette Chamber of Commerce only.

Lafayette Chamber Mixer, Wednesday October 10th at 5:30pm. The meeting is open to Chamber members and the public. It will be held in the Washington Mutual offices, 3492 Mt Diablo Blvd. in Lafayette.

Entrepreneurs Club, Thursday October 18th at 8:30am. For small business owners, new comers welcome. At the Lafayette Chamber, in the Conference room.

Chamber of Commerce of Moraga, 262-4277 | www.moragachamber.org
Chamber meeting on October 26th, at 8:00 a.m. at Terzetto Cuisine, 1419 Moraga Way in the Moraga Center. Everyone is welcome.

Orinda Chamber of Commerce, 24 Orinda Way, Orinda 254-3909 | www.orindachamber.org
After Hours Mixer, Tuesday, October 23, 2007 - 5:30 to 7:00pm. Location: Park Place Wealth Advisors, 18 Orinda Way, Orinda. New comers welcome.

If you have a business brief to share, please contact Sophie Braccini at sophie@lamorindaweekly.com or contact Lamorinda Weekly at 925-377-0977.

Helping Seniors to Stay at Home

By Sophie Braccini

The Edwards want to stay in their home for as long as possible. The couple have been Orinda residents for 50 years, raised their family, and now in their 80's will not let physical ailments get the better of them. When Jeannette recently broke her elbow, her son Lee helped secure the daily assistance the couple was going to need. As caregivers had been hard to find and hard to keep, they decided to contact professional services. One of them was "Senior Helpers" of Moraga, established in June 2007 by Kevin Reneau.

After he retired from his job with the UC Berkeley Athletic Department, Reneau was ready to start a new life and run his own

business. When he came across the franchise opportunity offered by Senior Helpers, a 7 years old service provider company, he knew this was the right opportunity for him and his wife, Pam. Senior services are in high demand and Lamorinda seemed like the right place to provide it.

According to Senior Helpers' research, there were 5,269 seniors age 75 and better living in Lamorinda in 2004 (8.2% of the total population) and that population should amount to 5,786 by 2009. Most seniors do their best when they can stay in their community and many families try to keep their commitments to their relatives. "Caring for aging parents can take a toll on families and/or

spouses," comments Reneau, "and that's when our services come into play."

Senior Helpers provide elders with in-home care and companionship in the form of a familiar paid employee. Services range from reading, transportation to social or medical appointments, to more engaged services such as grooming, personal care, medication reminder and house keeping if necessary.

Since he started his venture, Reneau has been interviewing an average of 20 caregivers a week, applying a rigorous screening process. Potential workers have to have senior care experience, four references in the field and are subject to a criminal background check. "Caregivers become part of the family of our elderly customers," explains

Reneau, "we recruit helpers who have chosen to work with seniors because they love it."

It's that commitment that has pleased the Edwards. According to the Lee Edwards, "Kevin has proposed caregivers who get along well with my parents; he followed up with visits and phone calls. His company showed involvement and care."

The Edwards signed up for help 10 hours a day, 7 days a week and two persons have been selected. Typically, contracts demand 3 to 4 hours a day, 3 to 5 times a week. The cost depends on the nature of the needs, and is usually around \$20 an hour. Such expenses are not usually covered by health insurance, but long term care insurance can help.

Celtic Rock at Joe's of Lafayette

By Cathy Tyson



Local band, "Pladdohg" will be celebrating the release of their new album, "More Songs About Drinking and Fighting," at Joe's of Lafayette on Saturday, October 13. How often do you get to enjoy a pint and listen to Stanley Intermediate School substitute teacher, Erin Bloom? How often is a Celtic rock band with a Scottish-Irish-American folk flavor playing locally? Not that often. Although to be fair, they played in Orinda to quite a large crowd as part of the Summer Concert series.

Bloom describes their music as, "Taking traditional songs and making them their own - kind of California Celtic. We 'Pladdohg' it." Their unique sound is the result of a collaborative effort; each of the seven musicians brings their own background, classical, jazz, rock and roll to the group.

"Putting together the CD

was such a learning experience, exciting and sometimes painful," reflects Bloom. It was recorded at Red House Studios in Walnut Creek. The tracks were laid in layers, first the percussion and rhythm, then guitar, mandolin and banjo, then flute and vocals.

Band members include Erin Bloom on vocals, bodhran (Irish drum) and tambourine, Eric Sorensen on guitar, banjo and vocals, Patrick Russ on guitar and mandolin, Josh Canetti, on vocals and bass, Robin DeMartini on flute and piccolo, Bruce Isom on percussion and accordion, and Scott Kambie on drums and vocals.

For more information on the band, see their website, www.pdogmusic.com, there's a myspace.com link on their homepage, if you'd like to listen to a few songs. CD's available on cdbaby.com.

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Safeguard Your Irreplaceable Pictures and Documents

By Edward Zeidan, Nerd4Rent



Edward Zeidan, Owner, Nerd4Rent (Lafayette)

Every week, we receive at least one frantic call from someone whose hard drive has crashed, and they have no backup of their irreplaceable files. Most of the time, people are aware that they should be backing up their data, but they haven't gotten around to it, because they're busy, or don't know how. What many people don't know is that every hard drive will crash eventually. Hard drives crash for a variety of reasons: moving parts wear out; power surges damage sen-

sitive drive electronics; viruses corrupt or erase files; etc. We've seen brand new hard drives crash, 10 year old drives working perfectly, and everything in between. Sometimes there are warning signs of hard drive problems, such as clicking or grinding sounds—but not always. Since we can't know when a hard drive will fail, it's critical that all important files be backed up.

There are several popular options for backing up your files (data):

1. Backup to CDs or DVDs
2. Backup to a portable hard drive
3. Back up to an online service

Backup to CD's or DVDs

This option is fine if you only have a few hundred files to backup. You use your computers CD/DVD burner to make a copy of your files.

Backup to portable hard drive

Portable hard drives are inexpensive, fast, and hold thousands of files. You can even set your computer to automatically backup your files.

Backup to an online service

Some popular online backup services are idrive (www.idrive.com) and Carbonite (www.carbonite.com). Online backup services protect your data by using passwords to restrict access, and by encrypting it so it can't be read by unauthorized persons. Idrive offers up to two gigabytes of personal data storage absolutely free.

Whichever option you choose, we recommend that you always keep

one copy of your data off-site, (such as at your office, safe deposit box or relative's home), in case of disaster or theft.

What should I do if my hard drive crashes?

If your hard drive crashes, then it's important to turn your computer off, and take it to your local computer support company for an initial diagnosis. Many times it's your operating system that has crashed, not your hard drive, and your files are fine. If we are unable to recover your files, we refer our clients to DriveSavers 800.440.1904. DriveSavers has special equipment, and they can usually get your files back.

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There is no Party Quite Like the Oktoberfest!

The horse-drawn carriages were brimming with heavy, vibrant flower garlands, cheerful Stein-swinging politicians, carolers, children, celebrities, brass bands. Gorgeous horses, tails brushed to shine like rushing rivers flowing along their gleaming gams, hammered silver harnesses jingling, conjuring images of beer commercials of Clydesdales in the snow. A drizzle started. We found ourselves surrounded by umbrellas opening like wings of black crows, then closing like an apology...still the spirits remained un-dampened.

Through the forest of assorted heads and raingear, I could see the huge rotisserie of the 'Ochsenbraterei' and enormous oxen turning and browning lazily, just one of perhaps 85 consumed each day. Directly across from us, the 'Fischer Vronie' beer hall, a favorite for families, emitted the mouth-watering smell only woodchip-grilled fish can produce. There were 14 beer halls in all with a total seating capac-

ity of 100,000. Each hall pours its own particular beer, has its own brand of ambience, food and entertainment like yodeling, or performers cracking whips in exact precision to the beat of the music. Waitresses pride themselves of being able to carry up to 12 one-liter beer steins at once. Personal trainers not necessary.

At the close of the Parade, the body mass turned good-naturedly in the direction of Schottenhammel beer hall. The crowd was so dense, we could only hear the ceremony over the loudspeaker and were at last relieved to find that Ude's chances at reelection were secured and that the party was officially sanctioned to begin.

Though I expected to have a distorted recollection from my childhood, I was happy to find that my memories met accurately with reality. Just as I remembered, there were the breathtaking rides, families dressed in traditional Bavarian dress, little girls with braided hair

... continued from page 5

like I had as a child, exuberant partiers singing, linking arms with friends and strangers alike and swaying to the music, all types of booths and, of course, the food.

Grilled, smoked trout on a stick, Leberkaese—hot crusted veal loaf—fragrant rye and wheat rolls stuffed with pickled herring drenched in onions and cloves, toasted, sugared almonds, huge decorated gingerbread hearts to hang around the neck, sumptuous salted, hot Laugen pretzels, Daikon-type white radishes sliced so thin as to resemble foam on a plate, grilled rotisserie chicken, every conceivable sausage with pungent sauerkraut curling over bread and rolls, pastries light as air, powdered sugar puffing into the breeze...

On the return ride in the S-Bahn, wedged between many other tired revelers, I leaned back thanking King Ludwig for his flair for throwing a great party and for making my personal memories a delectable reality.

Lynn's Top Five

CASUALTY INSURANCE MISTAKES WE MAKE

- A Financial Planner's View

One of the least glamorous but most important aspects of setting up a sound financial plan involves a thorough review of your casualty insurance. Particularly your home and auto policies. I know, I know, you are already yawning!

But look around you --- we live in a very beautiful, but very fire hazardous area. Recent news about the unfortunate folks in Tahoe who lost their homes reminds us that in a matter of moments much that we hold dear can vanish.

In my many years of private practice I see a theme of issues often neglected in these coverages --- coverages that when neglected or omitted can have tragic or simply expensive consequences. So, let me share my top five with you here.

1) House not covered to be rebuilt in today's dollars and today's code: Most of us simply give the renewal that comes in the mail every year a cursory review, groan about the increase in costs, pay the premiums, stick the policy in a drawer and give it no more thought. But if we learn nothing from recent news about devastating home losses, it's that the cost to rebuild to current code is frequently not reflected in our policies. In today's market in Lamorinda, you should generally estimate \$250 - \$350/square foot to rebuild your home --- or more if you have a lot of upgrades. You can talk to your agent about how to get an accurate appraisal.

2) Liability coverage is too low: Your liability coverage should be high enough to more than cover your net worth, or the amount of it you cannot afford to lose. For many of us, the biggest asset we have is the money we haven't earned yet! So be sure to increase what you carry to take that into account as well. Luckily most of us can buy one umbrella liability policy to cover the high amounts of coverage we hold, rather than carrying a huge amount of liability insurance on our auto policy and again on our home. Don't forget to include vacation homes, boats, and other recreational vehicles as well. Liability insurance is not expensive: \$250 - \$300 should buy you \$1 million in coverage.

3) Deductibles that are too low: We humans are a curious

species. We seem to have no problem agreeing to buy coverage for the things we KNOW are going to happen, but we have a huge reluctance to buy insurance for things that we think won't happen to us. Insurance should be purchased with the opposite reasoning in mind: Self-insure for the small risks in life that you can afford to handle, and buy insurance for the large risks that would be devastating to you. Deductibles are the perfect example. Why have a \$500 deductible on your homeowner's policy? Are you going to put in a claim for \$600? Probably not, because you'd only get \$100 back and then you'd have a claim on your record. Better to increase that deductible to \$1000 - \$2500. This can often provide big savings on your premiums, which you can then use to buy the higher liability coverage you really need. Same with your car --- talk to your agent about break-points on pricing with deductibles.

4) It's not always about the price: A lot of the agents we talk to are very concerned that their clients are too obsessed with the pricing on the policy, and less focused on the quality of the contracts, the actual coverages and the service. Our insurance agent, Lana Artemoff at Marina Associates, recently told me that the increasing trend of buying policies on-line based on pricing has resulted in consumers buying policies with really poor internal legal language in the contract. One example: "drop down" liability limits on cheap car insurance if someone else drives. As she points out "unless you are an insurance pro, you cannot compare all the legal language in these contracts --- if something is cheaper, it often gives less." A modern day example of "let the buyer beware!"

5) Schedule a yearly review with your agent: Okay, this sounds like a no-brainer. But it's amazing to me how few of us actually meet with our agent annually at the review date. And it doesn't have to be in person: it can be by phone or even a good e-mail conversation. I actually blame the insurance industry for this one as much as us the consumer. A good agent will contact clients annually to service the account, see if you need any changes to your policy, if things have changed in your life, dis-

cuss whether or not some of your collectibles need extra protection, and keep you abreast of current trends in the industry. But if your agent doesn't automatically do that for you, then YOU should pick up the phone and do so yourself. You are paying for this service, and the small amount of time you need to spend on this is well worth it.

So, even though I am not a licensed Casualty Insurance Agent, but instead viewing this topic from the eyes of a Certified Financial Planner™, I truly hope that this column will spur you into making a call to your agent today for a thorough review and check-up. It will really be worth the time and energy. And the good news: once you've put a good insurance policy portfolio in place with a reputable agent and firm, it will be far easier for you and your insurance professional team to stay on top of it!

Lynn Ballou is a Certified Financial Planner™ (CFP®) and co-owner of Ballou Plum Financial Advisors, LLC, a Registered Investment Advisory (RIA) firm in Lafayette. Lynn is also a Registered Principal and Branch Manager with Linsco/Private Ledger (LPL). As such, she is required by securities regulations to add the following information to this column: The opinions voiced in this material are for general information only and not intended to provide specific advice or recommendation for any individual. Securities offered through Linsco/Private Ledger, member NASD/SIPC.

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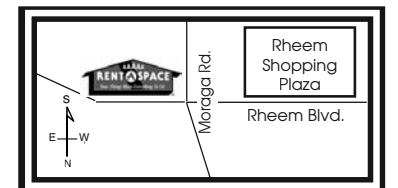
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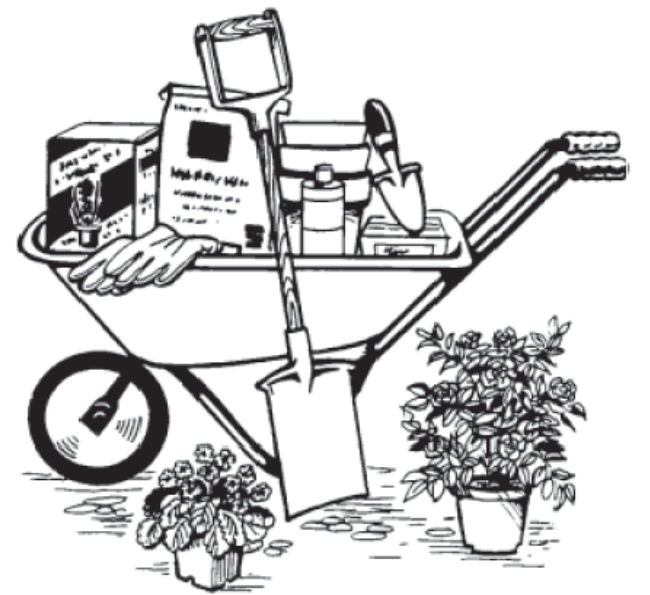
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SPORTS

LAMORINDAS LOCAL SPORTS NEWS



Dons, Cougars Face Tough Competition

By Jennifer Wake



The Moraga Country Club is not a course for the novice golfer. The course was described by one golf reviewer as "a relentless test of shot making, with the back nine's severe side-hill topography giving golfers awkward stances and punishing elevation changes." That was the venue where the Acalanes and Campolindo girls' golf teams put their expertise to the test when they faced each other in competition last Thursday.

Playing the back nine in the match, the Dons' Cristina DeTomasi came in first with the low score at 47, helping



Photos Tod Fierner

player, it was good for that golf course. "Everybody shot pretty high," he said. "It's a tough course. You can hit a ball down the wrong line and



her team cinch the match over the Cougars, 258-286.

Acalanes golf coach Tim Scott explained that although 47 isn't a good score for this

end up in the hazard – even if it's a good shot."

Except for DeTomasi, the Dons' scores fell in the low 50s on the back nine of

Cougars Slip for First Time

By Alex Crook, JM Intermediate School

Every interesting football game on the gridiron is like a fight to the death. Players push and shove each other for the good of their teams. But no matter what, there has to be a winner. This time, it was College Park's turn to be victorious.

Campolindo came into Pleasant Hill fresh off a 30-20 home win over Mt. Diablo last Thursday. They were undefeated-until College Park came along. Last Friday, the Falcons just edged Campolindo 34-32 in a rough battle for sole possession of first place in DFAL. There were four injuries that occurred that day.

Campo quarterback Scott Scharff went down twice with knee problems. Both times, he came back into the game, replacing senior backup QB Andrew Ertola. The other two were College Park's Danny Halliday, and Campo's Peter Evans. The Cougars' defense was maybe a little tired or not used to playing at 3:30 in the afternoon since all the games start at 7:00 at night when you're not looking into the sun.

Campolindo gave up three long touchdown runs consuming at least 40 yards each, which gave the edge to the Falcons. But the most im-

pressive play from Campo might have been Nick Mascheroni's amazing 16-yard touchdown catch from Andrew Ertola in the fourth quarter.

The talented wide receiver was being covered by five purple jerseys and still came down with it for a Cougar score. College Park, down 32-28, finally ended it with one of those long runs, making it 34-32 after the extra point sailed wide left to nip Campolindo.

Campo saw defeat for the first time this year, falling to 3-1 and 2-1 in league play.

College Park continued to roll while they improved to 4-0 and 3-0 in DFAL, with wins over Campolindo, Mt. Diablo, and Concord. As a result of the Falcons' hard work, they were awarded sole possession of first place in DFAL.

Next week, Campo goes back home to face the 2-2 Dublin Gaels, but this one might not be as hard. The Cougars now sit in third, behind the 4-0 Las Lomas Knights and of course, College Park. The Falcons next week say good-bye to their stadium for a while, as they travel to Acalanes, who are 2-2 on the year.

this 18-hole, par 71 course – Jessica Bruns (53), Juliana Delbecaro (50), Karly Topkis (57), and Stacy Song (51) – while the Cougars had team best scores of 52 from Jennifer Alloway and Maddie Cullen.

Although Moraga Country Club is a local course, Scott said many of the Dons' golfers had only played the back nine once before.

"I thought every single girl out there – including Campolindo's team – did a really good job. The girls were all in good spirits," Scott said, adding again. "It's a really tough golf course."

As the reviewer pointed out, "Pars are a precious commodity."

After this last win, Acalanes improved to 8-1 in DFAL matches. On Wednesday, Oct. 3, the Dons face Alhambra and Concord at Rossmoor GC at 3:30; the Cougars will match up against Acalanes and Northgate on Friday, Oct. 12 at Rossmoor Golf Course.

St. Mary's Volleyball Takes Down Gonzaga 3-0

By Kevin D. Shallat



The St. Mary's Gaels starting lineup

Photo Tod Fierner

West Coast Conference foe Gonzaga University was considered the favorite coming into the first league game against the St. Mary's women's volleyball team Thursday, Sept. 27, but that didn't stop the Gaels from winning three straight games.

An athletic and talented team, the Bulldogs were 11-4 coming into this match, and St. Mary's, despite their 8-4 record, got off to a slow start. The Gaels seemed to have too much adrenaline flowing

the score three times, with the score hitting 31-31 in the first game. Outside hitter Megan York dropped a beautifully timed delayed shot right in the middle of the court to go up by one, and the Gaels finally got one last point to win the nail-biter with an illegal set by Gonzaga.

The second game was the least stressful and most dominant game of the night for the Gaels. St. Mary's was able to correct their serving mistakes and turn them into an advantage in the second

match – especially in this game.

Libero Erin Thompson came into the second game and used her minutes efficiently with a beautiful diving dig, which led to a Gael point.

The game ended with the Gaels out serving and out hustling the Bulldogs to a 30-15 win.

The third game was highlighted by the Gael's smart, heads-up volleyball and solid defense. Middle blockers Shannon Lowell and Megan Burton had fantastic games with their over the net play. Lowell recorded seven kills and 10 blocks, and Burton had six kills and nine blocks in the match.

Freshman sensation York wasn't at the top of her game, yet still managed to record statistics that most players dream of. York hustled and spiked her way to 15 kills, 10 digs, and five blocks.

"She had a good match, she's always going to have a good match, but she didn't have her best match, not even close, but she helped her team win in lots of little ways," said Gaels Head Coach Rob Browning.

Catch the next Gaels game by checking the schedule online at: www.SMCGaels.com



Christy Payne leaps to block a shot

Photo Tod Fierner

early on, as a few of their serves sailed off past the back line, yet after a few cross court kills from outside hitter Lauren Jaeckel, the Gaels were able to jump out to a 20-13 lead.

The lead did hold for long, however. The Bulldogs battled back with some powerful kills of their own and tie

game. Sophomore libero Alita Fisher had a terrific game serving and led the team with three serving aces and 11 digs. While Fisher's serving was controlling the game for the Gaels, the Bulldogs could not get their serves to make it inbounds. Gonzaga simply had too many unforced serving errors in the

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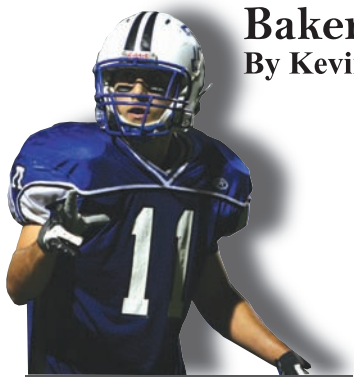


SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Baker and the Dons on a Roll, Take Down Mats

By Kevin D. Shallat



Brooks Baker (11)

In a Lamorinda DFAL showdown, 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 sopho-



Brian Maxson waits for Acalanes to snap the ball

Photo Jordan Fong



Dons running back Tyler Malley makes the catch Photo Jordan Fong

more 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 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 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."

Campolindo Records Big Win over Hoversten and the Dons

By Kevin D. Shallat



Campolindo 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. De-

spite 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.

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