



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

Photo Tod Fierner

## Lamorinda Watches NCS Championships

read stories on page 21 and 23

### LAMORINDA WEEKLY this week

#### Teens Talk Cars



Page 4

#### Treeline Triathlon Returns



Page 6

#### Lafayette's Retail Success



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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.

... continued on page 10

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# Lamorinda Community

## Calendar, Notes, News

# Lafayette

**Calendar**

**City Council** 7pm  
Community Center, Manzanita Room  
500 St Mary's Road  
Monday, Feb 25

**Downtown Strategy Advisory Committee**  
Wednesday, Feb 22 - 7pm  
City Offices # 240, 3675 Mt Diablo Blvd.

**Planning Comm.** 7pm  
Community Center, Manzanita Room  
500 St Mary's Road  
Thursday, Feb 21

**Design Review** 7pm  
Community Center, Manzanita Room  
500 St Mary's Road  
Tuesday, Feb 26

**Park, Trails, Rec.** 7pm  
Community Center  
500 St Mary's Road  
Wednesday, March 12

**Emergency Prep.** 9:15am  
City Offices  
3675 Mt, Diablo Blvd. Suite 265  
Wednesday, March 12

**Senior Services** 3:30pm  
Community Center, Alder Room  
500 St Mary's Road  
Thursday, Feb 28

check online:  
Town of Lafayette:  
<http://www.ci.lafayette.ca.us>  
• all meeting notes  
• calendar updates  
Chamber of Commerce:  
<http://www.lafayettechamber.org>  
• local businesses  
• upcoming events

**no Police Blotter this week**

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## Community Workshop Once Again Wows Residents

**By Cathy Tyson**

Last week Wallace Roberts & Todd (WRT) held the second of three Lafayette Downtown Strategy Community Workshops. The United Methodist Church Fellowship Hall was full of concerned residents, many of whom had been to the first workshop, community movers and shakers, along with important City staffers and City Council Members.

An audience member commented, "I'm going to give them 15 minutes to get my attention." An hour and a half later he was still at the meeting.

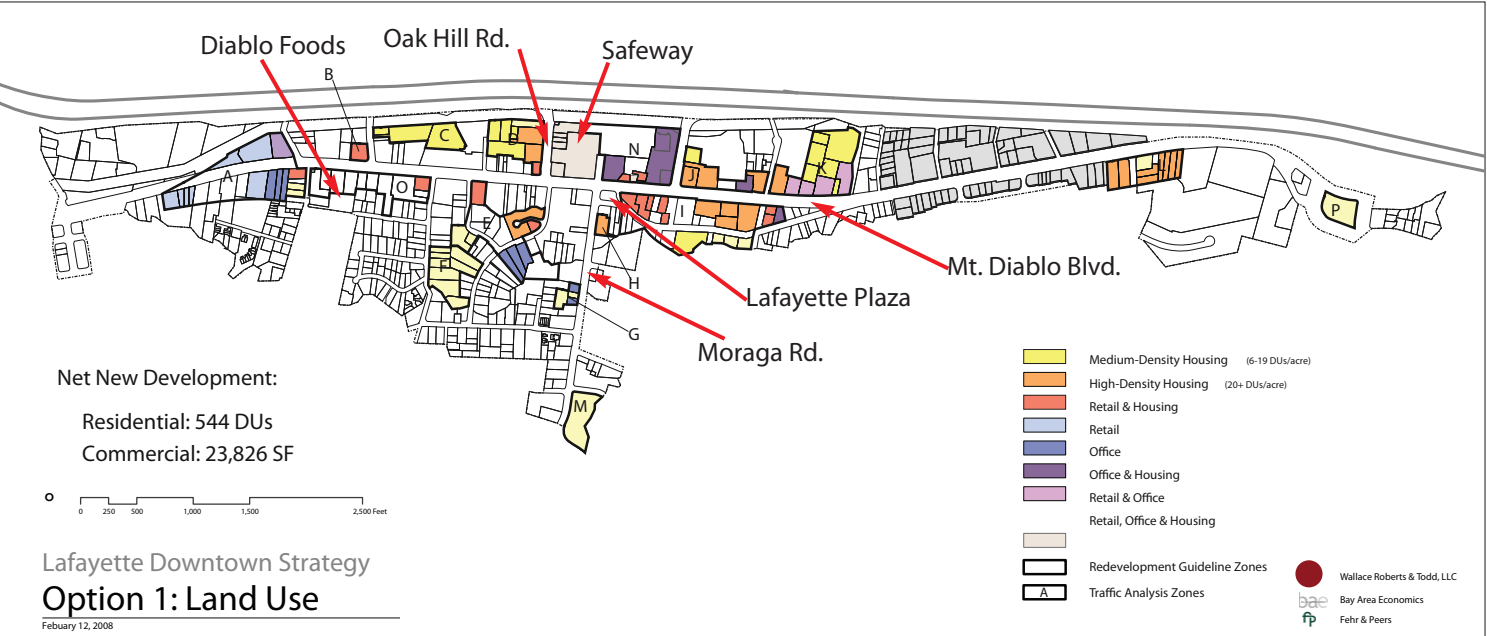
After being welcomed by Jim Stickley, a Principal of WRT, and hearing presentations from experts on transportation and parking, sustainability, and economics,

audience members were asked to rotate between five workstations where more detailed information was given and individual questions were answered.

Attendees were inundated with important information on

the nuts and bolts of the Plan and were asked their opinion on a three-page questionnaire. Stations included Transportation & Parking, Public Space, Market & Economics, Opportunity Sites, and finally Climate Protection.

... continued on page 17



Map shows Option 1 of 2 Land Use options presented at the Workshop. It is part of the "Community Workshop #2: Presentation Materials" which can be downloaded from the City website. You also can find related documents: <http://www.lovelafayette.com> scroll down to "The Strategie for Downtown Lafayette"

## Road Rage at Budget Meeting

**By Cathy Tyson**



After the usual formalities at the recent Budget Workshop and Municipal Goal Setting meeting Steve Falk, City Manager and Tracy Robinson, Administrative Services Director gave very thorough presentations on Lafayette's current financial situation.

It was a surprise to no one that road conditions would dominate the meeting. Clearly none of the concerned residents that spoke up were happy with the state of asphalt in town.

Lafayette's revenue sources are limited, due to a lack of larger retail establishments contributing sales tax dollars to the general fund. Even though the City is run very efficiently, it provides the lowest per-capita police staffing in the County and has

an unfunded \$23 million road repair backlog. Yet, according to Falk, "Lafayette has been aggressive about seeking new sources of revenue to fund critical shortfalls. Notably the City has recently: doubled the parking meter rate, doubled the number of parking meters, hired a consultant to audit the City's impact fee structure and recommend ways to find new revenues and finally made fee-based recreation programs self-sufficient."

In addition there has been some discussion about instituting a business license tax on a sliding scale depending on the size of a business. For example, Safeway would pay more than Nitro Dog.

The city has made a concerted effort to educate the public about municipal finance, but

not everyone is on the same page. Mayor Anderson wanted to respond to what he described as the frustration level of citizen speakers at the meeting. "The City Council continuously is responding to the roads issue. I hope we can earn your confidence." For the record Anderson stated, "we are fully funded and at full capacity for 2008 road repair given the current staffing level."

Council Member Anduri said that the anticipated \$1.8 million dollar surplus this year will all go to road repair.

"I've been here for all four failed measures. We need to do a Finance Committee II," added Council Member Don Tatzin.

"Our top funding priority is to spend any extra money on the roads," said Council Member Carol Federighi. Responding to comments, she continued, "Camino Colorados is at the top of the list for repair."

Creating a budget for basically an \$11 million dollar per year business is no easy task. Goals are generally discussed in the early months of the year, then with input from the City Council, staff prepares a draft budget, which the Council reviews in the spring, and usually approves in June.

## Green Business Initiative in Lafayette

**By Sophie Braccini**

Tony Eichers is not only the Vice President- General Manager of the Lafayette Park Hotel; he wants to become a "green" mentor for the Lafayette business community. And there's no better venue to do so than the newly formed Green Committee, spearheaded by the Lafayette Chamber of Commerce and Sustainable Lafayette, a local non-profit group.

"We started the group because we thought there would be an interest in the business community for "greener" practices," says Jay Lifson, Executive Director of the Chamber. He adds, "We were surprised and delighted by the interest that immediately sprung."

Steve Richards, one of the founders of Sustainable Lafayette agrees, "I was expecting people to show up out of curiosity. But I was surprised by the level of passion and energy people brought in."

The movement started when Sustainable Lafayette joined the Chamber last year and started discussions with Lifson.

... continued on page 17

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# Lamorinda Community Calendar, Notes, News

# Moraga

Calendar	
City Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo Wednesday, Feb 27	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, March 3	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, Feb 25	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive Tuesday, March 18	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, March 14	
Town of Moraga online: http://www.ci.moraga.ca.us for: • all meeting notes • calendar updates	



**Funny Money, 2/13/08** A Safeway customer noticed a \$20 bill he received in change from a checker didn't look right. The bill was tested and proved to be counterfeit. It was taken into evidence.

**Bomb Threat, 2/08/08** An irate male called in a bomb threat to McCaulous. The store was evacuated and cordoned off. Bomb dogs and BART PD cleared the store and no suspicious devices were found. Alert officers found a female suspect in the parking lot and a male who had been drinking, just down the street. McCaulous's staff identified him as causing a ruckus in the store. The subject was arrested on a parole violation and bomb threat.

**D.U.I., 2/07/08** Moraga Police stopped a PT Cruiser going 49 m.p.h. in a 35 m.p.h. zone on Rheem Boulevard at Hall Drive. During the stop, the officer noticed that he had been drinking. A field sobriety test was failed and subsequent blood alcohol test came in at .08%.

**Disposition of Evidence**  
Moraga Police Dept. no longer needs property related to case 07-578 for evidentiary purposes. All evidence is going to be disposed of. If you are involved in the case and have ownership of items involved please contact the Moraga Police Dept. Property Officer Heather Pomeroy at 925-376-2515. All Evidence will be destroyed after Feb. 28, 2008.

**Found Property**  
Moraga Police Dept. has 4 bicycles, 1 gym bag, 1 inflatable bedroll and a bike helmet that was turned into found property. If any of these items belong to you please call Heather Pomeroy at the Moraga Police Dept. at 925-376-2515. If items are not claimed on or before Feb. 28, 2008 the items will be sent to auction or be destroyed.

## MOSPRO 2008 on the June Ballot?

*An issue not on the agenda takes center stage at Town Council meeting*

By Sophie Braccini

A group of Moraga residents rallied on Wednesday, February 13th at the Town Council meeting to urge the Council to have the Moraga Open Space Parks and Recreation initiative (also known as MOSPRO or the Bruzzone initiative) placed on the ballot in June. The Council had not placed this topic on its agenda for the evening.

Petitions for two very different open space initiatives have recently been circulated in Moraga. MOSO 2008, proposing to freeze land for open space use only, came first but was withdrawn as the group decided to rewrite part of it to address concerns emanating from the Moraga Country Club and St Mary's College. In the meantime, the Bruzzone family, which owns most of the land targeted by MOSO 2008, proposed another initiative that provides for development possibilities, as well as open space and monies for the town.

The MOSPRO petition garnered more than enough signatures to be sent to the County for verification. Once the County verifies the signatures, the Town Council can order staff to prepare an impact report within 30 days. Town Clerk Rhonda Basore said the County had been busy with the last election and was going to begin certifying a sampling of signatures before the end of this week. The Council must issue an Order by March 7 for the initiative to be placed on the June ballot. The signatures would be back in time for the February 27th regular Town Council meeting, but that would leave very little time to staff to write an impact report, and no regular Council meetings were scheduled between February 27th and March 7th.

## New Tenant in the Moraga Center?

By Sophie Braccini

Rite Aid has asked the Moraga Planning Department for an application for a "permitted use permit" within the Moraga commercial zone. Rite Aid has not yet filed the application with the Town.

Rite Aid seeks to occupy the store where McCaulous is presently located. Should the application materialize and be approved, McCaulous would probably relocate to another part of the Center. McCaulous's owner

natures to be sent to the County for verification. Once the County verifies the signatures, the Town Council can order staff to prepare an impact report within 30 days. Town Clerk Rhonda Basore said the County had been busy with the last election and was going to begin certifying a sampling of signatures before the end of this week. The Council must issue an Order by March 7 for the initiative to be placed on the June ballot. The signatures would be back in time for the February 27th regular Town Council meeting, but that would leave very little time to staff to write an impact report, and no regular Council meetings were scheduled between February 27th and March 7th.

"We want you to act now," speakers pleaded, "We want you to be diligent, fair and consistent." The tone of the discussion mounted as some members of the public inferred that the Council was purposefully delaying the process. One gentleman threatened the Council with a recall if

the initiative was not put on the June ballot.

Dave Bruzzone reminded the Council that he and his lawyer had sent a letter that was received by the Town on February 7th.

... continued on page 17

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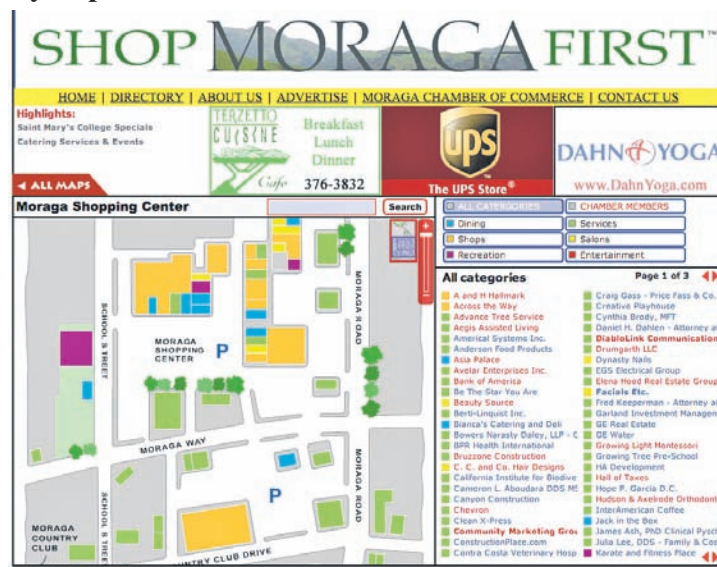
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## Shop Moraga First Launches Website

By Sophie Braccini



After the Shop Moraga First campaign started early 2007 and the Art, Wine, and Merchants' Faire came and went, the Shop Moraga First committee turned its attention finding other ways to promote aware-

ness of Moraga businesses and the benefits of shopping locally.

Grant Stubblefield, who has been a member of the community almost all his life, had an idea. "We thought of a website with all Moraga businesses on

it," says the young man. "It was obvious, however, that it was one of those things that needed to be done but no one was going to do, since everyone in the group is a volunteer with limited time available." Stubblefield decided to develop it himself through his new company, the Community Marketing Group. He created a resource that anyone can use to explore what Moraga's business community has to offer.

By October 2007, he had most of the businesses on a map. Stubblefield's idea was that the site should be a community-building tool as well as a Chamber building site; a way of showing the potential of people coming together for better community.

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## Roodveldt Memorial Scheduled

Eddie Roodveldt, co-founder of the Moraga Chamber of Commerce and former Director of the Lafayette Chamber of Commerce, passed away on Tuesday, February 12 at California Pacific Medical Center in SF, after battling cancer. Roodveldt was 57 years old and is survived by his wife Lillian and his son Andrew.

Originally from Buenos Aires, Argentina, Roodveldt was a strong believer in service both to the community and internationally. He was an active member of the Moraga Rotary Club, serving as its President in 2002-2003 and named its "Rotarian of the Year" in 2004. He was very involved with the Rotary International Youth Exchange Program, serving as the chairman of Northern California for the last five years.

Friends are invited to a memorial service to be held Sunday, February 24 at 2p.m. at the chapel of St. Mary's College, at 1928 St. Mary's Rd., Moraga.

In lieu of flowers, contributions can be made to the Moraga Rotary Club Foundation, PO Box 122, Moraga, CA 94556.

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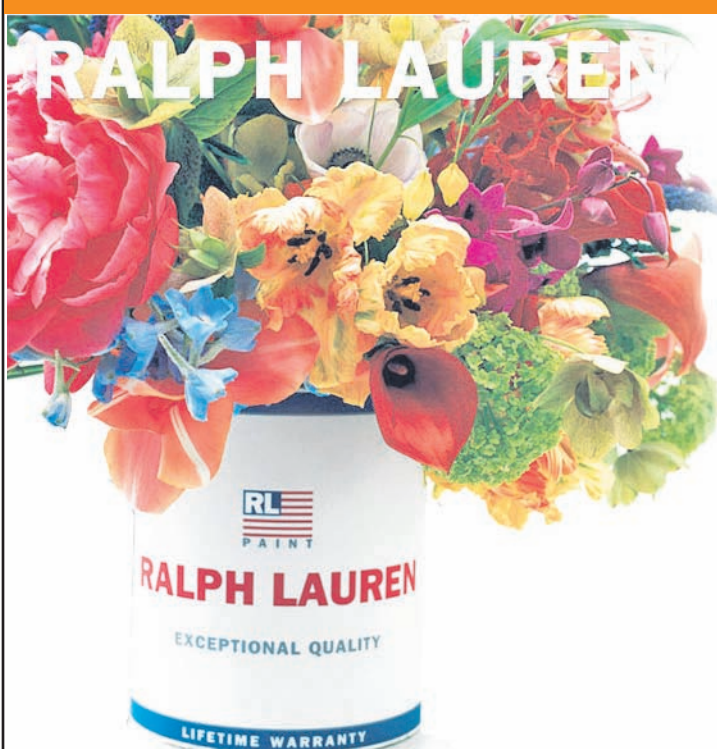
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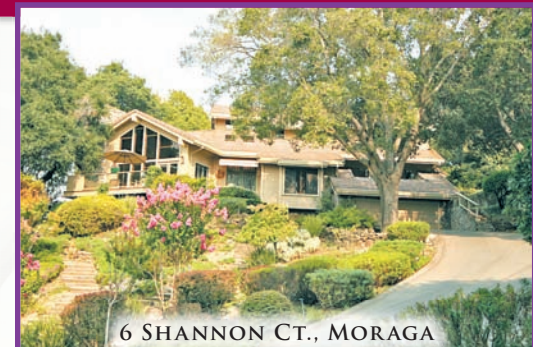
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# Lamorinda Community Calendar, Notes, News

# Orinda

**Calendar**

**City Council 7pm**  
Auditorium, Orinda Library  
26 Orinda Way  
Tuesday, March 4

**Special Meeting**  
Strategic Planning Meeting  
Friday, Feb 22 - 11:00am  
Orinda City Hall, Sarge Littlehale  
Community Room, 22 Orinda Way  
**Planning Comm. 6:30pm**  
Auditorium, Orinda Library  
26 Orinda Way  
Tuesday, Feb 26

**Planning Process Review 8:30am**  
Planning Conference Room at City Hall  
22 Orinda Way  
Friday, Feb 29

**Mayor's Com. Liaison 9am**  
Community Room at City Hall  
22 Orinda Way  
Monday, Mar 3

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

Chamber of Commerce:  
<http://www.orindachamber.org/>  
• local businesses  
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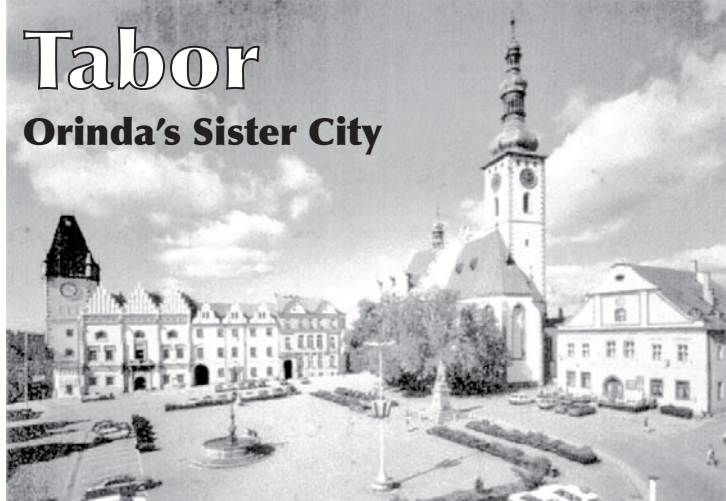


**Bev Mo Burglary, 2/12/08** Three adults entered Bev Mo and spent some time in the store without making a purchase. A short time later the suspect, one of the original Bev Mo three, entered the store, where an employee saw her put two champagne bottles in a large purse. She and her pals drove away in a red Ford Taurus.

**House Burglary 2/10/08** A vacant Miner Road residence was seemingly burgled. Officers found the front door unlocked and large amounts of garbage and miscellaneous items everywhere. The home was extremely dilapidated. The elderly owner of the home, who lives on Valley View Drive said it was burglarized but couldn't provide a list of missing items before the police report was completed.

**D.U.I., 2/09/08** A young man was riding a dirt bike and collided into a pole on Bates Boulevard. The victim had a strong odor of alcohol and showed signs of intoxication. To seal the deal, he flunked the field sobriety test and had a blood alcohol level of .11.

**Shoplifting, 2/09/08** A suspect was stopped after leaving Rite Aid with items on his person. He admitted the theft and showed the officer where he stowed the goods. To make matters worse, the 32-year-old suspect was on parole.



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## Orinda's First GHAD

By Cathy Tyson



Photo provided by Keadjian Associates, Vallejo  
Elevation and site plan of one of the four single family homes that were approved by the City of Orinda in December. This particular home is two stories and features an inner courtyard. Architect Robert Hidey Architects, Landscape architect Hart Howerton and Master developer Brooks Street

At the Orinda City Council Meeting on February 5, staff recommended that a hearing to consider the formation of the Wilder Geologic Hazard Abatement District (GHAD) be set for March 4 at the Library Auditorium. Interested residents are welcome to attend.

This will be the first GHAD in Orinda. According to Jason Keadjian, Spokesman for Wilder, "It's intended to set aside money and fund proactively long-term maintenance for slopes, retention ponds, storm water systems, in the event of a landslide or earthquake. It provides a budget that's funded by homeowners. The City deserves credit for requiring it as part of the Development

Agreement."

"The site is geologically complex, including highly folded volcanic and sedimentary rocks. Geotechnical challenges at the site include highly expansive soils, existing undocumented fills and steep cut slopes associated with an abandoned quarry," states ENGeo, Inc., Wilder's provider of geotechnical engineering.

Only residents of Wilder will pay the assessment. It will appear on their county tax bills. Funds will go toward annual monitoring, maintenance and a plan of control by a certified engineer geologist.

GHAD's are actually a relatively new phenomenon, the Beverly statute, enacted in 1979,

provided for the formation of local assessment districts for prevention, mitigation, abatement or control of geologic hazards: like landslides, land subsidence, soil erosion, and earthquakes, either actual or threatened.

Orinda won't be the only city in Contra Costa County to have a GHAD. Canyon Lakes, a subdivision of over 1,000 acres near Danville formed one in 1985. The City of San Ramon formed a GHAD in 1990 in the Dougherty Valley area, that when totally built out will encompass 11,000 housing units making it possibly the biggest GHAD in California. Because of the number of residential units within this particular GHAD, the assessment



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Senior Engineer with the City of San Ramon, Robin Bartlett said, "Coming up with the assessment amount is a bit of an art. It's somewhat analogous to figuring out insurance risks. Every GHAD is different depending on area soils, likelihood of liquefaction, landslides and other factors." Once a per home assessment is determined, it will be divided among the projected maximum of 245 homes in the development.

Funding for the Wilder GHAD will be set up in perpetuity to provide a long-term reserve indexed for inflation for prevention, monitoring, maintenance, mitigation and large-scale repairs for basically any kind of earth movement, or potential movement.

A GHAD is beneficial because it's a type of insurance policy against geologic hazards and it protects the property of the City collectively rather than through a homeowners association.

When the original presentation was made, City Council members were concerned if there would be a fiscal impact for the City. There were assured by Wilder's Geotechnical Engineer that the answer is no.

Wilder's "Ranch House" sales office is currently being built and will be open later this summer. The developer is in the process of finalizing a sales program and will begin initial sales in the next several months. The first of four architectural plans were extremely well received by the City of Orinda. Over 1400 people have expressed an interest in the project, so far.

## Teens Talk Cars at Orinda Motors

By Sophie Braccini



John Vanek offers guidance to Orinda teens

Photo Andy Scheck

Emily Jorgens is a responsible sophomore at Miramonte who will be getting her driver's license in a few days. So the vice-president of the sophomore leadership class at Miramonte thought it would be a good idea to organize a class for her classmates and herself, to learn how to take proper care of their cars. "We are all at an age when we get our permits and driver licenses," says Jorgens, "so last summer I went to see John Vanek of Orinda Motors to see if he would

help us." The idea was to make it a fund-raiser as well for the class of 2010 and Vanek, who is very active in the community, was happy to give some of his time to the project. Vanek explained that he'd rather interact with a small group of students, so three sessions were planned. The cost is \$25 and includes a lunch that was given for the first session by Village Pizza in Orinda.

Vanek believes it is important to give young drivers an introduction to auto maintenance and operation. "Often time those young people are given a car by their family," says Vanek, "however, they need to take ownership of operating the car. They need to understand it requires maintenance, and that they need to be prepared if trouble happen."

The class includes a

good look under the hood and learning about a few basics like where is the spare tire on a car? Where is the emergency signal? And how to check the oil, break fluid, coolant and transmission oil level. Vanek teaches them

too how to recognize trouble and intervene before the car breaks down. "We learned to be prepared," says Jorgens, "it was a fun class and I will definitely take a more in depth look at my owner's manual." Vanek highlights

the importance of reading the manual because it is there that is found the maintenance schedule of a car.

The second part of the session dealt with how to react in case of emergency.

... continued on page 14

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# Life in LAMORINDA

## Lamorinda Gets Its Carbon Footprint

By Sophie Braccini

What is the carbon footprint of Lafayette, Moraga or Orinda? How many tons of greenhouse gases do we contribute each year? What can be done to slow the threat of global climate change? The answer to these and other questions form the basis for why our three cities have joined ICLEI - Local Governments for Sustainability. ICLEI is a non-profit organization that seeks to help communities become aware of their carbon impact.

The first step in defining a town's carbon footprint involves taking an "inventory" of local energy consumption. For that purpose, ICLEI provides software that helps a community define, calculate and evaluate the generation of greenhouse gas emissions that result from their specific energy profile. Further, the program allows the community to ask, "what if" questions in an effort to identify how changes in their energy consumption can reduce greenhouse emissions. Last week, a training session was held for Contra Costa County members of ICLEI. "The workshop was very helpful in learning how to use the ICLEI software for developing the baseline inventory for each of our cities," says Ann Meredith, Lafayette Community Development Director.

The cool news was that ICLEI had received a grant designed to help Contra Costa communities gather the data they need to more effectively use the ICLEI software. At the training session, community representatives were provided data for transportation, buildings, and other functions pertinent to their

will be making a report to the City Council in March on the status of all the tasks, including the baseline." It's up to the city to determine how and when it will release the data to the public.

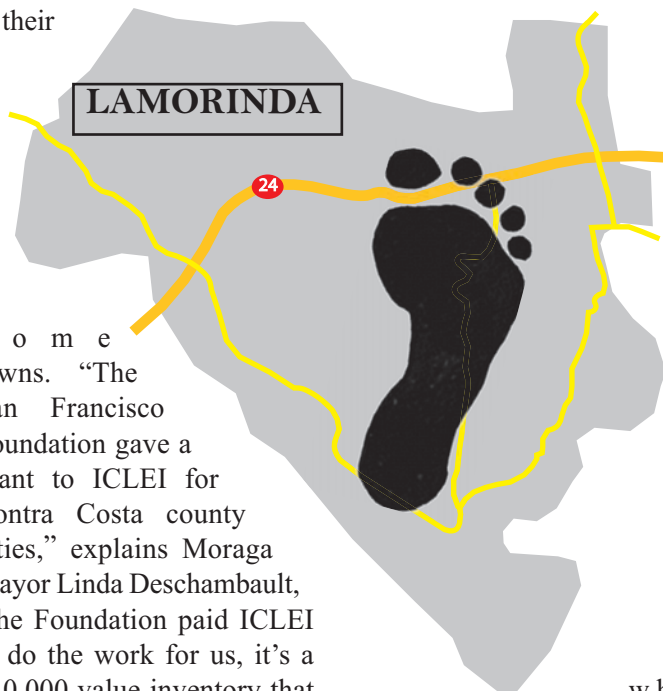
"The software helps to create a plan," confirms Casey De Golai, a St Mary's intern

process this spring with Lafayette, Moraga and Orinda.

"My hope is that we utilize the information from these efforts to develop a program to cut our energy cost," says Deschambault, "We need to balance our budget better and we have a lack of revenue. So we can reduce cost and/or raise revenue. This is a good way to reduce cost." De Golai adds, "We need to think about the world more than about money, and anyway there are grants out there to help pay for the right investments." The Association of Bay Area Governments has several grants available to support cost reduction, and PG&E offers many opportunities to support energy saving strategies.

These elements should allow our three cities to foster the Environmental Strategy they are more or less formally establishing. Ann Meredith likes to remind of Lafayette's mission statement in this area: "The City of Lafayette is committed to developing and implementing environmental policies and programs that will enable the City and its residents to meet their present needs without sacrificing the ability of future generations to meet their needs."

who has been working on the subject for Moraga Planning Department, "then you can test the hypothesis and improve." The process that ICLEI is doing with cities includes the development of action plans that address how to set targets and programs for reducing greenhouse gas emissions. ICLEI said they will begin that



home towns. "The San Francisco Foundation gave a grant to ICLEI for Contra Costa county cities," explains Moraga Mayor Linda Deschambault, "the Foundation paid ICLEI to do the work for us, it's a \$10,000 value inventory that we got as part of joining ICLEI." ICLEI collected information for each town in conjunction with PGE&E, the California Waste Management Board and the Metropolitan Transportation Commission.

"Developing baseline inventory is one of the City's Environmental Strategy tasks," said Meredith, "and I

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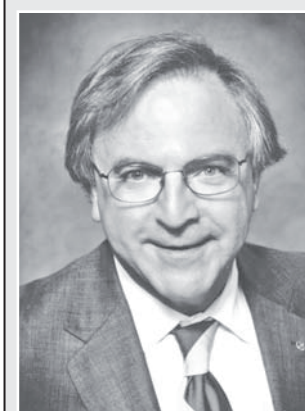
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# Life in LAMORINDA

## 2nd Annual Treeline Triathlon

By Lee Borrowman

The Moraga Treeline Triathlon swims, rides and runs its way back to Lamorinda on Saturday, April 26th. Triathletes from across the Bay Area will be joined by local enthusiasts in a 400-meter swim, 14-mile cycle and 5K run.

The event takes place at Campolindo High School and on surrounding surface streets. The impressive Soda Aquatic Center will host the swim portion. The race begins when the first swimmer enters the pool at 7:00 a.m. Damp participants will then head out for a scenic, fast-paced, two-wheeled cruise through Canyon and back, with a brief detour up and down Camino Pablo, taking care as they cross over that street's in-

famous speed tables. Racers finish with a run through the rolling hills of the Campo neighborhood and a victory lap around the high school's track as friends and family cheer. Moraga Parks and Recreation Director Jay Ingram expects the early finishers to cross the line by about 8:15.

The Treeline Triathlon is a 'sprint distance,' or 'baby tri,' which makes it accessible to everyone, according to returning Race Director Carl Martin who encourages Lamorindans to get out there and give it a try: "I'm a firm believer that you can do anything you set your mind to...completing a triathlon gives you a great sense of accomplishment."

If your legs/knees/shoulders

are not up for all three segments of the event, you can gather some friends together and enter as a relay team: One can swim, another bike, and a third run. Or perhaps you like to swim and cycle but running's not your thing? Your neighbor just might be delighted to join in the fun without the necessity of getting wet or running the risk of having to change a flat tire.

"There are many people that have a bad knee or bad ankle that can't do the run, but that would like to be part of the event. The relay offers just that. In fact, it's a great opportunity for families to train together," says Martin.

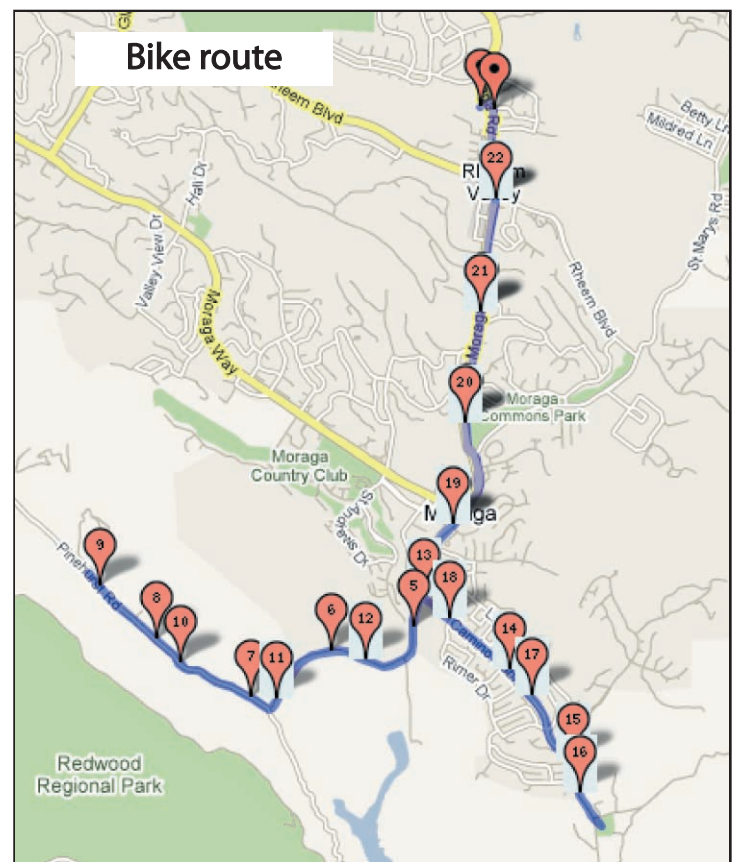
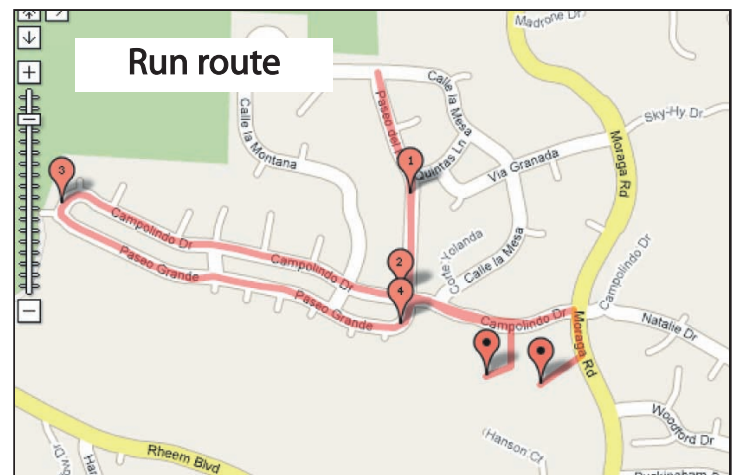
Being faster than your peers comes complete with bragging rights – just ask the Lafayette City Council relay team that did its city proud last year!

In 2007 the Treeline Triathlon raised \$2000 each for the Hacienda Foundation and the Soda Aquatic Center Scoreboard Fund, and \$3000 for the Community Emergency Response Training (CERT) program, whose volunteers

helped monitor the cycling course last year and will perform the same service this year. Most of the proceeds from the 2008 event will be used to support the programs and facilities of the Moraga Parks and Rec Department, with \$3000 again going to the CERT program.

Registration opened January 1 and continues through the day of the event, although the entry fee goes up on April 1st and again for those who wait until race day to enter. Right now the cost is \$70/adult, \$40/student (12-18), and \$120 for a relay team. The race is open to anyone age 12 and up, and there will be male and female winners awarded in each age group: 12-18, 19-29, 30-39, 40-49, 50-59, 60+ and the top three in the relay division. For more information, go to <http://www.moragatri.com/>.

The Moraga Treeline Triathlon is sponsored by Village Associates, the Moraga Parks and Recreation Foundation, Silicon Connections, Forward Motion Sports, Sharp Bicycles, Kiwanis International and your friendly neighborhood newspaper.



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The task of marking the bodies of triathletes as they prepare to compete is but one of the many volunteer jobs available at the Treeline Triathlon. The Moraga Parks and Recreation Department is also looking for volunteers to help out at the check-in area, pool, along the 5K run route, in the transition zones and at the finish line. Pre-event set-up help is needed as well.

Parks and Rec Director Jay Ingram says there are several opportunities for service organizations and Boy Scout/Girl Scout Troops, so if you're looking for a community service project this spring the Treeline Triathlon may be just the ticket. Event proceeds will go to benefit the Community Emergency Response Training program, and Parks and Rec programs and facilities.

Moraga Parks and Rec has scheduled two volunteer orientation sessions, one on a weeknight and one on a weekend to accommodate different schedules: Wednesday, April 2nd at 6:00 p.m. and Saturday, April 5th at 2:00 p.m. For more information call Moraga Parks and Rec, 888-7045.

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## From the Triathlon Training Trenches

By Lee Borrowman



Carl Martin, Triathlon Race Director and training instructor

For a creature of comfort such as your's truly, the idea of plunging into an outdoor pool at 8:00 a.m. on a chilly Saturday morning in February was akin to my worst nightmare. My kids have never even been allowed to wake me until after 8:00 on weekends. Yet rise and plunge I did, albeit largely out of fear of potential public humiliation should I not keep my promise to finish the

Treeline Triathlon on April 26th (or die trying).

Many of the 20+ participants in the Moraga Parks and Rec Department's Triathlon Training class could finish a triathlon tomorrow with relative ease, such as my own boss (publisher Andy Scheck), some who are triathlon veterans, and some with the vigor of youth. They are there to rise to an even higher level of athletic perform-

ance. I was pleased, on the first day of class, to find myself also in the company of a handful of folks with the same goal as mine: Crossing the finish line, before dark.

Triathlete, Race Director and self-described "disciplinarian" of triathlon trainees, instructor Carl Martin serves as personal trainer and sometimes head cheerleader for each class member. Martin has put everyone on a training schedule, offering extra help and coaching to those of us with "problem areas," such as my own inability to run a mile (much less 5K) to save my life. Martin can often be heard to say, with the utmost sincerity, "Helping you get to a higher level and achieve your goals brings me to a higher level as well."

Martin also mails out weekly 'readers,' brings in guest speakers and schedules 'field trips' to supplement his own vast experience. Race sponsor Forward Motion joined us last weekend for a discussion of cycling form and the importance of wearing the right running shoes. The week before, we visited Sharp Bicycles in Lafayette where owner and sponsor Matt Sharp gave a demonstration of proper bike fit. I'd no objection to being the experiment, but had I known I'd be baring my right leg for an audience I'd have shaved and moisturized. A true gentleman, Sharp wisely said nothing.

Despite the fact that my classmates continue to look up with surprised smiles every week that I manage to show up for class, training as part of a local group is perfect for those of us who might be inclined to slack-off when we think nobody's looking, and offers a way to reconnect with old friends at the same time.

I'll let you know how we are all doing in a few more weeks; in the meantime, you may see me jog-walking through your neighborhood. Happy Trails!



Triathletes-in-training Maria Chaves, Ana Perez and Tanya Salmeron watch as Matt Sharp (Sharp Bicycles) demonstrates proper bike fit using a hapless 'volunteer'



# Life in LAMORINDA

## Local Women Discuss Aging, Plastic Surgery and Acceptance

By Jennifer Wake



Sandra Smith expresses her views on aging with other participants on Feb.7 at the Lafayette Community Center Photo Jennifer Wake

When Sandra Smith, who serves on the Lafayette Senior Services Commission, was 27 years old, she met an 80-year-old woman coming down from climbing Yosemite Falls. Smith has never forgotten the brief encounter with that vivacious, athletic woman. "She

wasn't old to me," said Smith, a backpacker and avid hiker herself. "She was who I wanted to become." Smith was one of more than 65 women (and two men) who met at the Lafayette Community Center on Feb. 7 to discuss feelings about changes to

our faces and bodies as we age. Discussion questions included how people deal with the messages in society to look a certain way, and how far we are willing to go to be attractive.

Susan Lucier of Orinda bravely told one of the small breakout groups that she had gone to a plastic surgeon six months ago for a consultation. "I have had a lot of sadness in my life over the last five years," said Lucier, who is an attractive, fit woman who plays tennis and walks regularly. "When you go into the office, everyone is very young. I suddenly felt very old."

A TV monitor sat on the doctor's desk in his office, and at first Lucier didn't recognize her own picture on the screen - her face with no makeup, her hair pulled back in a headband. "I was dumbfounded," she said. "I'm in the role of self-deception."

With cosmetic surgeries and enhancements now widely available - and more socially accepted - the outward appearance of aging is changing. And expectations are changing with it.

According to the American Society of Plastic Surgeons there were 11 million cosmetic procedures conducted between 2004 and 2006, up 48 percent from 2000, and \$11.5 billion was spent on cosmetic procedures. From 2000 to 2006 there was a 420 percent increase in Botox injections.

"What kind of pressure is going to be put on those women, now 30, when they reach 40 or 50," Lucier said. "We talk about the technological divide, but I wonder how divided our society will be by those who do [cosmetic enhancements] and those who don't."

Author and facilitator MJ Ryan said women face conflicting feelings about their appearance as they age in our society today. "My two best friends are 10 years older than me. When I was in my 40s, my two friends got face lifts in their 50s," she said. "That kind of ambivalence is what this is all about."

One woman, whose friend in her 70s recently got a face lift, came to get a grasp on the person she is behind her face. Another, who is a plastic surgery nurse, attended the discussion

because she said, "I no longer recognize myself and I see girls in their 20s getting plastic surgery."

"There is something in our culture that makes us want to be younger," one attendee said. "Older people don't really respect themselves."

Lafayette Senior Services coordinator, Mei Sun Li, said the new source of discrimination is age. "As we get older, it's harder to get around. The body is giving way and that's a part of image as well," she said. "We become invisible in the conscious of younger people."

Smith, however, refuses to become invisible. "I'm still active, still doing things I've done before," she said. "I'd like to think that those who don't [do plastic surgery] probably have

more confidence in themselves and radiate that confidence into the community."

Three years ago, while on an eight-day backpacking trip in the Sierras with her husband, who was 72 at the time, Smith ran into two young men who didn't see Smith and her husband as older, just as fellow hikers. "They asked us: Was the pass difficult? Can we make it over it?" she said. "I told them it was fine, and they were relieved because they said the 'elderly woman' who gave them their pass said it might be too tough. That 'elderly woman' was 50 years old."

"Having strong role models is key," she said. "When you meet people, you become a model for what is possible."

## Grant Awarded To Fire District

By Sophie Braccini

Gordon Nathan has become a pro at extinguishing fires. The Lamorinda Community Emergency Response Training program's Instructor Coordinator has practiced that skill for years as part of preparedness instruction. So on the evening of February 14th, he and his group of CERT trainees were ready when the Moraga-Orinda Fire District (MOFD) got a new unit that exactly simulates the conditions to put out a fire and they were eager to try it.

The extinguisher and the length of the spraying." If the operation is not done properly, or for long enough, the fire will re-ignite.

"One of the advantages of this unit compared to the real extinguishers," explains Nathan, "is that it allows the instructor to put out the fire with the release of a single button, in case of emergency." The system uses a mix of water and compressed air so there are no more emissions or residue, no spray in the air. The system is rechargeable, can be set up in minutes and the fire is generated by propane gas as a fuel.

"MOFD is proud to have been selected to receive that important Fire Safety and Citizen Preparedness item through a grant process," adds Collins, "MOFD was one of four agencies to receive this equipment, and is proud to share it with the community."

MOFD will utilize this new equipment for comprehensive public education and outreach in-



Captain Sean Perkins from MOFD teaches a group of CERT volunteers how to extinguish a fire using the ITS Photo Gordon Nathan

cluding training the public in the proper use of portable fire extinguishers. Besides supporting CERT training, "we will have the unit available during our open house and during safety fairs," says Collins, "we hope to take it to high schools to train our youth."

The "ITS Bullex Fire Extinguisher Demonstration Unit" was received through the Contra Costa County Sheriff's Department, which secured the grant funding from the Federal Department of Homeland Security Super Urban Area Security Initiative (SUASI), for which they are the administrator in the Contra Costa County Operational Area.

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**Bernard Slade's "I Remember You" playing 2 p.m., Sunday, February 24 at DVC.**

Featuring Buddy Bedford, who has never quite gotten over a brief, passionate affair he enjoyed 25 years ago.

When a young beauty enters the lounge one rainy evening, he is stunned by her resemblance to his lost love, but the romance that ensues comes to a halt when the young miss introduces him to her eccentric mother—the woman he once loved in London. Diablo Valley College's Performing Arts Center, 321 Golf Club Rd., Pleasant Hill. Tickets are \$12 (\$10 for members), and parking is free. Call (925) 687-4445.

**Piano Jazz Café on Sadie Hawkins Day Featuring the Jazz Keyboard**

Members of the Contra Costa Performing Arts Society, Friday, Feb 29, 1:30-2:30pm. The venue is informal and relaxed with inspiring musical standards (Cole Porter, Bill Evans, Sonny Rollins et al) and a featured jazz vocalist Vivian Perry partnering with colleague Christopher Johnson. There is no charge but, as usual, a small donation at the door would be appreciated. Call us at 284-5050 so we have enough "tea and crumpets" on hand. Lafayette Community Center, 500 Saint Mary's Rd.

**Lafayette Town Hall Theatre presents "Moonlight and Magnolias" Through - March 15**

This story brings audiences into the inside of the office of legendary producer David O. Selznick during the final moments when he is transforming the best selling book, "Gone with the Wind," into one of the most beloved movies of all time. Contact the Town Hall Theatre Company Box Office for exact dates and times Town Hall Theatre Company, 3535 School Street at Moraga Rd., Lafayette. 925-283-1557 or www.thtc.org.

**The Orinda Preschool Presents 13th Annual Art & Music Festival**

with The Puppet Company and Musical Performances by Total Rhythm and Jacqueline Lynaugh as Mother Goose as well as arts, crafts, musical performances, bake sale, face painting, and more. Saturday, March 1st from 10 a.m. to 12 noon. 10 Irwin Way, Orinda. www.topsonline.org/media/map.html \$7.50 per person. Children under 2 are free. For information and tickets call (925) 254-2551.

**The Northern California Welsh Community invites you to join us at our musical celebration of traditional**

hymn singing to celebrate St. David's Day. 2:00 - 4:00 p.m., Sunday, March 2. Lafayette United Methodist Church 955 Moraga Rd., Lafayette. Popular Los Angeles musician Rhiannon Evans Acree will lead the congregational singing in both Welsh and English. A Te Bach (little tea) will follow in the church social hall. Members of all choirs in the Lamorinda area are welcome - just bring your voices! For further information, contact Idris Evans at (925) 283-0912 or by email at lorite@gte.net

**2008 Lafayette Jazz Festival March 6-9, Bentley School Theater and the Acalanes Performing Arts Center.**

Tickets can be purchased at the chamber website: www.lafayettechamber.org. (see article page 1 and 10)

**WomenSing, an auditioned chorus, Sounds and Sweet Airs.**

Vivaldi's Beatus Vir, Hasse's Miserere, Orbán's Mass, Mendelssohn's motet, Surrexit Pastor Bonus, a set on texts from Shakespeare, a celebratory St. Patrick's Day set with Artistic Director Martín Benvenuto, Accompanist Paul Caccamo, Jubilate Orchestra.

Saturday, March 15, 8 p.m., Holy Names University Chapel, Oakland Sunday, March 16, 4 p.m., St. Mary's College Chapel, Moraga, reception follows. Tickets: \$10-\$25 May purchased online at www.womensing.org, at the door, or by calling (925) 974-9169

### ART

**A photo exhibit of the Selma to Montgomery March** will be on display at the Orinda Community Church's new Art Gallery Wall in the sanctuary through mid March.



Photo-Journalist Matt Herron covered the Civil Rights struggle for Life, Look, Time, Newsweek and the Saturday Evening Post in the 1960s and his photographs have recently been displayed in Washington, DC at the Smithsonian Institution and at the Justice Department to commemorate the 40th anniversary of the signing of the Voting Rights Act. Matt Herron will be speaking on Sunday, Feb 24, 2008 at 11:30 am at the Fellowship Hall of Orinda Community Church in celebration of Black History Month. His topic will be "The March to Voting Rights - Selma and Today." The public is invited.

**Moraga Art Gallery Show to run through March 16** The Moraga Art Gallery featuring the work of jewelry designer Karen Blum-Boateng, John

Diestler, digital photographer. Karen's funky elegant designs combine the hippest jewelry fashions with sophisticated style. John teaches digital photography, digital art, multimedia and graphic design at Contra Costa College in San Pablo. 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs in Moraga. The Gallery is open Tuesday through Sunday, 12-5 pm.

**Lafayette Gallery's new show, Objects of Affection** is open through March 1st and will be featuring works from 22 artists. Lafayette Gallery, 50 Lafayette Circle, is open Tue. to Sat. from 11am to 5pm. 925-284-2788, www.lafayettegallery.net.

### LECTURES

**Orinda Library presents a FiresideChat** with author William Poy Lee, author of "The Eighth Promise: An American Son's Tribute to His Toisanese Mother." The award-winning memoir has garnered local and national attention since its publication in 2007. Tuesday, February 26, 7 - 8pm. Free. 26 Orinda Way in Orinda. For more information, please call (925) 254-2184 or visit the library website at cclib.org.

**"Understanding Autism Spectrum Disorders"** Roxanne Mysinger, Ph.D., who recently opened a private practice in Lafayette, will provide valuable information regarding this alarming, costly and seemingly skyrocketing disorder among our children at the Lafayette Library on March 13, 2008 at 7:00 p.m. Topics she will cover include: what the common signs of autism are, how it is diagnosed, what causes it, what role inheritance plays, symptoms over time, how autism is treated, and the latest research. Lafayette Library, 952 Moraga Rd. Lafayette, 925-283-3872

**"Gaming the Olympics: Symbols and Images in China's Quest for National Identity"** A fascinating discussion by Dr. Wah K.Cheng, associate professor of History at Mills College about the politics and tension behind the 2008 Summer Olympics in China. Wed, Feb 27th at the Lafayette Library. Reception begins at 6:30 p.m. and program begins at 7p.m. For more information, call (415) 293-4600 (World Affairs Council) or (925) 283-3872 (Lafayette Library or go to cclib.org or itsyourworld.org. Lafayette Library 952 Moraga Rd. Lafayette

### JUST FOR KIDS

**Storytime for Three to five year olds** will enjoy listening to stories, singing songs and learning fingerplays followed by a simple craft. No sign-ups required. Mon, Feb 25, 11:15am, Lafayette Library

**"Peek-a-Boo Time" Stories: Songs, Rhymes and Rhythm** Tue, Feb 26, 10:00 AM 0-12 mos. Orinda Library

**Toddler Lapsit Storytime Wed, Feb 27, 10:00 AM** Stories, songs and bounces for infants to 3 year-olds and their caregivers. Please choose one storytime to attend a week. Orinda Library

**Lapsit/Toddler Time at Moraga Library-** 10:30am, Wed, Feb 27th, March 5th and March 12th. Stories, songs & action rhymes for young children and their caregivers. For ages 6 months to 3 years with adult participation. Moraga Library

**Pajamarama Storytime Tuesday, Feb 26. 7pm.** This family storytime includes stories, songs and fingerplays for the young at heart. Put on your jammies and slippers and don't forget Teddy! All ages. Lafayette, Library

**Ventriloquist Steve Chaney & Cornelius Crowe,** Thurs, March 13, 4 p.m. Steve and his friend Cornelius Crowe will provide a fun filled show for ages 3 and older. Moraga Library

**Programs and Events at all Lamorinda Libraries can be found at** http://cclib.org/programs/

### OTHER EVENTS

**Secretary of State Debra Bowen** to address area voters regarding the growing controversy over her decision to decertify touch-screen voting machines, Thursday, February 21, 7pm at the Contra Costa County Jewish Community Center, Koret Auditorium, 2071 Tice Valley Boulevard, Walnut Creek. Suggested donations of \$10 per attendee, payable at the door. Call 925-210-7337 or visit www.lamorindademoclub.com/ for more information. All members of the community and press are welcome.

**Men's Basketball Open Gym 7-9pm at Joaquin Moraga School in Moraga.** \$5 per player/night. For more information contact Gerald De Venuta at 817-8429 or the Moraga Parks and Recreation Dept at 925-888-7045.

**Parents for a Safer Environment,** celebrates 5 years of success in protecting public health and the environment in Moraga and County-wide. New participants are welcomed this Saturday, February 23, 2008 to vote on future projects for 2008, followed by a dinner party with live French music. For information contact Susan JunFish junfish@gmail.com (925) 283-4609 or visit our website: www.pfse.net

**ARF Mobile Adoption in Moraga** The Animal Rescue Foundation's mobile adoption will be at Aegis, Sunday, February 24th 11:00am to 3:00pm. Come and see the adorable pets! Aegis of Moraga 950 Country Club Drive, Moraga 925-377-7900 www.aegisliving.com

**Lafayette Hiking Group** Meet at Lafayette BART's main entrance at 8:30 a.m. We form carpoles to the trailhead. Remember to bring lunch, water, layered clothing, good walking shoes, sun protection and money to contribute toward gas, bridge tolls and parking. February 23 - Wildcat Canyon, moderately strenuous 5 miles. March 8 - Cataract Trail, Marin County -Climb the canyon on this beautiful well maintained trail winding past numerous water falls at their spring best. Grand views of the Pacific Ocean and of San Francisco at lunch time. Moderately strenuous 7 miles. Email LafayetteHiking@comcast.net

**Wine Appreciation Series, Friday,** February 22nd 6:30 to 9PM

Join us for an informative evening and learn to apply a few simple principles to turn your palate into an increasingly confident guide. We'll unlock some pairing secrets and provide tips and insights for everyone from novice to connoisseur. We will taste 5 wines and sample foods to go with them. Lafayette Community Center, 500 Saint Mary's Rd.. Register on-line at www.lafayetterec.org. \$40.

**Crab Feed and Silent Auction, Sunday, Feb 24, 4-8 pm**

Oakwood Athletic Club-Lower Court-4000 Mt. Diablo Blvd. Lafayette. Dinner to include, crab, pasta, french bread, salad, ice cream, and coffee. Beer, wine and soft drinks will be available for sale. Proceeds benefit Soroptimist International of 24-680, a non-profit organization that works to improve the lives of women and girls in local communities and throughout the world. \$35.00 per person. No reservations needed. 925-890-1167.

**Moraga Women's Society February Meeting,** Monday, February 25th, coffee 9:30 a.m. Meeting 10a.m. Speaker 11.am. Holy Trinity Cultural Center, 1700 School St., Moraga, St. Mary's Professor Patrizia Longo, from the Department of Politics, will be speaking about Engendering Medicine. Free, no reservations required. For more info call 376-3520.

**St. Monica's Women's Faith Sharing** invites you to join us Tuesday Feb. 26 for the second section of our two-part Lenten series with Chiara's Lantern. We meet at St. Monica's Peace Center, 1001 Camino Pablo, Moraga at 9:30am-11:30am. This is a free event with babysitting available for a small fee. For more information call Kimberly 631-0792.

**The Gun Violence Crisis: Causes and Solutions.** A panel of experts discusses the social, economic and public health devastation of gun vi-

olence in our communities as well as possible solutions. Thurs., March 6, 7-9pm. Christ the King Church Hall, 199 Brandon Rd., Pleasant Hill.

**Two Body Work Classes presented Fridays Afternoons** free of charge.

Luk Tung Kwen helps practitioners to achieve body wellness with goals similar to western physical therapy. It also promises to combat some chronic conditions and build resistance to a host of illnesses. The program relies on the 36 body movements performed slowly and repeatedly. Fridays (Feb 22, 29; March 7, 14, 15, 22) 1:00 - 1:50 pm. Lafayette Community Center, 500 Saint Mary's Rd, Lafayette.

**The Orinda Woman's Club** is currently welcoming applications for major beneficiaries for their 2008 Festival of Trees fundraising event to be held in November. Application deadline is March 4, 2008. To obtain an application, please contact: Barbara Woolmington-Smith babswool@comcast.net

**The Moraga Movers' Monthly Luncheon** will be held on Monday, March 10. This month's guest speaker will be Moraga Town Manager Phil Vince. The social hour begins at 11:00 and lunch is served at noon - for \$15/person, enjoy corned beef and

cabbage with all the trimmings! Reservations are required; sign up in La Sala by March 7.

**The Lafayette Senior Services Book Club (LSSBC)** celebrated its 3rd anniversary and continues to flourish. We read a wide variety of books and have lively discussions; join us on the 2nd Monday of every month if that sounds like fun. Call for more information or a list of upcoming books. March 10th, 10:30 AM - Noon (2nd Monday of the month) Lafayette Community Center -284-5050

**The 2008 Sister-to-Sister Summit for middle school girls** will be held at Acalanes High School on March 15, from 9:00-3:30. Pre-registration is required, by March 7: http://www.aau-woml.org/Sistertosister.html

**Free afternoon concert Fri., March 14th, 1:30-2:30** performed by the Muir Trio led by Lafayette harpist Wendy Tamis. Diane Maltester on clarinet and Karen Anderson vocal soprano round out the group which will play musical works from a variety of classical and operatic sources. Let us know you are coming by calling us at 284-5050. Light refreshments will be available. Donations at the door appreciated

### Saint Mary's College

#### Campus Happenings

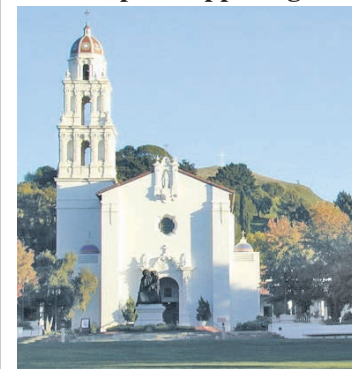


Photo by Ken C. Young, Moraga; www.kcyoungfineartimages.com

#### Special Events:

**"Sacred, Secular and Stylized Santos"**

A power point presentation by Pamela Thomas, M.A., Lecturer, Religion and the Arts, Dominican School of Philosophy and Theology. Friday, Feb. 29 from 5 to 6 p.m. Reception: Mexican-themed appetizers and beverages.

Lecture & reception free to current Hearst members, children 12 and under; \$5 general admission. Friday, Feb. 29 from 6 to 7 p.m. Soda Activity Center

Part of "Pinturas de Fe: the Retablo Tradition in Mexico and New Mexico" Exhibition (see Art Exhibitions below)

**"1724 Stradivarius at Saint Mary's College"**

The Associate Concertmaster for the San Francisco Symphony, gifted pianist Marc Shapiro, and violinist extraordinaire Nadya Tichman (who will play on a 1724 Stradivarius purchased by the Symphony for her exclusive use) will appear together in the College Chapel on March 2. The program will include Beethoven's Sonata No. 8 in G-Major for Violin and Piano, Prokofiev's Sonata for Violin Solo, Stravinsky's Pastorale, Somei Satoh's Birds in Warped Time II and Saint Saen's Sonata in D-Minor. A champion of contemporary music, Ms. Tichman has had pieces dedicated to her by composers Peter Schickele and Jim Lahti. Last April she premiered a duet written for her and her husband, guitarist John Imholz, by composer Allen Shearer. Sunday, March 2 at 2 p.m. Saint Mary's College Chapel

Tickets: \$20 general; \$15 seniors (65+); \$2 SMC students; \$10 for

SMC faculty, staff and non-SMC students.

For info: call (925) 631-4381 or visit www.stmarys-ca.edu for reservations.

Sponsored by the Committee for Lectures, Art and Music

#### Lectures:

**"Former Presidential Nominee to Discuss 2008 Campaign"**

Former Massachusetts Governor and 1988 Democratic presidential nominee Michael Dukakis will discuss the current presidential race as well as public transportation issues. Sponsored by the Roy and Patricia Disney Forum, the event is free and open to the public. Monday, Feb. 25, 4 p.m. Soda Center

For info, call Tim Farley, Director of Community and Government Relations, (925) 631-4830

#### Art Exhibitions:

**"Pinturas de Fe: The Retablo Tradition in Mexico and New Mexico"**

Pilgrimage, procession, and the creation of home altars and shrines are ancient religious practices that endure today in many cultures around the world. This exhibition tells the story of one such tradition as it evolved in the Americas from the time of the Spanish Conquest to the present day. Today, individual artists faithfully carry on the tradition of hand painted retablos, and contemporary artists from diverse cultural backgrounds draw creative inspiration from this popular art form. Exhibition runs through April 6 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 through Sundays, 11 am until 4:30 pm Admission: \$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.

### Ægis of Moraga invites you to our St. Patrick's Day Sunday Brunch



Join us in celebrating St. Patrick's Day Bring your family to our Sunday Brunch Sunday, March 16<sup>th</sup> 11:30am to 1:30pm

Enjoy Corned Beef • O'Brien Potatoes Eggs Benedict • Scones • Omelet Station Irish Coffee and More!

15.00 per person Children 10 and under free

All proceeds to benefit Potato Soup Foundation

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Lamorinda Weekly is an independent publication, produced by and for the residents of Lafayette, Moraga, and Orinda, CA

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We're a community newspaper, and we welcome your input:

Letters to the editor (max 350 words): letters@lamorindaweekly.com

Sport events/stories/pictures: sportsdesk@lamorindaweekly.com

Art, theater, community events: calendar@lamorindaweekly.com

Business news or business press releases: business@lamorindaweekly.com

School stories/events: schooldesk@lamorindaweekly.com

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# Life in LAMORINDA

## Woman's Ordeal Underscores the Fragile Nature of Good Health

By Jennifer Wake



Alecia Larson takes a well-deserved outing one month after returning home from the hospital. Photo provided by Larson

Last December, Moraga resident Alecia Larson, 47, was finishing up what she said was a normal day: a tennis lesson at Moraga Country Club in the morning. "Afterward, I felt a little tired," she said. "I didn't think anything of that."

Later in the afternoon, she felt really exhausted and came down with a 103 degree fever and uncontrollable chills. "I have felt tired and exhausted before in my life, but this was a feeling I had never felt before," she said. "I knew something was terribly wrong."

Feeling better the next day, Larson went about her normal routine, but that afternoon she was overcome by a sharp pain in her lower right abdomen and a few hours later by a debilitating pain be-

hind her right knee. Larson's husband, Spencer, rushed her to the emergency room.

After days of diagnostic tests and blood work, the John Muir Medical Center emergency room surgeon on call, Dr. Gregory Rhodes, told Larson's husband that he "had a bad feeling" about what this could be and said he wanted to do immediate exploratory surgery on her knee; that time was of the essence.

"He then told my husband he would have to 'do what he needed to do' once he got in there," said Larson, who by then had been transferred to the ICU. She was diagnosed with necrotizing fasciitis (NF) - more commonly known as the flesh-eating bacteria. "Luckily, Dr. Rhodes had experience treat-

ing NF and in my case he caught it early," she said.

Necrotizing fasciitis is a destructive infection of muscle and fat tissue. According to the U.S. Centers for Disease Control (CDC), NF is caused by the Group A Streptococcus (GAS) bacterium commonly found in the throat and on the skin that comes in direct contact with infected wounds or sores.

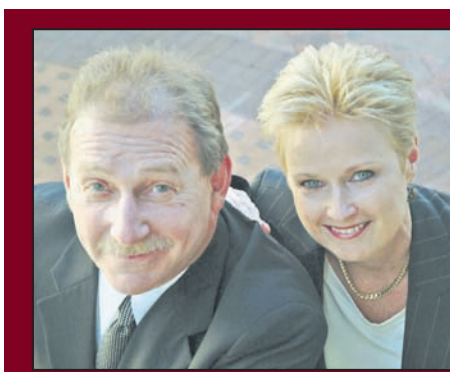
The CDC states that GAS can be present in the throat or on the skin, yet cause no symptoms of disease. "The majority of GAS infections are relatively mild, such as 'strep throat' or impetigo," the CDC states on its Web site. "Occasionally, however, these bacteria can reach parts of the body where bacteria are not usually found, such as the blood, deep muscle and fat tissue, or the lungs, and can cause invasive infections."

Dr. Rhodes drained fluid from Larson's leg and restored blood flow to the infected area so the antibiotics would work. Fortunately, no significant tissue had to be removed.

Larson was extremely lucky. Although NF is an extremely rare condition, with only 500 to 1,500 cases occurring annually in the United States, once contracted more than 20 percent of patients with NF die, and survivors are often left with massive tissue loss causing significant disfigurement and/or disability.

Like many patients who contract NF, the initial cause is often unknown. Larson had nicked her right shin in the last week of November, and although she continued to change the bandage, it did not heal. Larson's doctors cultured the razor nick and could not conclusively prove it was the point of entry for the infection, but were confident there was no other probable point of entry.

To avoid contracting



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

... continued from page 1



Dynnel and Zack Ryan of Lafayette take their twins, Sydney and Preston, 19 mos., for a wagon ride around the block. Photo Jennifer Wake

"They have navigated the often rough waters of middle school and high school, and have benefited from the constant companionship of a best friend and confidante," Kelson said. "The question everyone asks them these days is: 'Are you going to go to the same college?' They don't yet know how to answer."

Along with multiple colleges and multiple activities, come multiple costs.

Mom of three, Lynette Potter, found costs to be much more than expected for her twins Cheryl and Dylan, 2, and older daughter Sarah, 3 1/2. "A double stroller with an optional 'jump seat' by Valco costs nearly \$1,000 - but it's worth every penny," she said.

When Lafayette resident Heidi Madderra had her twins Noah and Emmery 19 months ago, she thought she had enough baby clothes. "But after the first week of them being home, I only had enough clothes for maybe two days," she said. "I have learned about shopping at consignment stores for clothes and toys."

Orinda resident Rosi Kimball received a lot of donated clothes from friends, and gifts from friends and family for 15-month-old twins Jack and Annaliese. "There is also the sale twice a year for multiples where I stock up," she said.

Like many other fathers, Kimball's husband was able to

take 10 weeks off work to help, thanks to the Family Medical Leave Act (FMLA). "He helped with every feeding, changing, etc. When he went back to work, the first week was scary," she said. "It was only me."

Rosi went back to work after the babies were 3-months-old. "Luckily I was able to adjust my work schedule to three 12 1/2 hour days a week and one 10-hour payback day a month to make up the 40 hour work week schedule," she said. "My husband cares for the twins one day a week by himself - bless his heart - and we have a babysitter twice a week."

Even Amy Cocotis' 86-year-old grandmother (a retired nanny) watches her 3-month-old twins Josette Marie and Jeaneva Anne once a week.

Cocotis recommends that anyone expecting multiples should join a twins parenting group. "Volunteer to help another member a few hours a week," she said. "It really helped me to prepare by showing me the worst and best case scenarios. I could raise one child in my sleep, I think."

For all these parents, the joys far outweigh the challenges.

"I think everything is more fun with two babies. When we go to grandma and grandpa's, there is one for each to hold," Dynnel said.

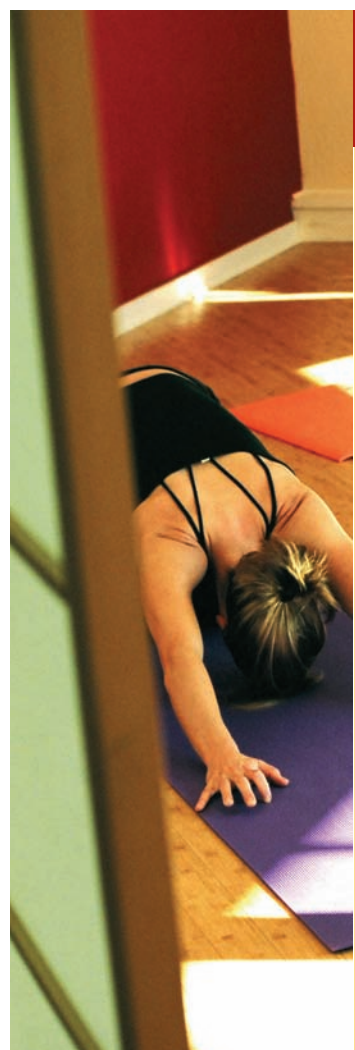
"It's still not too late for more," she added with a smile.

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**Special Events:**  
Friday, February 29, Soda Activity Center  
**5-6 p.m.** Sacred, Secular and Stylized Santos, a power point presentation by Pamela Thomas, M.A., Lecturer, Religion and the Arts, Dominican School of Philosophy and Theology  
**6-7 p.m.** **Reception:** Mexican-themed appetizers and beverages. Lecture & reception free to current Hearst members, children 12 and under; \$5 general admission.  
Exhibition hours: Wednesdays through Sundays, 11 a.m. - 4:30 p.m.  
Admission: \$3 adult; children 12 and under free; free parking  
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# Eighth Annual Lafayette Jazz Festival

... continued from page 1



John Santos Quintet at a past Generations In Jazz Festival

Photo provided

Friday, March 7th, "Jazz Singer and Swingin' Jazz"

Jazz and Blues stylist Jamie Davis will perform with his trio. Davis, the headlining vocalist with the Count Basie Orchestra from 2000 to 2003, will debut in Lafayette for the first time at the Bentley School Theater after an afternoon workshop for local student musicians at Stanley Middle School. Opening for Jamie Davis and his Trio will be Bob Athayde and his award-winning Stanley Jazz Messengers, a group of students from the 6th, 7th, and 8th grades of Lafayette's Stanley Middle School.

Saturday, March 8th, "It's all about the Rhythm"

The Wayne Wallace Latin Jazz Quintet, will be featured for a spirited performance highlighting his arrangements with Brazilian and Afro-Cuban rhythms. Born and raised in San Francisco, Wayne's name is synony-

mous with Bay area Latin/Funk jazz music. Opening the evening will be the 2008 Folsom Jazz Festival winners, Acalanes High School Jazz Ensemble directed by Rick Meyer.

Sunday, March 9th, "Honor that Jazz"

Sponsored by LASF and the Bill Graham Foundation, the fifth annual Contra Costa County Middle School Honor Jazz Band with Guest Director Ted Moore, followed by the sixth annual Contra Costa County High School Honor Jazz Band with Guest Director Frank Sumares will perform at the Acalanes Performing Arts Center for a matinee performance at 3 p.m. The brainchild of Mary Fettig, this group is comprised of the bay area's best student jazz musicians from local high schools and middle schools.

Tickets for the Eighth Annual Lafayette Jazz Festi-

val are on sale now at the Lafayette Chamber of Commerce. Tickets range in price depending on package. Bentley Theater performances will be \$7 and \$16. Shows at the Acalanes Performing Arts Center will be \$7. For ticket information, contact the Lafayette Chamber at (925) 284-7404 or visit their web site at [www.lafayettechamber.org](http://www.lafayettechamber.org)



Jamie Davis

Photo provided



## Letters to the Editor

Share your thoughts with our community! Opinions in Letters to the Editor are the express views of the writers and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and town (please give us your phone number for verification purposes only), and should be 350 words or less. Letters may be edited for length or legal considerations.

email: [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com);

Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Dear Editor,

As a parent of a child with special needs I was gratified to read the article by Jennifer Wake about Coach Verducci. He sounds like a wonderful coach and an even more wonderful person. It means the world to our kids to be included in sports activities and to wear a uni-

form and be treated as part of a team. I hope you will print more articles on people in our community who are trying to make a difference in the lives of special kids. Thanks for making my day.

Alice Piper, Lafayette

## Saint Mary's College Mourns Loss of Beloved Professor

By Jennifer Wake

Hundreds of students, friends and colleagues gathered at a prayer service in the Saint Mary's College Chapel on Feb. 11 following the shocking death of long-time professor John Dennis, Ph.D. Dr. Dennis was killed at his home in Oakland on Feb. 9. He was 59.

At the prayer service, Brother Michael Sanderl described Dennis as someone who educated many minds and touched hundreds of hearts.

Dennis was a member of the Saint Mary's History Department, teaching a variety of courses including Modern African History, Roman and Early Christian Thought, as well as courses in the Graduate Liberal Studies Program. He was also director of the High Potential Program from

1993 to 2005. The program prepares first-generation college students (primarily Latino and African-American students from the Bay Area) for college through summer coursework, mentoring and enrichment activities.

Ironically, just last month, Dennis taught a January Term course entitled, "Beyond Death and Dying," which invited students to "view life and death through multicultural lenses."

In the course description, Dennis wrote, "America abounds in 'truth seekers' who have sought to know 'God' and the spirit-world first hand.

Whether triggered by a near-death experience, a life-altering spiritual encounter, an active dream life, a deep-seated quest for meaning, or the gift of ESP, they come to

see life in a new light. Like their Hollywood counterparts, this special group of teachers invites us to discover the power of the mind and the gift of the inner life. Most important, they want to teach us to value life, to discover our unique gifts and to love ourselves and others."

Dennis sought to "empower, enrich and inspire students to take time to revisit the losses in their personal lives and to explore the questions of the immortality of the soul and its need for 'salvation.'"

In addition to his 29-year tenure at Saint Mary's, Dennis also taught at City College of San Francisco. He earned a bachelor's degree from UC Santa Barbara and a doctorate in African History from Stanford University.

## Shop Moraga First Launches Website

... continued from page 3

"The Shopmoragafirst.com website is just what the Town of Moraga needs to improve communication between residents and the business community," says Edy Schwartz, President of the Moraga Chamber of Commerce. "Before you can shop in town, you need to know what's available. Grant has created websites for Moraga businesses that make them more than a storefront that one just walks past. It gives details that surprise residents with what is available in their Town."

The site has over 100 visitors per day. Most of them are searching specific businesses and are coming from either Yahoo or Google. All the businesses are indexed in both Yahoo and Google. Simple listing is free for all Moraga Businesses; Chamber members get a free link to their profes-

sional sites. For \$15 a year, Chamber members get pictures, logo and a map to their location; non-members pay \$55 for a premium listing. Over 250 businesses are already present, in both shopping centers and office buildings; home businesses can be included in the directory by calling Stubblefield at 408-5428.

Stubblefield is a St Mary's alumnus who's always wanted to see a better synergy between campus and town, so a special section has been added to Shopmoragafirst.com where Saint Mary's students can find discounts and promotions. "The Town of Moraga has tried for



Grant Stubblefield wearing the Shop Moraga First button  
Photo Sophie Braccini

many years to connect more with the Saint Mary's College community," adds Schwartz. "This is definitely a step in that direction." "Bridging this gap between those who live, work, and support Moraga, will create a union," hopes Stubblefield, "and together we can strive towards a stronger, more sustainable community."





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# Life in LAMORINDA

## Local Nurse Honored

By Bobbie Dodson



On the 50th anniversary of the School of Nursing at the University of Florida, from all the graduates over those years, four were chosen to receive Nursing Leadership Awards. Linda (Becky) Jenkins of Lafayette was one of the four, honored for her exemplary efforts in the field of community outreach.

Jenkins and her husband, Don, flew to Gainesville, Florida for the two day celebration which in-

cluded dinner at the University President's home and a ceremony at which she received a large crystal sculpture. "I felt humbled and that it was strange to be honored for activities in which I feel I've received much more than I have given," Jenkins says.

Perhaps best known for the small, intimate Lamaze classes she teaches, Jenkins was one of the first in this field. She served as a consultant for the first alternative

birthing center in the East Bay located at Mt. Diablo Hospital. Her book, *Pregnancy, Birth and You* became a favorite among new mothers. For more information about her Lamaze work visit [www.birthprep.com](http://www.birthprep.com).

A defining moment in her career came when a physician asked her for a list of childbirth educators to teach the pregnant Spanish speaking population. Finding none, Jenkins decided to get her book translated into Spanish. In contacting a publisher the answer was, "There's no money to be made in it. If you want it, honey, you'll have to do it yourself." So she did, beginning with learning Spanish.

Jenkins followed this with scripting, acting in, and producing five Spanish language videos about child birth. She also helps the Spanish speaking of other countries. She served as a surgical nurse in Guatemala twice, treating the poorest of the poor. "Of

the operations with which I helped I think cataract surgery was the most rewarding. People who were literally blind one day could see the next," she observes. Also, an invitation came to visit the Amazon jungle where she taught doctors and nurses the importance of getting patients out of bed after childbirth.

Members of the Lafayette-Orinda Presbyterian Church (LOPC) funded her work on mission trips to Guatemala where she taught health education. On another journey to this Central American country, she served as camp nurse for 35 high school kids. Through LOPC's involvement with the Monument Crisis Center she now teaches ESL classes in this Pleasant Hill facility.

"As a two time cancer survivor I so appreciate the love, care I've received. One way of showing my gratitude is finding ways I can love and care for others," Jenkins says



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## Lamorinda Little League-

### You're Not Just in the Little Leagues Anymore, Kid

By Nicolle Shanman

Ahhhhhh, baseball. In my 'Mom World of Sports,' it ranks number one. First, they provide designated seating in the form of bleachers. This means you do not drag strange folding chairs and coolers for miles, to seat yourself in an area, only to find yourself in enemy territory. Second, there is a dugout. This is where the participating child must stay throughout the game and may not leave to ask odd questions, to complain or annoy. Third, a semi-healthy snack bar. This provides food for nonparticipating family members for sustenance as well as bribes (ice cream for completed Algebra assignments...yes we all stoop this low).



Buckeye (soon to be Chaney) field on St. Mary's Rd., provides parking close to the fields to limit walking time, as well as is in close proximity to our home. These are two other great pluses I noted as I filled out the online application. The stars were aligning. Now, my son needed to attend the tryout, get on a team, and we were ready for baseball!

Small bits of information were filtering through from various playmates on visits to our home that led me to believe my level of seriousness towards the sport was not at par with those living in Lamorinda. So it started to make me think that perhaps private batting practice would better prepare my child for the rigors of

Lamorinda Little League.

The costs would be similar to an entry level C class. Our daughter wasn't ready to drive yet, I reasoned. Another option; deferring investments from the college fund would cover the price of costly bats and pros. I could contact various parents, perhaps arrange carpools, I could make this work. I had heard of a pro who had a waiting list a mile long, however everyone used him. I would have to have that pro, I thought wearily. If I fit all of this in on an intense scale in between rugby and homework, sure my son might be a little tired, but hey, suffer for success!

The day of the tryout afforded me the opportunity to give into the instinct to dig through my son's drawer and pull out a killer baseball 'look.' A tempting option, maybe just some baseball pants and an entire bag of Big League chew shoved in his mouth, just to be official. He also has some killer baseball hats. As I was day-dreaming about this, he walked into the kitchen. I looked at him over my cup of coffee, he was in shorts and a t-shirt. "You going now?" I asked; "Yep," he answered. "You'll do great buddy." He grinned and ran down the stairs to meet his dad. That conversation changed it for me.

He was just happy to be going to hit a few balls, nothing more, nothing less. No pressure. The child is ten.

Yes, the tryout was filled with dressed to the nines children who all knew their stuff, powering balls through the gymnasium and pitching fast balls. Truly amazing.

Many have what it takes; I'm looking forward to watching an amazing season. As for us, the college fund will continue to grow and I've returned to the reason sports have been part of the plan for us all along. It's about learning to work with a team and fulfilling commitments. We'll just stay focused on that.



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**"Lions & Tigers & Bears...Oh My!"**

By Mark Shaw

REO, Short Sales & Foreclosures...Oh My! Not quite the picture of Emerald City from the Wizard of Oz one would imagine. One of the hottest topics in our everyday news headlines is the term "FORECLOSURE." Reports of eye catching stories like, "West Nile Virus Linked to Bank Foreclosures," or "Tenants are Latest Victims in Foreclosure Epidemic" are currently more common than ever.

What exactly is a foreclosure? What does the term "short sale" mean? REO... wasn't that the Speedwagon Rock Band?

A Foreclosure Property is a home in foreclosure – when a notice of default has been filed in public records. It means the owner has stopped making mortgage

payments and the lender has given notice that unless the payments are brought up to date, it will sell the property to the highest bidder. Lenders can foreclose for other reasons, but the most common is when the borrower is more than two payments in arrears. If the owner does not bring the loan current, the bank will auction the property at a public sale.

A note of caution: Contact an attorney if you are an investor purchasing a home from an owner occupied property where a Notice of Default has been filed.

A few weeks ago, 60 Minutes broadcast a segment on Stockton, the "foreclosure capital of the nation." Brown lawns and Real Estate signs bearing the riders "Bank Owned" are pervasive in this

Central Valley hub. Tour buses chocked full of investors looking for that diamond in the rough, are guided to and from one vacant home to another in neighborhoods that were once thriving.

The acronym, REO, is defined as "REAL ESTATE OWNED." This is when a bank has taken the property back from the homeowner and now owns the home or building as part of its portfolio.

A lender can either auction the property or hire a Real Estate Com-

pany to market the home on the Multiple Listing Service. It has been reported by some Real Estate agents that they have seen the same property sell for a better price on the MLS than at a local auction.

There are some superb opportunities to invest in a bank owned property. In the past, some banks have been known to "bundle" blocks of homes and sell them to cash ready investors for pennies on the dollar. But not all REOs are a deal. Many are damaged or deteriorated, often times from sitting for long periods of time with little or no maintenance. While showing a bank owned property recently, I discovered an expired possum floating in a fetid backyard swimming pool, the green/black water

receding to only a few feet. Finding a property with a good deal of equity and a motivated seller can be a better find. Such homes typically have been well maintained and cared for throughout the years.

This brings us to realm of the "short sale". A short sale is a pre-foreclosure term when the encumbrances exceed the value of a property. The homeowner may have fallen behind on payments as a result of a mortgage rate reset or for a host of other reasons. The end result is that the property can no longer be successfully sold without a "shortage" of funds which are owed to the bank. Many borrowers will contact their bank to negotiate terms requesting the bank to forgive the portion of the difference on what is owed vs. selling price plus expenses and commissions. Usually, this is limited only to owner occupied homes and often times the buyer must prove hardship.

The advantages of a short sale can be a two-fold:

The bank does not have to take the property back (banks are not in the business of owning single family homes) and the borrower's credit is salvaged. From the Buyer's perspective, the short sale is anything but short. Even after the Seller accepts an offer, the bank still needs to give

it their rubber stamp. One agent I spoke with said, "The lender said they would respond in two weeks and they took two months! Right before close of escrow, the bank foreclosed on the property and my buyer was crushed." Many times asset managers have 400 files on their desk. This take a number and sit down attitude can have some buyers pulling their hair out. So, in the case of purchasing a short sale instead of Buyer beware it's, "Buyer Be Patient."

Which ever way you slice it, REOs, Foreclosures and Short Sales are all part of the overall makeup of the Real Estate equation. Real Estate and the national economy are in a marriage for better or for worse. Cumulatively, Real Estate is connected to 20% of our nation's GDP. So, when Real Estate catches a cold, a great



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

number of other related businesses may catch pneumonia. Thus, it's patients' job to continue the practices and disciplines to heal themselves and grow strong again, and to remember that aside from all else, "there's no place like home."

**Lamorinda Home Sales continued**

**SOLD**

HOME SALES presented by LAMORINDA

<b>LAFAYETTE</b>	Last reported: 5
LOWEST AMOUNT:	\$513,000
HIGHEST AMOUNT:	\$1,280,000
<b>MORAGA</b>	Last reported: 2
LOWEST AMOUNT:	\$720,000
HIGHEST AMOUNT:	\$730,000
<b>ORINDA</b>	Last reported: 4
LOWEST AMOUNT:	\$703,000
HIGHEST AMOUNT:	\$1,530,000

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**  
 1050 Brown Avenue, \$1,060,000, 4 Bdrms, 1965 SqFt, 1953 YrBlT, 1-22-08  
 855 Hidden Pond Ct, \$1,340,000, 4 Bdrms, 3188 SqFt, 1991 YrBlT, 1-29-08  
 2283 Hidden Pond Ln, \$1,200,000, 4 Bdrms, 3188 SqFt, 1993 YrBlT, 1-18-08  
 686 Los Palos Drive, \$1,280,000, 2 Bdrms, 2297 SqFt, 1946 YrBlT, 1-30-08  
 3579 Terrace Way, \$513,000, 1 Bdrms, 402 SqFt, 1946 YrBlT, 1-16-08

**MORAGA**  
 1748 Spyglass Lane, \$720,000, 3 Bdrms, 1962 SqFt, 1985 YrBlT, 1-23-08  
 113 Westchester Street, \$730,000, 2 Bdrms, 1552 SqFt, 1979 YrBlT, 1-25-08

**ORINDA**  
 9 Broadview Terrace, \$1,120,000, 4 Bdrms, 2318 SqFt, 1951 YrBlT, 1-29-08  
 285 Camino Pablo, \$703,000, 3 Bdrms, 1485 SqFt, 1951 YrBlT, 1-22-08  
 429 Ridge Gate Road, \$1,530,000, 3 Bdrms, 1653 SqFt, 1980 YrBlT, 1-23-08  
 4 Soule Road, \$1,175,000, 3 Bdrms, 1933 SqFt, 1959 YrBlT, 1-24-08

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# LAMORINDA Business

## business briefs

### Misto Lino Moves from Walnut Creek to Lafayette

Misto Lino, 3585 Mt Diablo Blvd – Lafayette, 284-6565 - [www.mistolino.com](http://www.mistolino.com)  
The store opened in the Lafayette Mercantile on February 8th. It features full lines of linens, home care and décor products, and personal care goods. The general tone is quality and attention paid to details. For example, Thyme is featured for home fragrance and care, SDH for fabric care. It's a great place to shop for gifts, for self and loved ones, like the innovative and sexy Legna nightwear.

### Badiee Named Executive VP

Life Chiropractic College West has announced the appointment of Reza Badiee, the college's CFO for the past 17 years, to the newly created position of executive vice president. In addition to his college duties, Badiee is active with (and served a term as chair of) the Business Officers' Council of the Association of Chiropractic Colleges. He is currently a member of the Moraga Park and Recreation Foundation board of directors.

### Prudential California Realty Names Regina Englehart as Orinda Manager

51 Moraga Way in Orinda 254-0440  
Prudential California Realty has named Regina Englehart as manager of the Orinda office. Englehart is responsible for managing the 38-agent office, coaching agents and recruiting new agents, as well as implementing business systems, lead generation, marketing, prospecting, customer service and transaction systems. She has been with Prudential for the past seven years as a sales associate.

### AegisLiving of Moraga recognizes Candice Moses

950 Country Club Dr, Moraga - 377-7929  
Candice Moses, Marketing Director of Aegis of Moraga, the senior living community specializing in retirement, assisted living and memory care, was presented with the 2007 Marketing Director of the Year award during the company's Annual AegisLiving Management Meeting. Each year, the Marketing Director of the Year award is bestowed to the Marketing Director that meets and exceeds marketing goals, models Aegis Affirmations including influencing the community's success and exceeding customer expectations and represents the Aegis culture in the local community with active participation in service clubs such as Rotary, etc.



Candice Moses, Aegis of Moraga

### Techmommy Offers Discounts to Seniors

1 Sierra Ct, Moraga  
377-7773 – [www.techmommy.com](http://www.techmommy.com)  
Moraga-based techmommy, a computer training and repair company, has announced two important changes for calendar year 2008. First, in appreciation of techmommy's senior client base, a standard 10% discount on all jobs will be offered throughout the year. Secondly, techmommy is excited to announce an expansion of its service area into the Pleasanton-Dublin-Livermore area.

### Moraga Community Faire

The deadline for merchants' registration is Feb. 28th.  
[www.moragachamber.org/pdfs/2008FaireRegForm.pdf](http://www.moragachamber.org/pdfs/2008FaireRegForm.pdf)

The Moraga Chamber of Commerce, supported by the Town, presents the second Community Faire on May 10th from 11 to 4. The purpose of the fair is to build a greater sense of community and to encourage residents to shop, bank, dine, use Moraga's many services, as well as to discover ways to live more sustainably. 60 spaces are reserved for Moraga merchants and businesses to promote their products and services among several restaurants, area artists, and a wine tasting booth. An Entertainment Stage will feature some outstanding Moraga student and adult musicians. The faire is designed for family enjoyment, and for promoting "Shop Moraga First." To reserve a space with a table and chair for your Moraga business, download the registration form and mail it in by Feb. 28. Questions? Contact Ellen Beans at [elbeans@comcast.net](mailto:elbeans@comcast.net).



### Taking Care of Business

The JFK University, in partnership with the Chamber offers a business seminar: "Taking Care of Business 2.0", Saturday March 8th from 8:30 to 3pm on the Pleasant Hill campus. The topic is Emerging Marketing and Funding Strategy for East Bay small businesses. Each of the event's speakers, whether a marketing expert or a seasoned entrepreneur, will equip participants with strategies that can be implemented in their business. Cost is \$95. For more information and to register, go to: [www.jfku.edu/ce/leadership/tcob2/](http://www.jfku.edu/ce/leadership/tcob2/)

## News from the three Chambers of Commerce

### Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette, 925-284-7404

- [www.lafayettechamber.org](http://www.lafayettechamber.org)
- The Green Committee will meet on Wednesday, February 20th in the Chamber Conference Room 12 noon—Bring your lunch!
  - Business Issues, Governmental Affairs Meeting Thursday, February 28 ~ 8:00am Chamber Conference Room
  - Entrepreneurs' Club Thursday, February 21—8:30am, Chamber Conference Room.

### Moraga Chamber of Commerce

- [www.moragachamber.org](http://www.moragachamber.org)
- Chamber of Moraga General meeting, Friday, Feb 29th (8-9:30 a.m.), at Terzetto Restaurant, Moraga Shopping Center

### Orinda Chamber of Commerce, 24 Orinda Way, Orinda

- [www.orindachamber.org](http://www.orindachamber.org)
- February After Hours Mixer February 28th: 5:30 - 7:00 p.m. at Jamie Westdal Photography- 2 Theater Square, Suite 112, Orinda (next door to Loard's Ice Cream & Candies)
  - Mayor's Welcoming Reception March 11th: 5:30 p.m. - 7:00 p.m., Orinda Library - Garden Room 26 Orinda Way, Orinda. Mayor Victoria Smith will be giving her State of the City address. Please join us in welcoming our new Mayor.

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93 Moraga Way, Orinda

## The Retail Success in Lafayette, How It All Happened

By Sophie Braccini



Mt Diablo Blvd. features the "Love Lafayette" banners

Photo Sophie Braccini

Lafayette City Manager Steve Falk remembers what Lafayette looked like fifteen years ago. At that time none could have imagined that a specialty store like Misto Lino would leave Walnut Creek's Broadway Plaza and relocate to Lafayette. "Ten years ago we were looking up to Walnut Creek, but today retailers come to Lafayette instead of Walnut Creek to find better lease options with the right demographics." To reach that level of appeal, the city and its partners needed to create a momentum. It started with a simple idea that sounds like a statement, "Love Lafayette." "We first printed 1000 bumper stickers, there are now more than 25,000 on the roads," says Falk. "The idea was to allow people to project their civic pride, make a statement of their hometown." And when the first set of banners proudly reading "Love Lafayette" were hung, the town got a 100% positive response.

The branding of Lafayette was just part of the strategy. As Falk explains, "This is the result of very long term planning." The first plan was adopted in 1988. "For it to succeed, it had to be carried out systematically and consistently," Falk adds. Steps were taken for many years as a result of a partnership between landowners, developers, business community and town. "The town has to have a coherent plan and provide the infrastructure for the retail development," says Craig Semmelmeier, Principal of Main Street Property. "Our job is to find the unique tenants that are going to do well in Lafayette and bring something special to the town. We have a strategy of uniqueness, we fight "ordinary" everyday." The retail specialist has been working for ten years with Cortese Investment, the developer of La Fiesta Square and the Mercantile.

Falk explains that the

"Restaurant Row" concept is part of this strategy of uniqueness. "The restaurants represent Lafayette's great competitive advantage. Because of Chow, Pizza Antica came, then Metro, then Gigi. Quality restaurants beget quality restaurants."

Jay Lifson, the Executive Director of the Chamber of Commerce, was ready to support that direction. "Restaurants are the single largest contributors to sales tax in town," he explains, "and the town has recognized early their importance."

To build on the awareness, the Chamber organizes A Taste of Lafayette each May that features many local restaurants. The Arts and Wine festival, that draws thousands each year, has a very positive impact on local retail as well, as have the Lafayette Jazz Festival and Rock the Plaza.

... continued on page 18

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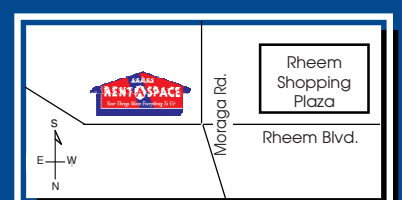
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Sophie Braccini at [sophie@lamorindaweekly.com](mailto:sophie@lamorindaweekly.com)

or contact

Lamorinda Weekly at 925-377-0977.



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# Lamorinda Schools

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

## It's Bee Season!

By Andrea A. Firth

It has been the subject of a best-selling novel (Bee Season by Myla Goldberg), a long-running Broadway musical (The 25th Annual Putnam County Spelling Bee), an academy award nominated documentary (Spellbound), and a film and Starbucks favorite (Akeelah and the Bee)—the Spelling Bee persists as a fascination and a tradition across America and here in Lamorinda. In this age of computer spell check where words are rewritten with correct spelling before the typist has lifted her fingers from the keys, what's the attraction to the old-time Spelling Bee? "It's fun to watch," explains Elaine Frank, principal of Rheem School in Moraga, "It's really exciting." And for the kids who compete, she notes, "It's a real challenge."

Over the past two weeks, area schools have hosted competitions to identify their best spellers. With words such as mononucleosis, penitentiary, epiglottis, deterge, and cauliflower, Lamorinda students in 3rd through 8th grades have demonstrated their mastery of the English language or at least the sequence of its letters. The winners of the local Spelling Bees will head next to a county-wide contest held in March. The county winner



OIS Spelling Bee Finalists, Orinda Photo Ron Langer



Rheem School Spelling Bee, Moraga Photo Ann Ralph

then has the opportunity to participate in the Scripps National Spelling Bee that is held in Washington, D.C. in May.

What makes a super speller? Is it extensive reading, acute visual memory skills, the

ability to breakdown words phonetically, a superior knowledge of the origin of words? It's hard to say and even harder to spell. Whatever it is—it's a mystery and a gift.


Lamorinda Spelling Bee Winners		
Elementary Schools	Student	Grade
Camino Pablo	Callan Beaver	4th
Los Perales	Uma Gaffney	4th
Rheem	Quinn Cuddiny	3rd
Sleepy Hollow	Brooke Presten	5th
Intermediate Schools	Student	Grade
Joaquin Moraga	Caroline Bell	7th
Orinda	Molly Fiero	6th
Stanley	Ryan Smolkin	8th

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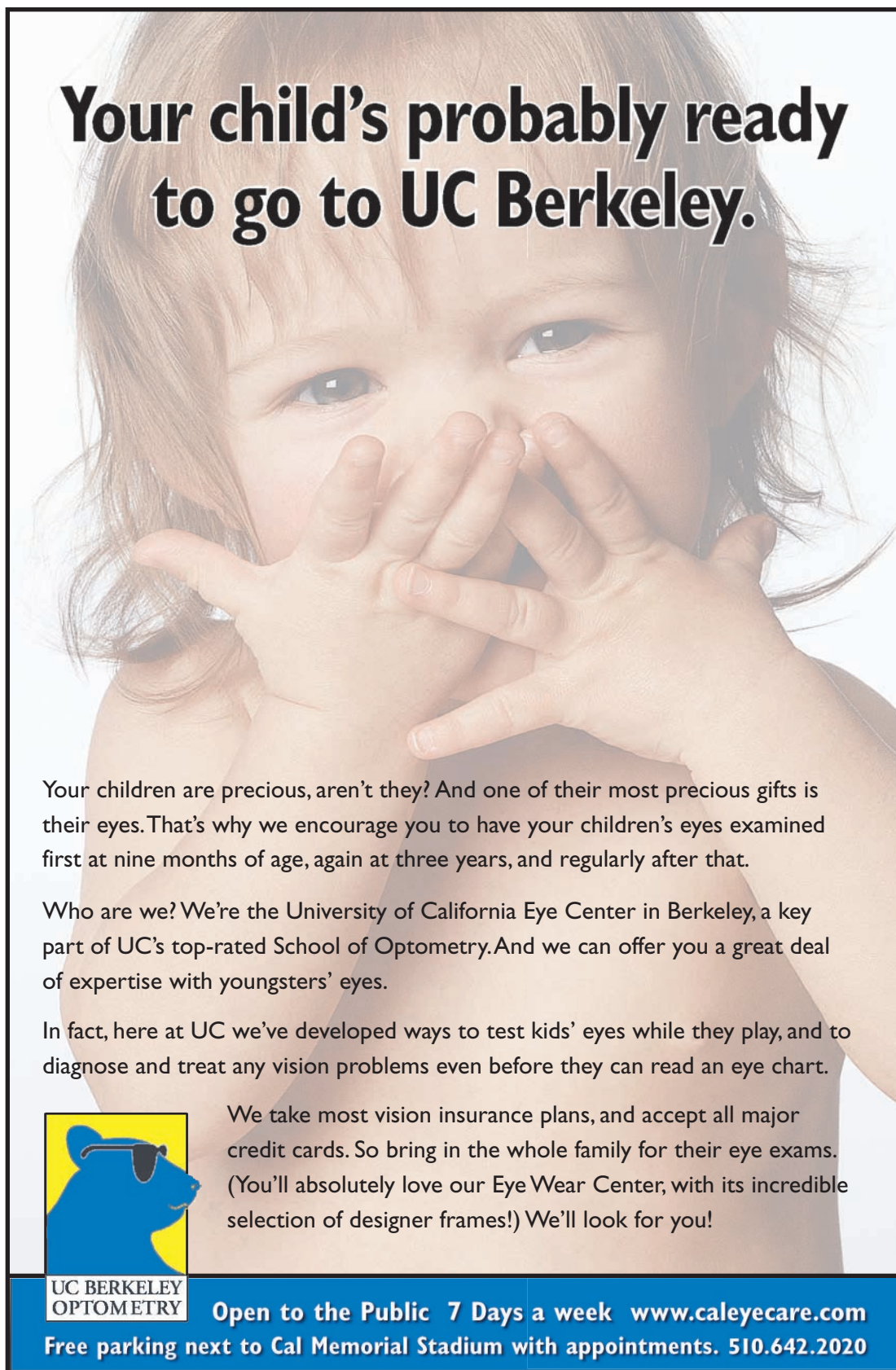
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## Acalanes & Stanley Jazz Bands are Winners!

By Jean Follmer



Rick Meyer and the Acalanes Jazz Band at the Folsom Jazz Festival Photo submitted Stan Stinnett

For the second year in a row, the Acalanes High School Jazz Band won 1st place in the AAA division at the Folsom Jazz Festival. Acalanes' Jazz Quintet also won 1st place in their Combo (small groups) Division. The Quintet members are Ellie Athayde, Gurbir Dhillon, Ben Ebert, Parker Grant and Maxime Stinnett.

Acalanes Band Director, Rick Meyer, said the band has gone to the Folsom Jazz Festival for the past five years. He says, "For what it is, it's the best I know of in California. It's an educational program" so it includes workshops the musicians can attend in addition to the competitions. He particularly likes Folsom because his musicians get to listen to the other jazz bands perform. Meyer says "They hear bands that they're not going to hear all year."

Meyer has been the Band Director at Acalanes High School for 24 years and oversees three concert bands and the orchestra in addition to the jazz band. Students must audition to

become a member of the Acalanes Jazz Band and practice is every morning at 7:00. Meyer said his "objective is to keep them (the students) involved in music because they're going to be the next proponents of what we do." They are going to be the symphony patrons and the parents that keep music going in the schools. When asked if he likes his job, Rick said "I love my job. You can't do this job and not love it."

Stanley Middle School had a very successful debut at the Folsom Jazz Festival. Led by Director Bob Athayde, the Stanley Jazz Messengers (after Art Blakey & the Jazz Messengers) won 3rd place. This was the first competition this band has been in, so the results are even more impressive. In past years, Stanley has participated in numerous other jazz festivals including the Monterey Jazz Festival, Los Medanos Jazz Festival and the local Generations in Jazz Festival. Athayde says he likes the festivals because "they get people excited.

Kids remember playing on the Wharf" in Monterey.

The Stanley Jazz Messengers are the top of the three jazz bands led by Athayde. Jazz is not part of the Stanley curriculum, so students participate on their own time at 7:25 am four days a week. Next year, that commitment will increase to five days a week. Athayde encourages his students to be creative. He says "We stress improvisation with written chord changes and they like doing it. The older we get, the harder it is to do improvised jazz solos." In addition to the jazz bands, Athayde also oversees six concert bands and two after-school combos in conjunction with LASF Assistant Director Tommy Davidson and his Executive Assistant, Ginni Reynolds (who does everything from keeping Athayde on schedule to fixing saxophones).

Both Acalanes and Stanley will perform at the Lafayette Jazz Festival to be held March 6-9, 2008 at the Bentley School Theater in Lafayette. Don't miss it!

## Lamorinda 4-H Corner

By Tara Anderson, 6th grade, Stanley Middle School



Members of the Lamorinda Poultry 4-H Group after a trip to the Stockton poultry show Photo submitted

My name is Tara and it's my first year in 4-H. 4-H is a local non-profit organization. 4-H stands for Head, Hands, Heart, and Health. 4-H is a good way to make some friends and to feel included. 4-H isn't just about the animals, for example, I am in Photography and there are other groups too like Foods, Sewing, Music, and much, much more.

Another great thing about 4-H is .... YOU DON'T NEED AN ANIMAL TO DO IT! The only pets that I have are our two cats and I am still in Poultry and Horse. My brother is in beekeeping; bees are great pets for any area. 4-H is just plain fun. 4-H is learning. In 4-H there is no limit to how many projects you do so long as you have the time. It's a great thing to do for

children grades K through Senior. Some of the fun things about 4-H are going to camp and fair. I am looking forward to these activities. I think 4-H is just a plain, all around great thing to do.

Area 4-H Web site: [cecon-tracosta.ucdavis.edu](http://cecon-tracosta.ucdavis.edu)  
For more information about Lamorinda 4-H contact Michelle Chan at [mm-chan6@yahoo.com](mailto:mm-chan6@yahoo.com).

## Teens Talk Cars at Orinda Motors

... continued from page 4

"We were told to always have an emergency kit in the back of our car," remembers Jorgens. "It is important for these young people to have a plan if their car breaks down and what to expect if they drive in harsher conditions," says Vanek. He explained to them the importance of preparing a car when they'll start to embark in longer trip, "A battery

in moderate condition can become a problem in cold weather, and if you're stuck in the snow, you better have food for a few days and extra gear available in the car."

Most of the questions of the boys and girls attending the class revolved around the price of buying and maintaining a car. Vanek recommended a Japanese import as a first car

and stressed the importance of having used cars inspected, even if they are hand-me-downs.

The next class for the Miramonte sophomores will be on April 13th. Vanek is willing to give some of his time to other groups in the community if they would like to train other young drivers.



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# Lamorinda Schools

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## OIS' Bull Dog Bargain Mart Rakes It In

By Andrea A. Firth



OIS students at the Bargain Mart

Photo Ron Langer

The Bull Dog Bargain Mart held at Orinda Intermediate School last week could be characterized as a rummage sale for tweens or a middle school flea market, whatever you call it, the Mart was an unequivocal success. The sale, held over an extended lunch period, raised \$2,333 in one hour—a rate of return that many retailers would envy. “The Bargain Mart has been amazing from the get go,” notes OIS Associate Principal Ron Langer.

The first Bargain Mart was held four years ago in response to OIS students’ desire to do something to aid the victims of the 2004 Asian Tsunami. Langer was then teaching the Leadership Class that came up with the

idea of hosting an interschool sale of items donated by students. Kids were encouraged to clean out their bedrooms and garages and to donate their slightly used belongings for the sale. Music CDs, DVDs, toys, games, books, accessories, and sporting goods all came flowing in then quickly flowed out on sale day as the students took advantage of buying each others’ castoffs.

Each year the students research and choose a charity to receive the proceeds of the Bargain Mart. In 2006, the kids found another natural disaster to support with Hurricane Katrina, and the children of Darfur were the beneficiaries last year. “Character education is a big

part of our strategic focus and school climate,” states Langer. “The Bargain Mart aligns with our commitment to be compassionate and supportive.” The Mart monies this year will go to the Friendship Foundation established in honor of Keith Kelley who would have been a member of the current sixth grade class. It’s a “green” event as well. The items that do not get purchased find a home through a local organization for needy kids.

“This event provides the students with a real sense of accomplishment,” adds Langer, “It’s a bunch of kids, across all three grades, all having a good time, and supporting a good cause.”

## 2008 Eagle Scouts of Troop 204

Submitted by Steve Luckenbach



Back row (L-R): Evan Peters, Nate Cox, James Lenczowski, Weston Thornburg, James Luckenbach  
Center row (L-R): Colby Pines, Karl Rasmussen, Justin Megowan, Patrick Noonan, Parker Grant  
Front row (L-R): Tyson Moore, David Crawford, Jason Batcheller, Michael Danese, Luke Eisenberg

On March 8, 2008, at the Lafayette Orinda Presbyterian Church, fifteen young men of Troop 204 in Lafayette, California, will be presented the Eagle Scout award, the highest rank in the Boy Scouts of America. Troop 204, which just celebrated its 75th Anniversary, has awarded this honor to 306 Scouts. This class of 2008 Eagle Scouts is the largest in the history of the Troop and the Mt Diablo Silverado Council.

To earn the rank of Eagle Scout, a Scout must achieve the following: Be active in your

Troop for at least six months; earn a total of twenty-one merit badges; while Life Scout, serve for six months in a leadership position, while a Life Scout, plan, develop and give leadership to others in an approved service project helpful to any religious, any school, or your community; show scout Spirit; and take part in a Scoutmaster conference.

These Eagle Scouts started their journey together in 2002. The path to this award included leadership to earning 21 merit badges to community service to

50 mile hikes.

The following young men will become Eagle Scouts: Justin Batcheller (Campo) , Nate Cox (Campo) , David Crawford (Campo), Michael Danese (Acalanes), Luke Eisenberg (Campo) , Parker Grant (Acalanes), James Lenczowski (Bentley) , James Luckenbach (Campo), Jason Megowan (Campo), Tyson Moore (Acalanes), Patrick Noonan (De La Salle) , Evan Peters (Campo), Colby Pines (Campo), Karl Rasmussen (Campo), and Weston Thornburg (Campo).

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## Poetry Out Loud

By Cathy Tyson

Over a dozen Miramonte students participated in the Poetry Out Loud: National Recitation Contest on February 19th in the school theater.

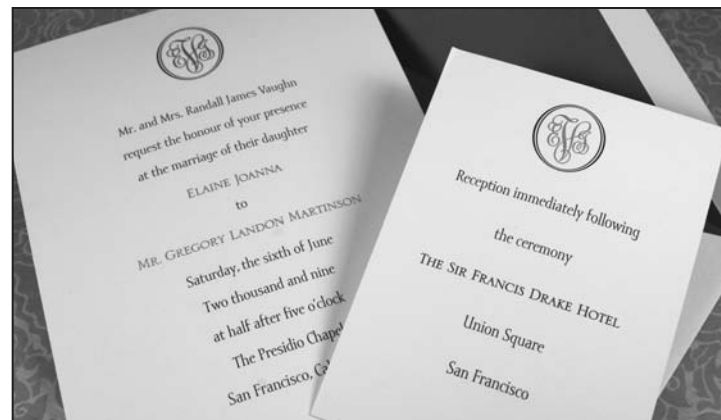
Teacher Donia Gousios, who is working with fellow teacher Edd Simmons on the contest couldn’t be more excited about it. She said, “Poetry Out Loud doesn’t only speak to the drama student and the public speaking student, but it also speaks to the writer, perhaps the quiet student that really appreciates poetry, but is not yet ready to share their own poetry. Students that I have talked to are really hoping that this will open up a venue for them where they can write and recite their own poetry, a sort of “slam poetry” event. I think that something we need to remember as educators, and as parents, is that there are many different, creative outlets out there for our children and students. We just have to give them the opportunity and encourage their participation and see where they will go with it!”

Those wishing to cheer on the Miramonte winner should attend the County Finals in Pleasant Hill on Saturday, February 23 at 7:00 p.m. at the School House Cultural Center at 2050 Oak Park Blvd.

The competition, presented in partnership with the California Arts Council, the National Endowment for the Arts, and the Poetry Foundation is meant to encourage high school students to learn about great poetry.

The lucky California champion will go to the National Finals in Washington D.C. where \$50,000 in scholarships and school prizes will be awarded.

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# LAMORINDA Community

## Green Business Initiative in Lafayette

... continued from page 2



Lafayette celebrates Earth Day

Photo Jay Lifson

The proposal of a green committee was presented to the Board of the Chamber and approved in December of last year. The first kick-off meeting was held at the Chamber in January.

"We had great attendance because we had the opportunity to advertise and inform our constituency widely," says Richards. The meeting gathered more than fifteen business owners who came for lunch and brainstorming about how to help businesses contribute to a sustainable living. "That first meeting was very dynamic," says Bart Carr, the other founder of Sustainable Lafayette and Chair of the Green Committee, "tons of ideas were kicked around and we decided right away to hold a second meeting to define our actions."

The second meeting was held on January 30th. The participants summarized all the ideas and four areas of focus were identified:

- the sharing of information about how to be more green

- and available resources: web site, flyers, books, classes
- a recognition program with different levels, that could be presented in a special section in the newsletter, and different ways to promote green businesses

- the organization of more complete recycling options for businesses. That area is of great interest for businesses, since they do not always have the opportunities homeowners do and recycling is not as easy as it should be
- the creation of a pilot project, in the food industry, finding out what are the specific challenges and opportunities of that sector, and what could be done. The sub-committee would then share what was learnt from the pilot with all the local restaurants and food service businesses.

This last area is of particular interest to Eichers. "The Lafayette Hotel has been working on becoming more sustain-

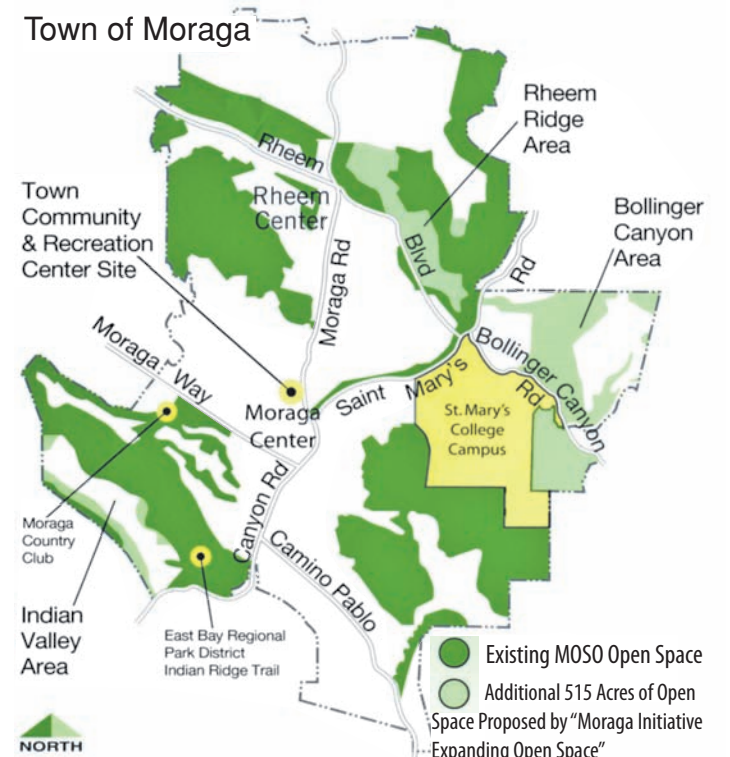
able for a long time," says the General Manager, "we recycle as much as we can and we use products inside that have as little negative impact on the environment as possible."

The hotel is working at this time with Contra Costa Waste Management Authority to recycle food scraps. The program is available to homes in Lamorinda but not for businesses and Contra Costa is one of the last districts that have not addressed that problem already. "The hotel will be one of the pilots for the food recycling in Contra Costa," proudly says Eichers, "we already recycle our oil, but with two restaurants and room service in the hotel, we need serious food scrap recycling."

"Our next meeting will be held on Feb 27th during lunch at the Chamber office," says Lifson. "We encourage all businesses to attend since we will decide on which projects to tackle first, their scope, and very importantly, who will work on it!"

## MOSPRO 2008 on the June Ballot?

... continued from page 3



Map courtesy: Moraga Citizen for Open Space

The document highlights the Town's obligation to put the initiative on the ballot once the signatures have been verified, whatever the results of an impact study may be. The letter suggests alternatives to meet the March 7th deadline such as calling a special meeting before that date or doing the study after the deadline.

"The Council has the inherent power to 'study' the measure even after it has been ordered on the ballot; there appears to be no compelling reason to use such a report to preclude a June election," said Bruzzone. "The only reason to stall the initiative is likely political." Bruzzone concluded: "It's a shame because Moraga residents could benefit greatly by a new community and recreation center and new sports fields for our kids - all items that would likely result from passage of this initiative."

There were not many dissenters present that night. The next day, Friends of Moraga

Open Space (FMOS), the group behind MOSO 2008, commented: "If the developer wanted to be certain to get on the June ballot, he needed to turn in his signatures by December 5th. That was the deadline to allow enough time for the full process under the Elections Code," said FMOS spokesperson Jon Leuteneker.

"Why the rush? The real issue is that the developer is hoping to get his measure passed before voters can vote on a true open space protection measure in November," said FMOS' Susan McNeill, who continued, "Getting this one passed first is a way to try to get the development rights carved in stone."

Mayor Deschambault expressed concerns that rushing the study before the signatures have been verified and the initiative qualifies for the June ballot, could result in staff unnecessarily putting aside other high priority issues in the Town such as the Specific Plan, Ran-

cho Laguna and resolving the traffic calming measures on Camino Pablo. "In the meantime staff has worked diligently to accommodate the Bruzzone's late submittal, put in extra hours over the holidays, and is calling the County daily to check on its status. The potential long term impact and binding legal implications of both initiatives need to be thoroughly and completely reviewed by the Town. In both cases, that process should not be rushed."

Councilmember Ken Chew said he was concerned that rushing the process with no advance notice would not be fair to people opposing the initiative.

Vice-Mayor Dave Trotter said, "Both initiatives raise issues of vital importance to the future of the Town. To be fair and consistent and to better inform the public on what's at stake, I believe both initiatives should be the subject of an in-depth study and report from Town staff. That process should be deliberative and careful, not rushed."

Since the issue was not on the agenda, the Council couldn't direct staff to start the impact study immediately. Councilmember Rochelle Bird suggested an additional meeting at which the Council could decide to direct staff to begin an impact report whether or not the County had verified the signatures. Planning Director Lori Salamack stated that her department would be able to prepare a report, but that the amount of time they would have to do so would translate into a more or less in-depth study. On Councilmember Mike Metcalf's motion, the Council unanimously agreed to hold a special meeting tonight, February 20th. Stay tuned.

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## Community Workshop Once Again Wows Residents

... continued from page 2

"The workshop was very successful. We hope the attendees got a sense of the possibilities for our downtown over the next 20 - 30 years. In addition, we also hope that people understand that all of the options being explored by WRT are consistent with existing policies," said Ann Merideth, Community Development Director for the City of Lafayette.

She continued, "The final Strategy will also show how land use and circulation decisions can affect greenhouse gas emissions. The City is very fortunate to receive a grant from the Bay Area Air Quality Management District to include climate change modeling in the Strategy."

There was more than one concept of what downtown Lafayette could look like if certain private and public redevelopment activities occur over the next 30 years. Because the strategy is only half way through the planning process, the final vision may be very different than what was shown at the Workshop

This particular meeting is just part of a multi-faceted process. The first phase was about defining the issues and visions and taking a look at opportunities and constraints. Phase two, what WRT is currently working on, is exploring the alternatives. Phase

three examines preferred concepts and phase four deals with preparing a strategy and developing a specific plan.

The upshot of "exploring the alternatives" is two preliminary concepts. Concept One includes minimal parcel consolidation which is easier to develop, key parks and creeks enhanced, and finally limited structure parking.

Concept Two is similar. In a nutshell it includes more reliance on parcel consolidation, expanded parks and creeks, multi-level parking structures.

Information to come to the conclusions that help form these two concepts was drawn from many areas. The responses showed clear priorities, the first being parking and traffic, the second was the need for public spaces,

parks and plazas, the third focused on a need for cultural and entertainment venues.

According to Stickley these goals led to a series of framework layers to deliver the goal. For example, parking and traffic was determined to be the most pressing concern of residents. To that end the urban planners used all the data gleaned and distilled it into a "park once" strategy. The idea being that if convenient parking was available, residents would park once and choose to walk to shops, restaurants within a five minute walking radius, thereby easing traffic congestion.

For more information, go to [www.lovelafayette.com](http://www.lovelafayette.com) and scroll down to "The Strategy for Downtown Lafayette" for all of the materials from the workshop.

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**From the Kitchens of the Lamorinda Weekly**

**Andy and Wendy Scheck**

It all started the day we discovered that we could buy organic beef bones from Holding Ranch Beef at the Moraga Farmers market. Our one-year old Golden Retriever can demolish a chew toy in a matter of minutes and we were looking for something more substantial. I decided to cook the bones first and make some broth. Once I had the broth, I figured I would try my hand at French Onion soup--something I'd wanted to do for awhile. Our dog chews the bone for the entire time the soup is cooking!

**Andy's French Onion Soup**

- 4 cups beef broth (see recipe on right)
- 4 large onions
- 1 cup dry white wine
- 2-3 Tbs butter
- Salt and pepper
- 4 slices of bread
- 4 slices of mozzarella cheese

*Serves four*



**Beef Broth**

- 8 cups water
- 1-2 beef soup bones
- 1 onion
- 1 celery root
- 1-2 carrots
- 1-2 bay leaves
- 3 cloves
- Salt and pepper to taste

Throw in any other vegetables you have available. I've used leeks, kohlrabi, broccoli, mushrooms, even Brussels sprouts and cauliflower.

Boil water in a large pot. Chop everything up and add to the water and cook for 2-3 hours. Strain and cool.



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

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LAMORINDA'S Restaurants		
• updated January 23, 2008 •		
<b>American</b>		
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108
Chow Restaurant	53 Lafayette Cir, Laf	962-2469
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200
Ranch House	1012 School St, Mor	376-5127
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234
<b>BBQ</b>		
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133
<b>Burger Joint</b>		
Flippers	960 Moraga Rd, Laf	284-1567
Nation's Giant Hamburgers	400 Park, Mor	376-8888
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888
<b>Café</b>		
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170
Ferrari-Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040
Geppetto's cafe	87 Orinda Way, Ori	253-9894
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816
<b>California Cuisine</b>		
Gigi's	1005 Brown St., Laf	962-0882
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422
Shelby's	2 Theatre Sq, Ori	254-9687
<b>Chinese</b>		
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740
China Moon Restaurant	380 Park St, Mor	376-1828
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569
Mandarin Flower	581 Moraga Rd, Mor	376-7839
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228
<b>Coffee Shop</b>		
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397
Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830
Village Inn Café	290 Village Square, Ori	254-6080
<b>Continental</b>		
Petar's Restaurant	32 Lafayette Cir, Laf	284-7117
Vino Restaurant	3531 Plaza Way, Laf	284-1330
Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108
<b>Hawaiian Grill</b>		
Lava Pit	2 Theatre Square, St. 142, Ori	253-1338
<b>Indian</b>		
India Palace	3740 Mt. Diablo Blvd, Laf	284-5700
Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575
<b>Italian</b>		
Giardino	3406 Mt. Diablo Blvd, Laf	283-3869
La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282
La Piazza	15 Moraga Way, Ori	253-9191
Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081
Michael's	1375 Moraga Way, Mor	376-4300
Mondello's	337 Rheem Blvd, Mor	376-2533
Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500
Postino	3565 Mt. Diablo Blvd, Laf	299-8700
Ristorante Amoroma	360 Park St, Mor	377-7662
<b>Japanese</b>		
Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809
Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020
Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709
Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606
Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088
Tamami's Japanese Restaurant	356 Park St, Mor	376-2872
Yu Sushi	19 Moraga Way, Ori	253-8399
<b>Jazz Dinner Club</b>		
Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807
The Orinda House	65 Moraga Way, Ori	258-4445
<b>Mediterranean</b>		
Alex's	2 Theatre Sq # 105, Ori	254-5290
Nino's Bay	#2 Theater Square, Ste. 153, Ori	253-1327
Oasis Cafe	3594 Mt. Diablo Blvd, Laf	299-8822
Par Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225
<b>Mexican</b>		
360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270
El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345
El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639
La Cocina Mexicana	23 Orinda Way, Ori	258-9987
Mucho wraps	1375-B Moraga Way, Mor	377-1203
Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740
Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
El Balazo	3518D Mt. Diablo Blvd, Laf	284-8700
Maya Mexican Grill	74 Moraga Way, Ori	258-9049
Numero Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333
<b>Pizza</b>		
Mountain Mike's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
Mountain Mike's Pizza	504 Center St, Mor	377-6453
Pennini's	1375 Moraga Rd, Mor	376-1515
Round Table Pizza	361 Rheem Blvd, Mor	376-1411
Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-0404
Village Pizza	19 F Orinda Way # Ab, Ori	254-1200
Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
<b>Sandwiches/Deli</b>		
Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
Gourmet Bistro Café	484 Center St, Mor	376-1551
Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
Orinda Deli	19 F Orinda Way, Ori	254-1990
Subway	396 Park St., Mor	376-2959
Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627
Subway	Theatre Square, Ori	258-0470
<b>Seafood</b>		
Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
<b>Singaporean/Malaysian</b>		
Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
<b>South American</b>		
The Patio Tapas and Restaurant	960 Moraga Road, Laf	299-6885
<b>Steak</b>		
Casa Orinda	20 Bryant Way, Ori	254-2981
<b>Tea</b>		
Patisserie Lafayette	71 Lafayette Cir, Laf	283-2226
Tea Party by Appointment	107 Orinda Way, Ori	254-2206
<b>Thai</b>		
Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
Baan Thai	99 Orinda Way, Ori	253-0989
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.



# In the Back Yard

## The Diverse Camellia

**Garth Jacober, Owner, Mt. Diablo Nursery & Garden, Master Gardener**

**G**arth worked for 14 years with David Feathers, a renowned camellia grower on his camellia estate in Lafayette.

The first mention of camellias can be traced back to China in the years 500 to 700AD. Camellia Sinensis was grown for its leaves and made into tea. Camellia plants migrated to Europe by way of Portugal, in the first half of the sixteenth century thru trade routes with China. Tea was introduced to America when Camellia Sinesis plants were brought to Georgia in the year 1749. To this day this camellia species is grown in the southeast for tea which has experienced a large resurgence in the United States in last 10 years.

There are three species of camellias. The first and probably most familiar is the Camellia Japonica. It is characterized by compact and rapid growth. Flowers are red, pink or white. These plants can have a round formal shape or a spreading growth. Examples include pink Debutante, red Blood of China, and white Nuccio's Gem. Camellia Reticulata is a stronger heavier grower and is characterized by a loose and rangy growth habit, sometimes described as leggy. Colors include magenta and fuschia. Camellia Sasanqua is a fall bloomer and a great landscape plant. It can bloom from September through January. Flowers can be white, pink and red. Growth habit is upright or cascading. Many sasanqua camellias have a strong fragrance.

Camellias grown in gardens east of the Caldecott Tunnel should be protected from hot afternoon sun and located in areas with morning light. Soil conditions for growing camellias should be slightly acidic, rich in humus and organic matter. All clay soil needs to be amended, as good drainage is critical for all camellias. Top dressing or mulching with a quality acidic soil amendment will provide healthy plants and beautiful blooms. Frequent watering with a combination of overhead and deep soaking is ideal. Camellias should be fed twice a year. Use an acidic fertilizer after they bloom and apply another application in September or October of 0-10-10. Some serious growers fertilize 3 times a year, especially if the camellias are grown in containers. Cottonseed meal may be used in combination with a 0-10-10 or an organic acidic fertilizer. Camellias should be pruned after they bloom in combination with feeding. Prune for structure, to eliminate dead wood, and to create space for sunlight and air movement.

Camellias in general tend to be fairly pest

resistant. Aphids will appear from time to time on new growth. Application of a soapy water mix or safer soap will usually solve the problem. In some situations ants tend to aphids and feed on the honeydew aphids excrete. At the same time, they protect the aphids from natural enemies. If you see ants crawling up an aphid infested plant, put a band of sticky material (tanglefoot, etc.) around the trunk to prevent ants from getting up.

Camellia petal blight is a disease that is the result of infection by a fungus. The flowers are the only part of the plant affected by this disease. Small brown spots located at the base of the flower enlarge until the entire flower is brown. There is no known cure or spray for this disease. To minimize its effects, sanitation is the best answer. Pick up all diseased flowers off the ground and dispose in green waste re-

cycling, do not compost.

There are many different varieties of camellias available. New hybrids that have been introduced in the last ten years have provided the camellia world with new colors, fragrance and unique flowers. Take a moment and see if a camellia can be added to your garden for you to enjoy.



Garth Jacober and his wife Marcia own Mt. Diablo Nursery & Garden located at 3295 Mt. Diablo Blvd. in Lafayette. He can be reached at 283-3830 or [info@mtdiablounursery.com](mailto:info@mtdiablounursery.com).



Photos provided by Garth Jacober



### ◆ Not to be missed ◆

Moraga Garden Club Meeting  
**Thursday, March 20, 2008, 9:30 am**  
 Holy Trinity Cultural Center, 1700 School St., Moraga. Mr. John Muir Laws, of the California Academy of Sciences will speak on the "Web of Life in the Sierras."  
 For Information call Mardi Potts, 376-2004.

Montelindo Garden Club is hosting a special speaker  
**Friday, March 21st, 10:00am**  
 Author Rose Marie Nichols McGee on container gardening.  
 The meeting will be held at Orinda Community Church, #10 Irwin Way, Orinda at 10:00AM. Free to the public. Refreshments will be served, followed by the speaker.

Mt. Diablo Nursery is offering Free Winter Classes:  
**Saturday, March 8, 10:30am**  
 Citrus Tasting and Q & A session.  
 Instructor: Aaron Dillon, 4th generation citrus grower, 4Winds Citrus  
**Saturday, March 22, 1-2:30pm**  
 HomeComposting Instructor: Bart Carr, Central Contra Costa Solid Waste Authority  
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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### St. Mary's Rugby Hangs Tough In Loss To Cal

By Kevin D. Shallat



Photo Tod Fierner

The Saint Mary's Rugby squad made the short trip from Moraga to Berkeley for a match-up that featured the fourth ranked Gaels against the number one ranked Goliath, California. It was a dream atmosphere for everybody in attendance Saturday, Feb. 16, as both teams have a rich sporting history, and a promising future.

The two teams are only 14 miles apart, but find themselves linked by the rankings that have both teams in the top five, nationally. Despite only scoring five points in the first half, the Gaels were able to fight back and hold their heads high, as they scored 22 points against the juggernaut of Cal Rugby. The Gaels were able to record 17 points in the second half without their best player, Kevin Swiryn, who was unable to play in the match because of a previous injury. However, the Cal offense proved too much for Saint Mary's, as the Golden Bears

finished off the Gaels by a score of 78-22.

After soaking up the atmosphere and taking in the sights, the game began and reality soon set in for the Gaels, as they found themselves down 7-0 in the opening minutes. After two penalty kicks the Bears jumped out to a 13-0 lead. Before the first half hour of play the Bears were able to run the score up to 39-0.

The Bears eventually raised the score to 44-0 before Saint Mary's was able to get on the board. Despite the score, there was no panic in Saint Mary's Fullback Matt Leatherby, as he stepped up and told his teammates to hold their heads high and play hard. Shortly thereafter, the Gaels were able to punch the ball in for a try. Tate Sonilia was able to record the first of two tries on the day for Saint Mary's. The Gaels headed into halftime trailing the Bears, 44-5.

The Gaels were able to pull their offense together in the sec-

ond half and make a game out of it. Matt Hensley recorded the first points of the second half with a try for the Gaels. Saint Mary's then recorded seven more points on a penalty by Cal's Rikus Pretorius, who made a late tackle on a Gael after kicking the ball. This cut the score to 44-17. The short-handed Gaels did a tremendous job to keep the Golden Bears scoreless in the second half for almost 15 minutes. Rob Carlson had a fine day for the Gaels, as his quick tackles helped neutralize the pass, thus preventing Cal's offense from gaining ground.

Cal's lead grew to 66-17 before Sonilia was able to dive in for one more try, cutting the Bear's lead to 66-22. Blake McGahan made a great one-handed catch that started the Gael surge toward the home sideline. Sonilia caught the last pass of the drive and beat everybody else to the corner, as he touched the ball down for the Gaels' last score of the day.



Photo Tod Fierner

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### Want to join a swim team?

Come join Sun Valley Swim Team (SVST) this summer for the perfect combination of competitive spirit and team fun! **Non-pool members are welcome** to join our team. You'll love our sense of community and our new pool! In addition to swim team (ages 5-18) we also have a Pre-Team program for ages 4-5. We are also offering a pre-season stroke clinic coached by the Cal Women's Swim Team. **Clinic is open to all swim teams.**

Come join Sun Valley Swim Team

Swim team registration is **Sunday, March 9th**  
at Sun Valley Pool (1000 Leland Drive, Lafayette)

For more information, check out [www.SwimSunValley.com](http://www.SwimSunValley.com)  
or contact BVE parent Christina Goddard at [GoRays@SwimSunValley.com](mailto:GoRays@SwimSunValley.com).

### No. 25 Saint Mary's Handles USF, Improves Record to 21-3

By David Anderson

McKeon Pavilion was completely sold out and packed to capacity Friday, Feb. 8, with fans seeking a glimpse of the WCC's first place Saint Mary's Gaels as they took on the University of San Francisco Dons. The Gaels continued their march to the head of the WCC with an impressive showing that left USF in its wake. Even with legendary Head Coach Eddie Sutton at the helm for USF, the Gaels were still able to finish off the Dons by a lopsided 25 point margin in their 76-51 victory.

The Gaels wasted no time Friday evening scoring three quick baskets to open the game forcing Sutton to call the Dons first timeout just a minute into the first half. Led by Freshman Guard Patrick Mills (Averaging 14.4 Pts/game) and Junior Forward Yusef Smith, Saint Mary's did not stop there as they kept control of the game throughout the first half. Mills added most of the intensity and energy on the court while Smith did most of the first half scoring. Smith contributed 12 of his 15 points in the game to the 44-29 halftime lead.

The second half started out much like the first with a 7-0 Saint Mary's run that forced Sutton to call another early timeout. The struggling Dons could not get much to go their way at any point during the game. In fact, USF was unable to score a point during the second half until just over six minutes in.

Perhaps the one bright spot for the Dons during the game was the play of Sophomore Forward Dior Lowhorn, who was able to score 22 points on the Gaels despite the team's considerable deficit. The play of Lowhorn, however, was not enough to keep the game close. Five Gaels finished the game with double digits in scoring. Yusef Smith led the way with 15 points, while Tron Smith and Omar Samhan added 12 points each, followed by Patrick Mills and Diamon Simpson with 10 points apiece.

Playing one of their best seasons since they won the WCC Championship in 1996-97, the Gaels are now tied with Gonzaga for the lead in the WCC. (Saint Mary's overtook Gonzaga in overtime on Feb. 4, 89-85.) Saint Mary's is currently ranked 25th in the AP top 25 poll and 21st in the ESPN/USA Today Poll and are riding a wave that could take them back to the NCAA Tournament for the first time since the 2004-05 season. Saint Mary's next home game is against Kent State on Feb. 23 at McKeon Pavilion.



Carlín Hughes (3)

Photo Tod Fierner



Patrick Mills (13)

Photo Tod Fierner

### SMC Women's Water Polo Hosts Local Tournament

By Jennifer Wake



The Gaels women's water polo team poses by the Saint Mary's pool

Photo Jennifer Wake

Just two games into the women's water polo season that began Feb. 13, the Saint Mary's women's water polo team will host its first local Collegiate Water Polo tournament this weekend, Feb. 23-24, at the Campolindo Soda Aquatic Center.

The Gaels will face teams from Chico State, UC Davis ("A" and "B" teams), and UC Berkeley at the CWPA Sierra Pacific Division Qualifying Tournament #1.

"The tournament at Campo is important because it will make people aware that Saint Mary's water polo is a force to be reckoned with," said club president Alyssa Schroeder.

Since the pool at Saint Mary's has limitations, many of the team's games are played out of the area. "We play most of our games away, and we're excited to have a fan base and an opportunity to host a tournament and get our name out there," said Gracie Bone, the

club's vice president.

"We have one of the best goalies in the country in Malia Chung," Head Coach Stephen Imperiale-Hagerman said. "Blair Smith and Rene Fleming anchor our defense at the 2m position. Gracie Bone, Amanda Bjerke, and Alyssa Schroeder will all play major roles on offense."

Leading freshmen include Clair Pelpel and Barbara Perking - two of the fastest players in the Sierra Pacific Division, said Imperiale-Hagerman. "It will take some time to get used to the college game, but they have the speed and determination necessary to make an immediate impact."

Gracie Bone agrees that one of the team's assets is its speed. "Our biggest strength is that we are really fast," said Bone, who has been on the team for the past three years. "We are able to move really quickly and our team is really eager to play."

Last year, the Gaels fin-

ished fifth in their division. It was the first year competing in the Collegiate Water Polo Association.

"Since then, we have added several key players and have only improved," Imperiale-Hagerman said. "The greatest strength is the team's cohesion. They enjoy each other's company in and out of the pool, and newer players are not afraid to make mistakes, but rather learn through doing."

"Stephen has helped our team care more about the game and about each other," Schroeder said. "Our biggest strength is the number of players, the experience level of the team, and our level of friendship."

"We've gotten more girls and won more games," Bone said. "It's so much fun to see so many girls in the pool. Stephen was such a blessing. It's been great to have someone so knowledgeable to coach us. We have a great coach."





# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### Ejection of Litvinenko Fires Up Cougars

By Steven Johns



Georgio Tavecchio (22)



Ryan Schori (15) Photos Tod Fierner

On Saturday Feb. 16 at 5 p.m., the Campolindo Cougars and the Las Lomas Knights took the pitch to determine who would play Miramonte in the boy's soccer semi-finals.

This North Coast Section quarter-final match was the third time this year these two teams faced each other. The first game, on Dec. 10, went to the Cougars as they won 3-1. The second game was a nail-biter that Las Lomas ended up winning 2-0. This tie-breaker match went to the number four seed, Campolindo.

The first half started quickly with both teams having early chances to take the lead. At 35:00 the Cougars appeared to take a 1-0 lead when Ben Rudolf had a throw in close to the Las Lomas net. The ball flew through the air and into the net, but was disallowed because no players touched the ball.

A few minutes later the Cougars had a free kick from about 40 yards from the Las Lomas net. Junior Arika Okamitsu kicked the ball towards the corner of the net, only to be blocked by the Las Lomas

goal-keeper.

On the ensuing possession the knights took the ball down the field into the Cougars' zone. Rodrigo De-Silva took a shot from the side. As the ball dribbled towards the net it was tipped by another player and slid past Campolindo keeper, Noel Raine, to give the Knights a 1-0 lead.

After a few chances for both teams, the score entering half-time remained at 1-0 in favor of the Knights.

The second half started out with the Cougars dominating the game. They kept the ball in the Knights' zone and were getting chance after chance to score a goal. Despite all of these chances the Cougars could not get the ball in the net.

The turning point in the game came on a controversial call with 26:00 left in the game. A questionable yellow card for Okamitsu led to Campolindo coach Victor Litvinenko arguing with the referee. This argument led to a red card and ejection for Litvinenko.

The ejection of Litvinenko lit

a fire under the Cougars. "All of the calls against us just gave us a burst of energy," stated senior Phil Choy. Three minutes after the red card, the Cougars had the ball in the Knights' zone. The ball was pushed in deep and given to freshman Jason Kimura. Kimura headed the ball to senior Georgio Tavecchio who headed it into the back of the net to tie the score at 1-1.

With 3:03 left in the game the Cougars had a corner kick. Rudolf kicked the ball towards the net and senior Thibault Deichler headed the ball past the Las Lomas keeper to give the Cougars a 2-1 lead.

With excellent defense and a few great saves from Raine, the Cougars were able to hold off the Knights' final attempts to tie the game.

The Cougars' game plan was the key against Las Lomas. "We closed down their main players, which got them too frustrated to play their best," Choy said. Campolindo hopes that their game plan continues to work in their semi-final match against rival Miramonte on Feb. 20.

### Lamo Varsity Shuts Out Santa Rosa

By Chris Roberts

With the rain pouring down and blowing horizontally from a 25 mph wind, the Lamorinda boys rugby team took the field totally drenched before the initial kickoff in 40 degree weather on Feb. 2. The first few minutes of the pre-season game were sloppy at best as both clubs had a hard time seeing the ball, let alone grabbing it and running with it. That changed quickly just six minutes into the game as Lamo found their rhythm and Evan Schlinkert took a ball from the scrum and ran it in from 10 yards out.

Just seven minutes later, AJ Taylor took an excellent pass from Kyle Young and blew past the Santa Rosa defenders to score the second try of the day at the 13 minute mark. Amazingly Bo Richter hit on the conversion kick into the wind and the score stood at 12-0.

The last try of the first half was a charge by Kyle Young breaking loose as the result of a pass from Charlie Smith at the 17 minute mark. Again Bo Richter hit the conversion into the wind to help the home squad end the half with a 19-0 lead.

As the fans were longing to get home to sit in front of a fire, the Lamo boys charged out of the gates ready to start the second half. A quick score by Grant Hyjer brought the score to 24-0 where the game ended. An unfortunate injury halted the game, and in order to accommodate the remaining matches the game was called.

On Saturday, Feb. 9, Lamorinda RFC remained undefeated with their seventh straight win, a convincing season opening 50-5 domination of a good De La Salle team at Miramonte. On a day with almost perfect weather, the Lamo team played an almost perfect game to stay undefeated this season. Kyle Young, Bo Richter and Peter Kegler all scored twice while Grant! Hyjer, Grey Dixon and Charlie Smith also contributed 5 point tries to spread out the scoring. Bo Richter added six out of nine conversions for 12 points as he demonstrated why he is considered to be one of the best High School



Photos provided

Rugby kickers in the country.

Lamo controlled the ball with pinpoint passes while stretching the De La Salle defense on rush after rush. Lamo's defense was just as powerful as they held De La Salle in check virtually all game only allowing a single 5 point try with three minutes to go in the game. Lamo's defense has been overwhelmingly strong this season and has only allowed one 5-point try in their last three matches while winning by an average scoring margin of 32 points per match.

Lamorinda RFC is composed of local high school athletes from Miramonte, Campolindo, Acalanes, San Ramon Valley, Mt Diablo and Antioch. Their winter-spring season continues Feb. 23 at Piedmont with the full season calendar avail-



able at www.lamorugby.com. Lamo's ultimate goal is to play in the National Championships in Pittsburgh, Penn., in June.

### Victory Vaults Acalanes into Second Round of NCS

By Steven Johns

On Wednesday Feb. 13, the Acalanes girls took the pitch against Las Lomas in the first round of the NCS tournament. The first time these two teams met was on Dec. 12, when the Dons' offense dominated the Las Lomas defense in a 3-1 victory. The second meeting, on Jan. 28, the Las Lomas Knights got their revenge in a 1-0 victory.

This tiebreaker in the first round of the NCS playoffs was a close fought battle in which Acalanes came out on top with a 1-0 win.

During the action packed first half, the Acalanes offense dominated the game. With 32:10 left in the half the Dons had a corner kick. After the inbound senior Amanda Conrad shot header just wide of the Las Lomas goal.

Las Lomas came back quickly with two close misses by Erin Hong and Alex Salgado. The Knights again missed a chance to take a 1-0 lead when sophomore Jacqueline Ow was robbed by Acalanes keeper Erika Rush.

After a quick rush down the field and some great passes, sophomore Cammie Goodman got the ball. With a strong kick, the ball rushed passed Las Lomas goalie Elena Allen and into the back of the net to give the Dons a 1-0 lead.

The rest of the period was full of back and forth action with the Las Lomas defense fending off a barrage of Acalanes shots. Acalanes senior Jane Rhodes just missed two shots at the end of the half.

Despite the many attempts to get the ball to the net, the Knights

could not get off a clean shot. The Dons' defense was able to pressure the Las Lomas forwards enough to avoid giving up any goals. The Dons went into the half still holding on to the 1-0 lead.

The second half was a defensive battle. Neither team was backing down nor could neither team get a clean shot on goal. The Las Lomas Knights were able to have more offensive rushes, but could not get past the stout Acalanes defense.

In the last few minutes of the game the Knights made a last ditch effort to get a goal. Coach Tom Frangoulis even pulled the goal keeper to the middle of the pitch to try and keep the pressure in the Dons' zone. The Knights' best chance came with 3:20 left when senior Kathleen Matthew just missed the net with a strong header.

This victory for Acalanes vaulted them into the second round. Their second round game against number 2 seed Campolindo ended in an overtime battle, with Acalanes advancing to the semi-finals after defeating the Cougars 2-1. The lady Dons (13-9-2) take the pitch against Piedmont High School (20-1-1) for the semi-final match up on Feb. 20.



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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS



### Cougars Push Forward after Acalanes Upset

By Conrad Bassett

There are a couple of adages in basketball: "Games are won and lost at the free throw line," and "You live and die by the three." The Campolindo and Acalanes boys teams got to experience both in person on Feb. 6 as the Dons beat the Cougars 56-50 at Acalanes.

Acalanes (16-7, 7-4 DFAL) scored the first eight points of the game with Joey Anderson scoring six of his game high 21 points in the first three minutes. Campo (16-7, 9-2 DFAL) finally scored with 4:44 to go when Chris Dyer hit a lay-up and followed with a three point shot. Jack Trotter passed out assists to Brian Sanders and Jamie Fox and the Cougars tied the game at ten. Then the Dons went on a 7-0 run to end the period with Brian Perkins scoring twice and Anderson hitting a three.

In the second period the Dons continued to pad their lead with Anderson hitting Brooks Baker for a score and a 25-15 lead. Ryan Fruin hit a three and Trotter added two to cut the lead to five but a Donovan Christensen basket and a Hunter Hewitt shot just before the period ended sent the Dons off to a 29-22 halftime lead.

The second half started much like the first with Anderson scoring back-to-back baskets and the Dons led by eleven. The Cougs stayed within striking distance and had the lead down to six before David Masi scored at the buzzer for a 43-35 Don lead.

The fourth quarter would come down to the aforementioned free throws and threes. Adam Mancebo hit a three for

the Cougars and following a Rashan Flowers follow shot, Trotter scored twice and Campo had the lead at 46-45. Not to be undone, the Dons kept their composure and Flowers hit a short jumper and Perkins nailed one from the baseline and the Dons were ahead to stay at 49-46. The Cougars stayed within three before the last couple of minutes when the free throw shooting "contest" began. Hewitt hit two of two and Anderson three of four sandwiched around a double clutch jumper from Flowers while the Cougars missed some threes and the Dons had the six point win.

On the evening, Campo hit only five threes which is well below their season average and the Dons were 9 of 10 from the line while the Cougars could only muster 8 of 21 from the charity stripe. Trotter finished with 20 to lead Campolindo with Dyer adding 11.

The Cougar loss as well as the Las Lomas win over Miramonte gave the DFAL a four-team tie at the top with each of these teams and Dublin with three games to play.

After losing earlier in the week to Acalanes, as well as falling into a four-way tie for first place, Campolindo had to travel to Walnut Creek on Feb. 8 to take on the Las Lomas Knights, who earlier beat the Cougars in overtime in Moraga. Campo scored early and often, fought off several Las Lomas challenges and then came from behind to beat the Knights, 65-59.

On Feb. 15, it was Senior Night in Moraga as the Campolindo boy's basket ball team met up with an improving Northgate team that had beaten a good Miramonte team just two days before. The Cougars, with a win would be the DFAL champions for the second time in three years.

They did not disappoint as the pulled away from the Broncos (12-14, 7-7 DFAL) in the second half 75-53. Trotter capped his regular season Campo career with a triple double . . . a career high 41 points, 16 rebounds, and ten blocks. Shields finished with 16 and ten rebounds and Dyer his consistent 13 points to go with eight assists and six rebounds. Ryan Fruin followed his own miss with a score and Brett Banard scored his first varsity points in a three after a Chris Bassett-Bouchard pass to complete the scoring.



Chris Dyer (10) Photo Gavin Schlissel



Jack Trotter (34) Photo Gavin Schlissel

### Long-Time Miramonte Fans Keep Cheering Over the Years

By Jennifer Wake

A group of gentlemen affectionately known as "the Miramonte Grandpas" have made a place for themselves in the stands and in the hearts of hundreds of players over the past 20-plus years at Miramonte High School sporting events.

After his wife passed away in 1982, Jim Stockton (also known as Grandpa Jim) began to attend the local sports events following an invitation from his neighbor, whose son played for the Mats.

"My neighbor Barney's son was on the baseball team and invited me along," Stockton said. "After that, I used to be active in everything. I was at sports events every day of the week, routing for the teams."

As he continued to attend the events, Stockton built a group of regular supporters he

calls "the Grandfather Group," which includes Al Simonsen (former MHS Parents' Club president and Moraga Citizen of the Year), Ray Doorack (former MHS vice principal), John Mayer (who prefers to be called a Miramonte "father," according to Stockton), and Paul Nordine.

Not only does the group follow girls' basketball and other Mats sports, but they have become such a part of the teams that they are invited to pre-game pasta feeds and are allowed to go down on the court or onto the field to help the teams out.

Although he is very close to his own family, Stockton said he has "made a life of being 'Grandpa Jim of Miramonte'."

"We're a pretty good group. I've gone through four principals and they've been

wonderful to me," he said. "The coaches have been wonderful to me, too."

Al Simonsen – one of the "Grandpas whose three children attended Miramonte and who has been involved in local sports for years, including running LMYA sports for years and coaching soccer – is a U.C. Berkeley alum, but he says he would rather see Miramonte win than Cal.

"The Miramonte games are more intimate," said Simonsen, who is a retired airline captain and who occasionally substitute teaches at OIS, JM and Miramonte. "It's fun to watch these kids grow up. They're like an extended family."

Stockton agrees. "I'll keep it up as long as I can," he said.



From left to right are John Mayer, Jim Stockton (MHS Snack Shack named in his honor), Al Simonsen (former MHS Parents' Club president), Paul Nordine

### Lamorinda Schools Top NCS Seeding

All three Lamorinda High Schools boys' teams will be playing in the post season as the North Coast Section announced their seedings on Sunday for Division 3. Campolindo (19-7) earned the top seed and a first round bye and will host either Encinal or Del Norte (Crescent City) at 7:30 on Friday night. Miramonte (20-6) was chosen as the three seed and also has a bye in the first round and will play either Dublin or Analy at home on Friday at 6:30 pm. Acalanes (18-8), the four seed, received a first round bye and will play

Friday night against the El Cerrito/San Marin winner. Game time is to be announced.

The Bentley Girls have the No. 8 seed in Division V Girls and play at home on Feb. 20 at 7:30 p.m. against Urban.

The Division 3 boys and Girls finals will be held on Saturday, March 1 at Saint Mary's College. The NCS tournament is single elimination, however traditionally both finalists do move on to the Northern California tournament beginning March 3.



### Go Gaels! Upcoming Sports Events at Saint Mary's College

- Men's Baseball vs. Towson Friday, Feb. 22 at 2 p.m.
- Saturday, Feb. 23 at 11 a.m.
- Sunday, Feb. 24 at noon
- Louis Guisto Field
- Women's Tennis vs. San Francisco Friday, Feb. 22 at 3 p.m.
- SMC
- Men's Basketball vs. Kent State

- Saturday, Feb. 23 at 9 p.m.
- McKeon Pavilion
- Women's Softball vs. San Jose State Sun., Feb. 24 at noon and 2 p.m.
- SMC
- Men's Basketball vs. San Diego Monday, Feb. 25 at 7:05 p.m.
- McKeon Pavilion
- Women's Basketball vs. Portland Thursday, Feb. 28 at 7 p.m.
- McKeon Pavilion
- Men's Baseball vs. UW-Milwaukee Friday, Feb. 29 at 2 p.m.
- Louis Guisto Field

- Women's Lacrosse vs. Mount St. Mary's Friday, Feb. 29 at 3:30 p.m.
- Saint Mary's Stadium
- Women's Basketball vs. Gonzaga Saturday, March 1 at 2 p.m.
- McKeon Pavilion
- Men's Tennis vs. UC Davis Saturday, March 1 at noon
- SMC
- Women's Lacrosse vs. Boston College Sunday, March 2 at 1 p.m.
- Saint Mary's Stadium

For information about upcoming season schedules, visit the official Saint Mary's athletics website at www.SMCGaels.com.

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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### Dons Get Payback with Balanced Attack

By Kevin D. Shallat



Left to right: Eric Obeysekere (35), Joey Anderson (40), Chris Hatfield (14) Photo Jordon Fong



Left to right: Bryan Perkins (22), Peter Briskey (21) Photo Jordon Fong

The Acalanes Dons played the Miramonte Matadors Tuesday, Feb. 12 for the second time this year. The first game didn't go as the Dons had planned, as they were beat by the Mats on their own court in convincing fashion. The return game at Miramonte had a different look and feel to it, as the Dons maintained control from the opening quarter. The Dons used a pressure defense, and a balanced scoring attack to return the favor to the Mats, and won this game 53-37.

The Dons were a little too unselfish to start the game, but this style would pay off for them in the long run. Peter Briskey and Eric Obeysekere were able to take Miramonte out to a 4-0 lead with their play early on, but the Mats could only garner eight points in the opening quarter.

Acalanes got an assist from their own crowd who made the trip from Lafayette, as the student fan base used the fake shot clock tactic that worked to perfection. As Miramonte had the ball and the shot clock wound down, the fans yelled out the time left on the shot clock. However, the true shot clock showed that the Mats had a few more seconds to spare, but the players listened to the fans, and forced up a quick shot that missed.

The Dons earned the rest of their points on the night, as Hunter Hewitt was on fire in the first half. Hewitt hustled for a nice reverse

layup and pretty shot off the glass to give the Dons a cushion at halftime. Miramonte's Chris Hatfield made a clutch three-pointer just before halftime to keep the score close for the Mats, but Acalanes was able to secure a three-point lead at the break.

In the third quarter the Dons could have forced the ball to their shooting guard, or placed more pressure on Hewitt to score the ball, but instead they chose to pass it. "If two guys are hot, we'll give them the ball, but if not we'll just work it around and find the open guy," said Acalanes forward Joey Anderson. Miramonte was unable to finish well Tuesday night, and it caused them to turn the ball over in the paint. Acalanes was able to capitalize on these mistakes, turning Miramonte turnovers into points.

Anderson was a force, if not the difference maker for the Dons Tuesday night. He was able to take the ball to the rim in a tough, yet controlled manner throughout the game. David Masi had a nice game for the Dons, as he nailed a few nice jump shots, including a three pointer that may have sealed the game. With four minutes remaining, Masi's three-point shot gave the Dons a 47-33 lead, thus hampering any thoughts of a Matador comeback. With the final two minutes of the game, the Dons were able to run the clock down before taking any shots, securing a big win for Acalanes on the road.

### Mats Manage to Tie Against Northgate after Controversial Call

By Kevin D. Shallat

The Miramonte Matadors men's soccer team survived a scare Wednesday, Feb. 6, against Northgate. The Mats had home field advantage in this game, but both teams had to endure the cold temperatures, as they played in frosty conditions under the lights at Miramonte. The Mats fell down by a score of 1-0 at the half, but were able to tie up the score in the second half. However, that lone goal was the only score that Miramonte could manage, as they finished this game in a 1-1 tie.

Miramonte looked sharp in this game early on, as they passed the ball effortlessly, with a crisp fluidity. As good as the Mats looked, the time of possession early in the game was about equal.

Philip Da Silva was active for the Mats in the first half. Both Da Silva and Trevor Himes did a good job of setting each other up with shots, but Miramonte was unable to score off any of these passes. Da Silva, the league's current leading scorer, was held scoreless in this game, but did record an assist later in the game.

Miramonte looked like they had a plan of attack in this first half, as each player seemed to know what to do with the ball before it was kicked to them. Just when the Mats seemed to gain

control of this game, there was a game changing (hands) call around the Miramonte goal. There was a logjam of players around the Matador goal. Miramonte defender Tommy Sander was unable to get away from the path of the ball, and he was struck in the hands by the shot on goal. The referee deemed it an illegal use of the hands, despite the fact that Sander's hands were close to his body, and the ball was kicked directly into him. The call allowed Northgate's Scott Reddy to score on the penalty shot in the 32 minutes of play. Northgate held the 1-0 advantage going into half-time.

Despite the one goal deficit, Miramonte never panicked, as they felt they were in control for the entire game. The Mats dominated the time of possession for the first 12 plus minutes of the second half. Miramonte played a well rounded second half, as their defense stepped up and held the Broncos scoreless in the second half. Miramonte defender Sam Clark had a great defensive play, as he was able to head the ball away against a shot on the Miramonte goal.

The Mats were held scoreless until the 74th minute of play, when Miramonte scored the



Philip Da Silva Photo Jordon Fong

game-tying goal by way of two quick passes. Himes passed the ball off to Da Silva, who then layed it perfectly in front of the goal, where Jonah Peterschild was there to chip in the two foot shot.

"I usually get at least two chances down the line, and I just crossed it, and that time we actually finished it, so that was good," said Da Silva.



Tommy Sanders (12) Photo Jordon Fong

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