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Volume 02; Issue 9

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Delivered bi-weekly to all
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Wednesday, July 9, 2008

New & Improved!
Star Pilates
Superior Fitness
Grand Opening
Coming Soon!
.....See details on page 5



Photo Lisa Duncan

Senior Life in Lamorinda

See stories on pages 17 - 19

LAMORINDA WEEKLY
this week

Our Profiles return this week:
Pages 2,3,4
Meet the Engineers

Plein Air Art Abounds This Summer
Pages 5 & 8

Lafayette Criterium - The Bikes are Back
Page 23

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Fun and Joy on 4th of July

The day dawned cool and foggy, but by parade time everyone was so excited that the lingering fingers of fog in Orinda didn't matter. The newshounds of your friendly neighborhood newspaper were thrilled to be part of the parade this year, and it was great to see so many of you out there! Next year, we will pack more candy; we ran out a bit too early. It was mortifying to pass empty-handed by the open bags of eager children. We tried

handing out newspapers instead, but the younger crowd was not impressed. The day was chock full of fun and games throughout our fair communities. That pesky fog made a repeat appearance just in time for Moraga's fireworks, but from our vantage point on the hill it served only to create a soft after-glow around the brilliant display. It seems that the grand finale gets better each year! See pictures of some of the festivities on **page 11**.

Photo: Publisher Andy Scheck constructed a wooden replica of an old-fashioned printing press for our float. Rear: Andy Scheck, Amanda Griggs, Wendy Scheck; Front: Cathy Tyson, Ava Tajbakhsh, Hana Sun, Molly Dick (not pictured: Lee Borrowman at the wheel, trying not to run over anyone) Photo Tod Fierner

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Rocky Road No Longer

By Cathy Tyson
The Orinda City Council and City Manager along with staff couldn't be more pleased with the anticipated completion of the Moraga Way Rehabilitation Project one month ahead of schedule on July 18, 2008. This 3.2 mile stretch of rubberized asphalt estimated to cost between \$2.3 and \$2.5 million dollars has never looked better.

"Orinda City Staff worked very hard to start the Moraga Way project early in order to minimize overlap with the EBMUD closure of Moraga Rd., and worked even harder to finish the project a month early. This is a great example of leadership by the City of Orinda staff, in cooperation with EBMUD and Bay City Paving, and the Council is thrilled that Orinda residents have a brand new Moraga Way on which to roll into summer," said Mayor Victoria Smith.

The last couple of items on the contractor's list are "raising the iron" and lane striping. Workers will fill in the gap between the edge of the asphalt and the exposed manhole covers and valves made of iron prior to lane striping. There will be no lane closures during striping this week; the work will be done during the nighttime hours.

The weather cooperated nicely with the project, part of the reason it's coming in ahead of schedule. "We were blessed with some nice warm nights early on in the summer," said Project Manager Janice Carey referring to the need for nighttime temperatures to remain at 55 degrees or warmer in order to lay the asphalt.



View of the new and improved Moraga Way Photo Cathy Tyson

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Lamorinda Community

Calendar, Notes, News

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Monday, July 14	
Wednesday, July 23	
joint meeting with Planning Comm.	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Wednesday, July 23	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Tuesday, July 22	
Park, Trails, Rec.	7pm
Community Center 500 St Mary's Road	
Friday, Aug 13	
Senior Services	3:30pm
Community Center, Alder Room 500 St Mary's Road	
Thursday, June 26	
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	



House Burglary, 6/23/08 A number of items were stole from a Hamlin Road home. The victim believes an electrician working there was involved. Police interviewed a representative of the local company, who denied any knowledge or involvement. Estimated loss \$1,450.

Petty theft, 6/22/08 An unknown male entered Diablo Foods at 9:00 in the morning and went to the combination storage room/employee locker room and tried to steal items from a purse left on the counter. An employee saw him, yelled at him and scared him off. He was last seen driving off in a black four door sedan. Security cameras got a good look at the bold would-be thief.

Busted Glass, 6/20/08 The 6 foot by 6 foot rear glass window of Clocks. Etc. was shattered by a BB or pellet gun. The alarm did not sound when the incident occurred at 10:00 p.m. and all of the doors were secure. It was like déjà vu all over again, as this is the second time this has happened; the first time around it cost approximately \$600 to have it repaired.

Car Burglary, 6/14/08 A Los Palos Miner resident had her Toyota Camry broken into at the corner of Reliez Station Road and Olympic Boulevard. The car was parked and locked at 7:30 p.m.; the owner returned to it at 9:00 p.m. to find the rear window was smashed. The thief then gained access to the trunk and stole her wallet with credit cards, \$400 and a black straw sack.



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City Engineer Keeps Lafayette Running

By Cathy Tyson



Tony Coe, Engineering Services Manager Photo provided

Just inside Lafayette's City offices, right behind the Planning counter is the sunny, spacious office of Tony Coe, Engineering Services Manager. Most residents don't know that he and his staff of six literally keep the city rolling along. The Engineering Department is responsible for Capital Improvement Projects and the ever popular Pavement Management Program, as well as development review, traffic operations and transportation planning issues, both local and regional, and encroachment permits.

When he started out with the City in 1994 as an Assistant Engineer, Lafayette wasn't quite so complicated then, but that soon changed. Originally the department consisted of just two people, he and his predecessor, along with a secretary. After a brief reassignment to the Public Works department, he became Engineering Services Manager in 1997. In his eleven years, he's seen a lot of changes, "My job has evolved along with the way the town's needs and demands were evolving," says Coe. The Engineering Staff includes one Senior Engineer, two Associate Engineers, a

Transportation Planner, an Engineering Technician/Public Works Inspector, and one Administrative Assistant.

Reflecting on his job, Coe notes "It's gratifying work, that's why I've been doing it so long, building things that will be around for a long time. It affects a lot of people, although maybe not in a very direct way – you drive down a street, you go across a bridge, and when it rains the water is drained away; things that work smoothly in the background but have a real impact on people's quality of life. When it doesn't work is when you see how critical it really is."

The biggest responsibility for the position is the Capital Program – from the completed Veteran's Hall to on-going library construction. "Once people settle on the design and agreed on what the building generally looks like, that's where I come in. My job is really dealing with the nitty gritty and nuts and bolts of the project," said Coe. The construction review process that he refers to ensures the technical aspects of a building like electrical, plumbing, mechanical, structural systems, landscape concerns and grading are fully addressed in construction documents before a project goes out to bid.

... continued on page 6

To Tax or Not to Tax?

That is the question for the City Council and Lafayette residents

By Cathy Tyson



Mayor Mike Anderson at the last Breakfast with the Mayor, Chamber of Commerce Conference Photo Andy Schreck

Residents are invited to public hearings at the next two City Council meetings on July 14 and July 28 to provide input and await a final decision to put a new tax measure on the November ballot.

Finding funding for municipal services, especially repair and maintenance of Lafayette's 99 miles of roads, to meet the demands of residents and businesses has been a daunting process.

The Council has been listening to residents complaints for some time and is well aware of the \$24 million dollar unfunded road repair backlog. In addition, it's clear that there is significant concern about the very low police staffing ratio in town, the lowest in the county.

A recent telephone survey of 600 residents by Tramtola/Godbe Research assessed potential voter support for a revenue measure to fund maintenance and other items. "Very encouraging results, this is a green light," said Charles Heath of Tramtola.

The pollsters found that a sales tax measure is generally supported by the citizenry – approximately 59% of polled residents were in favor even after hearing hypothetical arguments against the measure. With a margin of error of 5.6 % that was enough with just a little wiggle room to spare, for the

simple majority needed to pass the measure. A Utility Users Tax was also surveyed but only 30% of residents were in favor of it after hearing arguments against.

A couple of things are up in the air – will the City Council support putting it on the ballot and if so, what would be the rate and duration of the tax?

Various tax levels were polled 1.0%, .75%, .50% and .25% of what is officially known as a Transactions and Use Tax to be added to our current 8.25 % sales tax. Lafayette would not be alone in California if the tax passed, sixty-two cities have voter approved Transactions and Use Taxes. Keeping the tax in place for eight, nine or ten years was discussed, but no decision was made.

Lafayette only receives 1% of the current 8.25% sales and use tax rate, the balance goes to other government agencies and uses. If this new tax is approved by voters at the 1% level, it's estimated to raise \$2,500,000 per year. If the Council decides to use a more conservative figure of .75% or .50%, obviously the amount of revenue produced would be lower. Revenue raised could be used for a number of services; fixing potholes, repair and maintenance of city streets, support of the Library and Learning Center and more.

... continued on page 6

Fair Offers Ways to Improve Your Commute

By Cathy Tyson

Recently the City of Lafayette along with 511 Contra Costa organized an event to help commuters. Due to the ever increasing price of gasoline, this event could not have been more timely. The aptly named "Lafayette Commuter Fair" was designed to give information to employees and employers about the many options available, and some substantial cost savings to use getting back and forth to work and school.

Gathered along the sidewalk of Mt. Diablo Boulevard in front of the Post Office were representatives of 511, the Spirit Van, the County Connection,

and the Bicycle Pedestrian Advisory Committee with all kinds of commute information. Passers by were enlightened with tips on lowering commute costs, finding an alternative to driving, parking options, finding a carpool partner and more.

... continued on page 6



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Lamorinda Community Calendar, Notes, News

Moraga

Calendar	
City Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo Wednesday, July 23	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, July 21	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, July 28	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive Tuesday, July 15	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, July 11	
Town of Moraga online: http://www.ci.moraga.ca.us for: • all meeting notes • calendar updates	



Reckless driving, 7/02/08 At 9:00 p.m. a silver 2008 BMW was stopped on Carter Drive just south of Saint Mary's Road for going 96 m.p.h. in a 35m.p.h. zone. The 25-year-old driver was taken into custody. Apparently he was unaware of the Slow Down Lamorinda campaign.

Car robbed, 6/27/08 A Canyon Road resident parked his Honda Element at the Orchard Supply Hardware parking lot at noon with one of the windows partially down. When he left the store five minutes later his Tom Tom GPS system and a Canon digital camera were missing. Moraga residents should be on the look out for a thief with long skinny arms.

Teen Party Busted, 6/27/08 An Augusta Drive neighbor called police to report a loud party at 8:30 at night. The 16-year-old party host invited about 10 of his underage pals over and served alcohol to the group. Officers escorted the intoxicated teens out and cited the social young man for hosting a party where alcohol was being served to minors.

Rheem School robbed, 6/25/08 Sometime between 2:00 p.m. and 5:00 p.m. someone entered the school's multi-purpose room and stole the mobile public address system, a portable movie screen and a large bolt cutter. The building was left open during the time period and there was no sign of forced entry. Estimated loss \$2,000. Perhaps the thief was planning on giving a presentation on why stealing from a school is reprehensible.

DISPOSITION OF EVIDENCE Moraga Police Department no longer needs property related to Case 07-754 for evidentiary purposes. If you are involved in this case and have ownership of items involved and want to claim your property please contact the Moraga Police Departments Property Officer Heather Pomeroy at (925)888-7054. All evidence, phones, radios, and cameras for case 07-754 will be destroyed after August 15, 2008.

Corrections to issue date June 25, 2008:

The correct phone number for Nora Harlow, the East Bay Municipal Utility District's point person for the Moraga Road pipeline project, is (510) 287-0140.

In our report on the Town of Moraga's plans for the 4th of July, we inadvertently stated that Jay Lifson is the Director of the Moraga Parks and Recreation Department. Moraga's 4th of July festivities were actually brought to you by our talented Parks and Rec Director Jay Ingram. Our friend Mr. Lifson is the Executive Director of the Lafayette Chamber of Commerce. Jay Tashiro is the new interim Town Manager in Moraga, and we will get around to mixing up his name in due time so that he does not feel left out of the J-fun.

Jill Mercurio, Woman Working

By Sophie Braccini



Jill Mercurio in her office, in front of her "women working" road signs
Photo Sophie Braccini

The first thing you'll notice when meeting with Moraga's Town Engineer/Public Works Director Jill Mercurio is her friendly and warm smile. She's an engineer who is also a 'people person,' without compromising the rigorous working ways of her profession.

Mercurio was hired by former Town Manager Phil Vince two years ago. The Town had been subcontracting its engineering work, but the bills were growing too high. Vince was able to recruit Mercurio to a dual job, as both Town Engineer and Public Works Director, but it was clear that going after grant money was going to be one of her tasks.

Mercurio exceeded all expectations and within three years had raised two million dollars to finance needed improvements. "Jill is great at creating relationships with people. She did it with her staff and she did it with the agencies that issue grants," said Vince, "and best of all she can tackle the most arduous tasks while retaining the sense of humor that makes working with her such a pleasure."

A native of Maine, Mercurio knew from an early age that she wanted to be a civil engineer. She remembers the first time she got a surveying job during the summer "they gave me a pair of steel toe-boots, a machete and the mission to hack through the woods for surveying," she remembers, "I was perfectly happy."

Mercurio is mechanically and spatially inclined, she loves the outdoors and her biggest strength is long term planning, a perfect mix for a civil engineer. After graduation from Penn State Engineering School, a friend told her that she would enjoy the Bay Area. So she packed her bag, got in her small U-Haul with her big dog and headed west, sleeping in resting areas and surviving on coffee and peanut butter.

"I was glad I had my big dog for company," says Mercurio, "nights in rest areas can be a bit nerve wrecking for a single girl traveling." Once in California she immediately got a job with Carolo Engineers in Walnut Creek.

... continued on page 9

Council Orders MOSO 2008 Impact Report

By Wendy Scheck

In a special session held immediately after the regular Moraga Town Council meeting on Wednesday, June 25th, the Council voted unanimously to adopt a draft resolution certifying the signatures for the MOSO 2008 initiative and subsequently directed staff to prepare a 9212 report (an Impact Report under Elections Code Section 9212) to be presented at the July 23 Council meeting. Council Members Dave Trotter and Ken Chew were present by phone from Ireland and Massachusetts, respectively. Planning Director Lori Salamack agreed to prepare a side-by-side comparison of the competing open space initiatives.

meeting, Salamack presented the Council with a three page outline detailing what Staff proposed to cover in the 9212 report. Salamack explained that staff had culled through and taken into consideration all questions and comments posed by the attorneys, members of the public and the Council in an effort to address the full range of issues.

Interim Town Manager Jay Tashiro announced that a letter from Richard Loewke, representing the Bruzzone family, had been received earlier that day but had arrived too late to be distributed to the Council prior to the meeting.

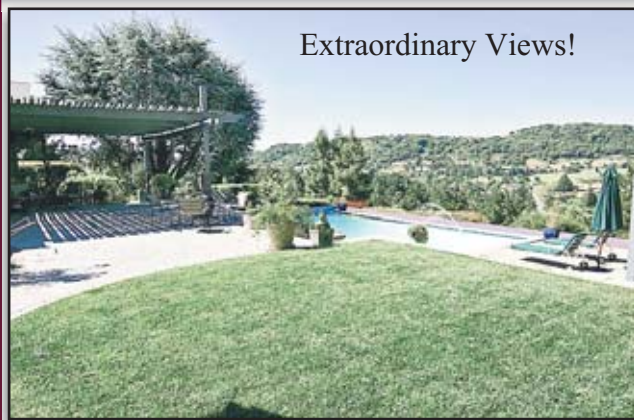
... continued on page 12

At the beginning of the



Sophie Braccini filed her stories this week while on vacation in France with daughters Andrea and Mina

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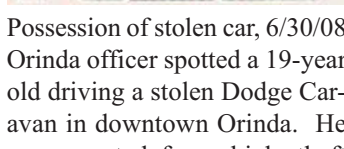
Lamorinda Community Calendar, Notes, News

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way	
Thursday, July 10	
Planning Comm.	7:00pm
Auditorium, Orinda Library 26 Orinda Way	
Tuesday, July 22	
Planning Process Review	8:00am
Community Room at City Hall 22 Orinda Way	
Friday, July 18	
Public Safety Comm.	7pm
Community Room at City Hall 22 Orinda Way	
Thursday, July 10	
Mayor's Com. Liaison	9am
Community Room at City Hall 22 Orinda Way	
Monday, July 14	

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
• upcoming events



Possession of stolen car, 6/30/08
Orinda officer spotted a 19-year old driving a stolen Dodge Caravan in downtown Orinda. He was arrested for vehicle theft and possession as well as a probation violation in Alameda County.

MacFee shop robbed, 6/29/08
An unknown person entered Catherine MacFee decorating business at 2 Theater Square during the night and removed property valued at \$10,850. There was no sign of forced entry and nothing was seen or heard. A key to the business had been discovered missing since approximately a month ago. The locks had not been re-keyed and there was no alarm system.

Driving with drugs, 6/25/08
A red Acura with no license plates pulled out of the Chevron station right in front of a police officer at midnight. The thoughtless driver had an outstanding warrant for his arrest. When police asked him if he had any drugs, he replied in the negative. After further questioning he decided he actually did have some methamphetamine on his person. As it turns out he had six small baggies that contained a white crystal-like substance inside of one larger baggie in his gym shorts.

Razor thief caught, 6/24/08
A young man from Oakland was caught outside of the Orinda Safeway with a canvas backpack full of stolen razors and razor refills. He had an outstanding warrant from Oakland police department for corporal injury to a spouse and also an outstanding Alameda police warrant. The last thing this guy needs is a clean close shave.

Download stories from
<http://www.lamorindaweekly.com>
(a pdf reader is required to view the pages.)

Orinda's City Engineer is at the Core of What's Happening

By Andrea A. Firth



Janice Carey, Orinda's City Engineer

Photo Andrea A. Firth

Just back from a week-long Alaskan cruise, Janice Carey, Orinda's City Engineer, has little time to stop and chat and share her vacation photos of the whales. Long days and some nights are part of managing the workload for Carey and the two half-time engineers that comprise Orinda's Engineering Department. "There's a lot going on with trying to comply with City

Council's number one priority—to address Orinda's infrastructure needs," notes Carey. To address this priority, Orinda currently has over twenty infrastructure projects related to roads, drainage, and bridges in the works, and these projects fall under Carey's jurisdiction.

"Engineering is the steward to overseeing the infrastructure plan," states Carey. "I manage the Capital

Improvement Plan, development review, the Storm Water Improvement Program, traffic engineering, and ADA [Americans with Disabilities Act] compliance," she adds when asked to further describe the responsibilities of her role in the City's Management team.

Despite the size of the job, Carey seems immune to the pressure and capable of tackling the many engineering challenges that face Orinda as they City works to fix the decaying infrastructure most evident in the crumbling roads. Diminutive in stature and quiet in nature, Carey has been working with and for the City of Orinda for over seven years. She worked as a contract employee through a private firm hired by the City for two years, then moved onto the City's payroll as a Senior Engineer for three years, and has served as the City Engineer for the past two years.

Although she admits to playing with Legos as a child, she attributes that interest to having two brothers. She notes that her affinity for numbers and linear thinking were what made engineering a good fit. Carey received her Engineering degree from California Polytechnic State University in San Luis Obispo and previously worked for the cities of San Ramon and Concord.

In addition to the implementation and oversight of the City's Five-Year Infrastructure Plan,

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Carey has played a significant role in finding creative ways to pay for the City's infrastructure needs. The current Moraga Way repaving project has been funded through two federal state transportation grants that Carey pursued. The City also received \$175,000 toward the repavement of the road through a grant awarded by the California Integrative Waste Management Board. "The asphalt that is being used incorporates recycled rubber tires—a greener product. It also has the added benefits of providing a quieter ride, and it stays darker longer," she explains.

Carey notes that conducting the paving of Moraga Way at night helped to avoid a major disruption of the daytime traffic on the road. "The process went fairly well because the weather cooperated," notes Carey. The rubberized asphalt used in repaving Moraga Way required warm temperatures to be poured, so June's unseasonably warm weather made nighttime paving possible.

With her many years' experience as a civil engineer, Carey understands the process of integrating the needs and wants of various groups when working on development and improvement projects. "It is part of working in a public agency environment," she says. "Not everybody can win, but there may be a winning solution." Further, the level of community interest and involvement in the City's development impresses her. "It's very nice working in Orinda," states Carey. "It's a sophisticated community, and they bring a strong knowledge base to the table."

When not at work Carey enjoys baking and gardening. She proudly displays flowers from her garden on her desk, which is piled high in architectural plans and roadway maps. Although she notes that she does not get to these hobbies as much as she would like to, with a calm smile, she turns her attention to the next engineering task at hand.

9th Annual Three Quarter Century Club Luncheon – June 19th, 2008

(Submitted story)



In addition to crown and satin stole reading "Queen," Helen received a dozen long-stem roses

Photo Tom Black, courtesy of Lamorinda Sunrise Rotary

It seemed like only yesterday that Orinda held its First Three Quarter Century Club Luncheon with eighty Orinda Seniors over seventy five years old attending that gala event. The year was 2000 and now in 2008 a full house of 125 filled the Orinda Community Church to celebrate the 9th Annual Three Quarter Century Club party.

What began as an idea of John Fazel to honor Orinda's Seniors who had contributed toward the development of our great community, has now become a tradition that attendees look forward to each year. The idea is not new, as Fazel remembered how his hometown of Perry, Iowa, has been doing this since 1930. His mother used to take her stepfather and mother to the Perry event dat-

ing back to the early 1950s, then when his parents were old enough they continued to attend.

While the Iowa event was started and sponsored by the local newspaper, the Orinda Luncheon has been sponsored by Orinda Prudential California Realty, Lamorinda Sunrise Rotary and the Orinda Community Church. The Prudential Realtors and Lamorinda Sunrise Rotarians prepared and served a delicious lunch of roast chicken, Caesar salad, rice pilaf, Peet's Coffee, cake and of course the celebratory wine.

A tradition at each Annual Three Quarter Century Luncheon is the introduction of the Royal Court. This year's Royal Court consisted of 'The Baby of The Year', Marilyn Sherwin, who had just turned 75 on June

3rd; Thomas Dahl, who was crowned King for the 2nd year in a row; and our Queen, for the 3rd straight year, was the ever

radiant Helen Vurek who is just two years shy of 100.

When Fazel asked how many couples had been married over fifty years almost all the hands in the room went up. There were still many hands in the air for those over sixty years, but one very charming and handsome couple have been married for an impressive sixty seven years. Our King Thomas and his beautiful wife Aileen were presented with a bottle of champagne, wine glasses and flowers.

All of the members of the Royal Court were presented with plaques and a proclamation from the City of Orinda honoring them and proclaiming Jun 19, 2008, as Official Orinda Three Quarter Century Club Day.

The luncheon attendees were entertained with a behind

the scenes story of the history of the drive to incorporate Orinda. Who better to learn it from than two of the foremost experts on the subject, Dick Heggie, Orinda's first mayor, and Joyce Hawkins, one of the three co-chairs of the Incorporation Committee and also former mayor.

Attempts had made many times in the past dating back to the 1950's, but times changed and the people in Orinda finally decided the time was right. The County Board of Supervisors and Developers were doing what they wanted in Orinda and the Pro Incorporation Committee and over 60% of the voters said it was time for Orinda to make their own decisions.

Those wishing to view the DVD of the event may contact John Fazel at 925-324-2017.

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Life in LAMORINDA

Glover Group Plein Air Paintings on Exhibit at the Orinda Library

By Andrea A. Firth



Pam Glover with a student

Photo Andy Scheck

Through her own work and the work of her many students, Orinda-based plein air painter Pam Glover has established quite a legacy. Glover has been teaching Lamorindans and others in the Bay Area the art of

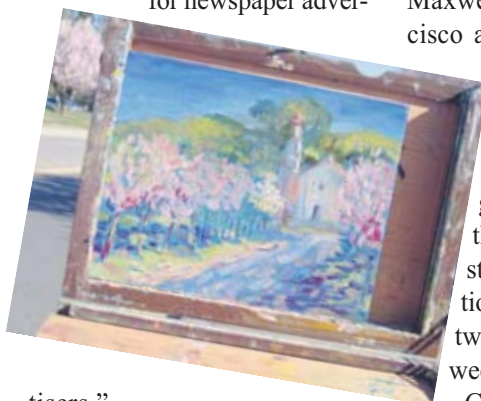
painting outdoors in a class offered through the Orinda Community Center for over twenty five years—one of the longest running classes the Center has sponsored. The work of twenty two of Glover's intermediate to

advanced level students will be showcased in an upcoming exhibit at the Orinda Library starting July 16th and running through August 12th.

"Some of my students have stayed with me for a very long time," notes Glover. "And some have become quite professional painters," she adds. Her students, which she describes as young, middle-aged adults, mostly women and a few intrepid men, meet weekly at locations throughout Lamorinda and the surrounding area to paint landscapes using oils. "We are always outside. My students don't like painting indoors," states Glover. Rain seems to be the only thing that keeps Glover and her students from their art. "With plein air painting, you've got to deal with the elements—the wind, the sun, but it doesn't work in the rain. I just love it," she states with a youthful exuberance that belies her maturity.

Born to English parents, raised in China, and evacuated to Australia during World War II, Glover made the move to the Bay Area with her husband in

the early 1950's. "I started painting in China with a Russian teacher when I was about 15 years old," states Glover. "After studying at an art college in Sydney, I worked as a fashion artist for newspaper adver-



tisers," she adds. Glover then taught art briefly in England, but it was upon arriving in Oakland that she became immersed in the world of plein air painting.

"Here I studied under the Siegriests, Lundy and his father Louis," states Glover with a notable amount of respect and admiration for her mentors. "Louis was part of the Society of Six that started the plein air painting movement in Northern California," she adds.

Glover clearly had the talent for capturing the California landscape in the plein air style and has been displaying and selling her art for many years. She was represented by the Maxwell Gallery in San Francisco and held 19 one-woman shows. Today her work can be found in seven different galleries from Carmel to St. Helena. "I go all over to paint. I like the wine country best," states Glover, who in addition to teaching, paints for two or three sessions each week.

Glover is kept company while she paints by her daughter, Anne Marie, who is also an artist and who also teaches at the Community Center. Glover seems thrilled with the fact that her daughter has returned to Orinda after living in Switzerland for 25 years. "The house is even more full with paintings now that [Anne Marie] is back," states Glover, "And when it is time to paint, we just get into her van and go."



Pam Glover at work outside

Photo provided

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• **LAMORINDA Community** •
City Engineer Keeps Lafayette Running

... continued from page 2

Coe is also involved with the engineering review of private development, including the new Lafayette Mercantile Building and the pair of condominium projects in development flanking each end of town.

Transportation concerns are another aspect of the position, including signals not working, intersection traffic safety and more. He and the department are proud of the traffic calming plan that was instituted a couple of years ago.

Although Encroachment Permits are a very big function within the city, not many residents are familiar with them. "There

are many utilities that own facilities within the city; water, sewage, cable TV, phone, all those people from time to time will be digging up the street installing new facilities or upgrading existing equipment. We administer an oversight system to insure that when they work in the street that they are safe - that they manage traffic properly and we oversee their restoration efforts," Coe explains.

Finally at the regional level, Engineering works with neighboring cities and the Contra Costa Transportation Authority on transportation planning issues, such as action plans on routes of regional significance and inter-jurisdic-

tional congestion management.

"Tony allows you the opportunity to expand your job responsibilities, because of that our staff has a very diverse and value-added skill set," said Matt Luttrupp, Associate Engineer. Indeed there's been very little turnover in the Engineering Department; happy employees are less likely to leave.

Coe, his wife, and going into 7th grade daughter live in Pleasant Hill. When asked if he was particularly handy around the house, the short answer is "no." He's done some projects at home but, "I can't say that I really enjoyed them."

Lafayette

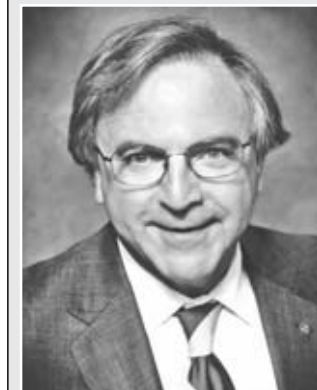
Fair Offers Ways to Improve Your Commute

... continued from page 2

Who wouldn't like a \$60 gas card as an incentive to form or join a carpool to work, or a \$40 gas card to form a carpool to a college campus. Even complimentary transit tickets are available for adults who currently drive alone to work or college and are willing to try transit. The guaranteed ride home program from 511 Contra Costa addresses one of the main reasons many people shy away from transit. In case of an emergency, there's a safety net in the form of a voucher for a rental car or a taxi home. Go to www.511.contracosta.org or call Darlene Amaral, Lafayette's 511 Contra Costa representative, at (925) 973-2655 for more information on all of these programs. Brochures are available in the lobby area of the city offices at 3675 Mt. Diablo Boulevard, suite 210.

"We had a large number of people come, it was a good turnout. We were trying to target office workers and other downtown employees, and get the word out about commuter checks and other options," said Leah Greenblatt, Transportation Planner.

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To Tax or Not to Tax?

... continued from page 2

If the tax is approved at the 1% level, what does that really mean to Lafayette residents? A \$100 shopping spree at Lafayette's Safeway, would cost

\$1 more than the same cart of groceries at the Orinda or Moraga Safeway. Arguably with \$4.00 a gallon gas, it's presumed that most residents wouldn't go that far to save a buck. There is some concern however about big ticket items, for example a kitchen remodel or carpet sales.

The Chamber of Commerce, which had originally been against the measure, now supports it. "If raising the sales tax is the last best way to address this, we support that," said Jay

Lifson, Executive Director at the Chamber.

"This is our last good option; we have spent a lot of shoe leather to solve these problems. I believe this is the last shot to fix some very chronic problems. I fully support it," said Mayor Mike Anderson.

Residents are encouraged to attend the meetings and share their opinions - 7:00 p.m. at the Lafayette Community Center 500 St. Mary's Road, July 14 and July 28.

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Lafayette Library Pajamarama

By Jean Follmer



Miss Donna reads at Pajamarama at the Lafayette Library

Photo Jean Follmer

It's Pajamarama Time! On Tuesday nights at 7:00, the Lafayette Library is not a quiet place. Just before the hour, the children's section buzzes with excitement as local children eagerly wait for "Miss Donna" to arrive. The children wait on the Little Miss Spider rug fashionably attired in their pajamas and slippers. The room is filled with familiar characters like Sponge Bob, Barbie, Lightning McQueen and the Disney Princesses. They clutch their much loved stuffed animals and blankets until suddenly...there she is! Donna Lenhardt, Youth Services Librarian, may as well be Mary Poppins herself.

With a bright smile, she quiets the children with her signature "Now it's time to zip it, lock it and put the key in your pocket." When she takes her seat, a glance at the floor reveals she is wearing Clifford slippers. Miss Donna begins by leading the children in a song

that references the felt board she is manipulating. Together, they sing and build until the project is complete. Miss Donna then asks the children if they are going to leave the felt pieces out. They reply "no" and Miss Donna sings about "cleaning up" as she puts the pieces away. For the next 30 minutes, Miss Donna reads to and sings with the children. She points to each word in the book title and asks the children to say the words with her. They sing about the days of the week. Miss Donna does a wonderfully memorable version of "Boom Chicka Boom" while pinching her nose and squeezing her cheeks. The parents seem to be as entertained as the children and many of them join in.

As an addition to her morning story time schedule, Donna said she added "Pajamarama" about three years ago. She explains, "I just felt there was a need for a story time in

the evenings because it helps working parents have an option too. The community has been so supportive and they do participate." They get involved." Donna looks forward to the opening of the new library and thinks "we may be able to offer more programs" at the new facility. Her enthusiasm for her work is self-evident. She further verified this by saying "I make no bones about the fact that I love my job. It seems to be a perfect fit for me."

If you're looking for a great (free) activity for the children, try Pajamarama. The Lafayette Library will host it every Tuesday night during the month of July except for the 15th. Beginning in August, Pajamarama will return to its regular schedule of the last Tuesday of every month at 7:00. The library is located at 952 Moraga Road in Lafayette and the phone number is (925)283-3872.

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Life in LAMORINDA

24-Hour Complaints About the Transition to New Facility

By Cathy Tyson



24-Hour Fitness: New Location on Rheem Blvd Photo Cathy Tyson

With a brand new facility opening just down the street from the current 24-Hour Fitness in Moraga, one might think that members would be elated. However there's an ever expanding group of disgruntled members who are bent out of shape about not only the long delayed opening, but more importantly that their current membership will not be honored at the new facility. Since the new club has been under construction for months, and having not heard anything to the contrary, until now, there was a presumption that current members would be welcome there. As it turns out, if they're willing to kick in an additional \$9.99 in membership fees per month, then they'd be welcome.

On a letter dated May 13, that didn't arrive until well into June, Northern Division President Dan Benning informed members that their membership has been transferred to the Walnut Creek club, almost eight miles away: "We are confident that our Walnut Creek location will continue to energize your fitness program."

While the new club will definitely be an improvement from

the stained carpet, and single sink, shower and toilet in the ladies' room of the old facility, it doesn't seem to fit the parameters of what 24-Hour Fitness describes as its Super Sport clubs.

The new Moraga Super Sport Club will have less than half the square footage, 21,440 versus 50,000 square feet and less than half of the amenities that this type of club "may" feature, for instance basketball, a pool, sauna, spa, steam room and more.

One member explains there's a real feeling in the gym of pent up anger, and that front desk staff has received over 100 complaints per day since the letter went out. Over the years there have been a number of issues, from the "eau de sweat" of summer air quality to a flap over magazines and paper towels. Although in the grand scheme of things these incidents were relatively minor, they certainly didn't garner any goodwill toward management. Quite a few members are joining together to try to resolve this conflict with the club.

"The plans for this club have been in the works for years and they just now decided to add 'Super' to the club designation?"

Ridiculous...I ask you to investigate this situation and pressure 24-Hour Fitness to honor the agreements with its members. We would be penalized and fined if we decided to break our contract with them and I think it's only fair to expect the same from them," said a concerned gym member.

"I was sold my 3-year, pre-paid membership in October 2007. The sales person's enthusiastic promise of the Moraga club moving to a new, expanded facility was what sold me. There was no mention of additional fees. Then, just one day before the club was due to open, I received a letter from 24-Hour Fitness, informing me that my membership would not be honored at the new Moraga club but would be transferred to Walnut Creek," said Di Harlow.

In addition, there are numerous complaints on yelp.com and reportedly with the Better Business Bureau (BBB). Disgruntled member Eric Yabu says he wrote in his complaint to the BBB, "I would be understanding of the upgrade requirement if the new club facilities justified a Super-Sport designation. However, they clearly do not. I think this is a case of taking advantage of their clientele as well as the greater community they serve."

Management responded as follows: "24-Hour Fitness prides itself on our commitment to provide our members with the highest level of satisfaction possible. The quality of service, safety, equipment and facilities has always been a top priority. In an effort to better symbolize our brand and ensure that our facilities provide the most conducive environment for our members to reach their fitness goals, 24 Hour Fitness will be closing the Moraga Express club and opening a brand

new 21,000+ square foot facility. The new Moraga club will have premium finishes and amenities including: state-of-the art fitness equipment, an upgraded Kids Club, a pro shop, premium locker rooms, Group X room and a dedicated cycle room and towel service."

"24-Hour Fitness is offering current members an exclusive offer to join this new facility for a reduced rate and current members may visit this facility at no cost for 30 days to try it out. Members can also choose to workout at the

nearby Walnut Creek location at no additional charge," said a company spokesperson.

The old facility will be closing

on July 16; the new "Super Sport" club is scheduled to open July 18.

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California Shakespeare Theater presents "An Ideal Husband" through July 27 - a sharply elegant comedy about a Victorian villainess' secret which threatens to destroy a seemingly perfect political marriage. An Ideal Husband is, according to Moscone, "Wilde's most modern play. It's about what goes on behind closed doors in the grand political arena, where the human meets the iconic, and where the characters and the audience confront their desire for the ideals in love and in leadership, in ways that are piercingly funny and amazingly relevant." All performances are presented at the intimate Bruns Amphitheater, 100 Gateway Boulevard in Orinda. Grounds open two hours prior to show time for on-site picnicking. For more details about Cal Shakes, visit www.calshakes.org.

Comedy "Butterflies Are Free," by Leonard Gershe, performed through July 27 at Diablo Actors Ensemble Theatre, 1345 Locust Street, Walnut Creek. Tickets \$10 (Thursdays), \$22 seniors/students \$25 general (Fridays - Sundays) 925-482-5110, daeinfo@comcast.net, www.diabloactors.com

Orinda Starlight Village Players' 2008 Outdoor Theater, Orinda Community Center Park. I Hate Hamlet by Paul Rudnick opens July 18th. Regular admission: \$15; seniors/students - \$7.50. All 3 shows: \$35; seniors/students - \$21. Tickets at Box Office or call (925) 253-1191 or 253-3295 (after 7 pm)

Concerts at Moraga Commons Park Thursday evenings, 6:30pm - 8:30pm:

July 10, Boothill (Country & Western). The snack bar opens at 6:00 pm.

Orinda Community Center Park Summer Concert in the Park Series on Tuesdays from June through July. Bring a picnic and enjoy the free music: July 15th The Crisis (Rock and Blues.)

Lafayette's summer music series: "Rock the Plaza" will begin August 1st - [Elam & Margaret Brown Plaza Park] at the corner of Mt. Diablo Boulevard and Moraga Road. All shows start at 6:00pm and are presented free of charge. Food and beverages will be available or you can pack a picnic. This summer marks the 40th Birthday of Lafayette. For more information visit www.lafayettechamber.org or call 925-284-7404

"Seven Brides for Seven Brothers," a lively dance-rich musical will open on Friday, July 11, and play two weekends at 8 p.m. in historical Woodminster Amphitheater, in Oakland's Joaquin Miller Park, 3300 Joaquin Miller Blvd. In this version, seven young men living in squalor under one roof in an isolated mountain camp somewhere high up in the Cascade Mountains of Oregon, circa 1850, decide they need the touch of femininity to help them mend their wild ways. The eldest brother, Adam, convinces the beautiful and feisty Milly to marry him and help "tame" his brothers. Children and teens 16 and younger come free when they accompany paying adults. Full price adult tickets are \$23-\$38.) \$2 senior discount. Restrictions apply. 510-531-9597, www.woodminster.com

ART

Grow and Blossom Art Exhibit at the Lafayette Library. For the month of July, three talented artists will display their works in a theme relating to plants, flowers, fruit and landscapes called Grow and Blossom. The three artists use very different techniques and mediums to bring interest and excitement to the exhibit. Margaret Lucas-Hill paints on silk. Debbie Koonce is a plein air painter and Artist Judy Bolef works in clay, mixed media and assemblage. Lafayette Library, 952 Moraga Road. 925-283-3872

Exhibition at the Lafayette Gallery - California Dreaming-through August 9th. The gallery artists are inspired by the California landscape, the summer warmth, and the particular light that is unique to California. The artists of the Lafayette Gallery are all California artists. The paintings, prints, watercolors, photographs, and ceramic works, all reflect the vibrant life of the artists who created them. Gallery Hours are Tuesday to Saturday, 11 am to 5 pm. 925-284-2788, www.lafayettegallery.net

"The Glover Group: Plein Air Painting Exhibition" July 16 through August 12, 2008. For the past 25 years Glover has led her class of 25 intermediate to advanced level oil painters to Bay Area vineyards, ranches and waterways to capture the scenes on the spot. Orinda Library Gallery, 24 Orinda Way. Visit with this happy and productive group to view their colorful paintings of local sites at their reception on July 24th from 5:30 to 7pm at the Orinda Library. For more information on the painting classes, phone

the Orinda Community Center at (925) 254-2445. (See story, page 5)

"Fiesta Time" at the Moraga Art Gallery features the work of two artists who live in Moraga: Angelica Samamea, a 27 year resident, is a painter who generally works either with acrylics or watercolor in a fluid improvisational style. Connie Robertson has her own studio in Moraga for cutting, grinding and fusing glass. She has enjoyed experimenting in glass jewelry. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs.

Lectures:

Tuesday, July 15 4pm, two crime fiction writers, Claire Johnson and Simon Wood will discuss and sign copies of their new mysteries, Roux Morgue: A Mary Ryan Pastry Chef Mystery (Johnson) and We All Fall Down. Orinda Books, 276 Village Square.

Saturday, July 19 3 pm "Don't Bug me, I'm Exterminating!" Speaker Moraga Library Learn from a licensed termite inspector about what "bugs" your home and the efficacy of green treatments.

Wednesday, July 23 2 pm SF Museum of Fine Arts Docent Moraga Library. "The Feminine Touch: Impressionist Paintings by Women" based on current exhibit of female impressionists at Legion of Honor running through Sept. 21. Lecture covers groundbreaking work of Mary Cassatt, Berthe Morisot, Marie Bracquemond and Eva Gonzales.

A One-Day Writing Retreat for Women, presented by Mary Tuchscherer, M.A. in Lafayette on July 12 from 9:00 a.m. until 4:00 p.m. Ms. Tuchscherer is trained in the Amherst Writers and Artists Method and teaches at John F. Kennedy University as an Adjunct Faculty member. She will be facilitating a workshop in self-expression writing. The group will write in response to prompts and exchange positive feedback. Class is limited to eight people, call 925-335-9244 or e-mail maryt@voicelamewriters.com for more information.

Wed, July 16 at 7 pm - discussion with East Bay Regional Parks District Board Member John Sutter about the parks and hiking trails in our neighborhood. The entire East Bay Regional Parks District extends through Contra Costa and Alameda County for 98,000 acres and includes everything from shoreline habitats to the Ohlone Wilderness. It is the largest urban park district in the United States and certainly one of the most diverse. This program is free-Gallery Room of the Orinda Library, 26 Orinda Way in Orinda.

Other

Friday, July 18th: Family movie night at the Moraga Pavilion will feature Hair-spray. Enjoy the outdoor amphitheater setting and as the sun sets. The movies are all free, but bring some extra cash for "outdoor movie snacks." Movies will start at 8:00 p.m., bring blankets or low lawn chairs. The Pavilion is located at the Hacienda de las Flores. 2100 Donald Dr., Moraga. Pre register to secure your "spot on the lawn" (925) 888-7045 or www.moraga.ca.

Not to be missed

Sunday, July 20th Beachcomber Singles Potluck, 6:30 p.m. to 9 at Lafayette Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Join us for a wonderful variety of food, fun and conversation. \$2 with food; Last name starts as follows: Appetizers (A-C) Side dish (L-N) Main Dish (D-K) Dessert and Beverage (O-Z) \$7 without food. This event is followed by dancing at WPLJ in Walnut Creek at 9:30. Call Jerry for more information 510-799-2207

Chabot Sunday Family Hikes- Sunday July 27. *9am - 11am: (8 years & up) 1:30pm - 2:30pm: (5 years & up) Hike the redwood-laced trails near Chabot to hidden, historic sites. Experience the ecosystem walking through the beautiful, shady paths of the Redwood Regional Park, led by a naturalist from the East Bay Regional Park District. Tickets are \$5 plus General Admission to Chabot Space & Science Center. To register, call the Chabot Box Office at 510.336.7373

Moonrise on the Trail- Friday, July 18, 6pm. A naturalist and astronomer-led hike of approximately 5 - 6 miles will start from Chabot and travel through the trails of Redwood Regional Park. The full Moon rises at 9pm, see it and other wonders of the night sky from the natural settings of the Redwood-laced woods. Bring comfortable shoes, water and a flashlight. Tickets are \$10. Call the Chabot Box Office for reservations at 510-336-7373.

The public is invited to the Grand Opening of the United Democratic Campaign (UDC) office on July 19th, from 3 to 5pm at 1501 North California Boulevard, Suite A, in downtown Walnut Creek. Meet and chat with local candidates, and learn how to get involved in the campaign. Democratic Candidates Joan Buchanan for the 15th Assembly District, Mark DeSaulnier for the 7th State Senate District and Tom Torlakson for the 11th Assembly District will be in attendance. The campaign office will support local Democratic candidates as well as the Barack Obama presidential campaign. www.lamorindademoclub.org

The Orinda-Moraga-Lafayette Branch of the American Association of University Women is inviting college graduates (2, 4 and higher year degrees) to join them for COFFEE on Friday, July 25 at 10am. Terzetto's Restaurant, Moraga Shopping Center, 1419 Moraga Way, Moraga. AAUW is an organization whose members enjoy a broad range of interests and activities with a commitment to women's and girls' education and equity. If you are new to the community or have time to pursue new interests and would like to make new friends, members of this AAUW branch would like to meet you in this informal setting.

Lafayette Hiking Group. July 12- Diamond Canyon, Oakland. Begin at Park Boulevard and Leimert and hike city streets with some views. Return via a dry and shady stream bed in the canyon. Easy to moderate 3.5 miles. July 26 Bay Trail - Marina Park to San Lorenzo Creek. The trail starts at Marina Park in San Leandro and passes by pickleweed marshes, sloughs, mudflats, and sandy and rocky beaches. Easy 3.5 miles. Meet at Lafayette BART's main entrance at 8:30 a.m. Remember to bring lunch, water, layered clothing, good walking shoes, sun protection and money to contribute toward gas, bridge tolls and parking. Questions? Email LafayetteHiking@comcast.net

Every Tuesday in July 4 pm Arts and Crafts Moraga Library Stories and crafts. Ages 3 to 7.

Every Wednesday in July 10 am Lapsit Moraga Library. Stories, songs and bounces for baby and caregiver.

Every Wednesday in July 10:45 am Toddlertime Moraga Library Stories, rhymes and fun. Ages 2-3-1/2 with adult participation.

Tuesday, July 22 and 29 7 pm "Buggy Summer Tuesday Evenings" Stories and crafts. Ages 3 and up. Bring the family.

Saturday, July 12 9 am to 1 pm SAT/ACT combo practice test Moraga Library SAT/ACT combo test by Kaplan Test Prep requires registration. Call 1-800-KAPTEST or register at www.kaptest.com.

Tuesday, July 15 6:30 to 7:30 pm ACT vs SAT Workshop Moraga Library To determine differences between the tests, and receive feedback from practice SAT and AC exams. Register at 1-800-KAPTEST or at www.kaptest.com

Not to be missed

Saint Mary's College

Campus Happenings



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

around the east bay for individual classes. Saturday- Family Barbecue on campus, reunion mass in the chapel, cocktails, dinner and dancing. Sunday -Breakfast in Oliver Hall. Contact: Alumni Office (925) 631-4200; <http://www.stmarys-ca.edu/alumni-and-friends/alumni-events/reunions/reunion-weekend/index.html>.

Workshop:

Navigating Difficult Conversations Using Appreciative Inquiry A workshop sponsored by the Master of Arts in Leadership program. It will explore "Appreciative Inquiry," an approach to human growth and development that focuses on what's possible rather than what's wrong. Instead of entering into the downward spiral of identifying problems and assigning blame, Appreciative Inquiry looks for what's working in a certain situation and how we can build on it. Saturday, August 9, 9 a.m. to 5 p.m. Saint Mary's College, Filippi Academic Hall 115 Cost: \$95 for the general public and \$75 for SMC alumni. To register: contact mling@stmarys-ca.edu or call 925 631-8681.

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>.

Art Exhibitions:

Forty-nine rarely seen oil paintings and thirty-eight pastels and drawings by Carl Sammons from a vast and extraordinary private collection will be featured in at the Hearst Art Gallery of Saint Mary's College from July 12 through Sept. 21. A talented and precise draftsman, Sammons painted a wide range of subjects, from the flowers and birds of Golden Gate Park to thundering ocean breakers to the rolling hills of the coastal ranges to the Southern California deserts. Opening Weekend Events: Sun., July 13, 2 - 4 p.m. Free Reception and Jazz Performance Exhibition Admission: \$3; Gallery Hours: Wed. - Sun., 11 a.m. - 4:30 p.m., 925.631.4379, www.hearstartgallery.org.

Special Events:

Reunion Weekend: Friday, July 18 through Sunday, July 20 Classes of '58, '63, '68, '73, '83, '88, '93, '98, and '03. Friday Night - Special gatherings

Carl Sammons Exhibit to Light Up Hearst Gallery

By Andrea A. Firth



Rheem Estate by Carl Sammons

Photo provided

The works of Bay Area landscape and plein air painter Carl Sammons will soon adorn the walls of the Hearst Art Gallery located on the campus of Saint Mary's College in Moraga. Sammons, a California impressionist, worked in oil and pastels to recreate the remarkable beauty he found as he traveled throughout northern California and beyond.

"With our last several historical exhibits, we have established a tradition of trying to present artists that have been under-appreciated or under-recognized," explains Julie Armistead, Collections Manager and Registrar for the Hearst Art Gallery. "[With artists like Sammons] we try to make more of place and name for the artist who has not been seen by the public as much," she adds.

Born in Nebraska in the late 1800's, Sammons made his way West in the 1920's and spent the remainder of his career documenting the California landscape on his canvas. Among his favorite painting locations were the Monterey Peninsula, the Russian River, and Yosemite. Although he was

based in Oakland when not traveling, Sammons has strong ties to Moraga where his wife lived (at Moraga Royale) until she was at least one hundred years of age according to Armistead.

Moraga developer, Donald Rheem, was a friend and patron of Sammons' work, and the Hearst Exhibit includes a painting of the Rheem Estate (now the Hacienda) that Sammons was commissioned to do. "Among the family's papers is a letter from Donald Rheem to Sammons asking him to paint the painting," explains Armistead. Usually on display at the Hacienda, the painting has been loaned to the Gallery for the exhibit.

The exhibit entitled Carl Sammons: California Impressionist Landscapes will run from July 12th through September 21st. A members-only lecture about the artist and his work will be held at the Gallery on July 13th at 1pm followed by a public reception the same day from 2 to 4 pm. Admission is \$3. The Gallery is open Wednesday through Sunday from 1 am to 4:30 pm. For information call (925) 631-4379.

RHEEM Theater
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Moraga
988-3411

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Christian Bale
• MAMMA MIA
Meryl Streep
July 25
• STEP BROTHERS
Will Ferrell
• THE X-FILES:
I WANT TO BELIEVE
David Duchovny, Gillian Anderson

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DAHN YOGA

Life in LAMORINDA

The Rise of the Locavores

By Sophie Braccini



Richard Hauser of Moraga at his booth at the Moraga Farmers' Market

The Contra Costa County Board of Supervisors has been working with the County Agricultural Commissioner and County Health Services Department to develop a food purchasing policy that maximizes the use of locally grown fresh foods at County hospitals and other facilities. Are they implementing a "locavores" mandate? Not quite, but they seem to be in sync with many residents, retailers and restaurants in Lamorinda who strive to consume (or sell) locally grown food as often as possible.

The term "locavore" was coined about three years ago by a group of four Bay Area women who wanted to eat only food produced within one hundred miles of their homes. The movement grew, rapidly surfing on the wave of the call for fresher, tastier food that does not require too much energy to produce. Most "green" movements promote "locavoring."

"I try to be a locavore," says Bart Carr, co-founder of

Sustainable Lafayette, "the very best is to eat from one's garden and we've grown summer crops over the past years." When his garden is not operational, the Lafayette resident goes to the Farmers' Markets in Walnut Creek or Moraga, and when shopping in supermarkets he asks for the origin of the organic foods that are available there. Another of his favorite spots is the Hurst farm on St Mary's Road (across from the baseball field). The Hursts grow and sell vegetables in season from their half-acre plot.

This local family farm is one among a few others in Lamorinda. The Hauser family in Moraga cultivates a small farm on a one-third acre property. They sell their produce at the Moraga Farmers' Market on Sunday mornings.

Wannabe locavores have a large range of motivations, which can be health related: "Eating locally provides a good variety of nutrients as the available fruits and vegetables change

from season to season," says real estate broker and Moraga resident Ben Olsen. "As a vegetarian family that prefers organic food, we end up being locavores almost by default. We get the majority of our produce from our garden, from a community garden or from local vendors at the Farmers' Market." Olsen feels blessed to be living in a place that is surrounded by some of the greatest food and beverages on Earth. Here we can get nearly any food item from the Central Valley, and have access to wonderful wines from Napa and beers from the dozens of breweries in the area.

For others, eating local foods is part of a deeper experience. "I go to the Farmers' Market each Sunday morning for the sense of community it affords," says Moraga resident Rob Lucacher.

"It provides a closer relationship with the people who grow our food, a better understanding of how our food is grown, and the role that food plays in binding us together as a community. I especially like to peruse the fish stall at the market as it gives me a real time understanding of what's happening on the water when I can't spend the day fishing myself."

Lucacher confides that improving his carbon footprint comes only as a second thought and he is not the only one who questions the energy efficiency of locavoring. Surprisingly enough, from the University of California Sustainable Agriculture Research and Education Program came the news that local foods are not necessarily energy efficient.

... continued on page 20

Jill Mercurio, Woman Working

... continued from page 3

After meeting her husband and wanting to start a family, she needed a position that wouldn't require her to travel all the time. She obtained a position in Concord as a senior civil engineer and was in charge of all construction and capital projects for six years. She was then recruited by Vince to come to Moraga, and says, "I love to work in this town, we get to tackle a wider variety of issues, and the people are wonderful to work with."

Her responsibility as a Public Works Director has mostly to do with oversight, planning and budgeting. "Dan Bernie, the Public Work Superintendent, does extraordinary work with his team," she says.

Her engineering mandate takes most of her time. She manages all of the capital and development projects for Moraga. She enjoys applying for grants that will solve direct problems. "You don't go after grants just because the money is available," she explains, "it has to be a pre-existing project for the town. We have limited human resources; adding extra

projects wouldn't make any sense."

The most recent cases she worked on were grants to finance a stop light at Ascot Drive and Moraga Road, and to fund a sidewalk on Corliss, leading to Los Perales Elementary School.

One of Mercurio's largest tasks these past two years has been the management of the installation of the new EBMUD pipeline on Moraga Road, with the objective of minimizing the impact on the town and protecting the infrastructure. She started a "pavement deflection testing" a year ago. "It is the fairest way to measure degradation," says Mercurio of a process that measures how much the road bends under stress. This technique allows the assess damage in the underlying structure of the pavement, which is a big risk with heavy equipment working on the road for months. The first test was done a year ago, the second just before the work started and the third will be done afterwards. The three measures will give an accurate picture of what degradation has been done by the EBMUD project, once the natural

passage of time is deducted.

Unfortunately, Moraga Road is not her only challenge. High on her list is the terrible condition of Rheem Boulevard. As of today, the rehabilitation project is on the five-year capital improvement project list, but with no date or money allocated. Altogether, the roads need \$8.4 million in work. "The best way is to get the design done and then look for additional funding," explains Mercurio. She is working with Ellen Tauscher to obtain federal funding for a Rheem Blvd. project.

Her other big concern is the storm drain system. "We had a big problem two years ago with a sink hole," she remembers, "we can't see the system and do not really know the state it is in. But I would rather know and plan for what has to be done." So Mercurio engaged in a videotaping of the whole drainage system that will give the town an accurate picture by fall. She will be working hard to plan and find resources to protect Moraga's infrastructure.



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

Dear Editor,

On behalf of the Moraga Chamber of Commerce I want to thank EBMUD for the terrific job they are doing regarding the replacement of water pipes on Moraga Road and the subsequent Moraga Road closure. Although there is inconvenience for Moraga residents due to the EBMUD project, traveling in and out of town is manageable. A big reason for this is the educational effort EBMUD put forth prior to beginning the project. Once the project started, the employment of flagmen on St. Mary's Road has helped tremendously with traffic flow.

The Moraga Chamber also wants to thank the City of Orinda for their willingness to change their plans regarding their Moraga Way road improvement project. At first Orinda was going to close Moraga Way to one way traffic during the day at the same time that Moraga Road was to be closed all together. To have had both Moraga Way and Moraga Road closed during the day this summer would have made traveling in and out of Moraga very difficult. That Orinda changed their schedule and had their roadwork done from 9:00 PM to 6:30 AM has helped a great deal. Thank you, Orinda, for being such a good neighbor, and thanks EBMUD for managing a difficult project so well.

Edy Schwartz
President, Moraga Chamber of Commerce

Dear Editor,

I was bemused to learn, from the June 25th Lamorinda Weekly, what constitutes a non-patriot, according to Janet C. Bellotti-Kelley of Moraga: failure to display the American Flag on holidays.

I served in the Army in two wars (enlisted man in WWII, medical officer in the Korean War), a significant portion in danger. In answer to that writer's question: "What do you do for July 4?" for the last 20+ years I have happily marched and played the French horn in the Orinda Volunteer Pick-up Band, proudly

wearing the ribbons representing the several medals awarded in those wars.

I must confess: I do not display the flag on holidays; indeed (horrors!) I don't own a flag!
I guess I am a non-patriot.

Burton Brody, MD
Orinda

P.S. I seem to be in good company. Certain arbiters have decided that Barack Obama is a non-patriot, since he doesn't always wear his flag-pin (Super-Patriots Bush and Cheney, staunch defenders of the Constitution, Pillars of Truth and Honesty, probably wear theirs on their pajamas.)

To the Editor:

I have been told by the Orinda City Manager that all potholes in Orinda streets will be repaired if these potholes are called to their attention. If you have potholes in your street you should e-mail the Orinda City Manager, Janet Keeter, at: jkeeter@ci.orinda.ca.us informing her that pothole(s) exist on your street and specifying the name of your street and the house address in front of which the pothole occurs. If the pothole has not been filled within two weeks you should e-mail Keeter asking when it will be fixed. If you get no action after that, let me know at clydevau@aol.com and I will add my push to the project.

In the latest City of Orinda quarterly, The Orinda Way, it stated that only severe safety hazards in residential streets would be repaired. If your neighborhood has an appreciable safety hazard in its streets, you can get this fixed by 20 or more – preferably more – residents showing up at an Orinda City Council meeting (the 1st and 3rd Tuesdays each month at 7 p.m. in the library auditorium) and ALL speaking in the public forum at the beginning of the meeting. Show that you are "mad as hell and aren't going to take it any more." Over the years I have repeatedly seen how highly effective this approach is. If you want action, this is the way you get it. Someone else is not going to do it for you.

Clyde Vaughn
Orinda

The Orinda Library Fireside Chat Series Welcomes Actors Reading Writers

By Moya Stone

Lamorinda residents are in for a treat come July 22nd at 7 PM when the Orinda Library hosts Actors Reading Writers and their dramatic reading of Somerset Maugham's short story, The Fat Women of Antibes. Written in 1933, this comic tale centers on three widowed and wealthy women visiting a spa on the French Riviera to lose weight. When a fourth woman joins the group to play bridge, conflict and tension ensues over diet, money, and friendship.

Actors Reading Writers is a Berkeley based group of actors who adapt short stories to perform at the Berkeley City Club the first Monday of every month. Founded in 2005 by local thespians Thomas Lynch and Rica Anderson, the group has performed short stories by Dorothy Parker, John Updike, Flannery O'Connor, Truman Capote, and Anton Chekhov, to name just a few.

The Monday readings are free and include two or three stories that fit pensive themes, such as Unwise Decisions and The Intimacy of Strangers. "We do this because we're trying to share our love of short stories," says Lynch. Word among the Berkeley literati has quickly spread providing ARW with full houses. "We had to quit advertising," says Lynch, who chooses and directs the stories along with Rica Anderson. "We have devoted fans that come every month."

Lynch and Anderson rely on a stable of about eight local actors, most of who belong to the professional actors union, Actors Equity. Berkeley actress Carolyn Cox, who will be reading the character, Lena, in The Fat Women, says she enjoys this kind of performing because it allows actors to concentrate on one aspect of acting, rather than having to

juggle lines, props, and stage movement. "Readings are like acting made easy," says Cox. "Without memorization and blocking, it frees us up to put more weight on the language." Cox says ARW attracts audiences who listen very carefully to the text. "People do less of that kind of listening today," says Cox. "It's kind of like radio drama from the old days."

Orinda Library Adult/Teen Services Librarian Ian Richards is pleased to be able to offer this event to the Lamorinda community. "This is a unique opportunity," says Richards. ARW rarely perform outside the Berkeley City Club, but one of the Orinda library staff members is connected to the group and helped arrange for the reading. "We're hoping that this event will attract our regular patrons as well as community members who haven't yet experienced our Fireside Chat series," says Richards.

A regular monthly series, Fireside Chat highlights various local people of interest from actors, to authors, to business professionals. Always held on a Tuesday, Fireside Chat attracts audiences from all around the Lamorinda area. Recent presenters included docents from Berkeley Repertory Theater discussing upcoming shows and lawyer J. Gary Gwilliam who spoke about his memoir and the ethics of law.

Directed by Thomas Lynch and Rica Anderson, The Fat Women of Antibes features Carolyn Cox, Betty Grandis, Sandra Schlecter, and Allison Studdiford. The reading is free and starts at 7pm, on July 22, around the fireplace in the Orinda Library, 26 Orinda Way. For more information call the Orinda Library at 254-2184.

Moraga Loses a Friend

Submitted by Valerie Burgess



Barry Ashton Miller Photo provided

recently passed away suddenly from a heart attack, then veteran comic George Carlin succumbed to heart failure soon afterward, we held our breath for the third, like waiting for the other shoe to drop. It dropped as news spread of the death of Moraga's own Barry Ashton Miller, who had a massive heart attack on June 22.

Barry always referred to himself as "a trucker from Philly", but if you scratched the surface you would find a generous and open-minded supporter of the arts, community development, and his local church. He and his wife of 28 years, Mary

Leigh, subscribed to theater, ballet, opera and symphony in San Francisco as well as Walnut Creek, and together served on the board of Friends of Civic Arts Education Foundation, which strives to bring the arts into schools and provide scholarships for economically disadvantaged children. Locally, Barry was a founding member of Moraga Citizens Network and the initiatory chair of the Moraga Economic Development Advisory Council. He also was involved with the youth groups at the Moraga Valley Presbyterian Church. Additionally, he had served for several years on the board of Goodwill Industries of the East Bay.

Barry was an active member of the Moraga Country Club Senior Men's Golf Group and SIRS golf groups, as well as the Orinda Hiking Group where he and Mary Leigh both led and participated in hiking trips all over the world. He helped form the SIRS wine interest group and had recently planted 300 vines

on his Rheem Boulevard property. His many friends knew him as a gourmet cook and connoisseur of fine wines who was always a welcome addition to any gathering.

The Millers moved with their three sons to Moraga when American President Lines transferred him to the Bay Area. He retired as a senior executive from the shipping industry in 1995 after returning from a five-year assignment in Hong Kong.

Friends are invited to a memorial service at 2:00 p.m. on Friday, July 11, 2008, at the Moraga Valley Presbyterian Church, 10 Moraga Valley Lane, Moraga, CA. A reception will follow at the Moraga Country Club, 1600 Saint Andrews Drive. For those wishing to send a remembrance, the family would welcome a memorial donation to the charity of your choice or to The Barry Miller Music Scholarship Fund, Friends of Civic Arts Education Foundation, P.O. Box 8039, Walnut Creek, CA 94596-8039

Lamorinda's Religious Services

Holy Shepherd Lutheran Church, Orinda, 254-3422

Summer Worship Schedule
8:15 a.m. Traditions Worship Service
9:15 a.m. Coffee Fellowship
9:45 a.m. Celebrations Worship Service
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LAMORINDA celebrates Independence Day



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Runs in Orinda and Moraga



Bike parade in Moraga



Buddy ready for Dog parade



"I'm watching the Orinda parade"



Orinda parade



East Bay Banjo Club plays in the Orinda parade



The Lamorinda Weekly float, awarded "Most Creative"



Clown and Llama



Fun day at the Moraga Commons



Line dancing until the Moraga fireworks bring a grand finale to a wonderful day. Thank you to the many volunteers, staff and committees that made these events possible!

Photos: LIGHTPATH PHOTOGRAPHY, Orinda
Tod Fierner, Wendy and Andy Scheck

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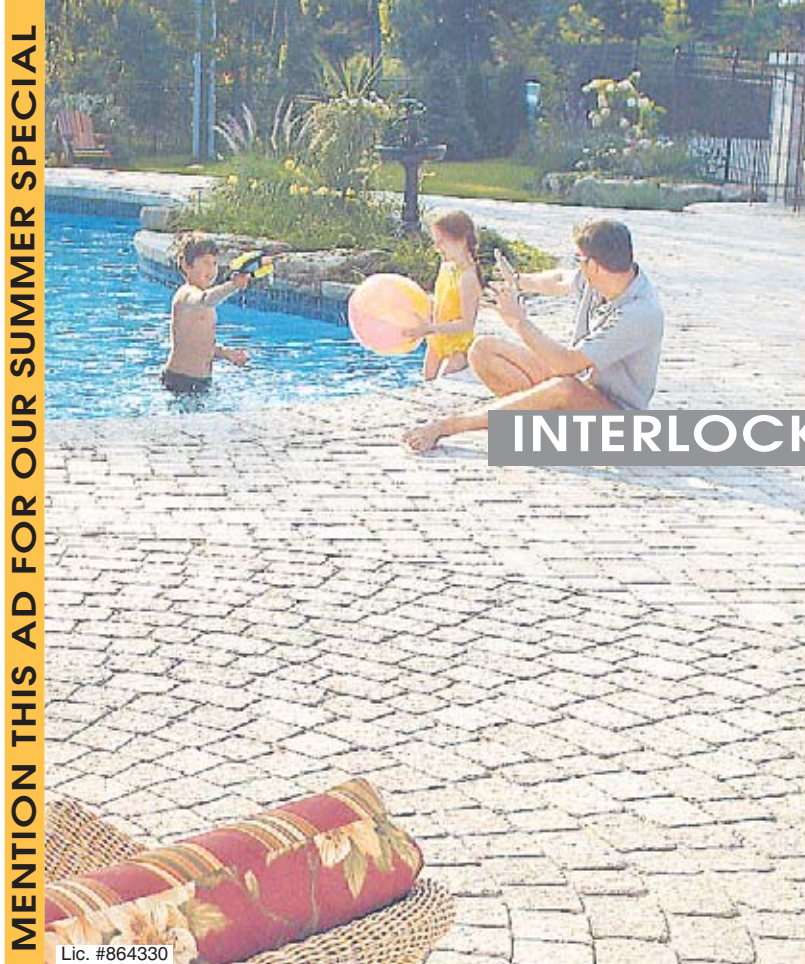
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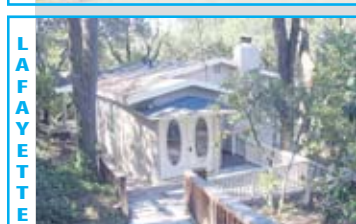
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Council Orders MOSO 2008 Impact Report

... continued from page 3

The letter contained twenty seven questions that they would like answered in the 9212 report. Tashiro stated that it would be impossible for staff to address all of the letter's questions.

Several private citizens voiced their concerns about the scope of the report and stressed that the citizens of Moraga need the opportunity to understand how both the MOSO and MOSPRO initiatives will impact their own property and the environment of the town.

Council Member Mike Metcalf stressed the need for the fiscal impact analysis section in

the MOSO 2008 report to be similar in methodology to the analysis that was already done for the MOSPRO initiative. As Metcalf summed up his concerns he insisted, "It is important that voters have a side by side comparison of the three initiatives."

Salamack responded with conviction, stating, "It will be done." She reiterated that the report will include a FAQ section and tables that will attempt to compare MOSO 1986, MOSO 2008 and MOSPRO in a side by side comparison.

Council Member Rochelle Bird firmly expressed her concern that staff should include the 27 items (from the letter) in the re-

port, or "report back why it can't be done, and the fiscal impact it would take."

The Council, minus Trotter who had to hang up to catch an early flight, approved the motion to direct staff to prepare the report after Mayor Lynda Deschambault added a request that staff "do their best to answer the 27 questions, public comments and letters," within the time available.

The complete texts of the open space initiatives, staff reports and other related documents can be found on the Town website, http://moraga.ca.us/production/moraga_ballot_initiatives.php

Financing Your Remodel

By Gordon Steele



Gordon Steele, Moraga

Photo provided

Done properly, remodeling is a great way to improve your lifestyle and possibly increase the value of

your home. If your bank accounts are loaded with cash then you can pay as you go. If your savings isn't quite up

to the task or you are interested capitalizing on income tax advantages then you'll want to look at financing as an option. Two methods of financing are available for remodeling. The choice of loan will depend mostly upon the cost of the remodel, the amount of current equity in your house and the future value once the remodel is finished.

If your current mortgage is low and your value is high you may be able to finance the remodel with current equity. Once you know the cost of the project you can work with a qualified Loan Officer to either get a Home Equity Line of Credit (HELOC) or even a cash-out refinance. With strong qualifications you may be able to finance up to 80% of the home's current value. Have the Loan Officer compare the rates and programs to figure out the best programs for the time you want to stay in the home as well as your financial situation.

If there isn't enough current equity but the remodel will dramatically increase the home's value you may need to consider a construction loan. Most construction loans today will replace your current loan with a credit line that rolls into permanent financing after completion. While useful, these loans have complicated rules and variations that require a Loan Officer with strong experience in construction lending. For a good introduction to the construction lending process,

I highly recommend Building Your Own Home For Dummies (Wiley) written by my partner Kevin Daum. This book will give you all the questions to ask when heading down this path.

Whichever approach to financing fits your needs always consider taking the maximum amount of financing possible. Remember, you won't actually know what your remodel cost until it is complete. Nothing is more dangerous in a remodel project than running out of money in the middle. Resolving such an issue could cost you thousands of dollars or worse, the home itself. Trust a mortgage company and Loan Officer with strong experience in construction and research as much as possible before you start your project. Also contact your Tax Advisor and Financial Planner. An extra day of planning can save you weeks of time and thousands of dollars.

Gordon Steele has lived in Moraga for over twenty-one years. He has an extensive banking and real estate background of nearly forty years. If you have any questions he can be reached at RPM Mortgage at (925) 627-7109 or email at gsteele@rpm-mortgage.com

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Lamorinda Home Sales continued

SOLD	LAFAYETTE Last reported: 14
HOME SALES presented by LAMORINDA	LOWEST AMOUNT: \$430,000
	HIGHEST AMOUNT: \$1,975,000
LAMORINDA	MORAGA Last reported: 10
	LOWEST AMOUNT: \$315,000
	HIGHEST AMOUNT: \$1,350,000
	ORINDA Last reported: 11
	LOWEST AMOUNT: \$835,000
	HIGHEST AMOUNT: \$3,050,000

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

3079 Camino Diablo, \$430,000, 2 Bdrms, 1253 SqFt, 1979 YrBlt, 6-17-08
701 Glenside Circle, \$1,085,000, 3 Bdrms, 1990 SqFt, 1951 YrBlt, 6-13-08
3309 Glenside Drive, \$730,000, 4 Bdrms, 1501 SqFt, 1951 YrBlt, 6-13-08
3812 Happy Valley Road #A, \$725,000, 2 Bdrms, 882 SqFt, 1948 YrBlt, 6-6-08
4177 Hidden Valley Road, \$875,000, 4 Bdrms, 1912 SqFt, 1975 YrBlt, 6-3-08
670 Jennie Court, \$1,145,000, 4 Bdrms, 1947 SqFt, 1950 YrBlt, 6-11-08
3729 Meadow Lane, \$873,500, 5 Bdrms, 3094 SqFt, 1964 YrBlt, 6-17-08
3742 Meadow Lane, \$887,500, 6 Bdrms, 3606 SqFt, 1960 YrBlt, 6-9-08
3391 Rossi Street, \$1,045,000, 3 Bdrms, 1857 SqFt, 1964 YrBlt, 6-12-08
357 Shire Oaks Court, \$865,000, 3 Bdrms, 1380 SqFt, 1963 YrBlt, 6-6-08
3377 Stage Coach Drive, \$1,975,000, 5 Bdrms, 4076 SqFt, 2001 YrBlt, 6-13-08
3217 Stanley Boulevard, \$650,000, 3 Bdrms, 1346 SqFt, 1950 YrBlt, 6-10-08
3276 Sweet Drive, \$1,145,000, 7 Bdrms, 3371 SqFt, 1950 YrBlt, 6-5-08
1098 Upper Happy Valley Rd., \$844,500, 2 Bdrms, 1883 SqFt, 1954 YrBlt, 6-4-08

MORAGA

1952 Ascot Drive, \$315,000, 2 Bdrms, 1234 SqFt, 1972 YrBlt, 6-9-08
2083 Ascot Drive #133, \$400,000, 3 Bdrms, 1439 SqFt, 1971 YrBlt, 6-3-08
787 Augusta Drive, \$1,255,000, 4 Bdrms, 2680 SqFt, 1978 YrBlt, 6-17-08
268 Birchwood Drive, \$900,000, 3 Bdrms, 1987 SqFt, 1971 YrBlt, 6-10-08
4 Buckingham Drive, \$830,000, 3 Bdrms, 1388 SqFt, 1960 YrBlt, 6-10-08
1057 Camino Pablo, \$955,000, 4 Bdrms, 1915 SqFt, 1948 YrBlt, 6-16-08
15 Corte Encina, \$1,350,000, 6 Bdrms, 3134 SqFt, 1970 YrBlt, 6-13-08
17 Mayfield Place, \$1,198,500, 4 Bdrms, 1692 SqFt, 1968 YrBlt, 6-9-08
3872 Paseo Grande, \$1,010,000, 4 Bdrms, 2342 SqFt, 1968 YrBlt, 6-3-08
1306 Rimer Drive, \$975,000, 4 Bdrms, 1911 SqFt, 1963 YrBlt, 6-17-08

ORINDA

32 Candle Terrace, \$3,050,000, 4 Bdrms, 4856 SqFt, 1990 YrBlt, 6-13-08
30 Canyon View Drive, \$1,425,000, 3 Bdrms, 2419 SqFt, 1959 YrBlt, 6-4-08
17 Cedar Lane, \$1,300,000, 4 Bdrms, 2809 SqFt, 1964 YrBlt, 6-6-08
5 Del Mar Court, \$2,425,000, 4 Bdrms, 2563 SqFt, 1909 YrBlt, 6-9-08
133 Glorietta Boulevard, \$835,000, 3 Bdrms, 1457 SqFt, 1968 YrBlt, 6-3-08
18 Mira Loma Road, \$1,375,000, 3 Bdrms, 1462 SqFt, 1930 YrBlt, 6-17-08
97 Oak Road, \$1,059,000, 3 Bdrms, 2466 SqFt, 1998 YrBlt, 6-5-08
10 Snowberry Lane, \$1,411,500, 3 Bdrms, 2807 SqFt, 1953 YrBlt, 6-5-08
516 Tahos Road, \$950,000, 4 Bdrms, 1478 SqFt, 1977 YrBlt, 6-12-08
59 Tiger Tail Court, \$2,895,000, 5 Bdrms, 2541 SqFt, 1989 YrBlt, 6-10-08
10 Van Ripper Lane, \$1,145,000, 4 Bdrms, 1928 SqFt, 1951 YrBlt, 6-6-08

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business briefs

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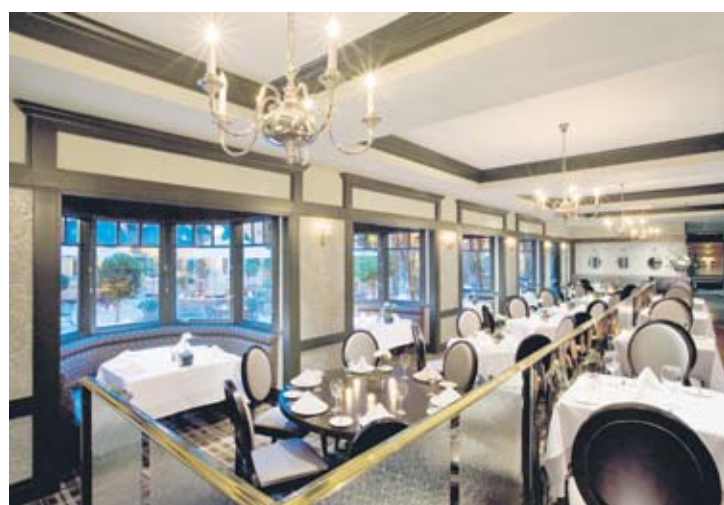
An Ironman triathlon is a very demanding and rigorous discipline. At first glance, one may not see what caffeine has to do with it. The Ironman Triathlon Corporation, managed by the Caicedo family, has diversified and started "Bunn LLC," a company distributing organic coffees in Lafayette. The company prides itself in selling only the best 100% certified organic, single origin beans. "The result is a superbly dark, bold and satisfying coffee," says owner and long time Lafayette resident Kiko Caicedo. The choice of coffees are: 100% Kona, harvested from the A'ama Organic Farms on the Hawaiian island of Kona; a single-origin organic Guatemalan that comes from the El Quiche region located high in the mountains of tropical Ixcan, and an organic Peruvian coffee coming from the Cochapampa co-op (150 small family farms), which is in the Cuzco region (south-central Peru). The coffee is available online and at Sharp Bicycle in Lafayette, not such a strange place for people who also train and race triathlon, marathons, and cycling events.

Renovation Completed at the Duck Club Restaurant

Lafayette Park Hotel

287 Mount Diablo Boulevard, Lafayette, 283-7108 - www.lafayetteparkhotel.com.

The Duck Club Restaurant at the four diamond Lafayette Park Hotel & Spa has been transformed by restaurant designer Bob Puccini. It features an updated menu by an award winning Chef and a revitalized focus on wine. Upon entering the restaurant, the walk-in wine cellar behind glass doors lets guests admire the expanded California wine selection. The new menu includes Scottish Salmon, Grimaud Farms Duck Breast, Filet Mignon, and Bison Rib-Eye. Ingredients selected by Chef Chuck Courtney are mostly seasonal and regional. The private dining room that accommodates up to 12 guests has been renovated in the same elegant and classic style. The Duck Club Restaurant is open for breakfast, lunch, dinner and Sunday brunch.



The renovated Duck Club Restaurant at the Lafayette Park Hotel Photo Sophie Braccini

Constructionplace.com, Inc. Announces On-Line Project

Moraga, 377-0188 - www.constructionplace.com

Gary Westernoff, CEO of the Constructionplace.com, will offer an on-line Project Registry (patent pending) where property owners can input and save their pertinent project data. The data are structured in a database, while tracking and reporting the performance of professionals and resources, thus making it easier to turn projects into cash. According to Westernoff, "Accountability of project professionals and resources is becoming increasingly more difficult for novice property owners, and many times for sophisticated owners. And not maintaining a project history for disclosure purposes can be very worrisome." He believes that his new product will eliminate these worries for good.

News from the three Chambers of Commerce

Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette

www.lafayettechamber.org:

- Sunday, July 13 - Lafayette Criterium Bike Race - 7am-4pm - Downtown Lafayette
- Wednesday, July 16 - GREEN Committee - Noon - Chamber Office
- Thursday, July 17 - Entrepreneur's Club - 8:30am - Chamber Office
- Thursday, July 31 - Business Issues Committee - 8am - Chamber Office

Moraga Chamber of Commerce

www.moragachamber.org:

- Tuesday July 22nd 6:00 to 7:30 PM Hacienda - Speaker Lori Salamack on the Moraga Shopping Center Specific Plan
- SAINT MARY'S COLLEGE WELCOME FAIRE FOR NEW STUDENTS: On Thursday, August 28th, 9:30 AM to 3:00 PM at Saint Mary's College there will be a Welcome Faire for new Saint Mary's students. The Chamber will have a booth. How would you like to attract new students? How can we get students to Shop Moraga First? Please mark your calendars, think what you would like to offer, and figure out how you or one of your employees can help staff our booth. Email Edy321@comcast.net with times you can work.

Orinda Chamber of Commerce, 24 Orinda Way, Orinda

www.orindachamber.org:

The Orinda Chamber of Commerce thanks the community for their support for a great "Reach for the Stars" party before and for the 4th of July.

Judy's Nail Salon Robbed

By Cathy Tyson

While Judy Yang, the owner and manager of Judy's Nail Salon on Moraga Road, was in China for a month and a half this past spring, the employee she put in charge of the shop allegedly robbed her. The prime suspect, originally from Viet Nam, Long Kim Tran, known locally as "David" was "like an adopted son to me," said Yang.

It is unknown at this time the exact amount of cash and nail related products missing from the store. Officer Will Davis of the Moraga Police Department said, "I can't comment on the case because it's an on-going investigation."

Yang wanted to warn her customers that had paid with a credit card to keep an eye on their statements for any irregularities. She was also concerned that David would continue to make manicure house calls for customers, and said that "he can't be trusted."



Judy Yang in front of her salon Photo Cathy Tyson

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Saint Mary's Vested Interest in Local Economy

By Sophie Braccini

The St. Mary's Center for the Regional Economy is launching an economic impact report addressing the Campus' effect on the neighboring cities. The Center was founded two years ago by Economics Professor Kris Chase with the Dean of the School of Economics and Business Administration, Dr. Roy Allen. "The core of the mission of a college like Saint Mary's is to teach people how to think and be life-long learners," says Chase, "However, another part of the mission is to be a service to the local economy, with a focus on those who need help in participating in the fruits of economic success. Currently, there is no institution of higher education in Contra Costa County devoted to studying and boosting the local economy, and that is why we are developing this new Center, we want to become that place."

The economic impact report will assess the College's contribution to the local economy. "We employ more than 600 full time employees, and our students visit daily the surrounding towns" says Chase, "our budget is in the \$100 million range."

She goes on to explain that the College is a non-polluting business that contributes to the cultural, social and sports life of surrounding communities. "We provide a lot of in-kind services. For example, we are the largest park in Moraga with trails that connect to Bollinger Canyon and Sanders Ranch, the campus is the designated area in the event of a major disaster, many community groups use our facilities and students and faculty are very active locally; 40% of St Mary's students are engaged in community service."

The impact of the campus is one of several studies conducted by the Center. One recent study looked at users' response to a potential disruption of the East Bay Water Source. It studied the possible implications for businesses of a severe



(L to R) Roy Allen introduces Kris Chase, Brian Lofman and Cheryll LeMay at the Conference on the Local Economy Photo Sophie Braccini

disruption in the water supply, either by accident or drought. Such a report should help shape public perceptions of water supply and consumption patterns in the East Bay, and influence public policy toward conserving and minimizing disruption to this significant asset. Another report analyzes the potential impact of a policy that requires businesses to prove that their new products are safe to the public, rather than just complying with existing regulations (a principle called "the precautionary principle" that's applied in Europe, Brazil, and San Francisco). The report analyzes the principle's potential to affect business, government, the environment, and economic vitality in Contra Costa County.

Those reports are the first steps for the Center. "On the other side of the tunnel you have the big Berkeley think-tank," says Chase, "but they do not focus on the specific needs of Contra Costa, and that's what we are doing. The Center's activities incorporate the fact that a very large part of Contra Costa's economy is driven by small businesses, many of which are formed by an entrepreneurial base that reflects the diversity of the region. They have specific needs and demands that the College wishes to address."

One of Chase's objectives is to maintain a pool of potential interns who could work in partnership with local businesses. "We are partnering with the Small Business Council," explains Chase, "already some students get internship through different classes. The Center would like to centralize these resources and establish a continuous relationship with the local economy."

The Center wishes to be a resource as well for Chambers of Commerce and local governments. "For example, we would love to assist towns who wish to assess the economic impacts of new development," proposes Chase. She points out that two St. Mary's students worked for Moraga and Lafayette to carry out an inventory of their energy consumption for the International Council for Local Environmental Initiatives (ICLEI). "Students want to be involved in the local economy and their energy and fresh perspectives can be of use to businesses and administrations."

Chase's challenge today is to secure long term funding for the Center. "We are looking for grants," she says, adding that if someone wants to make a difference in the local economy, a donation would be a great way to do so.

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

Lamorinda Schools

SCHOOL CALENDAR

School Governing Board Meetings

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Monday, July 21 at 5:00 pm

The Governing Board set these dates for special Board meetings to adopt a resolution to place a no-tax rate increase bond measure on the November 2008 ballot.

Download "Your" story from

www.lamorindaweekly.com

Alison Karol Named 2008 Buck Scholar

By Andrea A. Firth

Wayne Karol has experienced what most parents of a high school senior only dream about. His daughter Alison, known by most as Ali, is one of this year's recipients of the Frank H. Buck Scholarship, which entitles her to a full ride to the college of her choice. "It's a tremendous opportunity for any kid because of the extent of what it covers," notes the proud father. The Buck Scholarship, established in 1990 in honor of former United States Representative Frank H. Buck, covers all the usual costs of undergraduate school, and upon review, most likely graduate school as well.

Ali was one of fifteen recipients culled from a pool of over 950 applicants for the prestigious and generous award. The scholarship is given annually to a select group of deserving students who either live or attend school within the boundaries of the Congressional District that

Buck served which includes Contra Costa County.

"I heard about the scholarship from a young woman who won in 2000," explains Ali. "She encouraged me to apply, because she thought I was the sort of person that they were looking for," she adds. Ali, who grew up in Orinda and attended Sleepy Hollow Elementary and Orinda Intermediate Schools, is the first graduate of Miramonte High School to have received the Buck Scholarship.

"They are looking for a well rounded student," notes Ali. "Someone who shows leadership potential and a commitment to the community. Grades are important but there is no defined minimum GPA requirement," she adds. Ali is able to meet these standards and then some. An active member in Miramonte's speech team all four years of high school, Ali maintained a GPA well over 4.0. She also partici-



Alison Karol, Frank H. Buck Scholarship recipient. Photo provided

pated in choir, musical theater, and a host of community service activities throughout high school.

Ali notes that her public speaking experience helped her with the intense interview she underwent as part of the Buck Scholarship application process. "You are interviewed by the Buck Foundation's Board members. There are six people interviewing you; it lasts about 45 minutes; and the questions are very specific," she explains. Ali notes that the Board members are all related to Frank Buck in some way. Despite the formal nature of the interview process, she understands the reason for it. "They are inviting you into their family," she explains.

Ali will attend the University of California Los Angeles in the fall where she plans to major in History. "I love history," states Ali. "I don't understand when people say the past is the past. Without history there is no present. Everything in the past leads us to where we are," she adds.

What's For Dinner?

By Jill McTaggart

Congratulations working mothers! You have read the article about putting more joy into the weeknight dinner routine. Taking into account that most working moms make a variation of the same meals each week; Mexican, Italian, burgers, and pastas, this strategy names the night according to the Menu that you have shopped and planned for.

Here is a reminder of how you can simplify dinnertime for all in 3 easy steps.

1. Have a family meeting that outlines this easy strategy and how each family member has a cooperative role.
2. Try the Weeknight Menu Plan.
3. Enjoy dinnertime again as a family - one of the most important parenting tools there is.

STEP 2. The weeknight menu plan is a way of staying one step ahead of the agonizing "what's for dinner" question.

Sunday has the most "to-do" because shopping is involved. I like to shop at Trader Joe's, but I do need to stock up at Safeway every couple of weeks for; Taco seasoning, Mahatma's saffron yellow rice, Tacos, Tostados and frozen tortellini.

Weeknight Menu Plan	To-do's	Ingredients <u>underlined</u> all Trader Joe's Includes basic cooking instructions.
Mantra: Sunday is Pasta night! <ul style="list-style-type: none"> Fusilli pasta with Bolognese sauce, sausage and ricotta cheese. Salad Dessert 	<ol style="list-style-type: none"> 1. Shop 2. Cooperatively cook and clean up dinner with entire family. 3. Bake cookies or a cake if you have time to enjoy during the week. Great activity to do with your child and a sweet way to start the week. 	Boil Organic fusilli Pasta in salted water while pan frying sliced Medium Italian <u>Sausage</u> . Microwave jarred <u>Bolognese meat sauce</u> . Combine drained pasta, sauce and browned sausage, add <u>Ricotta</u> Cheese and serve with <u>Organic Spring Mix Salad</u> <u>Balsamic Vinaigrette</u> dressing or <u>Caesar Salad</u> dressing
Mantra: Monday is Mexican night! <ul style="list-style-type: none"> Chicken Burritos Side of fruit Put all burritos fixings; in bowls and let family make their own at the table.	<ol style="list-style-type: none"> 1. Cooperatively cook and clean up dinner. 	Frozen <u>chicken tenderloins</u> - cut and sautéed with <u>taco seasoning</u> Microwave <u>Organic frozen rice</u> or <u>Mahatma's yellow rice</u> . Microwave <u>Organic refried beans</u> <u>Guacamole</u> prepared <u>Romaine lettuce</u> shredded <u>Sour cream</u> <u>Cheddar cheese</u> shredded <u>Tortillas</u> <u>Salsa</u> <u>Fruit</u>
Mantra: Tuesday is BBQ night! <ul style="list-style-type: none"> Pork Tenderloin Green beans with Pinole nuts in garlic and oil Scalloped potatoes Side of fruit 	<ol style="list-style-type: none"> 2. Cooperatively cook and clean up dinner 	Pork <u>Tenderloin</u> - season and bbq for 20 minutes <u>Frozen Green Beans</u> sautéed in <u>garlic</u> and <u>olive oil</u> with <u>Pinoli</u> nuts <u>Scalloped potatoes</u> follow boxed instructions <u>Fruit</u>
Mantra: Wednesday is Italian night! <ul style="list-style-type: none"> Tortellini soup Garlic bread Dessert 	<ol style="list-style-type: none"> 3. Cooperatively cook and clean up dinner 	Sauté 2 <u>frozen garlic</u> cubes in olive oil. Add a jar of <u>marinara tomato sauce</u> and a <u>box of organic chicken</u> stock and bring to a boil. Add <u>frozen spinach</u> or <u>frozen peas</u> and boil again. Add <u>frozen tortellini</u> , tortellini bubbling at the top, time to serve. <u>Fresh bread</u> - freeze or refrigerate until ready to warm in oven
Mantra: Thursday is Burger Night! <ul style="list-style-type: none"> Turkey burgers Potato chips Crudite fries 	<ol style="list-style-type: none"> 4. Cooperatively cook and clean up dinner 	Grill <u>Turkey burgers</u> Toast <u>Burger buns</u> <u>Potato chips</u> <u>Carrots</u> , <u>peppers</u> , <u>cucumbers</u> cut like French fries dipped in ketchup or ranch dressing.
Mantra: Friday is Take out or Pizza Night!	<ol style="list-style-type: none"> 5. Cooperatively cook and clean up dinner 	Look for coupons from Mangia and Mountain Mike's pizza.

So that is it for Step 2. The beauty of the Menu Mantra is that it doesn't have to be the same exact meal each week, but a variation on that night's theme. For instance, one week Mexican Monday might be Burritos and the next it could be Tostados. In the next issue we'll cover Step 3, the real return to the sit - down family dinner.



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Top Students Honored for Academic Excellence

By Cathy Tyson

Thirteen Lamorinda students in seventh and eighth grade were recently honored at a Bay Area awards ceremony for gifted children held by the Johns Hopkins University Center for Talented Youth (CTY) at Cal State East Bay, Hayward.

Not just anyone can get invited to participate, CTY invites students based on an exceptional performance on the SAT, the same exact test that high school juniors take.

Only 25% of the middle school students who take the test earn an invitation to the awards ceremony. In addition to being recognized, their scores may qualify them for summer programs and distance education courses.

"With our annual award ceremonies, we're committed to giving these exceptional young people a stage on which to recognize their academic achievements, just as we celebrate achievements in athletics or the performing arts," said CTY Executive Director Lea Ybarra. Who gets the credit for success? "The students, they possess an academic fearlessness and intellectual ability that will benefit their generation."

"We try to provide as much exposure as possible right now," said Keith Chan, proud father of Kyle Chan who will be entering eighth grade in the fall. Al-



Kyle Chan Photo provided

though school administrators gave him the option of skipping a grade early in his academic career, his parents were concerned about him staying with his peers, and wanted him to be well-rounded socially.

It all started for Kyle when his fifth grade teacher at Los Perales, Ms. Smith, recommended that he take the test. "We were a little hesitant at the time," said Chan, "but believe it or not he likes to take tests."

When asked if his gifted son inherited his extraordinary smarts from mom and dad, Chan said, "My wife and I are as normal as can be." Chan is a Network Administrator at UC Berkeley and wife, Carmen Ma stays quite busy taking care of Kyle.

Kathryn Gelston, mother

of Kevin Gelston explains that children who score 97% or better on the Star 9 test qualify to take the SAT in the CTY program. "It's challenging to measure their intellect," she notes of gifted students.

Since GATE the Gifted and Talented program at public schools was cancelled, she's happy to see Odyssey of the Mind for those kids interested in science. Kevin will be busy this summer with the Blue Devil Marching band, and recently earned his black belt in karate.

Ms. Gelston encourages parents of gifted kids as young as the second grade to look into the Center for Talented Youth at www.cty.jhu.edu for more information.

Honored students

- Kyle Chan - Moraga
- Nina Fairbairn - Orinda
- Robert Fluegge - Orinda
- Kevin Gelston - Moraga
- Eric Ho - Moraga
- May Hui - Lafayette
- Thomas Joyce - Moraga
- Francine Penikis - Orinda
- Peter Shweh - Moraga
- Zachary Sorenson - Orinda
- Wendy Woodin - Orinda
- Nicholas Yan - Moraga
- Hayley Young - Orinda

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Student Organizes Fundraiser for Five Year Old

By Sophie Braccini



Jane Coggins, bridesmaid at her aunt's wedding

Photo courtesy of the Coggins family

Spinal Muscular Atrophy (SMA) is a term applied to a number of different disorders, all having in common a genetic cause and the manifestation of weakness due to loss of the motor neurons of the spinal cord and brainstem. About 1 in 40 people in this country carry the gene; little Jane Coggins was diagnosed with SMA at 11 months. She has extremely weak muscles; she is tube fed, and wheelchair-bound. She is extremely smart, as her speech therapist, Carol Lettko, immediately noticed. The Lafayette mother told Jane's story to her own daughter Kelsey, who was inspired to raise money to help the Coggins family purchase the equipment Jane

needs but that medical insurance will not cover.

"When my mother told me about Jane I felt I wanted to do something," said Kelsey, a junior at Miramonte High School. So she and her sister Krista embarked in a campaign to raise her peers' interest and get them involved. "I asked local teens and adults to share their artistic talents and donate their works of art," explained Kelsey, "the idea was to organize a fair with all the proceeds going to Jane. We also have local teen musicians from Miramonte that will play live music."

Kelsey's friends from Campolindo and Miramonte are helping out, some donating their creations,

some baking, others disseminating information about Jane. The fundraiser will be a craft fair held at the Lettko residence in Lafayette on July 25th from 3-7 p.m. Pottery donated by the Contra Costa Community College will be on sale as well as paintings and wood carving from art students. Other local artists have donated jewelry, photography work, baked goods, plants and many other items. Some donations will be part of a silent auction, including a stay in a condo in Cabo San Lucas and front row tickets to a Shark's game.

Lettko says she would like "to be able to get Jane a page turner because she loves to read, games for her computer, switch operated toys, dues for her acupuncturist, Chinese medicine doctor appointments and medicines, and co-pays for a much needed new manual wheelchair seating system, among other needs." Jane lives with her mother and grandparents in Walnut Creek.

For more information about the event, contact the Lettko family at CJL164@aol.com or klettko@yahoo.com. If artists want to donate art pieces for the auction they should contact Kelsey. The family of the little girl has created a fund to collect donations, those wishing to donate may do so one of two ways: Checks can be made out to Martha Lodge (Jane's grandmother) (FOB) For the Benefit of Jane Coggins, Account #1313 and mailed to US Bank, 3498 Mt. Diablo Blvd. Lafayette, CA 94549, or donate online by going to Jane's website at www.janecoggins.com.

Family Focus

How to Help Your Child Develop a Healthy Body Image (Part 2)

By Margie Ryerson, MFT

The good news is that you are probably the proud, loving parents of wonderful children. The difficult news is that you are also daily role-models for these children. It's amazing what children choose to notice about their parents – sometimes, unfortunately for us, just the moments we would like to forget!

● In order to help your child develop a positive body image, she must see that you regard your own body in a positive way. If you stand in front of the mirror and critique your appearance or complain about your stomach, your child will learn to look at herself critically as well. If you are not satisfied with your body, a common phenomenon in our society, perhaps you can get some counseling to help. At the very least, it is important to keep your negative thoughts and comments private and to try to be a model of self-acceptance for your children.

● Family gene pools influence body build, height, and weight distribution. Help your child understand that her body type is inherited just like her eye color, and that features can only be altered to a certain extent. For example, if her genetic make-up includes a tendency to carry weight in the thighs, help her to learn to accept this.

● Of course, we also want to model exercise as an excellent way to improve our body image. It increases endorphins and metabolism, while it also helps us appreciate our body and how it functions and performs. If parents have a sedentary lifestyle, often children will adapt to this and won't incorporate regular exercise into their lives.

● Be sure that you have an appropriate relationship with food, or seek outside help before it affects your children. I worked with an anorexic teenager whose mother never sat down for meals with the family. Her children rarely saw her eat, and her daughter unconsciously began to mirror her behavior. It is also impor-

tant to avoid taking extreme approaches with food, such as prohibiting sugar. You want to be able to model healthy and flexible eating for your children.

● Needless to say, joking or teasing about any feature of your child's appearance can have a negative impact. One client's father teasingly called her "chubby" when she was nine years old, and this had a lasting effect on the way she viewed her body.

● One last suggestion is crucial, especially with society's emphasis on external appearances and possessions. Parents need to counteract harmful messages children receive from the media and other sources by downplaying interest in the appearance and cost of houses, cars, jewelry, and clothes. It is essential that you make it a point to not scrutinize your child's appearance, your own appearance, or that of others. Avoid commenting on people's appearance in general. Children and teens have said that hearing their parents' remarks about others' bodies or physical attributes makes them question what their parents really think about theirs.

If a child is exceptionally attractive, it is especially important not to fuss over or emphasize her appearance. You may need to intercede so that family and friends avoid doing this as well. Instead, place emphasis on her special qualities, personality and skills, so that she learns those are far more important than one's physical appearance.

If you see your child beginning to struggle with body image issues, consult with a professional early. It is always easier to prevent problems than to treat them once they have developed.

Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. Contact her at 925-376-9323 or www.margieryersson.com

Lafayette School District

Accepts Resignation of Superintendent

By Jean Follmer

According to the Lafayette School District, "Dr. Frank Tom has announced that he is resigning as superintendent for personal reasons. At its regular meeting on June 24, the Governing Board regretfully accepted his resignation effective July 1." Lafayette School District Governing Board President Stephenie Teichman said Dr. Tom "disclosed his reasons for resigning to the Board confidentially at the time of his resignation." After serving as Superintendent for one year, Dr. Tom addressed Lafayette parents in a letter dated June 24 saying "It has been a pleasure meeting many of you throughout the year, and it has been an honor for me to be associated with parents who care deeply about their children's education and welfare."

After accepting Dr. Tom's resignation, "the Lafayette School District Governing Board met in

closed session this week for the purpose of developing a process for the superintendent search. In consultation with Hazard Young Attea (HYA) search consultant firm, the Governing Board has developed a process for the superintendent search. The contract with HYA (which is still active from the terms from the previous search) will allow the District to avoid the payment of consulting fees, other than the reimbursement of expenses incurred on the Board's behalf." After July 1, applicants may apply for the position at www.hyasupersearches.com. The Governing Board hopes to begin interviewing candidates by the end of July. President Teichman said "Director of Student Services Dana Sassone will serve as Acting Superintendent until the end of the search process." For updates, please visit the District's website at www.lafsd.k12.ca.us.

As previously reported, Governing Board member David Stromberg announced his required resignation due to his move to unincorporated Lafayette. President Teichman said "we will need to fill the 2 years remaining on his 4 year term." According to the District website, "there will be two regular 4-year positions expiring and one short term 2-year position, due to the vacancy caused by Mr. Stromberg's resignation." Interested applicants should contact the Contra Costa County Election Department. The District will be holding an informational meeting prior to the filing deadline (August 8) for all interested candidates. Contact Jennifer Sabroe at the Lafayette School District Office (phone 925-299-3502 or email jsabroe@lafsd.k12.ca.us) to be notified of the date and time of the informational meeting.

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Four Lamorinda Students Recognized as California Arts Scholars

Submitted by Robin Moore

Devin Abbott of Lafayette, Brittany Padon of Moraga, and Annelise Gelman and Matthew Loudon, both of Orinda, are among sixteen Contra Costa County students who have been recognized as "California Arts Scholars" by the state's InnerSpark program. These students will participate in an intensive pre-professional training program at the California State Summer School for the Arts to be held at the campus of the California Institute of the Arts in Valencia this summer.

InnerSpark—California State Summer School for the Arts—is a rigorous, pre-professional, month-long training program in the visual and performing arts, creative writing, animation and film for talented artists of high school age. The school was created by the California Legislature in the mid-1980s in response to increasing competition from other states on the burgeoning arts and entertainment industry. At that time, film, television, and recording complexes, which had traditionally

wish to study and practice the arts or to pursue careers in the major performing arts companies and the commercial and fine arts institutions in California. This unique public-private partnership is now embarking on its 21st summer of operation; the school has trained more than 9,500 students.

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In The Back Yard

Digging Deep-Cynthia's Dear Deer

By Cynthia Brian

"Gardens are the result of a collaboration between art and nature." Penelope Hobhouse



CU Magnolia

Some of my best friends aren't human. I've been talking to animals and plants since I was an infant and never knew this was unusual. When I was happy or stressed, I'd go have a chat, both mentally and verbally, with my chickens, sheep, rabbits, horses, or my row of grape vines. Often I'd climb into the branches of my favorite oak tree to have a heart to heart. These friends listened and seemed to understand. To me our communications were completely natural, not only talking with our voices, but

with our bodies, minds, and eyes.

With the herds of deer munching their way through my carefully planted gardens I tried my conversing with these roaming critters. They usually just ignored me and continued feasting on my flowers. I was tolerant at first until they devoured plants that they supposedly don't eat-rhododendrons, azaleas, camellias, fuschias, penstemon, and my prized lilies. My warm fuzzy chats with the does and stags were replaced by visions of a four pointer buck taxidermy gracing my mantel and venison on the barbecue. Of course my kinder nature won over and I developed a way to live together in harmony.

Adapting the old adage, "If you can't beat them, join

them?" to my current gardening crisis, I planted extra everything for my new deer families. For every tree, bush, or perennial I planted for our personal pleasure, I grew two for the deer's dinner delight.

Did I lick the problem? Absolutely not! I now have several generations of dear deer grazing in my orchard, front garden, and driveway. And I must admit, they have me mesmerized and enchanted as we clamor together to pick the choicest mulberries or ripe luscious apricots.. As George Elliott quips "Animals are such agreeable friends, they ask no questions and pass no criticisms" The dear deer accept me in my old ratty tatty gardening garb as we converse and I delight in their presence. My family and friends now gather at my "wildlife sanctuary" for cheer and deer!

If you don't share my love of these hoofed diners, I've put together a few tips for a potentially deer resistant landscape as well as a selection of plants that are fairly unattractive to these ravenous visitors.



society garlic

CYNTHIA'S DEER RESISTANT GARDENING TIPS

1. Drive through your neighborhood to see what plants are thriving in established gardens. Plant similar varieties.
2. Plant extras as I do. (Not expensive if you root cuttings yourself)
3. Buy larger plants which tolerate more munching during the dry months.
4. Before planting a zillion of one variety, test a plant out by leaving one within reach of deer paths for two weeks. If it survives, they probably won't eat it.
5. Avoid foliage that attracts deer such as roses and fruit trees. Deer will find delicious plants within five miles of their grazing grounds.
6. Use more drought resistant plants in your landscape and do not over water. It will be better for your water bill and keep the deer at bay.
7. Install nightscaping lights and sprinklers with motion detectors.
8. Deer don't like to march through any highly pungent plants like mint or scented geraniums. These types of plants can provide a barrier to more tender plants, however, be cautious with all mints. They tend to take over any garden.
9. Some people sprinkle blood meal or "panther urine" on their bushes to deter the deer. My experience is that the blood meal attracts the raccoons and skunks and the urine keeps humans away!
10. If all else fails, build a fence!

CYNTHIA'S DEER RESISTANT PLANT SELECTIONS

Trees:	Shrubs:	Annuals and Perennials:	Vines:
California Buckeye	Buddelia (Butterfly Bush)	Lambs Ear	Ivy
Acacia	Boxwood	Thyme	Jasmine
False Cypress	Bottlebrush	Begonia	Potato Vine
Eucalyptus	Pelagonium	Verbena	Honeysuckle
Magnolia	Breath of Heaven	Calla Lily	Trumpet Vine
Palms	Ceanothus	Fox Glove	
Olives	Rockrose	Society Garlic	
Spruce	Sage	Vinca	
California Bay	Lavender	Mexican Sunflower	
California Buckeye		Forget-Me-Not	

Keep in mind that nothing seems to be fool proof when it comes to deer. The drier the season, the more they'll experiment with new edibles that may have never touched before. Take the opportunity to be creative with ornamental grasses, society garlic, wallflower, thyme,

butterfly bush, bamboo, and lambs ear.. And if all else fails, do as I do...grab a glass of your favorite beverage, sit back, relax, and enjoy the show of our dear deer. Perhaps we can co-exist in the realm of nature with this approach. We are all one. Keep talking.

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Geranium



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Cynthia's Digging Deep Garden Guide for July

"What is paradise but a garden, an orchard of trees and herbs full of pleasure and nothing there but delights."

William Lawson

Summer time and the living is easy! It is never vacation time in a garden and the hot dry weather demands more alertness for intruding pests. Plants are thirsty just like us and need plenty of food and water. Lawns require mowing at least once a week as we tumble and play croquet! If you are planning to go away, give your garden a quick once over before you leave...weed, mulch with 3 inches of inert materials, cut off all blooms, pick vegetables, and water thoroughly...surprise, you will return to beautiful new blooms and a great meal of fresh vegetables!

- WATER is the most important ingredient in July. Check sprinkler systems for efficiency and timing. Keep that compost pile damp, too!
- CUT back petunias and summer annuals for a second grand August display.
- TIE up vines and stake tall delphiniums.
- SHARPEN lawn mower blades as you need to mow at least once a week.
- PICK your fruit from fruit trees. Never let it sit on the ground or brown rot fungus will spread to ripening fruit.
- CONTROL insects in your vegetable garden by picking them out by hand or using nontoxic insecticides such as dishwashing detergent.
- BULBS...if you like to pull out your bulbs and store for next year, this is the season to do it. Discard small or rotten tubers and bulbs and place the good ones in a cool, dark place.
- MULCHING is more important than ever to keep moisture in, roots cool and weeds out.
- CUTTINGS of perennials such as verbena, dianthus, daisies, and geraniums will grow successfully.
- FERTILIZE the vegetables and summer flowering annuals with applications of nitrogen. Container plants need more frequent fertilizing as the food leaches out with watering.
- SIT back and enjoy your summer garden...you've earned it!

HAPPY GARDENING TO YOU!

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Seniors Life in LAMORINDA

What Does it Take to Age in Place?

Community support helps it happen

By Cathy Tyson



Ballroom dancing at the Lafayette Community Center

“There are two types of people, seniors and seniors in the making” said Sandra Smith, a healthy, active 70-year-old living with her 75-year-old husband in Lafayette. She and the other members of the Lafayette Senior Services Commission work hard to “enhance the well-being of older adults by identifying their concerns and needs, providing information about resources and promoting community programs and services that enable them to live meaningful lives,” according to their mission statement.

Lucky for the continually growing proportion of older residents in Lamorinda there are a number of community-based organizations that support the independence of our seniors, see adjacent box for contact information.

What factors influence the necessity of moving out of current housing? Dr. Kathryn Williams, an Orinda resident and a senior herself, is on the advisory council of Contra Costa County’s Area Agency on Aging. She said that a couple of the main reasons older adults aren’t able to stay in their homes are due to health concerns and memory issues. Especially if they live alone, once elders have a stroke or break a hip, it’s very difficult to remain at home, especially for those living alone.

Because of reduced mobility and normal changes associated with aging like hearing impairment, failing vision, arthritis – sometimes it’s the house that creates the difficulties. To avoid that and create an environment that is safe and accessible there are a number of options for seniors.

With funding mandated through the Older Americans Act there are numerous programs provided through the County’s Area Agency on Aging to keep seniors home longer. “This is the one place you can find complete access for older adults,” said Micki Sherman, Program Manager for the Agency on Aging. By calling their phone number staffed with trained social workers, seniors can get help with a number of services including help for low cost and free adaptive devices, weatherization, even air conditioning (800) 510-2020.

Another great resource is Independent Living Resource; their motto is, “because everyone de-

serves to be in control of their life!” They provide free services to Contra Costa County residents who may need improved access in their home as well as assistive technology help for those that have difficulty hearing or poor vision. For more information call (925) 363-7293 or <http://ilrcoco-sol.org/default.aspx>

Social support:

There are a variety of organizations in Lamorinda that support and enhance aging in place. Almost all of the many churches in the area have some kind of senior focused programs; contact them directly for more information. One example is Contact Care, a free service from the Our Savior’s Lutheran Church that offers complimentary phone calls on a daily and weekly basis to “check in” with seniors. Call Elaine Welch at Senior Helpline Services Reassurance Phone Friend Program at (925) 284-8328.

Temple Isaiah hosts a monthly Senior Lunch Group, usually on the first Wednesday of the month, contact Mary Anne Winig the Adult Program Coordinator at (925) 283-8575.

Moraga Movers hosts activities for adults over 55. They have a bowling club, monthly book reviews, twice-weekly Bridge, trips and a monthly dinner at St. Mary’s College. Contact them at (925) 376-6622 at the Hacienda de las Flores.

The Orinda Senior Bridge Club meets on Thursdays at 12:15 in the Orinda Community Center. There’s a \$3 drop-in fee. (925) 254-2445.

The Spirit Van provides door to door service for elders wishing to enjoy a very low cost nutritious lunch at the Walnut Creek Senior Café. A hot meal along with socializing is on the menu Monday through Friday. One day advance registration is required; call (925) 280-7310.

Paid help:

Sometimes staying home requires help from paid staff, there are many firms in the area that provide this type of service. Sandra Lemmons of Companion Care in Lafayette said, “we have clients in their eighties and nineties, one fellow in his nineties is very active – swims every day, but he has an aide come in because of memory and balance issues.” For clients who need some assistance, like help cooking, light house keeping, running errands, or even a driver to take them to bridge club, a companion to go to the movies with, paying by the hour is an option that might help keep them in their homes longer. With an hourly rate of \$28.50 per hour with a three hour minimum, this kind of assistance can also give family caregivers a break.

The secret of aging in place for Sandra Smith is, “doing a lot of volunteering. It keeps you young. There was a university study done that showed people who volunteer live longer. It gives them a sense of purpose and a feeling of being needed.” She encourages other seniors to volunteer because you get so much out of it. Considering the many programs in the community, it looks like many already are, but they can always use more help.



Aegis of Moraga resident Tom Noyes taking a 3 mile walk with his “dog” Charley says hello to Charlotte and Al Peters of Orinda and their dog CoCo
Photo Andy Scheck



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Resources for Seniors

Seniors Around Town (Orinda Seniors only) – 925-254-0800
M-F 9am-4pm, Reservations 48 hours in advance, Lamorinda, Berkeley and Walnut Creek areas.

A free door-to-door, on-demand transportation program for Orinda Seniors who are no longer able to drive and who may not qualify for the County Connection LINK system. Volunteers needed

Senior Helpline Services-Rides for Seniors – 925-284-2207
Volunteers provide door-to-door rides for medical appointments, errands etc. Available for ambulatory seniors who are in the Reassurance Phone Friends program. Cover all of Contra Costa County. Volunteers needed

Lamorinda Spirit Van – 925-283-3534
Call for reservations by 1:00 pm two business ahead. Provide low cost transportation for Lamorinda Seniors. Medical rides, errands, grocery shopping as per the schedule. Rides to at Senior Café in Walnut Creek for Nutritional lunches every day. Seniors (over 60) and people with disabilities Volunteers needed.

County Connection Link – 925-676-1976 x 601
Reservations 48 hours in advance – 925-938-7433. Door-to-door service, wheelchair accessible. Must pre-qualify under ADA guidelines. Covers central Contra Costa County. Links to fixed route bus lines.

Travel Training for Seniors – 925-676-1976
Receive one-on-one travel training to learn how to use the Country bus lines in Contra Costa County.

Taxi Service- 20% Discount for Seniors
Contra Costa Yellow Cab 925-935-1234
DeSoto Company: 925-284-1234

County Agency on Aging – one stop shopping for many senior needs. Calls are answered by trained social workers, seniors can get help with a number of services including low cost and free adaptive devices, weatherization, even air conditioning 1 (800) 510-2020.

Independent Living Resource free services to make homes more accessible. For more information call (925) 363-7293 or <http://ilrcoco-sol.org/default.aspx>

Senior HelpLine Services
Reassurance Phone Friend Program- 925-284-8328
Free Home Safety Checks- 925-284-2207

Lafayette Senior Center – 925-284-5050
Provides a variety of classes, programs, musical events, referrals and assistance
Meal Assistance
Walnut Creek Senior Café -925-280-7310. Hot meals M-F. 24 hour advanced reservations

Meals on Wheels – 925-937-8311 x 117
Home delivery of meals
Temple Isaiah monthly Senior Lunch Group, usually on the first Wednesday of the month, contact Mary Anne Winig the Adult Program Coordinator at (925) 283-8575.

Moraga Movers has a bowling club, monthly book reviews, twice-weekly Bridge, trips, a monthly dinner at St. Mary's College. Contact them at (925) 376-6622 at the Hacienda de las Flores.

The Orinda Senior Bridge Club meets on Thursdays at 12:15 in the Orinda Community Center. There's a \$3 drop-in fee. (925) 254-2445

Widowed Persons Support Group– 925-932-3448
Provide one-on one support and monthly meetings

Alzheimer's Association - 925 -284-7942
24 hour help line: 800-272-3900
Offering support for people diagnosed with Alzheimer's and those who care for them.

Community education, crisis counseling, resources referrals
Hospice
Hospice of the East Bay, 3470 Buskirk Avenue, Pleasant Hill, CA 94523
925-887-5678, fax: 925-887-5679, webmaster@hospiceeastbay.org, www.hospiceeastbay.org

The Lafayette Community Foundation Senior Liaison Committee has a free "Lafayette Senior Activity and Service Directory" available in large print at the Parks and Rec and the town offices.



Jack and Joan Wuerth appreciate a convenient bench du

Transportation Opti

Picture yourself in your early 80's. You retired what seems like ages ago. Your kids are busy with their careers and putting your grandchildren through their last years of college. Your spouse died a couple years ago so you're essentially alone now...except for the birds. Each morning, you prepare your cup of tea and make your way out to the back patio to feed the birds. The same ones fly in each morning and you smile and greet them by name. You continue your routine by moving on to the old orange tree.

You pick a few and bring them inside to squeeze for your morning juice. You settle yourself in your favorite chair and read the entire paper until lunchtime. After lunch, you take a nap and wake mid-day to the feelings of loneliness. To drown the silence, you move back to the living room and turn on the television. Except for a quick dinner, you watch television until you go to bed...another day in the life.

Your son sees your routine and can't understand why you don't want to move to a "retirement facility." Sometimes you feel tempted to and you know it's a great choice for some people...but not for you. Each morning, you gaze at that orange tree and you remember planting it forty years ago with your loved one. You look at the magnolia tree that you planted in honor of your daughter's birth nearly sixty years ago. Its blooms are still magnificent. You can't imagine not being able to gaze at the fine craftsmanship of the built-in bookcases your son made during one of his summer breaks. It's your home and it holds your life's memories. You never want to leave, but you can't drive anymore. You're tired of asking everyone for favors. You wish you could still get to the grocery store or your doctor appointment on your own, but you can't. What choice do you have?

If you're a Lamorinda resident, you have a few options. The County Connection bus service "provides fixed-route and paratransit service throughout the Central Contra Costa communities." The regularly scheduled fixed-route (senior) bus fare is \$.85 per ride and free between 2pm and 4pm. If you qualify for the County Link door-to-door (paratransit) service, the fare is \$3.50 each way. While these are wonderful services, they aren't able to effectively serve all Lamorinda seniors. For some, it may be all but impossible to get to a bus stop. The County Link may not be an option because "to be eligible for County Connection LINK service, it must be determined that you are eligible for paratransit services under the Americans with Disabilities Act (ADA)." The contact number is 676-7500.

This is where the Lamorinda Senior Transportation consortium steps in. The "three-prong approach" includes the Discounted Taxi Program, the Lamorinda Spirit Van and the Volunteer Driver Program (comprised of Orinda Seniors Around Town and Senior Helpline Services Rides for Seniors). The Discounted Taxi Program is offered by Yellow Cab and Desoto Cab of Contra Costa County. Owner George Moore offers a 20% fare discount to seniors. Moore said "I've been offering the discounts for quite some time." The cab reservation number is 935-1234 or 284-1234.

The Lamorinda Spirit Van offers seniors a free ride from their home to lunch at the C.C. Café at the Walnut Creek Senior Center Monday through Friday from 10am-1pm. For a \$3 one-way/\$6 round-trip fare, the Spirit Van will take seniors on errand runs to Safeway, Trader Joe's, Diablo Foods and Longs Drugs as well as hair and medical appointments. The errand schedule is Tuesdays in Lafayette, Wednesdays in



Activities for Seniors



Maria Erickson and Mary Blanche Reiley drawing together at Stratford at Countrywood Senior Living Photo Andy Scheck

Bi-Monthly Caregiver Support Group. Caring for frail older adults in the home often creates great stress and emotional anguish for spouses and family members. Licensed geriatric care manager Carol Shenson, M.A., CMC, offers a bi-monthly support group for family members who are considering or currently involved with the direct care of an older relative. To sign up, please call 284-5050. Drop-ins are also welcome. Mondays: July 21, August 4, and August 18. 1:30 – 2:30 pm

Luk Tung Kwen every other Friday: July 11, July 25; Aug 8, Aug 22: 1:00 – 1:50 pm.
A health and strengthening discipline, 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.

There is no charge although a donation at the door would be appreciated.

Seniors enjoy afternoon Tea Dancing and light refreshments every Wednesday from 12:30 – 3:00pm in the spacious Live Oak room. Come for the swell music and good company even if you prefer not to dance. \$2 fee covers refreshments. LCC Live Oak Room located at 500 Saint Mary's Rd, Lafayette. 925-284-5050

Computer Maintenance 101 with Ed Zeidan, Nerd4Rent on Thurs July 17, 10:30 - Noon
This popular and informative class will cover the basics of computer ownership for seniors. We'll describe what steps to take to keep your computer running well, when to replace vs. repair, and give recommendations on what features to look for in your next computer. Call early, this event is always well attended. Lafayette Community Center, 500 Saint Mary's Rd, Lafayette. 925-284-5050

Lecture on Oscar Wilde's "An Ideal Husband"
Wed July 23, 11:00 – 12:30 that precedes a Group Trip to the CalShakes Theater Production in Orinda. "If we men married the women we deserved...we should have a very bad time of it." No charge for the lecture. Attendees are encouraged (but not required) to attend the afternoon matinee production the following Saturday for which there is a group discount charge of \$30.00 per admission. Lafayette Community Center,

500 Saint Mary's Rd, Lafayette. 925-284-5050

Preventing falls. Don't follow Jack & Jill down the hill. Injuries due to falls are the single major reason for hospital admissions. Come and learn how you can take control and stop yourself from becoming a statistic. All it takes is a willingness to change (just a little). Fri: July 25, 11:30 am – 12:30 pm. An Anne Randolph Workshop at the Lafayette Community Center. All workshops are free of charge. Please call (925)284-5050 to register. 500 Saint Mary's Rd, Lafayette

An Ice Cream Social - Widowed Persons Support Group -July 28 at 1.00 P.M. at St. Stephens Church on St. Stephens Drive in Orinda. There will be a Hospice Fashion Show. The Hospice Thrift Shop is providing clothes for the models and these clothes will be for sale after the Show. Charge for this event is \$5.00. For information or to make your reservation call Mildred Weisberg tel. 906-9483 or Molly Runnion Tel. 283-1119

Senior Identity Theft and You. Learn from and ask our local panel of experts what you and your loved ones can do to thwart the ID theft criminals at your home (phone, mail boxes, garbage), in public (credit card use, ATMs), on your computer, and so on. Believe it or not, there are many simple strategies to keep the bad guys at bay, and feeling safe is a very good feeling. Friday, August 8th 10:30 – Noon. Lafayette Community Center

A Summer Afternoon of Jazz Song and Piano. Vocalist Libby McLaren, an east bay icon in the jazz (and Celtic!) world teams up with the youthful exuberance of jazz pianist Maya Kronfeld, to bring you jazz standards from the 30's to the present. Light refreshments will be served. Friday August 15th, 1:30 – 2:30pm, Lafayette Community Center. For reservations call: 925-284-5050

Pain Management Friday August 22, 11:30-12:30. Learn the purpose of pain and the causes of chronic pain. Learn how improving posture and muscle strength can reduce or eliminate pain altogether. An Anne Randolph Workshop at the Lafayette Community Center. All workshops are free of charge. Please call (925)284-5050 to register. 500 Saint Mary's Rd, Lafayette

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enjoying a walk

Photo Wendy Scheck



Carl Tonini of Moraga enjoying a trip to OSH for 4th of July decorations Photo Andy Scheck

Seniors Help Seniors Stay Independent Longer

By Jean Follmer

Orinda and Thursdays in Moraga from 2pm-5pm. The Spirit Van also offers occasional trips to the mall and the movies and is trying to coordinate with some of the senior programs at the Lafayette Community Center. Although the Spirit Van is primarily funded by the City of Lafayette, the services are available to all Lamorinda seniors. Other funding sources include organizations like the Moraga Junior Women's Club. Senior Transportation Coordinator Mary Bruns said the Moraga Junior Women's Club generously "donated 50% of the money they raised in their garden tour. They were a delight to work with." The Spirit Van is driven by trained volunteers who offer a "through the door program" like helping seniors into their homes with packages. Bruns said they had anticipated purchasing a second van this fall with funds from Contra Costa County, but "due to California budget cuts," that isn't going to happen. Bruns hopes to secure a second van from donations. She stressed "We always need more drivers and we always need more funding." Seniors who take the Spirit Van have found they enjoy the camaraderie of it. One rider told Bruns he was "sitting home reading all the time and started going to the lunch program. He's glad he's not so isolated now." Contact the Lamorinda Spirit Van at 283-3534 or MBruns@lovelafayette.org.

For those seniors who would like a little more assistance or are unable to pay for a cab or van fare, there is the Volunteer Driver Program. Senior Helpline Services Rides for Seniors offers free ride service to qualifying seniors age sixty and up throughout Contra Costa County. Senior Helpline Services Executive Director Elaine Welch said "Our motto is to help seniors age in place safely and comfortably." The ride program is one of three services provided by Senior Helpline Services. The others are phone assistance and home safety education programs. The ride

program currently includes 106 drivers and 180 riders. Welch said there is a "big presence of both drivers and clients in Lamorinda." The program enables seniors to receive help on a personal and individual level. The driver will not only drive them to a doctor appointment, but will remain in the waiting room during the appointment and return them to their home. Welch said the entity "largely grew out of my experience as a nurse." She saw seniors entering nursing facilities who really didn't need to be there except for loss of transportation. She said many seniors are "independent inside the door but have lost their mobility" outside of the home. She regrets that it has "somehow seemed to go unnoticed that it's become okay to place seniors in facilities simply because they've lost mobility." Welch said "I'm dedicating the rest of my life to helping seniors age in place." The Rides for Seniors program "gives riders a lift," both literally and emotionally. To volunteer, call Janice at 284-6699. For ride information, call Laurie at 284-6161.

Orinda Seniors Around Town (SAT) offers a free volunteer driver program to Orinda residents. Sponsored by the City of Orinda and the Orinda Association, SAT coordinator Eartha Newsong said they have twenty four drivers and two pending drivers. They currently have eighty five registered riders and thirty five of them are regulars. The numbers of rides given keeps increasing each year. Newsong said "So far this year through April we had already done 166 rides and 113 volunteer hours." Newsong said "We're always happy to accept new drivers." Administration costs are covered by generously donated proceeds from the Orinda Classic Car Show as well as a grant and other donations. For information on volunteering or riding, call 254-0800.

With these mobility options available to Lamorinda seniors, why don't you go ahead and plant that orange tree? You may be able to enjoy it for the rest of your life.



A supporting hand and a full size car, and two seniors can get to church on Sundays Photo Wendy Scheck

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Salsas – A Healthy and Delicious Alternative

By Susie Iventosch



Oncology nutritionist Tinrin Chew at home in her kitchen whipping up a healthy meal! Photo courtesy of Tinrin Chew

Lafayette resident Tinrin Chew, an oncology nutritionist who works at Alta Bates Hospital and in her own private practice, emailed me to say how she appreciated the "At the Plate" corn salad recipe featured in the column a few weeks ago. Tinrin also volunteers at The Wellness Community, a non-profit organization offering comprehensive support for cancer patients and their loved ones. Every other

month, she presents a three-hour nutrition workshop at The Wellness Community.

"I am always looking for healthy, interesting and easy-to-make recipes for my patients and clients," she wrote.

So, of course I wrote back to see if she had any special recipes she'd like to share with our readers.

As it turns out, Tinrin doesn't really follow recipes, but adapts

those she finds to suit her tastes and her clients' needs.

"I really try to encourage people to eat food in its most natural, original form," she said. "By this I mean, if you buy an apple, eat an apple and if you buy a peach, eat a peach ... without altering its natural state."

Tinrin says she rarely serves anything for dessert besides fresh fruit, because most baked desserts have too much sugar and fat.

"In California, we have an abundance of fresh fruit and vegetables," Tinrin pointed out. "When I serve chicken, meat or fish, I usually chop up fresh fruit – whatever is in season – and mix it with spices and herbs as a sort of salsa."

Tinrin says the moisture from the fruit makes food easier to swallow for patients with dry throats and the vitamin C from the fruit, helps the body to absorb the iron from the meat. If the blood count/hemoglobin is low, the fruit contains good enzymes that help to break down protein and helps the digestive system.

For her salsa, Tinrin uses whatever is in season, whether its papaya, kiwi, mango, pineapple, apple, pear, persimmon or pome-

granate. Often she'll add chopped cucumber to whatever fruit she chooses.

"I try to educate the community to eat foods that are in season and grown locally," Tinrin said. "In the fall and winter, focus on root vegetables and squashes. Also, rutabaga, kale, leeks and collard greens, which are all high in iron."

Adopting this eating style, she says, is a good habit for anyone, as it naturally reduces intake of fats and salt.

The Wellness Community is located at the border of Lafayette, Walnut Creek and Pleasant Hill.

"Anyone in the community dealing with cancer should know about this place," Tinrin said. "They offer a variety of programs including support groups, educational seminars by health care professionals, exercise groups, music and more ... all for free!"

Tinrin Chew can be reached at (925) 299-1209. For more information on The Wellness Community, please visit: www.twcwa.org/

The Wellness Community, 3276 McNutt Avenue, Walnut Creek, CA. 94597, Phone (925) 933-0107, Fax: (925) 933-0249



This recipe is available on our web site. Go to: <http://www.lamorindaweekly.com>
Susie can be reached at suziven@hughes.net

The Rise of the Locavores

... continued from page 9

Gail Feenstra is a food system analyst for the Program; her task is to evaluate the carbon footprint of food. "It's not straight forward," says the researcher, "we have to calculate the energy that goes into fertilizers and pesticides, whether the crop is grown outside or in a hothouse, what packaging and transportation system was used, or the possible wastes. The fact that a food is local is only one of the components."

As a rule, Feenstra believes that organic food is less energy consuming, but the low yield of this kind of agriculture can throw the balance off. "There are other things that people need to be thinking of when it comes to their eating habits," she adds, "a vegetarian diet has less impact, and among meats, red is the most energy consuming."

In spite of the doubts and ambiguities, she believes that the locavore movement has a positive impact, "it's making people more aware of the limits of our natural resources, and shows them that we have the opportunity to change our behaviors," Feenstra concludes.

The carbon footprint is not the foremost concern of the Board of Supervisors; locavoring makes sense because it supports local farmers. Katherine Lyddan, who participates on the County's task force, is the Executive Director of the Brentwood Farming Land Trust.

For Lyddan, a Moraga mom, convincing people to eat locally produced food is a matter of survival. Brentwood is the largest farming region closest to Lamorinda, totalling 12,000 acres, but according to Lyddan, "The farmers were having a hard time making a living in local small farms on the urban edge."

She highlights that local food is fresher, has a higher nutrient value, creates a strong re-

lationship with the seasons and the environment and reduces the distance that food travels. "As a matter of national and food security it is important to feed ourselves," insists Lyddan. "To feed the Bay Area, we probably need the Central Valley," she believes, "but not strawberries from Chile." The recent incident of salmonella-contaminated tomatoes supports the argument that it is safer to know from where your food comes.

If health, national security, local economy, energy efficiency, a sense of place and connection to the earth are not enough reasons for you to become a locavore, most locavores will tell you that locally grown food just tastes better.

Locavore Resources:

- Local nurseries to get your garden going.
- Farmers' Markets, Orinda on Saturday morning, Moraga on Sunday morning.
- Supermarkets: Safeway gets its corn from Brentwood, ask for other products; some Longs Drugs try to get their dairy and produce locally, ask the management; Diablo Foods, Trader Joes: Check labels and ask management to encourage local products.
- Restaurants: Gigi, Chow, Amoroma and Terzetto advertise use of local products.
- Individual farms: Hurst family, St Mary's Road.
- Community Supported Agriculture (CSA) delivers individual baskets weekly to subscribers. "Outside the Box" in Walnut Creek has a drop off in Lafayette. Brentwood Land Trust, for U-picks and visits: www.brentwoodaglandtrust.org

Tinrin Chew's Mango-Avocado Salsa
(To serve over grilled fish or chicken)

Ingredients
2 ripe mangoes, peeled and cut into bite-sized pieces
1 avocado, firm yet ripe, cut into bite-sized chunks
2 tablespoons olive oil
1 small garlic clove, pressed
Juice of 1/2 lemon or lime
1/3 cup cilantro leaves, diced
Dash of sea salt
Dash of sugar

Directions
To grill salmon filet, season to taste and place filet skin side down on a piece of foil. Cook over medium-high flame for two minutes, then tent filet with foil and continue to cook for another six or so minutes, depending upon the thickness of the filet. For swordfish steaks, cook approximately four minutes per side at medium high heat, again depending upon thickness.

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* Regular menu only, not valid with daily board specials, early dinner menu or with any other specials or promotions. (soup & salad sides are not considered entrees) - Exp. Aug 15, 2008 -

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-- updated June 25, 2008 --

American					
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108	Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830
Chow Restaurant	53 Lafayette Cir, Laf	962-2469	Village Inn Cafe	290 Village Square, Ori	254-6080
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938	Continental		
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200	Petar's Restaurant	32 Lafayette Cir, Laf	284-7117
Ranch House	1012 School St, Mor	376-5127	Vino Restaurant	3531 Plaza Way, Laf	284-1330
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832	Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234	Hawaiian Grill		
BBQ			Lava Pit	2 Theatre Square, St. 142, Ori	253-1338
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133	Indian		
Burger Joint			India Palace	3740 Mt. Diablo Blvd, Laf	284-5700
Flippers	960 Moraga Rd, Laf	284-1567	Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575
Nation's Giant Hamburgers	400 Park, Mor	376-8888	Italian		
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	Giardino	3406 Mt. Diablo Blvd, Laf	283-3869
Cafe			La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170	La Piazza	15 Moraga Way, Ori	253-9191
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040	Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081
Geppetto's cafe	87 Orinda Way, Ori	253-9894	Michael's	1375 Moraga Way, Mor	376-4300
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816	Mondello's	337 Rheem Blvd, Mor	376-2533
California Cuisine			Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500
Gigi's	1005 Brown St., Laf	962-0882	Postino	3565 Mt. Diablo Blvd, Laf	299-8700
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422	Ristorante Amoroma	360 Park St, Mor	377-7662
Shelby's	2 Theatre Sq, Ori	254-9687	Japanese		
Chinese			Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809	Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740	Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709
China Moon Restaurant	380 Park St, Mor	376-1828	Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500	Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852	Tamami's Japanese Restaurant	356 Park St, Mor	376-2872
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569	Yu Sushi	19 Moraga Way, Ori	253-8399
Mandarin Flower	581 Moraga Rd, Mor	376-7839	Jazz Dinner Club		
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288	Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020	The Orinda House	65 Moraga Way, Ori	258-4445
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	Mediterranean		
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228	Alex's	2 Theatre Sq # 105, Ori	254-5290
Coffee Shop			Oasis Cafe	3594 Mt. Diablo Blvd, Laf	299-8822
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225
			Mexican		
			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. Diable 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
			Pizza		
			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 Orinda Way # Ab, Ori	254-1200
			Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
			Sandwiches/Deli		
			Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
			Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
			Gourmet Bistro Cafe	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
			Seafood		
			Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
			Singaporean/Malaysian		
			Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
			Steak		
			Casa Orinda	20 Bryant Way, Ori	254-2981
			Tea		
			Pateriserie Lafayette	71 Lafayette Cir, Laf	283-2226
			Tea Party by Appointment	107 Orinda Way, Ori	254-2206
			Thai		
			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.



SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Little League All Stars Start Sizzling Summer

By Jack Fernbacher



Little League All Star play Albany

Photo Doug Kohen

After the postseason of Lafayette Little League Baseball, a select few opt to continue playing their beloved sport through the long summer nights.

At 6 pm on the first of July, the Lafayette eleven-year old All Star team started the All Star season off with a night game against Albany at Buckeye Fields.

The All Stars got off to a blazing start as they scored four runs in the first inning and seven runs in the second. The Lafayette pitchers didn't allow Albany to get any runs in the four-inning game.

The pitchers hit the corners of home plate nicely and combined for six strikeouts. The pitchers responsible for blanking Albany were Ryan Donat, Casey Harrington, and Alexie Shurtz. The three pitchers each had two strikeouts.

Helping out in the Albany game with their bats were Alexie Shurtz, Matt Stanners, John O'Malley, Will Brueckner, Charlie Ziolkowski, and Ryan Donat. Shurtz had two doubles in the contest and four RBIs.

Stanners was the lone player on the team with a triple and also scored one run in the 13-0 victory.

With all the talent at the

plate, the Lafayette team would be tested the next night against Walnut Creek on the pitching mound.

The pitchers brought in the team's momentum from the Albany game by allowing only three runs in six innings of play. The four pitchers for Lafayette were Donat, Shurtz, Ziolkowski, and Brueckner. Lafayette faced a Walnut Creek pitching trio in Andrew Narloch, Kiril Yantikov, and Matt Machado.

In the first inning, Lafayette was held scoreless for the first time in this year's All Star season. After that, Lafayette got back to its scoring ways, as they scored six runs in the second inning. Lafayette then scored one run in the third inning and three in the fifth to defeat Walnut Creek 10-3

in six innings.

Helping to drive in the runs was Andrew Shatz and Ziolkowski who combined for five rbis. Rounding the home plate in the game for Lafayette was Matt Jorgenson, Brueckner, and Harrington.

The eleven year old All Star Lafayette team has started off its season with an impressive two victories, and the ten year old Lafayette team also was victorious in its All Star opening game.

The ten year old team beat North Oakland 11-2 with some great pitching from Jake Rowley. Rowley pitched 4 2/3 innings, only allowed two runs and struck out six batters.

The Lafayette Little League All Star teams hope to continue its success for the rest of the summer.



Homerun for Ryan Donat (17)

Photo Doug Kohen



All Star Pitcher

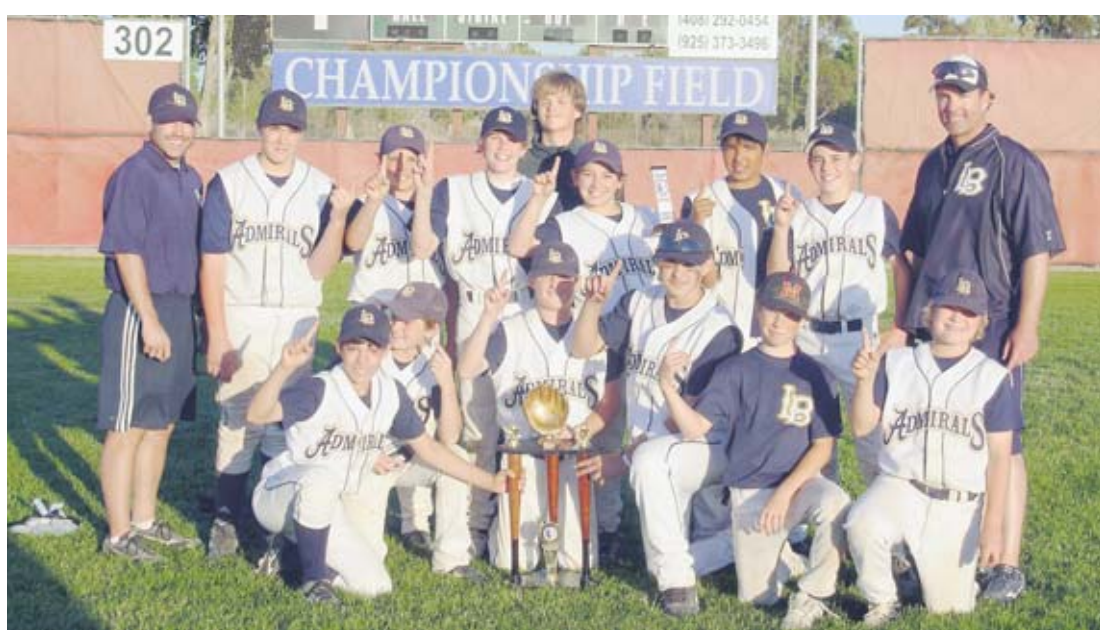
Photo Doug Kohen



Little League All Star play North Oakland

Photo Doug Kohen

Lamorinda Admirals Take First Place at Twin Creeks



The Lamorinda Admirals took first place honors at the Twin Creeks State Championships on June 8 in Sunnyvale, Calif. Top row (L to R): Coach Tyren Sillanpaa, Joe Ivanusich, Grant Henderson, Justin Dunn, Kellen Sillanpaa, Andre Baca, Daniel Samaniego, Tyler Supple, Coach Adam Henderson. Bottom row: Dennis Karas, AJ Franklin, James Coleman, Tyler Stover, Phillip Rei, Tommy Kresnak and (missing from photo Hunter Noah) Photo submitted

Lafayette Pitcher Flirts With Perfection At 16-U Tournament

Submitted by Norman Hoffman

Adam Hoffman came within two pitches of a perfect game as he led EJ Sports Titans (CA) to a 10-0 victory over Goodwill Series Rookies (CA) in the USA Baseball 16-U (West) tournament held last week in Peoria and Surprise, AZ.

Hoffman faced only 19 batters in a six-inning masterpiece marred only by a dropped throw at first with two outs in the 5th, and a

scratch single with one out in the 6th (followed by a game ending double play).

The 6'1" student-athlete and starting pitcher for the varsity Acalanes Dons team this past season needed only 72 pitches, striking out six in a complete game performance against the team ranked #13 in a 72 team field.



Adam Hoffman wasn't bothered by the heat in Arizona and shutout his opponent in the USA Baseball tournament

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Hirashima Reinstated as Miramonte Women's Coach

By Garrett Ley



Coach Hirashima and Katie Evans Photo Jordan Fong

The man that many credit with putting Miramonte Women's Basketball on the map, under whose leadership the team won several DFAL titles in recent years and who led the Matadors to three of the past four NCS titles, was relieved of duties shortly after graduation, an event that stunned many in the Lamorinda high school community.

Two weeks later, the situation appears to have changed. On Wednesday, July 2, Darrell Hirashima announced that he has been reinstated as head basketball coach.

"I'm really thrilled that the decision to renew my contract has been made," Hirashima said in a phone interview Wednesday. "Right now, I'm just waiting for the legal people to sort out the terms and conditions so I can get back to coaching."

Hirashima was the driving force behind the Matadors' success

that has spanned over a decade. He took over the program during the 1997-1998 season, and has since led the team to a 238-85 (.737) record. Under his direction, Miramonte won 20-plus games nine times, made 10 runs into the post-season—including one trip to the 2002 State Championship—and captured four North Coast Section Division III championships.

"He puts countless hours into every player on the Miramonte team," said Katie Evans, a graduated senior who played for Hirashima for four years. "He has every game video taped, looking for anything that will help us improve our game."

"Even though I have graduated, I know that I can still call Darrell at almost any hour and he'll go to the gym with me and help me improve whatever skill I want."

Hirashima's commitment to the program has earned him a large

following of supporters. At a district meeting on June 18, over 100 people assembled at an Acalanes Unified School District meeting in support of the popular coach.

According to Evans, 10 speeches were made in favor of Hirashima, while only one speaker dissented from the majority.

"I'm really grateful to all the people who supported me, who wrote letters, and who came in and fought for me—it was really amazing," Hirashima said. "It was a team effort by the community."

Aside from the large turnout at the district meeting, a Facebook group with the purpose to save Hirashima's job was created. Within a week, nearly 200 people joined.

"Besides being an amazing coach, he is also an amazing person—and I think that is why it is so easy for fans to love him," Evans said.

The Matadors are fresh off a season in which they captured the league championship, grabbed the NCS title and finished 27-4. The Acalanes Union High School District has not disclosed the reason that Hirashima was dismissed after one of his most successful campaigns yet.

Hirashima has been through this before. In 1999, after just two seasons as coach, he was fired before getting his job back two weeks later. Similarly, in 2003, successful Miramonte men's basketball coach Tom Blackwood was relieved of duties after 38 years at the helm.

The Matadors have plenty to look forward to for the 2008-2009 season. They will return Stephanie Golden, Katie Reid, Chelsey Christensen, Lauren Kimble and their coach, Darrell Hirashima.

Bay Cities League Heats Up

By Steven Johns



Willy Birkowitz of Orinda at MCC Driving Ranch



Thomas King of Moraga

Photos Andy Scheck

On Saturday June 28th the Moraga Country Club (MCC) junior golfers traveled to Santa Rosa to take on the Santa Rosa Country Club golfers.

Looking to find its first win of the season MCC took on the immense challenge of going head to head against the strong Santa Rosa CC, which is undefeated on the season and in second place in the Northern division. MCC did not beat Santa Rosa but managed to gain a few points.

With a mere 8 points this year the MCC golfers have struggled to find their way against stronger opponents. This however has not deterred the junior golfers from taking on the tough competition and has

given the golfers a great experience for their golfing futures.

The highlight of Saturday's match against Santa Rosa came on the back nine of the top match of the day. MCC's number one golfer, Thomas King, single handedly took on two of the toughest competitors he has had to face this year. King was able to make an 8 foot birdie putt on the 18th hole to halve the back nine. His 38 on the back nine tied Santa Rosa in stroke play and best ball to give MCC some much needed points.

"It was tough for me; I had to play within myself and focus on my own game rather than try to do what my competition was doing" commented King on his play. "The guys we were playing against were so

good, and it was tough to watch them consistently hit impossible shots close to the pin... but I knew that I had to focus on playing my own game."

Willy Birkowitz managed to take 1.5 points away from Santa Rosa even though he had to play by himself. With MCC a man, short Birkowitz successfully fended off two Santa Rosa golfers in his match.

Even if the MCC golfers are not winning, they are having fun and are gaining a lot of experience in the process. As King said, "Bay Cities is a fun league because it lets those of us who aren't necessarily top ranked junior golfers, go and play against some of the best players in the area."

Kim Vandenberg Almost Makes It

By Steven Johns

As the current Olympic trials end, one name should stick out to Lamorinda fans: Kim Vandenberg. Vandenberg, a native of Moraga and former Campolindo Cougar, was trying to make the U.S Olympic swim team and compete in the 100 butterfly and the 200 butterfly.

Vandenberg's high school career was filled with awards and records. She was a six time North Coast Section champion with two championships in the 50 free and 100 free and one championship in the 200 free and 500 free. Vandenberg is the national high school record holder in the 100 free with a time of 49.41. In 2000 Van-

denberg was the number one ranked swimmer in the nation in the 200 fly with a time of 1:58.9. That same year she also qualified for seven events in the Olympic Trials.

At UCLA Vandenberg continued her successful swimming career. In 2002-2003 Vandenberg was named the Pac-10 newcomer of the year and placed fifth in the 200 fly in the NCAA Championships, the highest of any UCLA swimmer. In 2003-2004 Vandenberg was a NCAA All-American in the 200 fly and the 100 fly. She also set school records in those two events that year. In the summer of 2004 Vandenberg made it to the finals of

the Olympic Trials. Unfortunately her fifth place finish in the 200 fly did not net her a place on the 2004 Olympic team.

Vandenberg made it to the finals for both the 100 fly and the 200 fly but unfortunately fell just a bit short in both events. In the 100 fly Vandenberg finished in 7th place with a time of 58.84, .73 seconds behind the leader. In the 200 fly, Vandenberg's best event, she came in 3rd place with a time of 2:08.48, only 1.15 seconds behind second place.

Vandenberg has had a very successful career and could set her sights on the 2012 Olympics.

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LAMORINDA WEEKLY

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 The Lamorinda Weekly is looking for a reporter to cover events and meetings in Orinda. Reporter should be community-minded and objective. Must be able to attend and report on 1 - 3 evening meetings per month. Call Wendy Scheck: 925-377-0977 or email wendy@lamorindaweekly.com

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

4th Annual Lafayette Criterium is Sunday, July 13

Kids are Welcome!

By Lee Borrowman



Bright and early Sunday morning, the Lafayette Criterium bicycle race returns to Mt. Diablo Boulevard for its fourth year. Cyclists will race around a closed one-kilometer loop along Mt. Diablo Blvd, 1st Street and Golden Gate Way. Again this year, one of the event's highlights will be the kids' races (bikes, trikes and training wheels), benefitting the Lafayette Arts and Science Foundation.

The start/finish line is on Mt. Diablo Blvd in front of Boswell's. The Criterium is actually several races, and cyclists compete in categories organized by skill,

age and gender. The first race starts at 7:15 and the last at 3:15. Registration opens at 6:00am on race day, and cyclists must be registered at least 30 minutes before their start time.

Calling all kids! It's a Fun Ride, so go have some fun! Get out there and pedal, pedal, pedal! And then send us your picture and tell us what you like best about riding your bike (pictures@lamorindaweekly.com)!

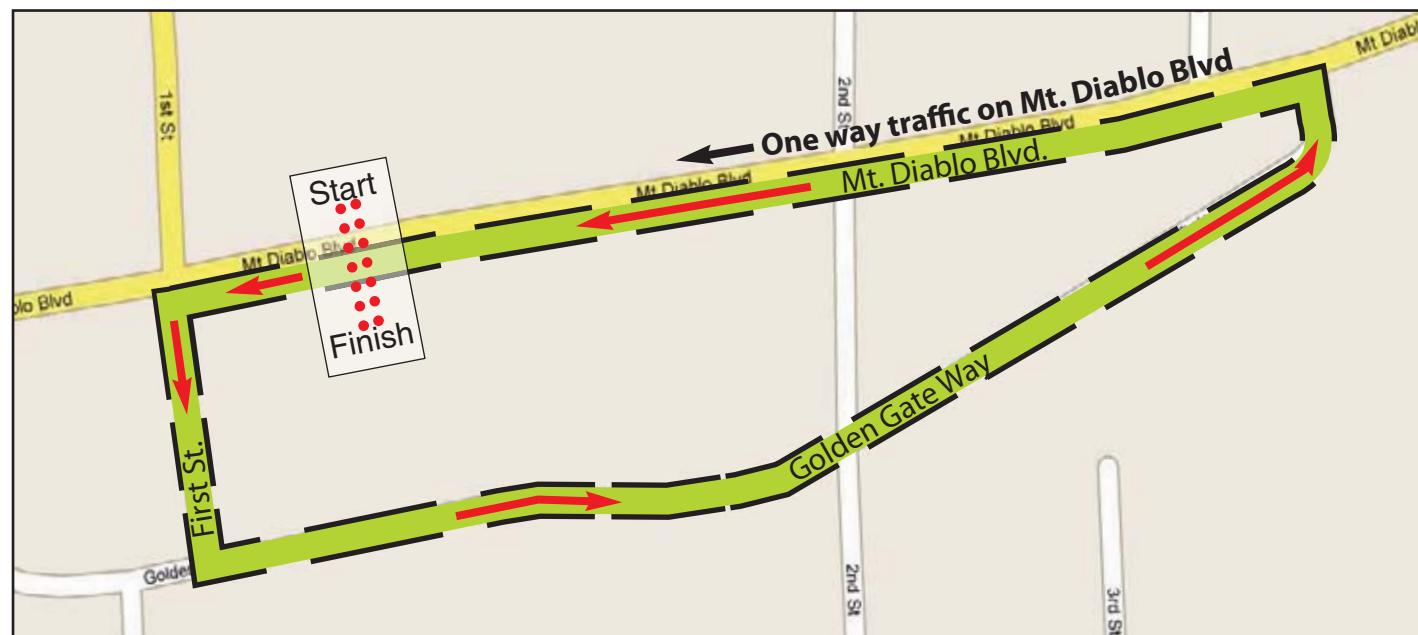
If you're looking for speed, check out the Pro races. But for sheer grit and determination, don't miss the rest! Last year's Men Elite 3 race featured some outstanding cyclists. The Category 5 cyclists are those with

the least experience, usually in their first year of racing. Spectators should respect the directions of the race officials, who will be monitoring the length of the course to keep racers and spectators safe.

Start Time	Category	Duration
7:15	Cat 5	40 minutes
8:00	Women 3/4	40 minutes
8:45	Men Master 45+/55+	40 minutes
9:30	Men Elite 4	40 minutes
11:10	Men Elite 3	50 minutes
12:05	Men Pro 1/2	75 minutes
1:25	Women Pro 1/2/3	50 minutes
2:20	Masters 35+1/2/3	50 minutes
3:15	Men Masters 35+ 4/5	45 minutes



Kids Fun Ride Schedule		
Start Time	Age	Duration
10:25	Kids 8-9 years	10 minutes
10:35	Kids 6-7 years	10 minutes
10:45	Kids 5 & under	10 minutes



Traffic and parking notes:

The east-bound lane on Mt. Diablo Blvd will be closed to traffic, as will a block of 1st St and most of Golden Gate Way. West-bound Mt. Diablo Blvd will be open to one-way traffic. No parking will be allowed on the route, so watch for signs the night before the race. To avoid the annual traffic jam, the best bet is to bike to the race; no spandex required, but don't forget your helmet. If you must drive, plan to park in

outlying areas and walk in. During the race, employees and customers of Boswell's, Feathered Follies, McDonald's and the Cheese Steak Factory can park in a marked area in the Corporate Terrace parking lot.

Veteran Blue Hairs Win Orinda Spring League

By Tim Fong



Back row, left to right, Jim Buckley, Rob Fellner, Dan McCormick, Chuck Engs, Bill Jones, Steve Diekmann, Bill Marchant, Gregg Vignos
Front row, left to right, Dan Michelini, Jeff Julian, Chris Lang, Jeff Allen, John Fernbacher
Photo provided

In the second half of the Orinda Over-35 Basketball Spring championship game, the Blue Hairs (7-2 regular season) were able to separate themselves from Team DB (6-3) en route to a 56-47 victory. The Blue Hairs won its last championship two years ago, and have won four championships since the summer of 2000.

"The game was really close during the first half," said Blue Hairs forward Rob Fellner. "We didn't get a good lead until there was about ten minutes left in the game."

The veteran Blue Hairs knew to stay away from their weaknesses during the game. The Blue Hairs are one of the oldest teams in the league and have good chemistry from playing so many seasons with each other.

"Our team has players that are over forty years old, so we tried to slow the game

down so that we could set up an offense and get back on defense," said Fellner. "We aren't lightning quick, so we used screens and cut to the hoop to try and get good looks at the basket."

At the championship game, the Blue Hairs had its biggest crowd in attendance for the season. Fifteen kids were yelling for their dads from the stands during the game and gave a boost to the players in the second half.

"The fans motivated us and gave us some momentum in the second half of the game," said Fellner. "It was really great to hear our kids rooting us on and towards the end of the game we fed off of the fan's motivation."

Coming into the post-season, the Blue Hairs were tied for first and Team DB was only one game back of the three-way tie for first place. In the playoffs the Blue Hairs blew out their opponents with the scoring

from Steve Diekmann, who is tied for second with the most points in a NCAA division III game.

"Diekmann really took control in the playoffs," says Fellner. "Now that he is older he is isn't as quick as he used to be, but his natural skill really helped us."

In the championship game, Bill Marchant helped Diekmann on the offensive end and 6'6" Bill Jones stepped it up on defense.

"Jones was a huge factor for us in the game," said Fellner. "He had Plantar Fasciitis during the regular season, so he didn't play until the last game. In the championship game, he shut down Team DB's tall 6'10" center."

Although the basketball players like having fun and being competitive in the games, the refreshments after the game may be the reason some of the players stay in the league.

Send sports stories and ideas to:
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 or
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Lamorinda Water Polo Players Bound For Beijing

By Tim Fong

Competing in her third Olympic Games, Miramonte graduate Heather Petri is aiming for her first gold medal in Beijing. Petri, who graduated in 1996, made the final roster of thirteen players for the 2008 US Olympic Water Polo team as an attacker.

The US Women's Water Polo team has a good chance at gold this summer at Beijing after winning gold in Melbourne last year at the World Championships. The team is currently ranked number-one in the world and the team's main competition is number-two ranked Australia.

The Women's Water Polo Olympic field has only eight teams. Petri played for the UC Berkeley Water Polo team after starting the Women's water polo team at Miramonte. Petri has been a part of many firsts in women's water polo, including playing for the first US Women's Olympic Water Polo team at Sydney.

In Olympic play, Petri received the silver medal at Sydney in 2000 and grabbed the bronze at Athens in 2004. Petri will be playing attacker in the Olympics alongside Brenda Villa, who is the captain of the team and the only other third-

time women's water polo Olympian.

On the men's side, Campolindo graduate Peter Varellas made the Men's Water Polo Olympic team. Varellas will also play attacker and is joined by two fellow Stanford players including Captain Tony Azevedo.

The Women's Water Polo team has four upcoming games against Australia from July 4-10 in California and then will train for Beijing. The Men's team is currently training in Colorado and will continue to train until the Olympics.

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