

LAMORINDA WEEKLY

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Wednesday, October 31, 2007



Photo Gavin Schlissel

Teens Rock The House At The Fall Choral Classic

Parents don't ask them to turn it down...

By Cathy Tyson

It was less than standing room only at the Lafayette Orinda Presbyterian Church last week as the choirs from Acalanes, Campolindo, Miramonte and Las Lomas got together for the Fifth Annual Richard C. Hansen Fall Choral Classic.

The event was broken up into two nights to accommodate all the singing teens. On Tuesday evening the Women's Ensembles from Acalanes, Campolindo and Miramonte performed along with the Bella Voce Choir from Acalanes. Guest Clinician and Conductor Heather Bishop, of Clovis North High School lead the students in clinics and rehearsals dur-

ing the day and conducted as all the students came to the stage for three final songs to end the evening.

The Church was literally bursting at the seams with proud family, friends and fellow student along with 300 performing singers on Thursday evening. Audience members spilled out the side doors of the venue. All the schools' choirs performed admirably, but perhaps because of its size, the 99 strong Campolindo Concert Choir made a big impression. In addition, the many football players in their Choir added a deep resonance to their music.

Concert Choirs from all four high schools got

the evening off to a rousing start, with a variety of songs from spirituals, like the literally snappy, "Swing Down Chariot," and the "The Battle of Jericho," to African "O Sifuni Mungu" accompanied by bongos, to the gospel song "Keep Your Hand on the Plow." Miramonte's Choral Artists and the Chamber Singers from Acalanes and Campolindo followed.

The big, rather huge, finale of the night was all these choirs coming together on the stage to perform three songs they had practiced earlier in the day.

The singers were packed onto risers, across the stage, even filling the first pew. "It Takes A Village,"

was a crowd favorite, especially appropriate as the lyrics mention sharing the burden, sharing the joy of raising a child. Guest Clinician and Conductor Buddy James of California State University East Bay guided the teens and enhanced their performances.

"It was a collaborative effort," said Bruce Lengacher, Choir Director for Acalanes High School, regarding organizing the event. "The cool thing is I've seen groups make huge strides after attending the special clinics and rehearsals that are held during the day. Maybe it's adrenaline or fear." Hard to say, but the students rocked the house.

Sunday Morning - Thousands out on Mt. Diablo Blvd Reservoir Run in Lafayette



Results:

5K Name	From	Time
1 Stewart Harwell	Pleasant Hill	16:01
2 David Hall	Orinda	16:58
3 Ralph Till	-	17:13

10K Name	From	Time
1 Jim Sorensen	San Leandro	34:25
2 Daniel Madigan	-	35:05
3 Rob Elia	Moraga	35:36

1893 registered participants joined the 2007 Lafayette Reservoir Run last Sunday. 594 (of which 189, or 34%, were Lamorinda residents) went out for the 5K run including 5-year-olds Carson Gragg and Andrew Tso of Lafayette.

The 10K included a loop around the reservoir for 500 registered athletes; 799 joined the 2K walk and run, many with their dogs and/or baby strollers.

Local Firefighters Volunteer To Help In So Cal

By Cathy Tyson

A huge fires raged in Southern California, a number of our local firefighters were there in the thick of it. According to Moraga Orinda Fire District Battalion Chief Bryan Collins, workers are polled to see if they want to go. A total of ten people were there last week, filling various positions, Captain, engineer, firefighter and paramedic.

"Typically the expectation is they could be there up to a week. We rotate crews when they hit a 7 day period," explains Collins. Staffers are prepared with a personal day kit that might include socks, t-shirts and toiletries.

Moraga-Orinda Fire District sent one Type 3 Engine, the type used to fight wildland fires, and one Type 1 Engine, a typical fire

pumper. Fear not, our local stations continue to be fully staffed, as there are minimum daily staffing requirements.

Firefighters get paid their regular salary for workdays that they would normally be working, but on days they would normally be off, they receive overtime. Be-

cause California has a Mutual Aid System throughout the state, the Fire District is reimbursed for overtime. "Otherwise, we'd go bankrupt," says Collins.

Calls to Contra Cost Fire Protection District which serves Lafayette were not immediately returned.



L-R: Layne Cooley, Fire Fighter/Paramedic; Daryle Balad, Capt/Paramedic; Steve Huebner, Firefighter/Paramedic at Station 45 in Orinda

Photo Andy Schreck

Time Change! Daylight Savings Time ends on **Sunday, Nov. 4!** Don't forget to set those clocks back one hour!

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J. Allen Sayles, Architect

Bruzzone Lawsuit Targets Moraga Design Guidelines

By Steve Angelides

The Bruzzone family and their businesses, which own most of the undeveloped land in Moraga, have filed a 27 page lawsuit against the Town in an attempt to invalidate design guidelines adopted by the Town Council on July 11.

The challenged guidelines protect ridgelines from development, protect mature native tree groupings, preserve views of ridgeline landscape, site buildings so as to permit passive solar design, and state that "residences in new subdivisions should meet Build it Green or equivalent requirements for new residences."

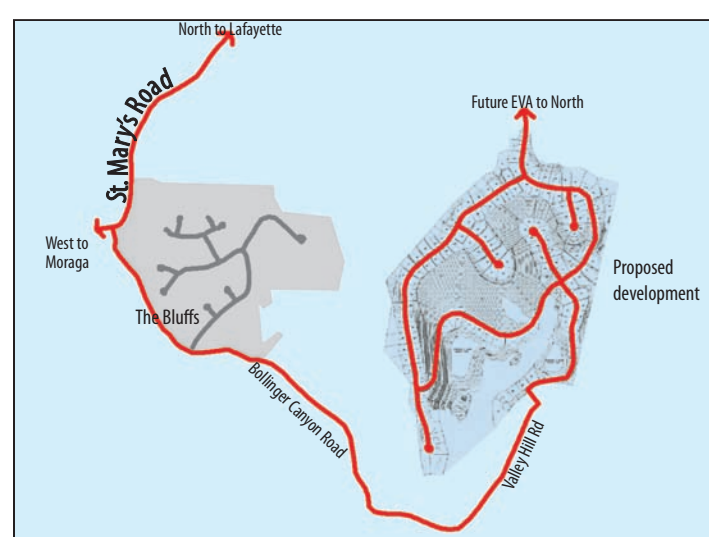
The "Build it Green" guidelines consist of an elaborate point system set forth in 58 pages of text plus a 215 row spreadsheet. The spreadsheet states that to "be considered green" a home must earn a minimum of 50 points, with at least 30 points in energy, 5 points in indoor air

quality/health, 6 points in resources, and 9 points in water. Those guidelines are promulgated by the non-profit group Build it Green, and appear on its website www.builditgreen.org.

The Town Council adopted the challenged guidelines by a 3 to 2 vote as amendments to design guidelines originally adopted by the Planning Commission on June 4. The Council acted after Vice Mayor Lynda Deschambault appealed the Planning Commission's guidelines to the Council.

Deschambault told the Council she appealed the guidelines because she wanted to add energy efficiency and sustainability. Councilmembers Ken Chew and Dave Trotter also voted for the amendments, while Mayor Mike Metcalf and Councilmember Rochelle Bird dissented.

... continued on page 3



Bruzzones' Pending 126 Home Bollinger Valley Subdivision [Source: Page 19 of Revised Notice of Preparation of Draft EIR on Town Website] edited by Andy Schreck for print result improvement

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Town News	2,3,4	Boy Scout Food Drive	5	How to contact us	8	Absolute-ly Inspiring	13	Sports	16,17
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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, Nov 13
Planning Comm.	7pm Community Center, Manzanita Room 500 St Mary's Road Thursday, Nov 1 Thursday, Nov 15
Design Review	7pm Community Center, Manzanita Room 500 St Mary's Road Tuesday, Nov 6
Park, Trails, Rec.	7pm Community Center 500 St Mary's Road Wednesday, Nov 14
Circulation	7pm Community Center, Manzanita Room 500 St Mary's Road Monday, Nov 5
Emergency Prep.	9:15am City Offices 3675 Mt. Diablo Blvd. Suite 265 Wednesday, Nov 14
Youth Services	6pm Community Center, Elderberry Room 500 St Mary's Road Monday, Nov 5
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	



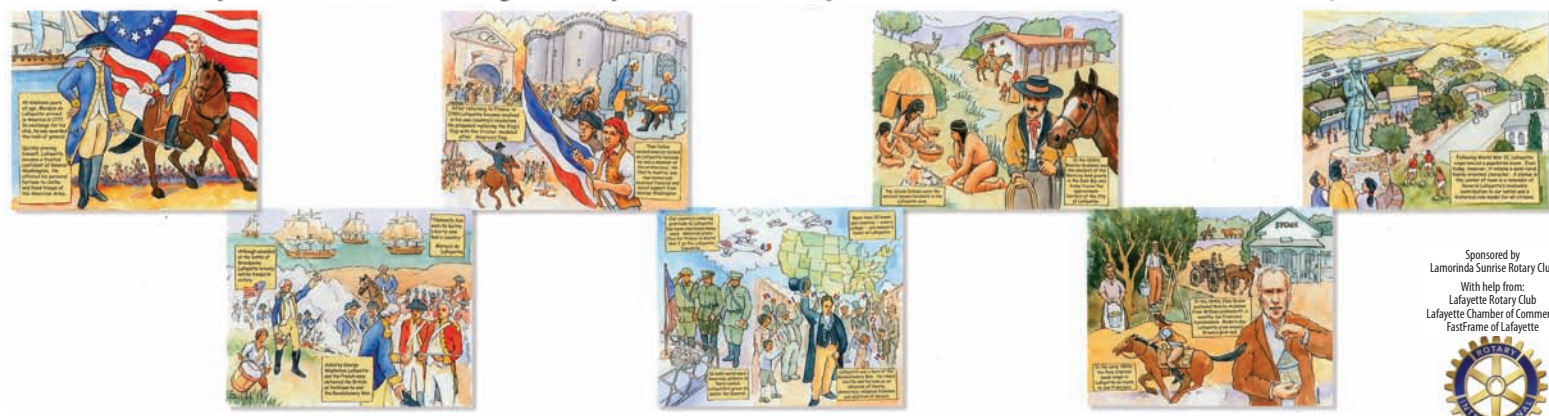
Should Have Replaced The Headlight, 10/20/07 An officer made a traffic stop along Mt. Diablo Boulevard for a headlight problem and smelled pot in the car. Hidden pot was found under the driver's seat. Driver was cited and signed a promise to appear.

Stop Thief!, 10/16/07 When a Reliez Valley homeowner came home, she found an unfamiliar truck in the driveway, with several bags in the back. Imagine her surprise when she went to get a portable phone and noticed the front door open. Homeowner took phone out front and called the cops. One of the alleged robbers ran out the front door while she was making the call. During his dash for the car, he knocked her to the ground. The second bad guy ran to the truck from behind the house. Victim tried to stop the truck as it sped away by hitting it with the phone.

Check is not in the mail, 10/14/07 Well-known person reported to the police that several large checks from a well-known merchant totaling over \$27,000. were missing from his Hope Lane mailbox. Suspect is a female from Concord.

Car Burglary, 10/12/07 Unknown suspect entered unlocked vehicle on Lafayette Circle and stole HP laptop and set of golf clubs.

Lafayette Mural Project Sponsored by Lamorinda Sunrise Rotary Club



This is a community project to educate and inspire the people of Lafayette. We have a great heritage to be proud of - this mural will be a reminder of our history.

Lafayette Hits Prime Time News in France

By Sophie Braccini

Mayor Carol Federighi hadn't planned on becoming a TV news celebrity in France, but she got her shot at stardom when Alain de Chalvron, a reporter for the French TV Network, France2, came to Lafayette with his film

crew on October 15th. The reason for the France2 visit was the expected arrival of French President Nicolas Sarkozy to the United States. In order for the French people to get a better feel of the United States, the network decided to report on

American ceremonies surrounding the celebration of the Marquis de La Fayette's 250th birthday.

De Chalvron met with Federighi and asked her about the history of the town. ... continued on page 14

And One Survey Leads to Another...

By Lee Borrowman

Love Lafayette: Yup, most do! When the Downtown Strategy Advisory Committee unveiled the results of its Downtown Survey in mid-October, it revealed that the majority of residents and businesses currently in Lafayette plan to stay in Lafayette; and by majority, we do mean enough to pass a (hypothetical) parcel tax.

High on the list of things survey respondents love about Lafayette are the restaurants, retail and service provider choices. The wish list includes nicer architecture for new buildings, more downtown open space (parks and

plazas) and more cultural/entertainment venues to go with even more great restaurants. Above all, and perhaps not surprisingly, Lafayette clamors for less traffic and more parking spaces.

To that end the City has decided to conduct another survey, this one sent to local employers and employees, focusing on parking and transportation. According to Transportation Planner Leah Greenblat, the City has heard from its business community that employee parking crowds out available spaces for patrons. Merchants have approached the City with a

suggestion that one way to ease any perceived parking shortage is to address parking for employees, especially in the downtown area.

Lafayette employers and employees will be surveyed to determine how parking can be improved. The survey will also ask about the awareness and use of ridesharing incentives. Greenblat says that discouraging solo driving will help to improve parking availability and traffic congestion. The survey will close on November 16, 2007.

To view a comprehensive summary of the Downtown Survey results, or to obtain a copy of the parking survey, go to <http://www.ci.lafayette.ca.us/>.

Twinkle Lights Saved!

By Cathy Tyson



Last year's Diablo Foods' tree stands in for lack of twinkle light photo Photo Andy Schreck

Thanks to Jay Lifson, the quick thinking Executive Director of the Lafayette Chamber of Commerce, the trees along Mt. Diablo Boulevard will sparkle with brand new, energy efficient twinkle lights in time for the holiday season.

The fate of the lights was dim earlier this year. Property owners resoundingly rejected an increase in the Landscape and Lighting Tax assessment this summer. Since the increase didn't pass, the City Council had to look at options for reducing expenditures, twinkle lights were cut and a number of other items were reduced. With hat in hand,

Lifson politely asked the City Council to reconsider their decision. Because the Chamber of Commerce was willing to put up \$13,000, half of the total cost of \$26,000, and two additional business donations of \$2,000 had been received to offset Lafayette's portion of the cost, the City Council was willing to renegotiate. Any additional business donations, which the Chamber is actively soliciting, will go directly to the City to further reduce the cost of the lights.

It was in a nick of time too, as Public Works needed to know the very next day, to order and get them installed before Thanksgiving.

ing. The lights were last replaced in 1999. The new completely replaced and upgraded LED lights use just one-tenth of the energy of traditional lights. Next year, it's estimated that the lights will cost approximately \$11,000. to maintain. It might be well below that the following year.

"Let's be a leader on this," said Lifson, regarding showing the community a way to light the downtown and save a tremendous amount of energy. The benefits of the twinkle lights, "aren't quantifiable, in terms of shoppers or sales tax revenue. We can't let the downtown go dark. Its just a feel good thing."

"I 100% support businesses stepping up," said City Council Member Mike Anderson. He commended Lifson for a good effort given the short amount of time. The City Council was in unanimous agreement. Look for Mt. Diablo Boulevard to shine once again this holiday season.



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Lamorinda Community, Calendar, Agendas, Notes, News

Moraga

Calendar

City Council 7:30pm
Joaquin Moraga Intermediate School
1010 Camino Pablo
Wednesday, Nov 14

Planning Comm. 7:30pm
Hacienda, La Sala Room
2100 Donald Drive
Monday, Nov 5

Design Review 7:30pm
Hacienda, La Sala Room
2100 Donald Drive
Tuesday, Nov 13

Park & Rec 7:30pm
Hacienda, Mosaic Room
2100 Donald Drive
Tuesday, Nov 20

Liaison 8:00am
Fire Station
1280 Moraga Way
Friday, Nov 9

Youth Involvement 7:30pm
Hacienda, Mosaic Room
2100 Donald Drive
Thursday, Nov 8

check online:
Town of Moraga:
<http://www.ci.moraga.ca.us>
for:
• all meeting notes
• calendar updates



On Tuesday 10-23-07 at approx. 4:00 pm, there was an injury automobile vs. pedestrian collision that occurred on Moraga Road at Campolindo Drive. The collision involved a Campolindo High School student that was struck by a Toyota van. Witnesses on the scene told officers that the driver of a blue van, stopped on Campolindo Drive at Moraga Road, possibly witnessed the collision. The Moraga Police Department wants to speak to the driver of the blue van, and anyone else who witnessed the collision, as soon as possible. If you are a witness to the collision, please call Sgt. Jeff Price at the Moraga Police Department at 376-2515.

iPhone Gone 10/12/07 A Campolindo student reported that someone entered the Soda Aquatic Swimming Center and stole his Apple iPhone from his gym bag which was unattended. The suspect was observed by others attending the water polo meet that was being held there.

Cougar Attack, 10/12/07 At a recent Campo - Acalanes football game, an Acalanes student approached the Campo mascot, a teen in a Cougar costume, and pulled on the head portion of his outfit, removing it. The student mascot ended up on the ground with a slightly injured neck. The Acalanes perpetrator was identified by his victim.

Pot At School, 10/22/07 An officer responded to Campolindo on a student being held in the office for possession of Marijuana. The student had the pot in his backpack. Student was transported to the police station where he was later released upon his father's permission. He agreed to sign up for the juvenile diversion program.

Bruzzone Lawsuit Targets Moraga Design Guidelines

... continued from page 1

The Council action in July followed an historic first for Moraga in May when the Council, by the same 3 to 2 vote, made Moraga's first ever political statement on a national or international issue—global warming—by endorsing the U.S. Mayor's Climate Protection Agreement.

Planning Director Lori Salamack, in her staff report at the July meeting, recommended that the Council either approve or overturn the Planning Commission's guidelines or send them back for revision before the Council acted on the appeal. Instead, the Council amended and adopted the guidelines on the spot.

The lawsuit claims that was illegal procedure under state law because the Council's action was "tantamount to the adoption of a zoning ordinance." California Government Code section 65857, which applies to certain zoning ordinances, provides that "...any modification of the proposed ordinance or amendment by the legislative body not previously considered by the planning commission during its hearing, shall first be referred to the planning commission for a report and recommendation..." According to the minutes of the June 4 Planning Commission meeting, protection of ridgelines, mature native trees, and views of ridgelines were mentioned at that meeting, but passive solar design and green

building requirements were not.

The Bruzzone lawsuit also claims the Council's amendment and adoption of the design guidelines was subject to the California Environmental Quality Act (CEQA), based on the "displaced development" theory. The lawsuit claims the guidelines "may be applied to eliminate housing altogether, and/or displace that housing to other areas or communities." On June 12, 2007, the California Supreme Court issued an opinion which applied CEQA to restrictions on development in the area surrounding Travis Air Force Base in Solano County under the "displaced development" theory.

The lawsuit also claims the design guidelines, as amended by the Council, are inconsistent with the Town's 2002 General Plan. The "numerous provisions applicable to 'ridgeline' development are so vague and ambiguous that persons of ordinary intelligence can only guess at their meaning," the suit alleges.

The suit further claims the ridgeline development protection and "Build it Green" guidelines violate the Bruzzones' constitutional rights. It claims the Council "deliberately crafted" the ridgeline development protection "to facilitate and encourage the regulation of development on and adjacent to any and all ridgelines," and "deliberately crafted" the "Build it Green" pro-

vision "to limit the application, and economic impact, of this Guideline to Petitioners alone." It further claims the Council adopted the guidelines "deliberately and with discriminatory intent aimed at frustrating and restricting, if not precluding outright, the pending Bollinger Valley development applications as well as any future development applications associated with Petitioners Indian Valley and Moraga Center Specific Plan Area properties."

The lawsuit is the latest chapter in the hot and cold relationship between the Town of Moraga and the Bruzzone family, its largest landowner. That relationship was publicly symbolized this March when the Council, at an emotional meeting on a 3 to 2 vote, accepted statues with memorial plaques donated by the Bruzzone family for the Commons and the library.

Meanwhile, behind the scenes the Town staff and a planning consultant hired by the Bruzzone family were working together closely on the details of the Specific Plan for the Moraga Center. But when the Specific Plan came before the Council for its first vote about the scope of the environmental impact report, once again the Council divided 3 to 2 when it decided on the number of housing units to study. That meeting ended bitterly with Deschambault bemoaning the lack of Council unity

New MOSO Campaign Begins

By Sophie Braccini



"Do you have a minute to protect Moraga open space?" Chances are, you will be asked this question somewhere in Moraga over the coming months as The Friends of Moraga Open Space (FMOS) seek support for a new Moraga Open Space Ordinance (MOSO 2008). FMOS feels that as interest in development increases, the original Ordinance needs to be revised accordingly.

The new proposed initiative plans to expand the reach of the original open space preservation measure, which was approved in 1986, and further reduce the number of houses permitted on a lot. Where the original MOSO restricted development to 1 house per 5 acres, the 2008 version calls for 1 every 20 acres or

every 10 acres under limited circumstances. The new measure demands that no development be authorized on or less than 500 feet from major ridgelines, or within 150 feet of any minor ridgeline rising above 700 feet. Areas that are 700 feet or above and are not ridgelines would not be affected by the measure. The new rules would apply to all lands currently protected by MOSO, plus Bollinger Canyon (an area East of Saint Mary's Road, North of Saint Mary's campus), Indian Valley (located along the South-West city limit of Moraga) and the Rheem Ridge (located along the North side of Rheem Boulevard between Moraga Road and Saint Mary's Road). The measure would allow for commercial outdoor recreation facilities, providing they are low-intensity and do not cause material environmental harm.

The procedure for placing an initiative on the ballot is complex, but now that the Town's attorney has given the initiative a title, "Moraga Open Space Ordinance 2008 Initiative Amending Moraga's General Plan," and prepared the 500 word summary which would appear on a ballot, FMOS' next step is to gather the required (roughly 1000) signatures (10% of

registered voters) and submit them to the Town for verification.

The Town Council will then have an opportunity to discuss the initiative before it is placed on the ballot. Mayor Mike Metcalf said he hopes that the Council will welcome the chance to have an open and thorough discussion. Concerns about the legality of the initiative have already been raised, particularly as to whether it would infringe on the rights of property owners to dispose of what's theirs.

... continued on page 10

on the issue, and David Bruzzone arguing with Trotter over the potential location of a gymnasium and community center favored by Trotter.

Mayor Mike Metcalf declined to comment on the legal action, but when asked to speak generally about the Town's activities preceding the law suit said, "I believe the Town has acted openly and in an appropriate manner." Trotter and Salamack politely declined to discuss the lawsuit; Town Attor-

ney Michelle Kenyon could not be reached for comment. A call to the office of Bruzzone attorneys Arthur F. Coon and Stephen E. Velyvis was abruptly terminated on that end before any questions could be posed.

The lawsuit seeks a declaration that the challenged design guidelines are illegal and unconstitutional, injunctions against the guidelines, unspecified money damages, attorneys' fees, and costs.

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Lamorinda Community, Calendar, Agendas, Notes, News

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, Nov 6	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, Nov 13	
Park & Rec	7pm
Community Center Room 7 28 Orinda Way Wednesday, Nov 14	
Hist. Landmark Comm.	3pm
Gallery Room, Upper Level 26 Orinda Way Tuesday, Nov 27	
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	

Chamber of Commerce:
<http://www.orinda-chamber.org/>
• local businesses
• upcoming events



Driving With Pot, 10/25/07 A police officer conducted a traffic stop on Highway 24 near Fish Ranch Road. Oddly enough the person driving the car had no Driver's License. The non-licensed driver consented to a search of the car. The 24-year old had a small bag of marijuana in his underwear. Driver was cited and released at the scene.

Stuff Gone, 10/22/07 Two leather jackets, sunglasses, tennis shoes and a gym bag were taken from a BMW parked and left unlocked in a Don Gabriel Way driveway.

Credit Card Fraud, 10/20/07 An older Overhill Road man checked his on line bank statements and found a charge he didn't make. A total of \$644.94 was charged to his card by DHL for shipping and delivery of 22 - 24 small packages. Will the customer service people of Citibank MasterCard make it right?

Getting Schooled, 10/15/07 A teacher at Glorietta Elementary School called to report that an unknown female stole her Bank of America credit card, a debit card and her Macy's card from her purse in her unlocked classroom.

Read online at:
<http://www.lamorindaweekly.com/html/read.html>
(a pdf reader is required to view the pages.)

Big Smiles Abound at Orinda Halloween Parade

By Jennifer Wake
Approximately 75 preschoolers and toddlers, parents, grandparents and caregivers showed off their spooky (and some not so spooky) costumes last Thursday at the annual Halloween Parade, sponsored by the Orinda Community Center Auxiliary (OCCA). The children followed Glenda the Good Witch twice around the Orinda Community Park before enjoying juice and cookies, coloring Halloween pictures, and making Cheerio bracelets and necklaces at the park.

In addition to this free event, the Auxiliary also sponsors and produces the summer

concerts in the park, the spring egg hunt, and this weekend's Holiday Bazaar (Nov. 3 and 4). "We are always looking for more folks who are interested in being a part of the OCCA," said OCCA president Shannon Fuller. "We meet once a month (with no meetings in June, July, August and December) and provide free childcare during our meetings and for most of our events for those that need it."



Photos Tod Fierner



Bullet Proof Vest Optional

By Cathy Tyson



From left, Cadet Nicholle Miller, Officer Kevin Mooney, and Anna Mahoney
Photo Cathy Tyson

That isn't the usual description for Orinda Police officers, but it is true for cadets that are interning with an Orinda Police officer. Cadet Anna Mahoney, a Miramonte senior, was lucky, her uncle, a police officer, gave her one. Although the chances of getting shot in Orinda on a Sunday afternoon are slim, no one wants to find out the hard way.

Mahoney's not getting paid for her many hours of service, but its worth it to her because she wants to

pursue a career in law enforcement. The Cadet Program definitely gives her a leg up.

As part of the program Mahoney and fellow cadet Nicholle Miller have learned CPR, radio codes, handcuffing and traffic direction. Officer Kevin Mooney, the Police Explorer Advisor who supervises the cadets said Anna was a huge help on a 211 - home invasion/robbery in progress call. "Someone had burglarized a home and attacked a woman at the residence. She got to see how police respond to an emergency situation with dogs and helicopters. Anna was there as we cleared the house, searched the area, and conducted interviews."

According to Mooney the cadets learn to take instruction, to respect authority, to be assertive not aggressive, to understand and execute what they are told to do and they help out with things real officers do, like arrange the evidence locker.

"Not only were they a great

help during 4th of July events, but Anna and Nichol were instrumental in the department's move from the old office to the new office. They were essential, working countless hours, day after day, boxing and moving things," explains Chief Bill French. "We are always actively looking for cadets." At the moment, the Orinda Police Department has room for up to six more.

For Mahoney and Miller it's more than just the minimum of eight hours a month. For Anna, it's a chance to explore the family business, both her dad and uncle and a number of other relatives are in law enforcement. "I just love the program and without a doubt, I want to pursue a career in law enforcement." In addition the program has given her a chance to hone communication skills. "I feel much more confident now."

"The cadet program has given me an inside look at how the justice systems works. I would recommend it to other kids," explains Miller. "Putting on the uniform can be transformative. When I'm there with the officers I tend to be more alert, I learn by example." For inquiries regarding the cadet program, call the Orinda Police non-emergency number (925) 254-6820.

Orinda Police Officer Takes 6 Medals at State Games

By Jennifer Wake



Dean Kimball
Photo Tod Fierner

If Orinda Police Officer Dean Kimball, 54, tells you he works out, you had better take him seriously.

Kimball was one of 3,000 police officers and fire fighters from 10 U.S. states who competed in the 2007 Western States Police and Fire Games on Oct. 6-14 in Mesa, Ariz. He won six medals, including a silver medal for the "Toughest Competitor Alive (TCA)" event.

... continued on page 16

Shop Orinda!

By Sophie Braccini



Mayor Steve Glazer and Chamber of Commerce Executive Director Candy Kattenburg
Photo Sophie Braccini



The new Shop Orinda Logo

Posters for the new "Shop Orinda" campaign were prominently displayed at the last Orinda Chamber of Commerce mixer on October 23rd. Keith Miller, the Chamber's President, Executive Director Candy Kattenburg, Mayor Steve Glazer and Mayor Pro Tem Victoria Smith attended the event as co-sponsors of the program to mingle with the Orinda business community.

The Council and the Chamber both contributed to the \$13,000 budget of the campaign, which aims to remind residents how important it is to shop locally, to maintain and increase the vibrancy of the city.

... continued on page 13

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Life in LAMORINDA

Boy Scout Food Drive Goes Door to Door

By Jennifer Wake



Boy Scout Troop #249 of Moraga sorts food at last year's "Scouting for Food" drive

Photo provided

According to a local report on hunger prepared for the Contra Costa Food Bank, more and more retired or disabled people on fixed incomes are being forced to choose between food, rent, medical care, or prescription drugs. And families using emergency food programs in Contra Costa and Solano counties say the food they buy just doesn't last, with 41 percent of adults reporting they did not eat for a whole day because there wasn't enough money to buy food.

In the next two weeks, nearly 300 local Boy Scouts, Cub Scouts and adult leaders will provide Lamorinda residents with an

easy way to help.

As part of a national food drive coordinated by the Boy Scouts of America called "Scouting for Food," approximately 75 troops and packs will distribute door hangers to homes throughout Lafayette, Orinda and Moraga on Saturday, Nov. 10 to advise people of how and what to donate. The following Saturday, (Nov. 17) scouts will return to pick up donations.

"You'll see scouts in uniform peppering Lamorinda placing door hangers on each door," said Scouting for Food District Director Cory Reid, who has helped coordinate this event for

the past three years. "We will be blanketing the neighborhoods, and the following Saturday we'll come back in uniform collecting bags to bring to the drop site. Trucks will slowly follow the scouts as they run along streets picking up the food bags on people's doorsteps. Two semi trailers will be parked in the LDS church parking lot in Moraga to collect all the food."

The Scouts hope to collect 35,000 pounds of non-perishable and non-breakable food this year, which would be an increase of nearly 30 percent from the 25,000 pounds they collected last year. The food will go directly to the Contra Costa Food Bank, which distributes more than 660,000 pounds of emergency food to hundreds of local soup kitchens, food pantries and emergency shelters throughout Contra Costa and Solano counties.

"The primary issue is raising awareness," Reid said.

Anyone who would like to donate, but misses the pick up time or does not receive a door hanger, can drop food from 9 a.m. to 4 p.m. on Saturday, Nov. 17 at the LDS church (3776 Via Granada in Moraga).

Other Ways to Help

- The Saint Mary's College Student-Advisory Committee is sponsoring a canned food drive at all home events this fall season. With the donation of canned food, fans will receive raffle tickets and will be eligible to win prizes throughout the game.

- Through December 31, you can donate nonperishable food items (no glass containers please) in the bright red barrels at all Safeway stores during their Holiday Food Drives.

- Volunteers are needed at the Contra Costa Food Bank to sort food drive donations. Sorting hours in Contra Costa are Tuesday thru Thursday from noon to 8 p.m., and Saturdays by appointment. If you would like more information about volunteering, or would like to schedule a time, please contact Sharon at 925-771-1306 or szeptegno@foodbankccs.org.

What is your favorite charity? Let us know at info@lamorindaweekly.com




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SMC War Memorial—Our Lady of the Oaks

By Andrea A. Firth



SMC War Memorial

On Sunday, November 11th, Veteran's Day will be celebrated at war memorials around the country. Unknown to many Lamorinda residents, Saint Mary's College of California (SMC) in Moraga is the site of a World War II shrine—Our Lady of the Oaks. Tucked away in a grove on the Saint Mary's campus is a memorial to the 1,427 alumni who served in the mili-

tary during World War II. Located a short walk past Saint Mary's Stadium down a tree-lined, gravel path is a painted wood sign for the memorial. Off to the left is a clearing with a statue of the Virgin Mary and a plaque listing the names of 21 alumni who lost their lives during the war.

Originally called Our Lady of the Grove, the memorial's

name evolved to Our Lady of Grace and subsequently Our Lady of the Oaks. In the nineteen-seventies, a fallen tree destroyed the memorial, but the statue and sign were soon replaced. Today, Our Lady of the Oaks is a quiet, shady sanctuary with two stone benches nearby just right for a moment of reflection.

Saint Mary's connection to the veterans of World War II runs deep and dates back to 1941 when the college was selected as one of four pre-flight training facilities for Navy pilots. From 1942 to 1946, the SMC campus was filled with young Navy men including the late president Gerald R. Ford who served as an instructor at the pre-flight school. A Navy Memorial Bench sits just outside the Hearst Gallery on campus to honor the young airmen who attended the flight school. In addition, a plaque honoring the SMC alumni who served in World Wars I and II and the Vietnam Conflict is located in the arcade outside the Chapel near the gallery.

Photo Andrea A. Firth



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An Artist Looks At Mt. Diablo

By Cathy Tyson



Susan Reynolds

Fourth generation local photographer Susan Reynolds has an exhibit at the Lindsay Wildlife Museum through February 28th. The show, "Mt. Diablo: A Personal View," is her fourth solo exhibit and her most personal to date. As part of the exhibit, a "Conversation with Sue Reynolds" slide lecture and artist's tour is scheduled for October 27th from 4:00 - 5:30. This event and a November 23rd book signing are free with museum admission.

It all started in the basement of her aunt and uncle's home in Orinda many years ago. Then a student at Acalanes High School, Reynolds, "fell in love with the magic of the darkroom." Later working at the Oakland Museum she was exposed to a number of famous women photographers.

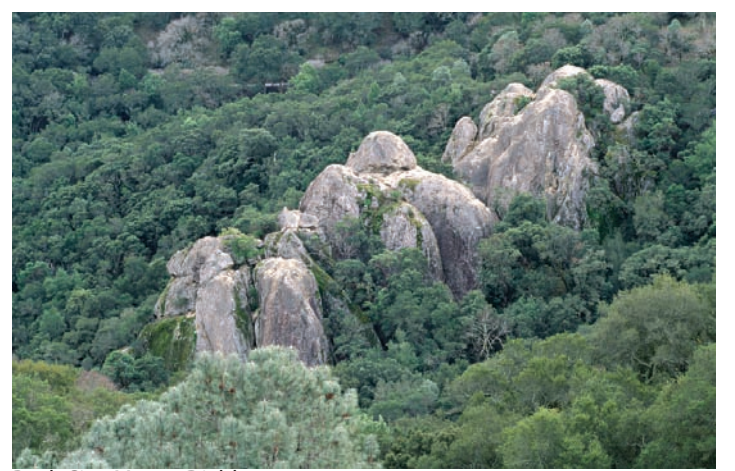
"The excitement and magic of having a connection

with my subject is really what it's all about. That relationship is almost a meditation." There is, indeed a certain stillness in her work. "I don't rush into a landscape. I found that because of the work I had been doing (running her own public relations firm) was very fast paced, I needed an antidote for all the traveling and warp speed. Nature is a place I've always gone to, because it's very relaxing and it slowed me down."

The current exhibit at the Wildlife Museum is all about Mt. Diablo. Having grown up in the area and living for last 25 years in its shadow in Walnut Creek, Mt. Diablo holds a special place for Reynolds. Her great-grandfather was one of the surveyors in the 1850's that established The Mt. Diablo Baseline and Meridian, which helped distinguish public and private lands as part of the settlement of the Mexican War of 1846 - 1848. It is still used today.

"My grandmother had a sheep ranch in the 1920's on the corner of what is now North Main and Treat Boulevard. My dad used to ride horses through the countryside, and considered Mt. Diablo his backyard." She continues, "as I get older a feel a greater sense of connection with this very special place."

To see more of her work, go to www.susanreynoldsphotography.com.



Rock City, Mount Diablo

Trick or Treat on School Street

By Nicolle



The ice cream man on School Street in Lafayette Photo Andy Scheck

The ice cream man truck industry has changed quite a bit since my day. When we heard the tinny rendition of...what was that song? We ran into the house, begged for a few quarters and the chase was on for blocks. I balanced one sister on the back of my banana seat and another on the handlebars...look Ma no helmets! I braved busy streets and honking horns. I fought for my cream. The ice cream man? Well his job was rough too. He would drive fast then slow masterfully playing his funky tunes. He worked 'til dusk- he worked hard for the money.

My son came home Tuesday with an ice cream stick and fizzes and cigarette gum, you know, the kind you blow into and 'smoke' comes out. "Where did that come from?" I asked. "The ice cream man" he responded nonchalantly. I swallowed down the motherly urge to bring up the sugar -you didn't ask for permission-and what was up with the Lucky Strikes issues, because we are new in town and...an ice cream man? (I sidetrack easily) Is a sugar pusher, a seller of red dye #5 in Lamorinda, in our midst? When my daughter comes home a 1/2 hour later, she had a pack of Pal Malls and a Push Up. I eyed her questioningly "what Mom? The Ice Cream Man" she replied to my

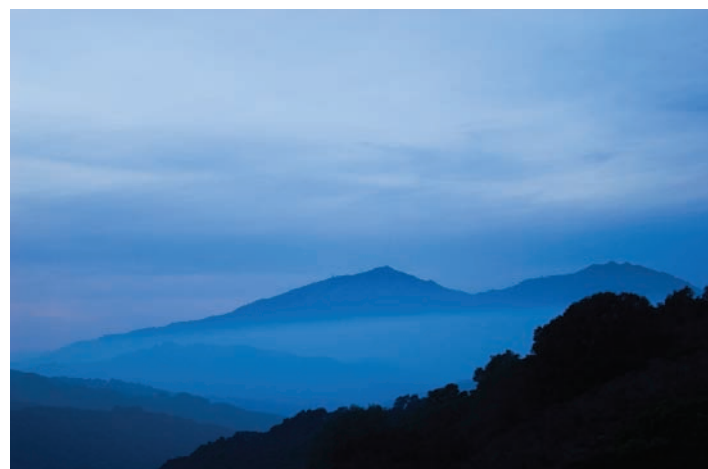
unspoken question. I stared at the refrigerator with a copy of the healthy school lunches and Red Ribbon Week flier and scowl. Shake it off helicopter lady.

The next day I must find him. I listen for the music, I slowly pace up and down near the school and he never passes by! I gaze at the trail of avid outdoor exercise enthusiasts and 'walk to school day!!!' signs floating in the wind. How did children catch the elusive man? I'm clued in later by a passing fake Camel blower that he parks on the street. He's there daily. No music. No fast and slow driving. He waits, parked on or near School Street with clamoring children waving money in their fists.

It hits me as I walk home, at the rate we're going, will there soon be a mandate on ice cream sales in proximity to schools? I enjoyed cookie sales at school as a child and now we get wrapping paper and magazine fundraisers? Next thing I know we'll be selling food recycling buckets for your waste when someone becomes tuned in to the fact that we're peddling paper. Halloween is not the only opportunity to be a kid around here; it's comforting to see some of these symbols of our childhood are still around.



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Deer Hill Ranch Benefit

By Jennifer Wake

Girl Scout Troop 2050, along with two other troops from Burton Valley Elementary School in Lafayette, moved their bake sale to a drier location on Monday, Oct. 15 as rained sprinkled onto plates of cupcakes and cookies. Undaunted, the girls continued to call out to passing drivers who stopped for some treats. The sale was organized after the Troops learned about the fire at Deer Hill Ranch, where they had gone on a field trip last year. All proceeds from their sale went to the Ranch.



Troop 2050 in the rain selling cookies

Photo Jennifer Wake

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Child Care Crosses Cultural Divide

By Jennifer Wake



The Kolm family's au pair, Veronika Skotnicova, watches the four children while Christine volunteers at a Halloween Carnival booth at Campolindo on Oct. 27. Photo Jennifer Wake

As children get older, their schedules can become hectic, making choosing proper child care a daunting task. When Moraga resident and attorney Christine Kolm had her four children in an after-school program, she found herself scrambling to fit everything in.

"When you have little ones, I think it's good to have them in a day care setting where they can socialize in different environments and gain a stronger sense of self," she said. "But when the kids are older, they have homework that has to be done, soccer and different events to attend. I would get home between six and six-thirty and dinner, home-

work and baths had to be done within a two and a half hour period."

Kolm hired a nanny, but the cost ranged between \$35-45,000 per year. "The really good ones make more," she said.

With her four children ranging in age from kindergarten to middle school, Kolm found an economical alternative that was a better fit for her hectic family schedule: an au pair.

Typically, au pairs range in age from 18 to 26 and come from all over Europe, as well as some from China and Latin America, to live with a host family for an aver-

age of one year. In addition to providing childcare, many au pairs assist with light housekeeping, help with meals, and drive children to and from school and extracurricular activities.

Annual costs for an au pair range between \$15-18,000, not including room and board. San Francisco-based AuPairCare – just one of several au pair agencies in the country – has placed more than 30,000 au pairs from 40 countries with families across the United States. According to Julia Brewer, who is an area director for AuPairCare, the program has grown a lot in the past five years.

"It's seen as a good child care solution," she said. "And because English has become the language of business, learning English is a big motivation for the au pairs. English gives them a skill they can take back."

The program is considered an exchange program by the U.S. Department of State, although it's only a one-way exchange, and the rules regarding au pairs (including total hours per day and week they can work) are overseen by this agency.

"You're inviting someone who's from another culture into your home, which has its pluses

and minuses," said Kolm, who recently had an au pair from Poland live with her family for a year, and in August welcomed a new au pair from the Czech Republic. "With an au pair, your family experiences another culture and another language. With in home care, your home becomes the base for your family, rather than a day care facility. Unlike a day care facility, if a child is sick, an au pair can still help provide care. There are fewer bumps in the road. The flip side is that you are inviting a new person into your home to live with you. There are always adjustments that have to be made. But, if you have space in the home and space in your family, it can work."

The toughest part for the au pair, says Brewer, is making the cultural adjustment and fighting homesickness.

"We provide them with support and organize monthly events," said Brewer, who acts as an intermediary between the au pairs and their host families. "Most of them have never been to the United States. It's a huge adjustment."

Brewer says the biggest mistake families make is thinking their au pair will be like Mary Poppins.

"Families who are the most successful are the ones who treat an

au pair as a family member – like a niece or a best friend's daughter from another country," she said. "People with the most success realize they are not just an employee, and they're not professional nannies, either. They must have realistic expectations of what an au pair can provide."

Kolm agrees. "You have to be patient," she said. "They're dealing with culture shock and being away from people who speak their language and react the same as they do. It takes about three months, but they become part of your family."

Lamorinda Reads Finale a Great Success

By Sophie Braccini



Waiting for Steinbeck... Linda Waldroup and a group of Lamorinda readers Photo Sophie Braccini

The author of "Down to a Soundless Sea", Thomas Steinbeck, is a handsome 60-something fellow with a wonderful sense of humor. He delighted an audience of more than 120 Lamorindans who came to the Orinda Community Center last Thursday night for the grand finale of the Lamorinda Reads program. Six hundred copies of Steinbeck's book were read, circulated and discussed throughout Lamorinda.

The son of the great John Steinbeck professed a love of stories; true stories, false stories and tall tells as well. He affirmed that all the stories in "The Soundless Sea" were based on real stories. Responding to a question from the audience, Steinbeck explained that it can take him months to write a story, and that the most important part happens in his woodshop or

while fishing. "You need to day-dream your story," he said, "tell it to your self until it is as familiar to you as your grandmother's story, then you can sit down and write it." His last advice to the audience was to write themselves, "You all have short stories in you, you just have to let them out." Book signing was the final and traditional ending for the evening.

As she was interacting with guests, Moraga Librarian Linda Waldroup acknowledged that many of the books that had been distributed around town had not been returned to the libraries yet. "They might still be passed on from family members to neighbors," she said, "but I expect they will eventually find their way to our offices and we plan to give the extra copies to the Acalanes School District."

AUHSD Calendar: Time to Get Involved

By Sophie Braccini

On October 17th, the Acalanes Union High School District (AUHSD) unanimously voted to maintain the same academic calendar for the 2008-2009 school year and to appoint a committee to study the impact of alternative calendars for subsequent school years. The vote followed the Staff's recommendation, a 180 degree turn from the August meeting when Superintendent Jim Negri had asked for the adoption of a calendar that would have seen students start a week earlier in August and finish a week earlier in June. After years of negotiations and a period of public outrage, how did it happen that so much time and energy was spent, only to end up back at square one?

Most of the public debate started in August, when parent after parent protested the proposed changes to the calendar, which many felt were being imposed on them and their children. Richard Whitmore, President of the AUHSD Governing Board, offers an explanation: "To change the calendar requires a lot of collaboration, and that collaboration is made more complex by the bargaining aspect." The calendar is part of

the bargaining that takes place between the teachers' union and the District and these negotiations are not public. As a result, "For many parents, the issue was raised and then went away about two years ago, so people were surprised to see it on our agenda again," adds Whitmore.

Parents felt estranged from the process and unsure of its consequences. "Changing the school calendar affects families and other school districts. We are your customers, you need to conduct surveys and hear our concerns," said an outraged father of children registered in both the Acalanes and the Lafayette school districts. Flaws in the communication process were acknowledged across the board. Whitmore agrees: "I think the process we went through between June and August and this final vote have impressed on the Board and district staff the importance of constant communication as difficult issues evolve."

The proposed new calendar has not been permanently shelved. Parents will have an opportunity to get involved, in a dual process featuring informational forums in February and the formation of a Study Committee. The forums will include discussion of the rationale behind the recommendation and the consequences of its enactment. "Our objective is the best interest of the students," affirms the Superintendent, "and stress is high on our list of subjects to tackle."

... continued on page 11

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Campolindo High School Drama Department presents Shakespeare's magical play, Twelfth Night, in the Campolindo Performing Arts Center on Nov 1, 2007 at 8 pm, Nov 3, 2007 at 2 pm and 7:30 pm and Sunday Nov 4, 2007 at 2 pm. Tickets are \$5.00 and can be purchased at the door. For more information call (925) 280-3950

Moraga Library—"When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along" by Dr. Joshua Coleman—7 p.m. Nov 1

A unique book for parents whose relationships with their adolescent or adult children have not turned out as they expected. Parenting and relationship expert, Dr. Coleman addresses the fact that parents who have and those who haven't made mistakes can be involved in a hurtful relationship with an older child and how to cope and carry on.

Saint Mary's Road, Moraga, 925-376-6852

Norcal Golden Retriever Rescue-2007 Art and Wine Auction Sat, Nov. 3, 3pm-6pm Lafayette Veteran's Memorial Building 3780 Mt. Diablo Blvd, Lafayette, CA 94549

Getting Started on Genealogy Workshop Lafayette Library, Saturday, Nov 3rd, at 11am. Get started in the fun and fascinating quest for your family's history. Diane Brenum, Genealogy Enthusiast, will present a workshop on the use of the Internet and other resources to help you discover your roots. Lafayette Library, 952 Moraga Road, Lafayette. 925-283-4592.

Lafayette Juniors' Annual Rummage Sale Sunday, Nov 4, 2007 from 7 a.m. to 3 p.m. at the Lafayette Community Center. The rummage sale features great babies' and kids' clothing, toys and equipment (as well as loads of other gently used items). Proceeds to benefit local charitable organizations.

Get Creative with Moraga Parks and Rec: Make a lovely card portfolio for that special handmade gift for the holidays, birthdays or any special occasion. The class is for ages 16 and up. No experience necessary. Nov 6 or 15 from 10am-12. Fees are \$28 with a \$10 materials. For more information or to register, contact the Town of Moraga, Recreation Department at (925)376-2520, register-on-line at www.moraga.ca.us, or go in person to 2100 Donald Drive, between the hours of 8am-12noon and 1-5pm.

Gene Yang, Winner of the Highest Awards for Young Adult Literature to visit the Lafayette Library:

The Friends of the Lafayette Library are pleased to announce the celebration of the work of Gene Luen Yang, award-winning author and artist of American Born Chinese. In partnership with the Oakland Museum of California, the Friends have mounted an exhibit of Yang's work at The Lafayette Library through Nov and Yang himself will come to the library on Tuesday Nov 6 at 7 pm for an interview and book signing. The exhibit will hang until the end of Nov, and books will be available in local bookstores. Lafayette Library, 952 Moraga Road, Lafayette, 925-283-3872

Happy Valley Elementary School, in partnership with the Lafayette Book Store, will be holding its annual book fair from Tuesday,

Nov 6 through Friday, Nov 9. The book fair is open to the community daily from 8 am to 3:30 pm in the library. We will have a wide selection of both children and adult books, gift books, calendars, and notions. Proceeds benefit Happy Valley School, so please stop by and get a head start on your holiday shopping!

Sustainable Moraga's monthly meeting Wednesday, Nov 7th at 7pm Hacienda de las Flores, 2100 Donald Drive. Kathryn Lyddan from Brentwood Land Trust will talk about Green Landscaping. The group will review ongoing and upcoming projects such as the CFL project, the Spring Sustainability Faire, Green Bags sale, etc. Come hear about the projects and become active in making Moraga a more sustainable place.

State of the Town Address Speaker: Mayor Michael Metcalf Thursday, Nov 8, 2007 7 pm - 9 pm Hacienda de las Flores - 2100 Donald Drive - Moraga. Food & Refreshments to be provided

Understanding the Competitive UC Admissions Process Sponsored by the Moraga Asian American Club Thursday, Nov 8, 2007 7 pm - 8:30 pm Michael F. Dang, Associate Director, Undergraduate Admissions at University of California at Davis, and Dennis Lieu, Professor of Mechanical Engineering at UC Berkeley, will discuss the UC admissions process for undergraduate, transfer, and graduate programs. Moraga Public Library, 1500 St. Mary's Road Space is limited. For Reservations RSVP to Janice Lieu 631-0322

The Lamorinda Moms Club welcomes local parents to its 10th Annual Preschool Fair. Thursday, Nov 15, 2007, from 6:30 to 9 p.m. at the Oakwood Athletic Club, located at 4000 Mt. Diablo Blvd. in Lafayette. The fair is free and open to the general community. Representatives from more than 30 preschools will be on hand. In conjunction with the fair, the LMC Community Outreach Committee will be gathering donations for the Bay Area Crisis Nursery (BACN). The purpose of BACN is to prevent abuse and neglect of children by providing support to families who are in crisis. BACN is in need of new and gently used children's clothes, Pull Ups (L & XL), vent hair brushes, hair accessories, size 5 and 6 diapers, baby oil, A & D ointment, unscented baby wipes, toothbrushes and toothpaste. Cash donations are also accepted and greatly appreciated.

"Maximizing Small Garden Areas" Moraga Garden Club - Nov 15th, 9:30 a.m. Speaker Bobbi Feyerabend of Feyerabend and Madden Landscaping. Holy Trinity Cultural Center, 1700 School Street, Moraga. Membership Information, Mardi Potts, 376-2004.

MINI FARMERS 10-11:30am, Sat, Nov 17 #16651, Dec 8 #16660 A farm exploration program for kids ages 4-6 years. We'll explore the Little Farm, care for animals, do crafts and try some farm chores. Wear boots and dress to get dirty! Tilden Nature Area Fee: \$6 (non-res. \$8) Reg. Required: RAPTORS LIVE! 10-11am, Tue, Nov 6 #16616 Join "Native Bird Connection" for an interactive presentation about regional birds of prey.

Then meet some live birds! Tilden Nature Area Fee: \$5 (non-res. \$7) Reg. Required: The Environmental Education Center is open Tue-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For information call 1-888-EBPARKS (1-888-327-2757) or email tnairea@ebparks.org. 1-888-EBPARKS

A special program for the whole family Wed., Nov. 14 at 7 p.m., the Friends of the Orinda Library and the Orinda Library present "The Ghost of Mark Twain." For twenty years, McAvoy Layne (Miramonte High School class of '61) has presented Twain's humor and social commentary, to people all over the world. Layne describes himself not as an actor but as "a self-taught scholar, impersonator, and professor of Twain." Free and open to everyone. The Orinda Library auditorium, 26 Orinda Way, Orinda

Miramonte Players present Charles Dickens' "The Life and Adventures of Nicholas Nickleby" Nov 14, 15 and 16 at 7:30 p.m. Miramonte High School Theatre, 750 Moraga Way Orinda Tickets: Available online at the Miramonte High School website, click on Webstore and then "tickets." Students: \$8.00 and Adults: \$10.00. "Who knew Dickens could be this bawdy, silly, and ridiculous!" Luckily, Miramonte High School's advanced drama students are up to the task." Simon Kaplan, Director, Nicholas Nickleby.

Do It Yourself' Christmas Carol by Charles Dickens & your family Sat Nov. 17th 2-3pm Fun-filled hands-on workshop that will give you the script and the know-how to stage this heartwarming play in your family room with family & friends. Recapture the time when fun didn't require batteries. FREE Reservations & information : Gail Kamerer (925) 735-9270 gailkamerer@aol.com Location: Mt. Diablo Room, Danville Library, 400 Front St., Danville, CA 94526

Beyond Blastoff: Surviving in Space—New Exhibit Opens Saturday, Nov 10: Get a glimpse into the life of an astronaut, and experience the mixture of exhilaration, adventure, and confinement that is living and working in space. Learn how astronauts cope with the physical and mental challenges of weightlessness, isolation, and a grueling workload. Chabot Space & Science Center, 10000 Skyline Blvd. just off Highway 13 in the Oakland hills Box Office (510) 336-7373, Online tickets www.chabotspace.org

New Moraga Art Gallery Show through January 6th. "Texture and Light" by local Bay Area and Lamorinda artists and featuring the work of Pat Smith, who likes to experiment with different art forms: watercolor, acrylic painting, printmaking, photography and fiber arts. The public is invited to the Opening Reception on Saturday, Nov 3, from 3-5 pm. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs Open Tuesday through Sunday, 12-5 pm. 925.376.5407

Wonderful Colors Paintings of Jo Ann Hanna & Robert Becker accompanied by Papier-Mache Sculpture by students of M. J. Schuppert Wilson on exhibition. Orinda Library Gallery October 27 - Nov 17th, 2007. Orinda Library Gallery 24 Orinda Way, (925) 254-2184

Envisioning the Season The artists of Lafayette Gallery have created a special show that captures the spirit and the glow of the holiday season - open through December 23, 2007. On Nov 19, the Gallery will be decorated with ornaments made by the artists. A holiday reception will be held at the Gallery (50 Lafayette Circle, Lafayette) on Nov 30 from 7 - 9 pm.

"Capturing the Light: a Retrospective" solo exhibit by Bay Area photographer Wenda Pymman. Her body of work shown here are Landscapes, Scenics and Nature, mostly concentrating on the local Diablo area and beyond. Moraga Public Library, 1500 St. Mary's Road, Moraga, 925.376.8294 Open Tuesday through Sunday, hours vary.

Mt. Diablo A Personal View - The Photography of Sue Reynolds Through February 28, 2008. Lindsay Wildlife Museum, 1931 First Ave, Walnut Creek. (See story on page 6)

At Big Art Morning on Wednesday, Nov 14, 10 am join Leaded curator, Elizabeth Schlatter in discussing different approaches to making contemporary art. This event is FREE and open to the public. Coffee and pastries will be hosted by the gallery Guild. Bedford Gallery is located in the Leshner Center for the Arts at 1601 Civic Drive, Walnut Creek, four blocks south of the Walnut Creek BART station. Telephone: 925/295-1417 Website: http://www.bedfordgallery.org

Lafayette Town Hall Theatre Company Presents Miracle on 34th Street. Nov 17 - December 29, 2007. Contact the Town Hall Theatre Company Box Office for exact dates and times Rating - Appropriate for All Ages. Town Hall Theatre Company, 3535 School Street at Moraga Road, Lafayette 925-283-1557 or www.tht.org

The Commonweal Club offers an Evening with Anthony Bourdain. Mon, Nov 19th, 6 pm Check in | 6:30 pm Program. From Brazil, to China, to Las Vegas, Anthony Bourdain has sat down to eat at some of the world's most famous and infamous tables. Join us as the controversial, yet likable, rebel chef stops by and shares experiences of his many travels. No reservations needed. The Bentley School, Student Performing Arts Center, 1000 Upper Happy Valley Rd., Lafayette Cost: \$15 for Members, \$30 for Non-members. www.commonwealclub.org or call (800) 847-7730

Are you Alto, tenor, soprano, bass? The St. Stephen's Annual Messiah Sing is Friday, Nov 30th at 7:30pm. If you wish to sing in the Festival Choir for this event, join us for one rehearsal on Wednesday, Nov 28th at 7pm in the Church at 66 St. Stephen's Drive, Orinda. Contact: Brenda Free, St. Stephen's office: 254-3770.

28th Annual Community Thanksgiving Breakfast. Presented by the Lafayette Chamber of Commerce. Friday, Nov 16 - 7:30 am ~ 9:00am. Lafayette United Methodist Church, 955 Moraga Rd., Lafayette \$15.00 per person or Tables of 8 for \$120.00. Speakers & Entertainment, breakfast provided by: Dave's Cuisine Catering. Reservations are required and guaranteed, deadline Wed, Nov 14. www.lafayettechamber.org, call 925-284-7404

4th Annual Big Band Ballroom Dance Lafayette Veteran's Memorial Building Friday, Nov 9, 7-8pm Dance Lesson 8-10pm Dancing. Tickets are available at the Lafayette Chamber of Commerce, 100 Lafayette Circle, #103. The cost is \$10 per person.

Campus Happenings



Photo by Ken C. Young, Moraga; www.kcyoungfineartimages.com

Lectures/Performances: **Christopher Sindt Lecture: "The Crowd, the Hills and the Wild: Jack London in Piedmont"**

Preview Footloose in Arcadia: Artists and Authors of Piedmont from 1890 to 1930, the new exhibition in the Hearst Art Gallery, before or after the lecture. Learn more about the high jinks of these bohemian friends, many of whom left San Francisco following the earthquake for the balmy, beautiful East Bay hills. Christopher Sindt holds a Ph.D. in English and a master's degree in creative writing from the University of California, Davis. He has received the James D. Phelan Award from the San Francisco Foundation and residencies at the MacDowell Colony, Mesa Refuge, and the Blue Mountain Center. Formerly the Program Director of the Art of the Wild Writing Conference, he serves on the Board of Directors of the Squaw Valley Community of Writers. Sindt directed the MFA Program in Creative Writing from 2000-2007 and is currently Associate Dean of the School of Liberal Arts. After the lecture, enjoy a beverage at the wine and non-alcoholic beverage bar, hors d'oeuvre, cheese and great conversation! Friday, Nov. 2, 5 - 7 pm. Claeys Lounge Soda Activity Center Free

Author Russ Rymer Russ Rymer, the current Saint Mary's College writer-in-residence for nonfiction, is the author

Letters to the Editor We're a community newspaper, and we welcome your input. Max. 200 words for a letters. email: letters@lamorindaweekly.com Regular mail: Letters to the Editor Lamorinda Weekly P.O.Box 6133 Moraga, CA 94556

Dear Editor, Lafayette voters will soon vote on Measure J, a renewal of the parcel tax that is not a renewal at all but is instead a significant increase with a 3% yearly adjustment thrown on top, bringing the cost of the 7th year alone to \$374. This even though public funding per student is already over \$9000, as much as an expensive private school tuition and despite an 11% drop in enrollment. In order to dull opposition from the large community of elderly Lafayette citizens who have no children in school, the measure includes an exemption for all senior citizens but not for lower-income residents. There is also no difference in the parcel tax for someone with a mansion sitting on 10 acres or someone with a small house and a nominal backyard. Surely education is important to support, but to what extent and at what cost? Lafayette's current parcel tax has helped to support class sizes of under 20 students per classroom. How much more money is needed and when will the increases stop? I understand that the Measure's supporters want to guarantee the highest quality education for Lafayette's youth but they have gone about in the wrong manner, forcing us voters to choose between an unreasonable tax or none at all. The tax could have been reduced significantly were a senior exemption not included. Of course, then it would be much more difficult to pass this over-inflated tax. I urge your readers to vote 'no' to Measure J. Gabriel Froymovich

Dear Editor, As a lifetime educator, and as Superintendent of the Lafayette School District, it is my responsibility to ensure that students continue to receive an exemplary educational program. The passage of Measure J is critical in maintaining our current level of education excellence in our schools.

of two books: "Genie—A Scientific Tragedy," which received a Whiting Writers Award and was a finalist for a National Book Critics Circle Award, and "American Beach—A Saga of Race, Wealth, and Memory," which was nominated for a Los Angeles Times Book of the Year Award. He is the former editor-in-chief of Mother Jones magazine and has contributed articles to the New Yorker, Harper's, Atlantic, Smithsonian, Vogue, Los Angeles Magazine, and The New York Times Magazine. Wednesday, Nov. 7 at 7:30 p.m. Soda Center, For more info: (925) 631-4457

"Twelfth Night" by William Shakespeare The SMC Performing Arts Department's fall mainstage production will be Shakespeare's "Twelfth Night," which has been called Shakespeare's most perfect comedy - an intoxicating musical romance set on a mythical island paradise. Directed by award-winning faculty member Reid Davis ("Urinetown") at SMC, faculty at ACT and Cal Shakes, and company member of Shotgun Players), the play explores themes of gender, identity, romantic delusion and love. November 8, 9, 10, and 15, 16, 17 at 8:00 p.m.; November 18 at 2 p.m. LeVeave Theater

Sponsored by: Performing Arts: Dance, Music & Theater. For tickets, contact: Performing Arts Office, (925) 631-4670

Art Exhibitions: **"Footloose in Arcadia: Artists and Authors of Piedmont from 1890 to 1930" Nov. 3 - Dec. 16.**



Footloose early Oakland

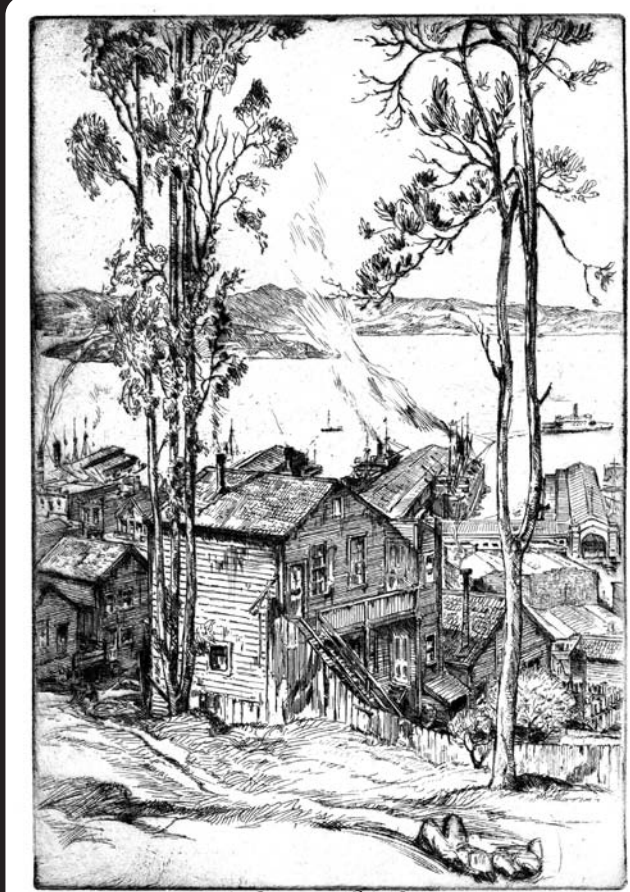
Lafayette schools are already among the most lean and efficient. Only 14.5 cents of your property tax dollar goes to our schools. State funding for Lafayette schools ranks 16th lowest of the 18 school districts in Contra Costa County. Our starting salary for a 1st year teacher is the 6th lowest of 7 neighboring school districts. Declining enrollment has resulted in a loss of state funding far in excess of cost reductions associated with fewer students. State funding is declining, unfunded mandates are increasing, and the cost of education children in increasing. This has created a dilemma where program costs exceed current program funding. As a result, our schools face a \$70,000 deficit. Such a severe funding reduction will result in laying-off teachers and support staff, increasing class sizes, and reducing students' access to high quality educational programs. The decision to renew our parcel tax was the result of a deliberate and public process by the School Board. Many communities, subjected to similar financial pressures, and similarly high expectations for education, rely on parcel taxes for stable local funding. Parcel taxes are the only means for school districts to generate stable local funding to maintain high quality educational programs. The exemplary support our schools receive from parents, community-based organizations, city agencies, and the citizens of Lafayette, makes it possible for students to receive a high quality education that results in high performing students and schools. Please remember to vote on Nov 6. Dr. Frank Tom, Superintendent Lafayette School District

In celebration of the centennial of the City of Piedmont, the Hearst Art Gallery has organized this exhibition of the region's early artists and writers. Turn of the century Piedmont was home to Jack London, who wrote the Sea Wolf and Call of the Wild while living in Piedmont. He was part of the local artistic and literary bohemia that included George Sterling, Herman Whitaker, and Xavier Timateo Martinez. The Reverend Joseph Worcester, the first Swedenborgian minister in San Francisco, designed and built his own home and was one of the first to design a structure that was harmonious with nature - he influenced architects Bernard Maybeck and Willis Polk. In 1901 Jack London moved into Worcester's cottage. William Keith painted several versions of the Worcester cottage; three are included in the exhibition. Hearst Art Gallery

"William Keith: The 1880s Paintings" Works from the 1880s, which marked a decade of great changes in William Keith's life. On view in the William Keith Room Hearst Art Gallery

Exhibition hours: Wednesdays - Sundays, 11 am - 4:30 pm Admissions: \$3 adult; children 12 and under free; free parking Web site: http://gallery.stmarys-ca.edu. Telephone: 925-631-4379 For more information about upcoming events at Saint Mary's College, visit the college website at http://www.stmarys-ca.edu/news-and-events/events.html

THE HEARST ART GALLERY of Saint Mary's College presents



William A. Wilke California Society of the Pioneers

Footloose in Arcadia: Artists & Authors of Piedmont, 1890 to 1930 - Friday, Nov. 2nd -

Lecture: 5 - 6 p.m. Soda Activity Center, Saint Mary's College **"The Crowd, the Hills, and the Wild: Jack London in Piedmont"** by Christopher Sindt, Ph.D.

••• Reception following •••

Exhibition Preview: 3 to 5, 6 to 8 p.m. In celebration of the Centennial of the City of Piedmont, paintings, early photographs, books and letters by artists and writers including Jack London, George Sterling, Xavier Martinez, Guiseppe Cadenasso, William Hahn and Christian Jorgensen. Three William Keith paintings of Joseph Worcester's eco-harmonious cottage that influenced young architects Bernard Maybeck and Willis Polk are on view.

Gallery Admission: \$3 adult; children 12 & under free; free parking Exhibition Hours: Wednesdays - Sundays, 11 a.m. - 4:30 p.m. <http://gallery.stmarys-ca.edu> 925.631.4379

The Hearst Art Gallery, celebrating its 30th anniversary in 2007, is accredited by the American Association of Museums.

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Life in LAMORINDA

Stanley Skaters Take On City Council

By Cathy Tyson

Long time best friends and Stanley Intermediate School students Michael Nevin, Jackson Hagglund and Danny Glascock took on the Lafayette City Council last week, asking for a skateboard park in Lafayette. "One day we just got tired of being kicked out" says Michael Nevin, so they decided to do something about it.

The boys collected one hundred signatures from supportive students at Stanley along with

many of the managers of the stores they usually skate behind, but are asked to leave - Safeway, Jamba Juice, Noah's and Milo's.

"It was more formal than we thought," relates Nevin referring to addressing the City Council. "It felt just like we were in court." All the boys admitted to being a little nervous, but they seemed very composed at the lectern.

They just want a place to

ride their skateboards, and feel like getting to the Moraga Skate Park is too difficult; rides from parents are hard to come by and the bus takes forever, in their opinion. The City Council was receptive to their plea, but noted that Lafayette put up one-third of the money for the Moraga Skate Park. The boys were referred to the Parks and Recreation department for further assistance.



Stanley Skateboard Park Supporters

Photo Cathy Tyson

Doin' the Cycle Recycle

By Lee Borrowman

Tom Preston recalls a day over seven years ago: "It was 'Big Garbage Day,'" he says, referring to what is now the Contra Costa County Solid Waste Authority's bi-annual Re-Use and Clean-Up Day. "There were old bikes everywhere, and we thought, 'there must be a better use for these.'"

Ever since, Bobbie and Tom Preston have annually collected repairable bikes for refurbishing by the inmates at the Marsh Creek Detention Facility. Inmates participating in the Fa-

city's Woodshop Program not only give over 1300 wooden toys to local charitable organizations each year, they also fix up two- and three-wheeled treasures.

The repaired bikes will be given out at Christmas to underprivileged children throughout the county, through such community organizations as Cambridge Community Center and the Volunteer Center.

Over 500 bikes have been retrieved from the Preston's home by the Contra Costa County Sheriff and delivered to

Marsh Creek for repair. "Not only do the kids get the gift of a bike," says Preston, "the inmates learn the marketable skill of bicycle repair."

New and/or used repairable bikes may be delivered to the side driveway of the Preston's home through the month of November only: 1307 Larch Avenue, Moraga. Tricycles and junior bikes are the most needed. You don't have to call ahead to drop off a bike, but if you need more information you may call 376-8474.



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Casual Carpool Gives Commuters Quick Access to SF

By Jennifer Wake

Getting into San Francisco during commute time can not only rattle your nerves, but can seem to take forever - at least for those not carpooling or taking mass transit. For hundreds of Lamorinda residents who work far from one of the many San Francisco BART stations, work odd hours, or who want a friendlier commute, another option has proven beneficial: the casual carpool.

A mainstay of commuting in the East Bay for more than 20 years, three main casual carpool locations in Lafayette (north of the BART station, just outside and to the right of the parking lot), Orinda (in the alley on the north side of Theater Square) and Moraga (north side of Moraga Way, west of School Street) offer Lamorinda commuters a quick and convenient way to get into the city. And during peak hours you don't have to wait long for riders, or for a ride.

At the Lafayette carpool site, Meheriar - who has been driving in casual carpools for the past four years as a way to help the environment - says the longest he's ever had to wait for passengers to fill his car is 15 minutes.

"We're saving the air," said another driver from inside her car.

Moraga resident Rose Camp Blouse is an auditor and uses the casual carpool to fit her changing schedule. "My mother

told me to never hitchhike," she said as she stood at casual carpool site located at the bus stop by the Safeway store on Moraga Way, "yet this is like being chauffeured into work."

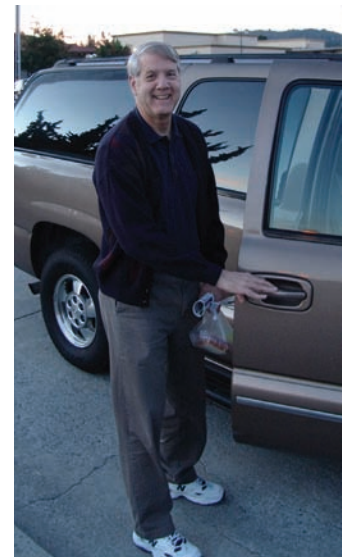
Another Moraga resident who has been using the casual carpool for the past ten years says the program helps reduce his commute time by 30 to 45 minutes because he can bypass long delays at the Bay Bridge toll plaza.

But there are rules.

Created as a mutually beneficial operation where additional riders help drivers save time and a toll, the carpools are not overseen by any specific organization and no money is exchanged.

Over the years, casual carpool etiquette has emerged. For example, there should be no more than three people per car (to maximize the number of car pools), the system is "first come, first served" so it is frowned upon to cut ahead in line, food and loud music are usually inappropriate, and drivers generally should be the ones to initiate any conversation.

A Web site called Casual Car Pool News, which is dedicated to casual carpool information (<http://www.ridenow.org/carpool/what.htm>), offers a way for commuters to post warnings about specific drivers who are reckless or not following the rules. One passenger warned North



Moraga resident gets a ride to SF

Berkeley commuters about a driver who "listens to seriously conservative religious radio, hands out religious propaganda to passengers, and discusses the evil and sin of Victoria's Secret catalogues."

For most casual carpools in Lamorinda, however, the experience has been nothing but enjoyable.

One Orinda resident, who has participated in the casual carpool for the past 25 years and was a member of the committee in Orinda that chose the carpool site, says it works like a charm.

"I've met people from New York who feel incredulous that this system works," he said. "It's the easiest way to get into the city."

J. Lucenti contributed to this story.

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What on Earth is Going On In the Real Estate Market?

By Mark Shaw

This is a question I must get at least three times a day. My answer is always, "It's unbelievable!" The truth is that despite what the daily news agencies say: Real Estate Sales Lowest in 5 Years, Mortgage De-bacle Continues, FED Speaks to Lenders Regarding Sub prime Loans and so on, what are we actually comparing this market to? The same economists that say that they see "Credit Problems as Bigger Threat than Terrorism" also say they "would buy a house today if they intended to use it as their primary residence." The media further reports that in California 53,942 notices of default were filed for the 2nd quarter of 2007 - a near record high. They are comparing it to the 1st Q. of 1996 when 61,541 notices were filed but failed to mention that 2 million more homes have since been built in California since.

homebuyers with no down payments and marginal credit like candy, not anticipating that all they would get back were the wrappers. This issue was further exacerbated by investors in many "local" markets (Boise, ID & Sarasota, FL to name a few) realizing that the booms were being fed by their own demand, so withdrew, thus creating large standing inventories in cities or areas near cities.

It may surprise you to know that sub-prime loans make up only 5% of the U.S. total loan market. Still, 2007 may prove to be the 3rd or 4th best year in Real Estate sales. In addition, Real Estate appreciation has been over an 8% annually since the 1950's. In California, appreciation since 1968 has been 7.75%, according to the National Association of Realtors. And you can live in it! When's the last time your stock portfolio literally kept you dry on a rainy day?

"Consumer confidence" is an economic term that's been bandied around like Darth Vader's light saber. Yes, this term applies to the Real Estate

market as well. Potential buyers hear or read glibly headlines, speak with friends or relatives and are swept in by the daily tidings. Heck, the press needs to chew on something sensational to sell newspapers. What if the media's headlines read, "99.2% of Mortgages are NOT in Foreclosure?" The fact of the matter is that is not as simple as national statistics make it out to be. Local bubbles can exist. But then again, people move everyday. Job relocation, upsizing, downsizing, having kids, getting married & divorce top the list of reasons why people move. In addition, for better or worse, the world is growing in population size equivalent to that of Mexico City every month. This alone tells us real estate is still a solid investment.

Let's look at some of the expert forecasts that have been printed over past decades: "The goal of owning a home seems to be getting beyond the reach of more and more Americans. The typical new house today costs about \$28,000." ----Business Week (late 1969).

"The median price of a home today is approaching \$50,000...housing experts predict price rises in the future won't be that great." ----National Business Magazine (1977)

"The golden age of risk free run-ups in home prices is gone." ----Money Magazine (1985)

"A home is where the bad investment is." ----S.F Examiner (1996)

Local markets have their allure. Top ranked schools, quality of life, close knit communities all contribute to the attributes that will draw potential buyers. The Lamorinda area is one such pocket of desirability. Convenient to both San Francisco & Walnut Creek, hosting spectacular views & palatable micro climates, Lamorinda offers what many homeowners are looking for in a community. Other nearby communities include the Rockridge district in Berkeley, Piedmont, Montclair, San Francisco's Noe Valley & Pacific Heights. In fact, the Bay Area as a whole possesses one of the most prized features money can't buy: The Mediterranean/Marine West Coast Climates. The



Mark Shaw is a Real Estate Broker with ReMax Accord in Lafayette. He can be reached at 297-0332 or mark@markshawrealtor.com

Mediterranean Climate according to climatologists, is found on only 2% of the earth's land mass labeling our beautiful region the "Jewel of the Pacific."

In conclusion, history has taught us that strong seller's markets last longer than soft buyer's markets. When asked of J. Paul Getty on how he amassed his great fortune he was quick to reply, "Simple...when everyone is buying, sell & when everyone is selling, buy."

Lamorinda Home Sales continued

LAFAYETTE	Last reported: 9
LOWEST AMOUNT:	\$515,000
HIGHEST AMOUNT:	\$1,525,000
MORAGA	Last reported: 9
LOWEST AMOUNT:	\$419,000
HIGHEST AMOUNT:	\$1,171,500
ORINDA	Last reported: 7
LOWEST AMOUNT:	\$940,000
HIGHEST AMOUNT:	\$1,701,000

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**
- 867 Acalanes Road, \$925,000, 4 Bdrms, 2987 SqFt, 1951 YrBlt, 10-10-07
 - 3247 Camino Colorados, \$706,000, 3 Bdrms, 1168 SqFt, 1951 YrBlt, 10-5-07
 - 951 Carol Lane, \$790,000, 3 Bdrms, 1417 SqFt, 1956 YrBlt, 10-12-07
 - 376 Castello Road, \$975,000, 5 Bdrms, 2319 SqFt, 1961 YrBlt, 10-5-07
 - 946 Hough Avenue, \$925,000, 4 Bdrms, 1674 SqFt, 1956 YrBlt, 10-3-07
 - 3810 Palo Alto Drive, \$1,349,000, 3 Bdrms, 2452 SqFt, 1962 YrBlt, 10-5-07
 - 103 Silverwood Drive, \$1,450,000, 5 Bdrms, 2619 SqFt, 1961 YrBlt, 9-28-07
 - 3286 Springhill Road, \$1,525,000, 5 Bdrms, 3691 SqFt, 2006 YrBlt, 10-12-07
 - 3744 Sundale Road, \$515,000, 10-5-07
- MORAGA**
- 203 Alderbrook Place, \$1,171,500, 4 Bdrms, 2478 SqFt, 1968 YrBlt, 10-10-07
 - 117 Ascot Court #A, \$419,000, 2 Bdrms, 1191 SqFt, 1973 YrBlt, 10-11-07
 - 308 Calle La Mesa, \$949,000, 4 Bdrms, 2179 SqFt, 1967 YrBlt, 10-10-07
 - 1405 Camino Peral, \$655,000, 3 Bdrms, 1444 SqFt, 1972 YrBlt, 10-11-07
 - 798 Crossbrook Drive, \$1,162,000, 4 Bdrms, 2471 SqFt, 1966 YrBlt, 10-12-07
 - 11 El Camino Flores, \$1,025,000, 4 Bdrms, 2028 SqFt, 1964 YrBlt, 10-10-07
 - 145 Miramonte Drive, \$537,500, 2 Bdrms, 1514 SqFt, 1965 YrBlt, 9-28-07
 - 9 Natividad Lane, \$725,000, 2 Bdrms, 1749 SqFt, 1984 YrBlt, 9-28-07
 - 31 Old Redwood Highway, \$615,000, 3 Bdrms, 1231 SqFt, 1920 YrBlt, 10-1-07
- ORINDA**
- 28 Dolores Way, \$940,000, 3 Bdrms, 1746 SqFt, 1951 YrBlt, 10-12-07
 - 117 Ivy Drive, \$1,370,000, 5 Bdrms, 2486 SqFt, 1956 YrBlt, 10-2-07
 - 383 Miner Road, \$1,701,000, 4 Bdrms, 3845 SqFt, 1954 YrBlt, 10-11-07
 - 720 Miner Road, \$1,382,500, 4 Bdrms, 2030 SqFt, 1998 YrBlt, 10-5-07
 - 31 Parklane Drive, \$1,400,000, 3 Bdrms, 1892 SqFt, 1950 YrBlt, 10-5-07
 - 424 Ridge Gate Road, \$1,600,000, 3 Bdrms, 2584 SqFt, 1980 YrBlt, 10-11-07
 - 508 the Glade, \$1,225,000, 3 Bdrms, 1533 SqFt, 1985 YrBlt, 10-5-07

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Bye Bye Birdie at Orinda Intermediate School

Submitted by Carol Ann Barber



Ron Pickett rehearsing with Teenagers Photo submitted

The Bulldog Theater Company at Orinda Intermediate School will perform one of the most captivating musical shows of our time, Bye Bye Birdie, on November 7-10, 2007. The production is directed by Ron Pickett and produced by Amy Bush and Kathy Simon. The cast includes 70 OIS students in two casts with 25 additional OIS students as tech crew. Each of the actors' families has taken a role in the production

from set design, costumes, makeup, publicity and many other critical tasks.

Bye Bye Birdie is a satire done with the fondest affection and is tops in imagination and frivolity. It tells the story of Conrad Birdie, a rock and roll singer who is about to be inducted into the army. Conrad's agent and secretary concoct one final national publicity plan before his induction. See what ensues when Con-

rad bids a typical American teenage girl goodbye with an all-American kiss! Songs An English Teacher, The Telephone Hour, Put On a Happy Face, One Boy, A Lot of Livin' To Do, Kids, and Rosie are musical theater classics.

Working on a play is wonderful experience for these OIS students. As 8th grader Matthew Barber said at a recent rehearsal, "I like to sing and act, but the most important fact is that it is FUN!" Many of the kids have been in productions over the years and developed friendships. For the 6th graders, it is exciting to be immersed so quickly into a school production. Amrita Newton comments, "I have been in several plays and I always love the feeling of being on stage. I am really excited that I was cast as a Teenager in Bye Bye Birdie at OIS!"

Tickets are \$5 for the pre-view shows on Wednesday and Thursday, \$6 for General Admis-



sion and \$10 for Reserved seating for all remaining shows. General Admission tickets are available on the OIS website, Reserved tickets are available at the box office. Performance times are: Wednesday, November 7 at 4:30 pm (pre-view show), Thursday, November 8 at 4:30 pm (pre-view show), Friday, November 9 at 5:00 pm & 8:00 pm, and Saturday, November 10 at 3:00 pm & 7:00 pm.

Mark your calendar and join the excitement us OIS, 80 Ivy Drive, for what promises to be a great family event! Check the website for more information, www.orindaschools.org/ois.

AUHSD Calendar: Time to Get Involved

... continued from page 7

Negri acknowledges that changing the calendar will not magically reduce student academic stress, but argues "this is one factor that can help, it creates more continuous blocks of education and, with the first semester ending at winter break, a vacation that's a real respite." This recommendation came from the research of Dr. Denise Clark Pope, Director of the Stressed Out Student project and lecturer at Stanford University School of Education.

The Study Committee will be formed in November. "It will be composed of 25 to 30 members, with representatives of students, parents, teachers and

administrative staff," promises Negri. The committee will not recommend a calendar, but will study the issues that have been raised.

Both the Board and staff are hoping for a high level of parent participation. "If you have a strong opinion or a strong interest in the underlying issues, volunteer for the committee," urges Whitmore. "I hope for an open minded review," says Negri, "this is not a black and white question, there is no one right calendar... We need to keep in mind the best interest of our first customers, the students."

Grandparents' Day at Wagner Ranch

By Linda Foley



Linda Foley with grandson Brice in his classroom

In 1978, President Jimmy Carter signed a proclamation designating the first Sunday after Labor Day as National Grandparents' Day. In a two-year old September tradition at Orinda's Wagner Ranch Elementary, grandparents are celebrated in a big way.

Learning from their grandparents' personal histories, cultures and values enhances children's value systems. Grandparents provide the kind of infrastructure for the youngest generation, only they can provide.

Says Janis Americh, principal at Wagner Ranch, "Grandparents enrich children's lives from simple ways such as planting flowers or baking cookies together to grander things such as taking them on trips, plays or to museums. In practical terms, grandparents are an important

part to the school community, even those who live far away. They support our fundraising efforts—buying gift-wrap and making donations—and matching funds through their workplaces. Others participate in volunteering in our school."

This year's visit found us inexplicably arriving in the first grade room twenty minutes early. The fresh-faced native Orinda teacher never missed a beat and encouraged our grandson to show us around the various work and learning stations, praising his creativity. Needless to say, we love her! More adept at our role this time around, we boldly sat on pint-sized chairs and admired his workbooks and the teacher's clever organizational skills—getting ready to scope out the other grandparents.

Other little people entered on cue, shadowed by a number of tentative (first time?) grandparents who undoubtedly felt their grandchild was the best and the brightest. Parents all over again, one generation removed.

The children hunkered down in the middle of the floor, their teacher encouraging each child to introduce his grandpar-

ent/s who then spoke of their professions, their hobbies and their homes. The teacher had an atlas at the ready to show how far one grandparent had traveled from the East Coast. Not to be topped, a child proudly said, his grandparent lived in Concord and came on a bus. We spoke of the importance of foreign languages, dental care, evolution of computers. Everyone learned. Everyone connected.

We moved onto the third grade class, which was conducted in the same manner. This group was not surprisingly more loquacious and energetic. While our grandson actually found three noteworthy things to say about me, he hit pay dirt when he introduced his grandfather saying that he likes trains. The interaction became livelier yet. In due time, a field trip was suggested (could it have been the teacher?) to see the train layout in our house. (The bait for volunteering had been set.)

Our enriching morning concluded in the gym where refreshments were served, a small presentation addressed the fiscal school situation, and opportunities arose to meet other grandpar-

ents—some even owned trains.

Principal Americh concludes "All said, we think that grandparents deserve our thanks and an opportunity to learn more about their grandchildren's education". Conversely, grandparents enjoy and value the opportunity to be part of the process.

New SELPA Director Strives for More Special Education Funding

By Jennifer Wake

Nearly 700,000 students with disabilities require special education services in school districts throughout California, yet according to newly hired Contra Costa Special Education Local Plan Area (SELPA) Director Stephany La Londe, only a small percentage of the allotted funding is reaching the schools.

One of La Londe's many goals for this area is to obtain more funding for special education from state and federal governments. She and other SELPA directors recently joined the E.C.H.O. Coalition (Every Child Holds Opportunity) which was developed to build awareness and support for adequate funding of special education.

"We're trying to get adequate funding for special education," La Londe said to parents, staff and community representa-

tives at a recent SELPA Community Advisory Committee meeting. "Laws came in saying how much funding should be applied to special education, but right now we're at about 17 percent of this funding."

According to statistics provided by the E.C.H.O. Coalition, the number of school-aged children with disabilities in California has increased exponentially—much of that attributed to a 480 percent increase in autism, and increases of nearly 50 percent in children with emotional disturbance and hearing problems. With federal and state funding for these students at such a low level, many school districts in California have been forced to cut programs for all students to make up for special education budget shortfalls.

La Londe hopes that through efforts like the E.C.H.O.

Coalition and other endeavors, school districts throughout California can obtain the necessary funds they need to serve all students.

As Director of Contra Costa SELPA, La Londe acts as the special education expert, trouble shooter, peace-maker and administrator of coordinated services provided to member districts, which include the Lafayette, Moraga, Orinda and Acalanes school districts.

With federal and state funding woefully below what is needed to serve this diverse student population, La Londe and her colleagues have a tough job ahead. "Every child should receive an appropriate education," she said. "Hopefully, with a very organized campaign, we can get some funding to continue the wonderful work we do."

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Red Ribbon Week at Springhill Elementary John Abrams Presents "The Bully Game"

By Jean Follmer



John Abrams involves the young audience

Photo submitted

Red Ribbon Week, a nationwide youth drug prevention program, came to a close after many related activities at Lamorinda schools. Part of preventing future drug use is to foster positive character development and saying "no" to bullying can help. Many drug users have been either a bully or the victim of one. Springhill's Red Ribbon theme was "Good Character-Good Decisions" and was coordinated by Karen Elliott. An anti-bullying program may reinforce "Good Character-Good Decisions" and help keep kids out of trouble.

Springhill Elementary kicked off Red Ribbon Week with a presentation by actor John Abrams called "The Bully Game". Mr. Abrams developed the program in 2006 and said it "caught on like wildfire." He saw a need in a parenting conference he facilitates where he asks three questions: 1) Is your child a bully? 2) Has your child been bullied? and 3) Do you remember a bullying situation from your childhood? A few folks answered "yes" to #1, more to #2 and everyone to #3.

The bullying presentation is given separately to grades 1-3 and grades 4-5 with slightly different subject matter. When asked what bullying was, a 1st grader replied

"Pushing people out of the way and turning them into little balls." This drew a good laugh from the crowd. Abrams responded that bullying can be "big people picking on little people that can't defend themselves". He told the kids a good way to avoid being bullied is to stick with your friends. The three most common bullying locales are the playground, the hallway and the bathroom.

Presented in a humorous, magical Game Show format, students were called as contestants. They were given whistles to use as buzzers and were asked questions to differentiate between teasing and taunting, gossip and chatter, tattling and telling and bystander and witness. Abrams asked questions and the contestants blew their whistles if they knew the answer. Abrams called on the first whistle blower, score was kept and ties were broken.

The students did a great job differentiating between bullying and non-bullying acts. They recognized that one friend calling another a "chicken head" was teasing while a bigger student taking the seat of a smaller student was taunting. Teasing leads to taunting when "feelings get hurt" and taunting is a bullying act. Abrams stressed to "never start gossiping" because it's a monster and when it comes to cyber gossiping, it never goes away. He said you "tattle to get someone into trouble" and "tell to get someone out of trouble". Abrams assured it's ok to tell in order to help someone. A witness "tells" and a bystander doesn't. When a student sees bullying going on, he needs to help. If he can't help directly, he needs to find the nearest adult and alert them. With the 4th and 5th graders, he unraveled a huge roll of toilet paper & yelled "wipe out bullying!" It seems potty talk can be a teaching tool...that balance between humor and serious subject matter.

Beauties and the Beasts

Submitted by Ava Tajbakhsh (4th grade)



Foreground (LtoR): Hana Sun, Paige McGill and Beth Evenhuis take in the sights with the Troop, and parent chaperone Cindy Newton

It was a dark and stormy night...a gaggle of Girl Scouts huddled in the rain outside of the Oakland Zoo on a recent wet Friday evening, waiting for their chance to share a snooze with the Zoo's furry, feathered and scaly residents.

Junior Girl Scout Troop 734, 4th graders from Los Perales and Rheem Elementary schools, got a nice surprise at the first meeting of the year from Troop leaders Jennifer Gerst and Karen Diemoz, when they announced that the Troop would be attending one of the Zoo's overnight educational programs. The Troop had to learn lots of rules about staying at the Zoo, including what's okay to bring and what's not okay to bring because some things might hurt the animals, such as people food.

Other Girl Scout Troops were at the Zoo that night also, but because Troop 734 was the last group to be called inside, they got to set up their sleeping bags on the stage at the Education Center. After they left their things they grabbed raincoats and flashlights and went out to tour the Zoo in the dark with a guide. The great thing about being at the Zoo at night was that the Troop had a chance to see all of the nocturnal animals while they were awake, like the bats, while daytime animals, like Scout Ilene Drobny's favorites, the bunnies, were sleeping. It was too dark to see the alligators in the water, and the black

widow spider was really creepy. The girls also got to paint little flower pots that night. Afterwards, the Zoo gave the girls some hot chocolate, a snack and little time to chat among themselves, then it was time to go to sleep. They left the hall light on in case anyone woke up during the night.

In the morning, everyone had breakfast and packed up their stuff. They got to meet a couple of animals in the Education Center, a bearded dragon and a cute chin-chilla! The girls planted flower seeds in their pots, and learned how zookeepers train animals to come when they are called. They do this by giving the animals rewards.

Before leaving they got another tour of the Zoo in the daylight, and saw zebras, elephants, giraffes, monkeys and all sorts of birds. "We learned a lot about animals," said Scout Uma Gaffney, "like what alligators eat and that the oldest tortoise at the Zoo is at least 120 years old but nobody knows for sure because they didn't really keep good records back then."

Troop 734 thinks that other Girl Scouts will like this trip. If you go, says Scout Ellen Gerst, "You'll wish you could stay more than one night!" Uma recommends that you "Sleep outside if it's not raining, and bring your camera!"

For more information on the Oakland Zoo's educational programs, go to <http://www.oaklandzoo.org/education>

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Making the Transition to Sixth Grade and Middle School

By Margie Ryerson

Entering sixth grade can be daunting for many students and their families. It is a time of huge growth and development for children, and for parents it is often the beginning of the process of "letting go."

My own wake-up came when I was in the process of calling a babysitter for our sixth-grade daughter, and the phone rang. It was a neighborhood mom calling to see if our daughter could babysit for her children!

It is easy for parents to get confused during this transition period. Sometimes our children behave in a competent, sensible manner; other times they seem to regress back to the irrational and demanding toddler stage. You can help by overlooking small transgressions and moodiness, and by offering support and encouragement whenever possible.

Sixth grade is a time of increased complexity for our children. They must adapt to a larger school, different teachers with varying styles and expectations, more homework and responsibilities, and a more complicated social environment. In addition, they may experi-

ence hormonal fluctuations leading to mood swings and physical changes. Having friends and fitting into the peer group become more important. The developmental process of discovering oneself and forming an identity usually begins around this time.

With so much going on, it's no wonder this time can involve such a huge adjustment. Change is rarely easy, yet changes are occurring on a regular basis. One sixth-grader, Kelly, came home during her first week at a local middle school crying and discouraged. She told her parents that she had no friends in her classes and that no one even liked her. Naturally her parents were dismayed and worried. The next week there was a complete turn-around: Kelly had been elected class representative to the Student Council and had been invited to hang out with several new friends.

Social issues abound in middle school. Friendships shift, cliques form, and unfortunately, gossiping and bullying are more prevalent than in prior years. Children need help navigating this new territory and learning how to problem-solve and express themselves effectively.



Margie Ryerson, MFT, is a marriage and family therapist with offices in Orinda and Walnut Creek. Contact her at 925-376-9323 or margierye@yahoo.com.

Parents can be avid listeners and advocates, and school personnel are highly trained and ready to assist. Be sure to utilize all available resources in your school and community to help your child with any difficulties he experiences; none are too small to tackle.

Even though your child may push you away at times, your presence at this stage is very important. You are the only ones who can provide the unconditional love and acceptance that every child needs from his parents, especially when times are challenging.

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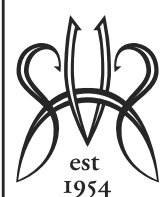
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business briefs

Absolute Center Holds Fundraiser for St. Jude's Absolute Center, 3658 Mt. Diablo Blvd. 299-9642

Ribbon Cutting, Thursday November 8th at 4:30pm
As part of its Grand Re-Opening week beginning November 5th, Absolute Center is sponsoring a special fundraising event for St. Jude Children's Research Hospital. The Proceeds from clients participating in any of the regularly scheduled classes, or any of the additional celebratory classes during the week will benefit the Research Hospital. St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. If you are interested in participating or making a donation, please call Katie Santos at (925) 299-9642. For a detailed schedule of class times, please visit www.absolutecenter.net.

New Hive? Queen Bee, 261 Lafayette Circle, Lafayette 283-7900

Ribbon Cutting Tuesday November 6th at 4:30pm
The official ceremony will be followed by an "Open House" week-end on Friday and Saturday, November 9th & 10th from 10:30am to 7:30pm Step inside and discover an array of accessories, table wear, home furnishings, ribbon, Itsabella Jewelry and one-of-a-kind holiday gifts. You will get 10% off your total purchases and will be treated to delicious refreshments.

Pet Pleasures! Lafayette Pet Shoppe, 3517 Mt. Diablo Blvd. 284-5212

Ribbon Cutting on Tuesday November 13th at 4:30pm
George Quintero the storeowner comments on his new business: "The experience is a little different here than in Moraga where I've had a shop for 15 years. Here we have the Petco clientele that had been coming for 16 or 17 years. They buy bigger items such as kennels, dog-houses, etc. For this first year, we are focusing on accommodating our customers and we won't sell live animals like the Moraga store does. We'll reevaluate the live pet situation next year."

Going Bug-y? Love Bugs Salon, 3746 Mt. Diablo Blvd., #203 283-7700

Ribbon Cutting on Thursday November 15th at 4:30pm
Mailana Mavromatis uses a Greek family recipe to concoct a non-toxic magic potion that helps get rid of lice. "The product does not kill the bugs," explains Mailana, "it suffocates the live ones and allows us to remove the nits that otherwise stick to the hair." One week later, patients are back, the situation is re-evaluated, and if the hair is not 100% clear a second visit will be needed. All services are performed in the charming and kid friendly salon.

News From the Three Chambers of Commerce: Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette - www.lafayettechamber.org

- New members' reception on November 1st at 4:30 pm - Oakwood Athletic Club - 4000 Mt. Diablo Blvd.
- Coffee with the Mayor on November 9th at 8:00 am - Lafayette Chamber Conference Room
- 28th annual Community Thanksgiving Breakfast on November 16th from 7:30a.m. to 9:30a.m. Lafayette United Methodist Church, 955 Moraga Rd., Lafayette.
- For more information, please call (925) 284-7404
- Chamber Mixer Wednesday on November 4th at Minuteman Press at 5:30 pm - 3289 Mt. Diablo Blvd.
- Entrepreneur's Club on Thursday November 15th at 8:30 am - Lafayette Chamber Conference Room

Chamber of Commerce of Moraga - www.moragachamber.org

- Chamber monthly meeting opened to all November 30th at Terzetto Cuisine, 1419 Moraga Way in the Moraga Center. Everyone is welcome.

Orinda Chamber of Commerce, 24 Orinda Way, Orinda - www.orindachamber.org

- Breakfast Meeting Thursday, November 15, 2007 from 8:00 to 9:30 a.m. Location: New Orinda City Hall, 22 Orinda Way - Sarge Littlehale Room. Limited Seating Available: Please call Monica Pacheco at The City of Orinda to make reservations. Telephone: 925-253-4211
- Shop Orinda kickoff event on November 17th (See story on page 4 and 13)

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

A Town Divided...By Speed Bumps By Lee Borrowman

Few issues in recent memory have caused the Town of Moraga to be so bitterly divided as the now infamous speed bumps on Camino Pablo. Mayor Mike Metcalf confirmed last week that the Town is in receipt of a letter from the Moraga-Orinda Fire District, in which the Fire District indicates the recently installed speed tables will have an impact on the response time of emergency personnel to the area.

Chief Pete Nowicki downplayed the controversy in the past, the District's position appeared to have taken a turn at the last meeting of the Board. Nowicki could not be immediately reached for comment, and we were unable to obtain a copy of the letter or specific information as to the degree of impediment (stay tuned).

The Town recently took steps to modify the speed tables, smoothing them down to reduce their profile and installing better

An Extraordinary Story of Recovery, Friendship and Community Support By Sophie Braccini



left to right: Katie Santos, Louise McMenamin and Claudia Moose
Photo courtesy of Absolute Center

When three young women decided to create the Absolute Center, a yoga and Pilates studio in Lafayette, many were skeptical about their chances of success. They were three friends who had worked together at the Oakwood Athletic Club in Lafayette and who wanted to bring their own vision of fitness to fruition. Then, after three years and great success, adversity struck and their beliefs and values were tested along with those of their clients.

A year ago the youngest of the three, Louise McMenamin, was diagnosed with a rare condition: Aplastic Anemia, a bone marrow disease that, if left untreated, leads to death within six months. The cure for the acute form of the disease requires the suppression of the immune system with intense chemotherapy and a bone marrow transplant from a matching donor. McMenamin is of Northern European ancestry, an ethnically close-knit group and Stanford University Hospital was able to identify 12 potential donors. With the help of one of these donors, McMenamin had the transplant and after a year, is considered cured.

Since her diagnosis and during the long months of treatment, her two business partners pulled together and organized a support group for McMenamin. In many business relationships, when a partner suffers a severe and debilitating disease they often leave the venture to face their situation on their own. For Claudia Moose and Katie Santos, McMenamin's partners, that was not going to be the case. They made sure McMenamin stayed part of the team and organized a fundraiser to help support their friend through treatment and recovery. "Oakwood Athletic Club was very supportive," says Moose, "they let us hold the main event at their facility and took care of a lot of the material part of the organization,

like flyers and paraphernalia." Santos adds, "The most amazing thing was the response of our clients; they contributed beyond our wildest expectations, and so did members of the community at large." Ultimately, they were able to raise \$125,000 for McMenamin.

Today, the three women are working together moving on to a new phase of their venture. They plan to triple the size of their facility to accommodate an increasing demand for classes and training sessions. This rapid growth is the confirmation of their early success when, in 2003, they reached their profitability level after only 6 months. "The popularity of the Absolute Center comes from its very personal approach to reconditioning," explains Santos. Clients are not members, they are clients; they choose programs and classes with specific trainers. They have a choice of Pilates, yoga or a mixture of both to create a personalized, functional integrated training program.

In November, the Center will hold a grand opening week to celebrate the expansion with free classes and a fundraiser to benefit St. Jude Children's Research Hospital.

Absolute Center is located at 3658 Mt. Diablo Blvd, Suite 101 - (925) 299 9642.

Shop Orinda!

A portion of each sales tax dollar paid in Orinda, stays in Orinda; for each \$100 spent, about \$1 feeds the city's budget.

The "Shop Orinda" logo was created by Cedric Cheng Design. Cheng discussed the logo with the Chamber, and proposed different options. "The graphic the Chamber chose uses the visual of the Orinda Theater," says Cheng "one of the last standing buildings of Art Deco design in the area, a landmark that gives the town its special identity."

The logo is being printed on thousands of environmentally-friendly reusable shopping bags that will be sold by local merchants for \$1/ea. The official rollout event will take place on November 17th. "We've made

... continued from page 4

our best effort to get every thing ready for the holiday season," confides Kattenburg, "and we are very proud that the black and silver bags will be here on time."

"We are very excited to partner with the Orinda Chamber on this important development effort," said Mayor Glazer, "when you shop Orinda you support local business and you contribute significant tax dollars to fix our roads." Miller enthuses, "We're absolutely thrilled to be partnering with the City of Orinda on this important campaign. As the Chamber's primary mission is to advocate for the business community, what better way than to get the "Shop Orinda" message into thousands of local hands in time for the holiday season."

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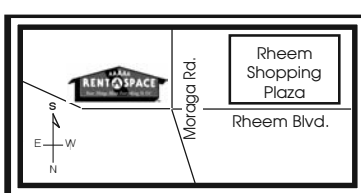
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The Autumn Harvest Part II – A soup that's spicy, hearty ... and vegan
 By Chef Dan Leff

There's some beautiful produce to be had right now, but how do you get individual items to work together? Soup is a good way of tying together items as disparate as Acorn Squash and Manzana Chilies ... and still enjoy a gourmet experience.

Spicy Coconut-Acorn Squash Soup Serves 6-8

- Ingredients:**
 12 tablespoons corn or vegetable oil
 2 carrots, peeled and cut into large dice
 1 onion, peeled and cut into large dice
 2 Manzana chilies, seeds and stems removed
 2-1/2 quarts vegetable stock
 1 acorn squash, roasted, flesh removed (see below)
 2 tablespoons Arborio rice
 1 can coconut milk
 1 shallot, minced
 1/2 pound Golden Chanterelle Mushrooms, cleaned and pulled into large shreds
 Russian or French Fingerling potatoes, washed and cut into medium dice (they don't need to be peeled)
 1 yellow or zucchini squash, washed and cut into medium dice
 Salt and pepper
 Optional: toasted, chopped nuts (almonds, hazelnuts, cashews) for garnish

Directions:

- Heat 3 tablespoons of the oil in a large pot with a heavy bottom, over medium-high heat. Sauté the onions, carrots, and chilies until the onions become translucent. Add the acorn squash meat and the vegetable stock and bring to a simmer, stirring occasionally.
- While the mixture is coming up to a simmer, prepare the other ingredients: In a sauté pan or cast-iron pan, heat 3 tablespoons of the oil over high heat. Sauté the shallots; when they begin to brown, add the Chanterelle mushrooms. When the mushrooms have reabsorbed their cooking juices and are firm, season with salt and pepper, remove to a bowl, and set aside.
- Add another 3 tablespoons of oil to the pan. Sauté the potatoes until they become just tender enough to eat but are still firm. Season them with salt and pepper, and remove them to a bowl or plate.
- Heat the remaining 3 tablespoons of oil in the pan, and sauté the zucchini or yellow squash briefly, until most of the pieces are browned. Season and set aside on a plate (they'll overcook if you put them in a bowl).
- When the liquid mixture is simmering, add the Arborio rice. Allow the rice to become soft and translucent in color. Ready a blender, 2 ladles (one large, one small), a fine mesh strainer, and another pot for the next step.
- Using the large ladle, transfer the liquid mixture from the pot to the blender. Blend until it's very smoothly pureed. Put the strainer over your second pot; pour the blended liquid through the strainer. You'll likely need that small ladle to force it through. This step will need to be repeated 2-3 times until all the liquid has been pureed and strained into the second pot.
- Put pot of thoroughly pureed and strained mixture back on the stove. Add the can of coconut milk and bring the mix up to a simmer over medium heat – stir frequently. When it starts to simmer, mix in the sautéed ingredients – mushrooms, potatoes, and squash. Mix in thoroughly, and bring to a simmer again.
- Season to taste with salt and pepper. Serve with fresh bread; if you like, the nuts can be sprinkled on top for some interesting texture (and a touch of protein).

A note on Acorn Squash: It's easy to prepare this gourd. Wash it, cut it in half, and scoop the seeds out with a spoon. Place it (meat side down) in a baking dish, and add about an inch of water. Cook at 375 degrees for about 45 minutes; the skin will be hard and almost brittle, and the meat inside should be tender. Let it cool a bit, and scoop out the meat with a large spoon.

About Chef Dan Leff...

 After graduating from the CA Culinary Academy in 1995, I've worked in venues around the Bay Area. Having worked with Bradley Ogden at the Lark Creek Inn, I specialize in Classic American cuisine, using seasonal ingredients, with a fine dining emphasis.
 Chef Dan Leff Catering focuses on intimate, elegant sit-down dinners and small corporate events.
 http://www.chefdanleff.com, email: ChefDanLeff@aol.com, phone: 510-530-1243

This recipe is available on our web site. Go to: <http://www.lamorindaweekly.com>

Lafayette Hits Prime Time News in France ... continued from page 2



John Fillinger (right) is interviewed by Alain de Chalvron (left) for the French News Photo Sophie Braccini

She explained that in 1857 the postmaster of the area chose the name Lafayette and described the birthday celebration that took place at the Lafayette Park Hotel on September 6th.
 On the 16th, de Chalvron filmed a friendly game of Pétanque between the French Consulate, Lafayette Parks and Recreation and the Lamorinda Sunrise Rotary at the new Pétanque field on St Mary's road.
 For the Americans, Park and Rec Director Jennifer Russell teamed with Lamorinda Sunrise Rotary President Paul Fillinger and Rotary Communication Director Dave Watson. On the French side, Pierre Mattot, the Press Attaché of the French Consulate in San Francisco teamed with Linda Fillinger and de Chalvron's producer Marjolaine Grappe. After a few sets and great deal of fun, a prickling rain sent everybody looking for a dryer place to continue the celebration of French-American friendship.
 The participants headed over to the Fillingers' residence for a glass of wine and to view a series of watercolors, painted by John Finger, depicting the life of the Marquis and the development of Lafayette. At the Fillingers' the atmosphere was jovial and the French crew was very interested in the beautiful and educational series of paintings. Fillinger explained that the Lamorinda Sunshine Rotary had initiated and financed this project as part of the Marquis' birthday celebration. The hope is to transfer the watercolors to a large and permanent structure, in the form of a mural. As of today, the final place for a mural has not been decided and Fillinger would love to see it on the walls of the future Lafayette library or adorning a school. "The Marquis de Lafayette is a wonderful role model," advocates Fillinger, "as a young man he risked his life and spent all his fortune to defend the ideas of freedom and liberty he believed in." As the evening wore on, de Chalvon charmed the audience with the tales of all the countries he's visited and the personalities he encounters everyday in Washington DC where he serves as France2's primary correspondent.

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LAMORINDA's Restaurants
 • updated September 5, 2007 •

American	Bistro	3287 Mt. Diablo Blvd, Laf	283-7108	Coffee Shop	Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	Mexican	360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270
	Chow Restaurant	53 Lafayette Cir, Laf	962-2469		Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830		El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345
	Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938		Village Inn Cafe	290 Village Square, Ori	254-6080		El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639
	Quinzos	3651 Mt. Diablo Blvd, Laf	962-0200	Continental					La Cocina Mexicana	23 Orinda Way, Ori	258-9987
	Ranch House	1012 School St, Mor	376-5127		Petar's Restaurant	32 Lafayette Cir, Laf	284-7117		Mucho wraps	1375-B Moraga Way, Mor	377-1203
	Terzetto Cuisine	1419 Moraga Way, Mor	376-3832		Vino Restaurant	3531 Plaza Way, Laf	284-1330		Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740
	The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234		Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108		Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
	BBQ			Hawaiian Grill					El Balazo	3518D Mt. Diablo Blvd, Laf	284-8700
	Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133		Lava Pit	2 Theatre Square, St. 142, Ori	253-1338		Maya Mexican Grill	74 Moraga Way, Ori	258-9049
	Burger Joint			Indian					Numero Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333
	Flippers	960 Moraga Rd, Laf	284-1567		India Palace	3740 Mt. Diablo Blvd, Laf	284-5700		Pizza		
	Nation's Giant Hamburgers	400 Park, Mor	376-8888		Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575		Aladino's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
	Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	Italian					Mountain Mike's Pizza	504 Center St, Mor	377-6453
	Café				Giardino	3406 Mt. Diablo Blvd, Laf	283-3869		Pennini's	1375 Moraga Rd, Mor	376-1515
	Express Cafe	3732 Mt. Diablo Blvd #170, Laf	283-7170		La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282		Round Table Pizza	"361 Rheem Blvd.", Mor	376-1411
	Ferrari-Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040		La Pizzeria	15 Moraga Way, Ori	253-9191		Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-0404
	Geppetto's coffee	87 Orinda Way, Ori	253-9894		Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081		Village Pizza	19 Orinda Way # Ab, Ori	254-1200
	California Cuisine				Michael's	1375 Moraga Way, Mor	376-4300		Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
	Gigi's	1005 Brown St., Laf	962-0882		Mondello's	337 Rheem Blvd, Mor	376-2533		Sandwiches/Deli		
	Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422		Nino's Bay	#2 Theater Square, Ste. 153, Ori	253-1327		Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
	Shelby's	2 Theatre Sq, Ori	254-9687		Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500		Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
	Chinese				Postino	3565 Mt. Diablo Blvd, Laf	299-8700		Gourmet Bistro Cafe	484 Center St, Mor	376-1551
	Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809		Ristorante Amoroma	360 Park St, Mor	377-7662		Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
	Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740	Japanese					Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
	China Moon Restaurant	380 Park St, Mor	376-1828		Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809		Orinda Deli	19 F Orinda Way, Ori	254-1990
	The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500		Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020		Singaporean/Malaysian		
	Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852		Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709		Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
	Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569		Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606		South American		
	Mandarin Flower	581 Moraga Rd, Mor	376-7839		Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088		The Patio Tapas and Restaurant	960 Moraga Road, Laf	299-6885
	Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288		Tamami's Japanese Restaurant	356 Park St, Mor	376-2872		Steak		
	Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020		Yu Sushi	19 Moraga Way, Ori	253-8399		Casa Orinda	20 Bryant Way, Ori	254-2981
	Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	Jazz Dinner Club					Tea		
	Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228		Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807		Patisserie Lafayette	71 Lafayette Cir, Laf	283-2226
					The Orinda House	65 Moraga Way, Ori	258-4445		Thai		
					Alex's	2 Theatre Sq # 105, Ori	254-5290		Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
					Oasis Cafe	3594 Mt. Diablo Blvd, Laf	299-8822		Baan Thai	99 Orinda Way, Ori	253-0989
					Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225		Royal Siam	512 Center St, Mor	377-0420
									Siam Orchid	23 Orinda Way # F, Ori	253-1975

The Lamorinda Weekly (LW) Restaurant Guide is not paid advertising; our intent is to provide a useful reference guide. We hope that we have included all Lamorinda restaurants on this page, except those that told us they did not wish to be listed. LW is not liable for errors or omissions. In the event that we have inadvertently printed misinformation or excluded a restaurant please let us know (info@lamorindaweekly.com) so that we may correct our list for the next issue.

The Sweet Tooth Trap

By Dr. Theresa Tsingis

There's a dangerous trap that many of us fall for each year. It's the recurring trap of overeating and weight gain, followed by guilt and New Year's resolutions. This is the time of year when those traps are set. Cooler temperatures and more indoor activities cause many of us to seek comfort foods that seem so compelling to have during the winter months.

While the pattern of overindulgence can be tempting, there are ways to balance healthy eating with the desire for favorite calorie-laden foods. Here are seven strategies to avoid falling prey to entrapment.

First, be fussy. Chances are you're discriminatory in areas, so apply that diplomacy to food. Splurge only on high-quality chocolate, for example. Thoroughly savor your indulgences and take your time, so that your brain can register the pleasure and signal your stomach to ease up. Also, being fussy about what to indulge on prevents blowing calories on low quality junk food that's typ-

ically devoid of good taste and nutrition.

Second, remember that there will always be a next meal – and a next, and so on. That large piece of pie that you're deciding to consume could be split in half and the second portion eaten a few hours later.

Third, schedule eating the way you do any daily activity. Plan your day carefully and avoid eating on the run. There are a few advantages to planning ahead. Eating regularly prevents overeating at the end of the day when resolve is low and fatigue is high. Scheduling some indulgences for other times can help you refrain from consuming a coworker's baked goods at the office during the day.

Fourth, use your head to fool your brain. Avoid large place settings. Research has shown that if your eyes view food on a salad plate or wine in a smaller glass, the brain adjusts appetite and satiety levels accordingly. You will tend to eat and drink less, but feel just

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as satisfied. Try it – it works!

Fifth, run around even more than you already are. As in, literally run or quicken the pace of your exercise routine. Studies show that inserting rapid-speed intervals into a regular exercise routine helps to burn the dangerous fat around the midsection.

Finally, think like a good horseback rider. If you fall off a balanced eating approach, just get back onto a healthier eating routine again at your next meal. Don't perpetuate a cycle of overeating, punishment, deprivation, and overeating. Give yourself a break and try the gift of self-kindness this season.

Got Creepy Crawlies?

By Sophie Braccini

With kids trying on and trading masks, wigs and hats, Halloween can sometimes bring "tricks" of the multi-legged variety. There are plenty of resources on the web for treating

head lice (pediculosis), using everything from Rid to prescription Malathion to olive oil – below is just a sample of an exhaustive list obtained from a Google search:

- <http://www.headlice.org/>
- http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice_treating.htm
- http://familyfun.com/parenting/child/health/childhealth/dony79enc_hlice/
- <http://www.headliceinfo.com/>
- http://pediatrics.about.com/od/headlice/Head_Lice_Treatment_Guide.htm
- http://www.consumerreports.org/mg/free-highlights/manage-your-health/head_lice.htm



rated with the product, a shower cap is placed over it and patients have to sit for ½ hour. Then, one or two lice specialists wearing magnifying glasses finely comb the hair strand by strand to remove lice and nits. If the hair is not too long, it takes about an hour altogether. "The product does not kill the bugs," explains Mavromatis, "it suffocates the live ones and allows us to remove the nits that otherwise stick to the hair." Clients are given a list of home duties that includes the usual cleaning and vacuuming. One week later patients return, the situation is re-evaluated, and if the hair is not 100% clear a third visit will be needed. "Most clients come only 2 or 3 times," says Mavromatis, "if they have to come more, then the problem is probably re-infestation." The cost of the treatment is \$90 per hour. For more information go to <http://www.lovebugslice.com/index.html> or call 925-283-7700.

Lee Borrowman contributed to this article.



LoveBugs' owner Mailana Mavromatis (right) removes lice from Cole's hair with the help of Cecilia Alas Photo Sophie Braccini

If you'd rather not deal with head lice yourself, one unique Lafayette salon offers an alternative.

LoveBugs is located at 3746 Mount Diablo Blvd, Suite 203. The downstairs room is airy and pleasantly decorated. Funky music plays and toys abound. This is definitely a friendly place. As owner Mailana Mavromatis explains, "Adults come here to be treated as well as children, but it's the kids who have to feel comfortable. Parents are less fearful." Less fearful maybe, but not proud to be there; not one of the mothers who was in the salon

when we visited wanted to be identified in this article. "There is still a stigma about lice," confirms Mavromatis, "but there shouldn't be any shame, lice are equal opportunists and I even think they prefer cleaner hair!"

What to Expect If You Go:

Mavromatis treats lice using a recipe that was originally created decades ago in Greece by her mother, and says that the magic potion is composed only of organic and non-toxic ingredients, including salts, olive oil, neem oil, anise and tea tree oil. First the dry hair is totally satu-



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SPORTS

LAMORINDAS LOCAL SPORTS NEWS



Campo Takes Down Northgate

By Steven Johns



Rodriguez Anthony (20)

Photo Gavin Schlissel

A stout defense and a strong rushing attack lead the Campolindo Cougars to victory on Friday Oct. 26, as the Campolindo Cougars faced the Northgate Broncos in an important DFAL football game. Thanks to a dominant offense, and Northgate's inability to move the ball, the Cougars were able to roll over the Broncos, 34-12.

After an early three and out by the Broncos, the Cougars took the field and wasted no time to get on top. A steady diet of senior running back Bo Richter and a long pass from senior quarterback Andrew Ertola moved the Cougars up the field to the 14 yard line. With a hard run up the middle, Richter put Campolindo on top 7-0.

On the Cougar's next possession, the offense once again proved much better than the Broncos' defense. Richter capped off a 72-yard drive with an 11-yard touchdown run. After the missed extra point, Campolindo was on top 13-0.

The turning point in the game came at the end of the first half when Northgate finally put together a good drive. After few running plays, Chris Pelayo caught a 25-yard pass to put the Broncos on the nine yard line. Following a five yard loss, and a



Bo Richter (34) Photo Gavin Schlissel

run for no gain, the Broncos were looking at a third and 14 on the 14 yard line with three seconds left on the clock before halftime. Northgate coach Darin Owens called a time out to discuss his next play. Instead of taking the three points from a field goal, Owens decided to go for the touchdown. A pass to the corner of the end zone was knocked down and the Cougars went into the half leading 13-0.

After halftime the Cougars came out determined to put the Broncos away. With a balanced running attack of Richter and Kawa "Cookie" Kazzaz, Campolindo was able to run their way down the field. The 62-yard drive ended when Kazzaz scampered 33 yards through Bronco defenders into the end zone to put the Cougars in front 20-0.

A rushing touchdown by junior Connor Perkins and another rushing touchdown by Richter put the game out of reach with a 34-0 Campolindo lead.

The only bright spots for the Northgate Broncos were their last two drives. The Bronco offense was able to make their way down the field and Pelayo was able to run the ball in from the 5 yard line to get Northgate on the board. After a successful onside kick, Pelayo was able to get another 5-yard rushing touchdown making the game 34-12.

The Cougar victory makes Campolindo 6-2 in DFAL and 7-2 overall. With the loss, Northgate fell to 3-5 in DFAL and 4-5 overall. When asked how the Cougars were able to play so well, senior lineman Robert Huddleston responded "we work hard in practice everyday, so we were ready in the game. All of that hard work has paid off."

The Cougars hope their hard work pays off this Friday against the first place Las Lomas Knights.

Nor Cal Japan Karate-do Team Shows Courage, Skill

Submitted by Dave McKinnis

Students from the Northern California Japan Karate-do school, including some national competitors from Moraga, attended the Ajari Cup in Oakland on Sunday, Oct. 14. The Ajari Cup is a traditional Japanese karate tournament, a combination of ritual and martial art, emphasizing respect for the pursuit of excellence, respect for one's opponent, and respect for the competitive event itself - a competition in which the athlete responds to the official with a respectful bow whether receiving points for a score or a warning for an infraction.

The sparring matches con-



Kassie McKinnis sees scoring opportunity

sist of intermittent attacks and counterattacks, with the competitors being restarted after any score. In the advanced divisions of sport karate each exchange can be over in a heartbeat. The referee and judges stare intently to capture that moment and award points when a score is made.

Unlike a large national tournament, this smaller tournament presents unique challenges in terms of size and age mismatches in the grouping of contestants. The NCJK team performed with great courage and skill, often against older and larger competitors. Everyone on this experienced team received medals and no injuries, including Moraga locals, Ryan Liu, and Kyle and Kassie McKinnis.

Ten-year-old Kassie McKinnis won the bronze in Kata (forms), and bronze in Kumite (sparring) in the 10-11yr. old female group. Kyle McKinnis, age 14, won the gold in Kata, and silver in Kumite in the 14-15yr. old male group. Ryan Liu, age 16 took the silver in Kata in the 16-17yr. old male group.

Getting into Gear

By Linda U. Foley



Al and Linda Foley take a quick break during Cycling tour Photos Linda Foley



Summit sign offers a great way to stretch the calves

Whatever was it that caused me to say, "Let's do it!" when my husband said, "Hey, Adventure Cycling has a new tour on their agenda called Sierra Sampler in September."

I had not been on my bike in about eight years for various reasons (including battling breast cancer), but a month before the ride I'd purchased a new Canon-dale, I'd been weight and circuit training for a year (with Fit Chix), and considered myself in shape. Mostly, I needed a new challenge.

The Ride started in Truckee. From the previous night's orientation meeting and dinner, we knew we were 64 riders, mid-20s to early 70s, from all over the United States. Professions included a doctor, pilot, entrepreneurs. One couple trained in the Cascades for this event but everyone had clearly done a number of serious rides all over the U.S. and Europe.

Ahead of us, lay 300 miles, about 60 miles a day. Ouch. And we considered our 50-mile roundtrip to Dublin part of our training. Time to get into gear!

Serious climbs were offset by serious scenery. Glittering Lake Tahoe, and Emerald Bay, Markleeville - part of the aptly named Death Ride - Topaz Lake, Antelope Valley, Lee Vining, Bridgeport, Mammoth Lakes, stunning Mono Lake, Bishop, and Lone Tree. Climbs were 9-10 miles long followed by huge, fast descents. You'd better have reliable breaks, strong arms and watch out for anything - like sand, unexpected turns or critters - that might cause you to crash. I've always liked the down hills but tried to stay at 34 mph, feath-

ering my brakes to keep them from smoking.

We climbed a total of 20,000 feet. Thank goodness for granny gears (lowest gear). Some of the climbs were 8 to 12 percent grade. One recumbent rider quit the tour because the steep inclines prevented blood flow to his feet.

One morning - on our five mile ride to the camp at 6:30 a.m. - it was 34 degrees; my fingers were completely numb and I couldn't shift. Still, the new morning was invigorating, the rising day playing with light and shadows. Awesome!

But the adventure was not to be without mishap. Final day, one of the younger strong riders was out for one last fix, and ended up being chased by three pit bulls which she tried to outrun. She was found by a police officer with a broken clavicle, several broken ribs and a concussion. She is now recovering and looking forward to the next ride.

I only fell once when I couldn't disengage one of my cleats from the sticking binding and had only one flat. (Smart to bring my personal mechanic along, as in husband.) Though I know how to change tires, it's hard to do for a female; icky and tough on the nails.

We returned to Truckee by bus. Seeing where we had been from the bus window, we kept congratulating ourselves. Would we have done this had we known how difficult it would be? You betcha! Ride on!

*Adventure Cycling is a 45,000 member organization that criss-crosses the country year round in a variety of organized rides.

Orinda Police Officer Takes 6 Medals at State Games

... continued from page 4

The TCA lasted nearly 12 hours for Kimball, starting with a 5K run at 7 a.m. and finishing with a brutal obstacle course at 6:30 p.m. Part of the TCA event includes a shot put competition, a 100-yard dash, a 100-meter swim, a 20-foot rope climb, a bench press competition, and a dead-hang pull-up competition. The obstacle course starts with a 145 lb. dummy drag before scaling an 8-foot-high fence and vaulting over a 5-foot-tall wall before the monkey bars, running through tires and a zigzag pattern to the finish (all of which needs to be completed in under two minutes to qualify).

Kimball said he could barely make it to the end of the TCA four years ago.

"The swimming part just killed me. I was stuck in the water," Kimball said. He went to Heather Farms and asked coaches and swim team swimmers for help. "I learned to swim. It was nice to come to the end [this year] and not be gasping for air."

The day after taking the silver at the TCA in Mesa, Kimball entered the 50- and the 100-yard freestyle swimming competitions and took the bronze, missing second place by just 0.07 seconds.

A long-time competitor and master of Karate, Kimball started competing in the Games in 1981. Since karate wasn't included at the Games this year (something that Kimball would medal in every year), he decided to try something new by entering the swimming competition.

"Ten years ago, I thought I'd like to do something where I don't get kicked in the ribs or kicked in the face," he said. "So I added weight lifting and later the TCA."

Kimball finished the Games with two silvers for the TCA (one individual, one with a female partner), a gold in the Bench Press, a gold in the Push Pull, and two bronze in swimming.

"My wife thinks I'm crazy, but it's only once a year," Kimball said. "In the police games, my competitor is out there rooting for me. It's good competition, but very friendly. I'm looking forward to next year."

Don's Win Brings them to Second-Place Tie; Miramonte Takes Dublin, 9-6

Bouncing back from a tough loss to Mt. Diablo on Oct. 20, the Dons moved into a second-place tie with Campolindo in the DFAL standings after their 41-34 win against Concord last Friday. With a 5-2 record, Acalanes will host Dublin at their homecoming at 7 p.m. this Friday. Miramonte held onto their playoff hopes in a tight win over Dublin last Friday. The Matadors held off a late Dublin drive for a 9-6 victory in a game dominated by tough defense and special team play. The Mats will face College Park this Friday at home.



Junior Matt Llyod (19) Photo Jordan Fong



Sophomore Kevin Paulsen (24) Photo Jordan Fong

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SPORTS

LAMORINDAS LOCAL SPORTS NEWS

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1 Brian Mason; 2 Corey Heldreth; 3 Erik Robert; 4 Dylan Leslie; 5 Brian Siu; 7 David Blanchard; 9 Erik Rivas; 10 Bryan VanDoorninck; 12 Kyle Deremer; 17 Justin Kim; 18 Jordan Grider
Photo Tod Fierner

Saint Mary's Men Hold Their Own Against #5 Santa Clara

By Kevin D. Shallat

Fresh off their game against #21 Gonzaga, the Saint Mary's men's soccer team played host to #5 Santa Clara on Sunday, Oct. 14. With plenty at stake in this game, these inter-division rivals were playing for pride as well. Saint Mary's was able to keep Santa Clara scoreless in the second half, but the Broncos scored two goals in the first period, which was enough to win this game, 2-0.

At the sound of the opening whistle the Bronco's team speed was impressive. The Broncos had complete control of the ball for much of the opening period. Santa Clara scored in the opening minutes of the game, as Jamil Roberts took a pass from Matt Hatzke and sneaked a header in the right corner of the Gaels goal on a ball that was deflected off Saint Mary's goalkeeper, Keenan Flynn. Flynn made a good stop, but the ball took an unfortunate ricochet off

his body and into the side of the net. Between the difference in team speed, and the quick goal to start off the game, it was apparent that Saint Mary's would have their hands full.

The momentum would soon change, however, as something clicked for Saint Mary's with around 30 minutes left in the first half of play. From this point in the game until 14 minutes before the half, the Gaels dominated the possession and shots on goal. Although they didn't record a goal on the day, the Gaels had some great performances: Erik Robert did a great job throughout the game in setting up shots for his teammates. Justin Kim had a number of nice shots for the Gaels, as he led his team with four shots on goal. Flynn also had a nice game for the Gaels, despite the one play where he was called for tripping.

The Broncos were able to

take advantage of the penalty kick to record their second and final goal of the game. The penalty was called when Flynn came up to the top of the box to try and head off a play by Santa Clara, but found himself out of position, opening the way for an open shot on goal. Flynn's only recourse was to get in the way of the Bronco player and take the penalty call. This would be the final score of the game, as Flynn did a great job of shutting down the potent Bronco offense the rest of the game.

The game was very physical from start to finish, which is typical when the league games start. Each team had five fouls, including one yellow card against Santa Clara. Both teams also had an equal amount of shots, as each team with 10. However, Santa Clara was able to capitalize on their scoring opportunities, making their shots when it counted.



Senior Zak Dychtwald Photo Jordan Fong

Big Rivalry Makes a Big Splash

By Alex Crook

On Wednesday Oct. 24, the infamous Campo-Miramonte rivalry hit the water as three teams collided for a sold-out night of water polo in Orinda. There was a cool breeze, clear skies, and a full moon. Beautiful, right? Not for Campo.

First, Miramonte Girls varsity defeated the Lady Cougars 9-4 in a 6 p.m. match-up. Then, it was the Boys varsity team's turn. Shortly before the game, a couple of players from both teams were honored as a good-bye present from their teams. Competing in their last high school games were a total of 14 players, including Campolindo's keeper TJ Bami, and Miramonte's Trevor Hutchinson.

Miramonte scored first exactly two minutes into the game on a goal from Tommy Briskey. The first quarter ended 1-0.

The second quarter was entertaining, with the Matadors outscoring Campo 3-2, including a well-executed pass all the way to the goal from Miramonte's keeper. With 2:37 left in the quarter, Bret Lathrope finished off a beautiful breakout play, beating TJ Bami one-on-one for the Matadors' fourth goal of the game. Campolindo senior Matt DeTrane later had his 5-meter shot blocked, and the half ended 4-2 Matadors.

Miramonte then outscored Campo 3-0 in the third quarter, giving the host Matadors a commanding 7-2 lead.

In the fourth, the Cougars started a 3-goal rally late in the game, but time ran out as the Matadors prevailed in front of their home fans, 8-4.

The JV game was a lot less crowded, but still Miramonte dominated. They led 3-0 in the first quarter when David Crawford put Campo on the board with just 17 seconds left in the opening quarter. The other Cougar goal was a nice backhand shot from Hayden Beaudreau with 1:49 left in the match. Otherwise, Miramonte won that game as well, 6-2.

Campolindo had three chances to win that night. Each time, they came up empty-handed.

Campo girls finished the year at 15-7, and 5-1 in DFAL. Miramonte girls finished at 19-4 and an undefeated 6-0 in league play. Campolindo Boys varsity finished at an impressive 18-2 and 5-1 in DFAL, including winning the Acalanes Tournament at the Soda Aquatic Center earlier this month. Miramonte Boys varsity finished at 16-4 and an undefeated 6-0 in league play.

Dons Win DFAL Women's Golf Championships

By Jennifer Wake



Left to right: Katie Mitchell, Stacy Song, Jessica Burns, Christina DeTomas, Karly Topkis, Juliana Del Becarro
Photo Tod Fierner

The Acalanes women's golf team capped a 13-1 season with a victory at the DFAL Championships on Oct. 22. The Dons had a winning score of 474 on the par-71 Diablo Creek Golf Course in Concord. Miramonte took third at 497, while Campolindo finished sixth at 521.

Dons Coach Tim Scott – a graduate of Acalanes who has coached golf at his alma mater for the past 21 years – credits the entire team for the win. “The entire season has been a 100 percent team effort,” he said.

“Jessica Bruns shot a really good round at the tournament; others have shot really good rounds at other matches.”

Bruns was the tournament's low scorer, tied with Miramonte's Theresa Luu, at 89. Other Dons standouts included Juliana DelBeccaro (92), Stacy Song (97), Cristina De Tomasi (98), Karly Topkis (98), and Katie Mitchell (100). In addition to Luu, Kelly Katsura (96) and Megan McConnell (98) led for Miramonte. Jenn Allaway (96) led Campolindo.

Throughout the season,

the high score has always been a different person, Scott said. “If one of the girls is the high scorer, they're hard on themselves and get frustrated, but I tell them, this is golf we're talking about.”

Both Acalanes and Miramonte advanced to the NCS Nor-Cal Championships, played last Monday at Tilden Park Golf Course. Going into the playoffs, Scott said, “It'll be interesting. There are some awesome golf teams there. But looking at the scores, we're competitive.”

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<p>Women's Volleyball vs. San Diego Thursday, Nov. 1 at 7 p.m. McKeon Pavilion</p> <p>Women's Soccer vs. San Diego Friday, Nov. 2 at 3 p.m. Saint Mary's Stadium</p> <p>Women's Basketball vs. Loyola University of New Orleans Saturday, Nov. 3 at 2 p.m. McKeon Pavilion</p> <p>Women's Volleyball vs. San Francisco Saturday, Nov. 3 at 7 p.m. McKeon Pavilion</p>	<p>Men's Basketball vs. Sonoma State Friday, Nov. 9 at 8 p.m. McKeon Pavilion</p> <p>Women's Volleyball vs. Santa Clara Friday, Nov. 9 at 5:30 p.m. McKeon Pavilion</p> <p>Men's Basketball vs. Drake Saturday, Nov. 10 at 7:35 p.m. McKeon Pavilion</p> <p>Men's Basketball vs. Cal State Bakersfield Tuesday, Nov. 13 at 7:05 p.m. McKeon Pavilion</p>
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For information about upcoming season schedules, visit the official Saint Mary's athletics website at www.SMCGaels.com.

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