

LAMORINDA WEEKLY

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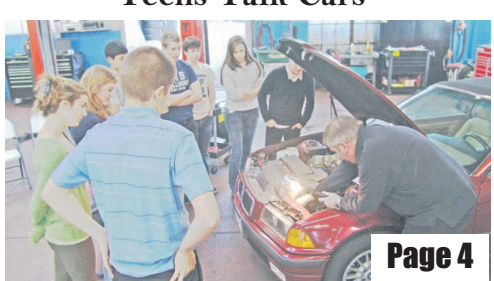
Campo Goalie Noel Raine makes a long reach at Saturday's game against the Knights


Photo Tod Fierner

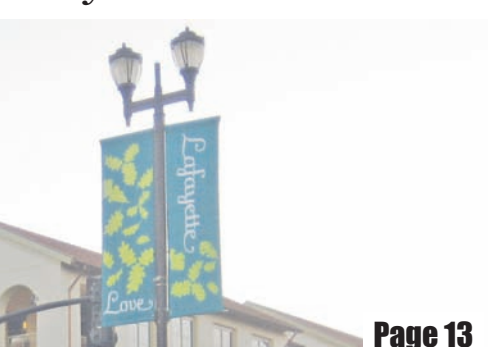
Lamorinda Watches NCS Championships

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Multiple Births, Multiple Challenges . . . but Tons of Fun!

By Jennifer Wake

Whether they are pushing double strollers at Lafayette Reservoir, cheering for three soccer teams at once on the fields at Miramonte, or keeping close watch for runaway toddlers at the Moraga Commons, parents of multiples (be it twins, triplets, or more) abound in Lamorinda.

Over the last few decades, multiple births have risen for women of all ages, but according to the Centers for Disease Control and Prevention the largest growth has been among older mothers, especially those aged 35 years and over. Between 1980 and 2004, the twin birth rate increased 31 percent for women aged 20-24, and 133 percent for women aged 40-44.

While raising multiples is becoming more common, it does not come without its challenges.

Dynnel Ryan of Lafayette said she has never known life to be harder than it was in the first three

months of her little ones lives. Before Syndey and Preston were born nine months ago, Dynnel envisioned sleeping when the twins slept and peaceful bliss.

"Boy, was I wrong," she said. "I think I slept for about 30 minutes at a time before I had to get up and start all over again: breast feed one, then bottle feed, then pump, put one down and start all over with the next one."

And the challenge of multiples gets more complicated as they grow.

Moraga resident Kim Nichols' – whose 12-year-old triplets, Spencer, Emily and Clark, are in sixth grade at Joaquin Moraga Intermediate – said that until fourth grade, it was quite a juggling act. "During special parties or performances, in kindergarten, for example, I would spend seven minutes at a time in each classroom, rotating in and out hoping to catch just a few moments of each child's

performance or activity."

Lafayette mom Kathy Kessenich, whose triplets (Nicolle, Nellie, and Nathan), age 7, attend Burton Valley Elementary along with sister Gwen, age 9, says she tries to stay as organized as possible at home to help with school work.

"Our kitchen has become a mini-school," she said. "I have replaced pictures on the wall with a write and wipe poster for everyone's spelling list for the week, and posters with reading related info on it. My first-graders don't always want to do their homework together, so I need to single thread them to get it done." She cut back a little on sports this year and plans to start splitting them up next year, so they have the opportunity for independence.

Jane Kelson's twin 17-year-old daughters who attend Campolindo are deciding whether to foster their own independence in college next fall.

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Eighth Annual Lafayette Jazz Festival

The Lafayette Jazz Festival, presented by the Generations in Jazz Foundation, will open at the Bentley School Performing Arts Theater on Thursday March 6th at 7:30 p.m. through March 8th. The final matinee performance will crescendo at the Acalanes Performing Arts Theater featuring the Contra Costa County Honor Jazz Bands beginning at 3 p.m. on Sunday March 9th.

Thursday, March 6th, "Jazz for All Ages"
Featuring KCBS radio personality Al Hart,

Alabama Jazz Hall of Fame singer Countess Felder and the Bay Area's own Mary Fetting, the sounds of the Big Band of Rossmoor will sing and swing opening night incorporating a multi-generational approach with opening student band The Bentley Jazz Group with original Tower of Power horn player, Mic Gillette. Celebrating the Big Band Era of Jazz, the sweet sounds of the 30's and 40's will ring true in the halls of the Bentley School Performing Arts Theater.

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