

# Orinda Parents Go the Extra Mile for Cross Country

By Cathy Tyson



Miramonte cross country kids carbo-load



Jill and Jim Larsen surrounded by contributing parents

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**T**he 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.

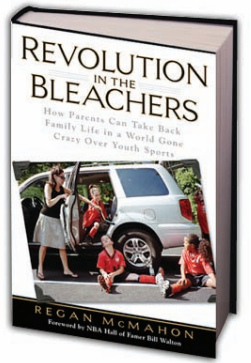
"Its great that these parents have the time and talent, but I'm very concerned about confidentiality," says Ben Lang, Director of Technology for the Orinda Union School District. In Orinda, NCS Pearson, Inc handles all student information. "This year they should have a software version that is fully 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

**W**e 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](http://www.revolutioninthebleachers.com).

## Teen Scene column

By Becky Ware

Junior, Acalanes High School

**L**ast 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](http://www.privateerlynx.org)

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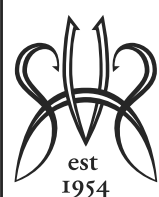
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