



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

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

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

"The running game really opened up the passing game for us," Baker said. Miramonte halfback Kevin Paulsen was able to put the Mats on the board as he took a handoff from Boswell, hit a wall of players, then redirected his run to score a touchdown – the Mats' only score of the half. With twenty five seconds left before half, Acalanes 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



Campo Water Polo and Coach

Photo provided

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

With the Cougars plan to assign Andrew Melton to defend Hoversten, Melton stepped it up and then some Wednesday night. Not only did Melton hold Hoversten to one goal in the game, but he recorded five of the Cougars' seven points in the match. One of the goals was scored from two meters out. 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.

### Lafayette Rink Grand Opening



Kids against adults in broomball at the Rink Grand Opening last Saturday

Dodge Ball, Hockey and Little Lax Leagues start this week. Basket Ball, Electric RC Racing, Family Skate Night and other special events open to the public.

Call (925) 284-2232 or go to [www.lafayetterec.org](http://www.lafayetterec.org) for schedule



Men's Soccer vs. Portland Sunday, Oct. 7 at 2 p.m. Saint Mary's Stadium

### Go Gaels!

Upcoming Sports Events at Saint Mary's College

Men's Soccer vs. Santa Clara Sunday, Oct. 14 at 2 p.m. Saint Mary's Stadium

Men's Soccer vs. Gonzaga Friday, Oct. 5 at 4 p.m. Saint Mary's Stadium

For information about upcoming season schedules, visit the official Saint Mary's athletics website at [www.SMCGaels.com](http://www.SMCGaels.com).

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## The Living Lean Weight Loss Program

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

Bill Rudolph

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

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

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

Thank you Sheena!

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