

Life in LAMORINDA

Upcoming Ride and Walk Events to Defeat Lou Gehrig's Disease

By Cathy Tyson



Team Hot Dawg Riders from Wine Country Ride 2007, from left David Miller, Al Marino, Dylan Chaney, Matt Chaney, Nick Talken, Dan Talken, Chris Banard and Brett Banard

Lamorindans looking for a workout and a worthy cause are invited to participate in two upcoming events - the Wine Country Ride to Defeat ALS on September 27, and the Bay Area Walk to Defeat ALS on October 19.

Lafayette fundraising legend Matt Chaney along with pals and

supporters in Team Hot Dawg will be bicycling in the Wine Country event. There are four routes available depending on the rider's energy level: 10 mile, 25 mile, Metric Century (62-mile) and 100-mile. Riders will be treated to snack rest stops, a gourmet lunch, a SAG wagon for those too pooped to pedal or flat

tires, and acclaimed Pastry Chef Annie Baker hosing cooking demonstrations with chefs from Julia's Kitchen at Copia, Redd, Mustards and more.

The three and a half mile Walk around Lake Merritt on October 19 is wheelchair and stroller accessible. There is even a shorter route available to those with mobility issues. Moraga resident Katy Ousterman anticipates approximately 30 friends will participate with her and "Team O" in her husband's memory. "I have to say the community has been wonderful, really fantastic and supportive."

Commonly referred to as Lou Gehrig's disease, amyotrophic lateral sclerosis, or ALS is a progressive, fatal neuromuscular disease that slowly robs the body of its ability to walk, speak, swallow and breathe, according to the ALS Association.

"Team Hot Dawg always has a good turnout. In 2007 we had the largest team - 63 riders and brought in donations totaling around \$45,000. The entire field of riders numbered 900 and raised \$330,000. Everyone is welcome to enjoy this

day and ride as a Hot Dawg, an individual or on another team," said Team Captain Chaney.

Chaney will be riding a three wheel recumbent CATRIKE that allows him to pedal without having to hold his head up or balance his arms due to loss of muscle mass in his upper extremities. "It's like riding a lounge chair but much, much faster," noted Chaney.

"The short answer to why is to raise awareness and money to support ALSA's efforts with research and family services and to remind myself and other who care to notice that diversity and unexpected challenges in life don't need to be a reason to give up. I have always been physically active and I'll be damned if something like ALS is going to rob me of future fun."

Lamorindans are invited to join the fun or just support the cause with a donation. For more information on the Ride and the Walk and a peak at Matt Chaney go to www.alsabayarea.org. For more information on the disease go to www.whoislou.com.



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School Bus Safety – Motorists Must Look Around, Slow Down & Stop

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As a bus prepares to make a stop, its yellow lights will start flashing. When the bus is stopped, its red warning lights will flash and the stop signal arm on the side of the bus will be out. The U.S. Department of Transportation says "Motorists must come to a complete stop a safe distance from the bus and wait until the red lights stop flashing, the arm is retracted, and the bus begins moving before they start driving again." "The law

is very clear that all vehicles must stop in both directions when a school bus has its red lights on. The only exception is when there is a physical median or divider separating the opposing traffic," said Hein.

Hein said the Lamorinda Police Departments have helped reduce the red light runner problem by following buses and ticketing offenders. Lafayette Police Officer Chilimidos said, "I'm one of

the officers that follow the school buses. Most people seem to be compliant, but there are always a few that aren't. I've had to give some citations. If you see a school bus, generally speaking, there is a police car around."

"Every day with our 22 buses, there is somebody who (illegally) passes a bus," said Hansen. She also said there are a few locations, like Reliez Valley Road, where drivers are not only

passing stopped buses with flashing red lights, but they are crossing a double yellow line to do it. When a bus is passed illegally, the driver calls the violation in and attempts to get a license plate number, but they're not always able to that since their first responsibility is to the safety of the children on the bus. "Ultimately it's up to all of us that drive our roads to obey the law. These are our children we're putting at risk," said Hein.

Got a Frantic Family?

By Cathy Tyson



Patrick Lencioni, author of *The Three Big Questions for a Frantic Family* Photo provided

Local father of four, business consultant, and author of six books, Patrick Lencioni has some advice for overly busy families. His new book "The Three Big Questions for a Frantic Family: A Leadership Fable about Restoring Sanity to the

Most Important Organization in your Life" outlines a model that provides families with the clarity and purpose found in successful businesses.

Here's a brief quiz to see if your family is frantic:

1. Do you often feel like your life is merely about surviving from one day or week to the next?
2. Do you ever fantasize about moving to "the country" so your family could live a more simple life?
3. Do you often find yourself wondering why you signed up for an activity after it's too late to drop it?
4. Do you experience tension with your spouse around managing your calendar?
5. Do you find it difficult to find time for dates with your spouse?
6. Do you fear that you'll get to a point in the future when you'll

look back at your life as a chaotic blur?

Lencioni offers simple strategies to hectic families trying to juggle work, play, and usually loads of extra-curricular activities. "People are more frantic and overwhelmed than ever because there are more opportunities that ever, and more social expectations for taking advantage of all those choices."

As school begins for Lamorinda families, karate, football practice and piano lessons ramp up after summer hiatus, these business related tips might be just what the doctor ordered.

For more information on the author, go to www.patricklencioni.com. Lencioni will be featured at a team building event at the San Ramon Marriott Hotel on September 22, to benefit the San Ramon Valley YMCA.250

Fall Prevention Week

By Sophie Braccini

Gayle Uilkema, County Supervisor, said it in a nutshell: "Get rid of the old slippers!" The week of September 21st to the 27th is Fall Prevention Week in Contra Costa County. Falls are the most frequent cause of all accidental injuries/fatalities in the County among residents 65 and older, more than twice the toll of motor vehicle accidents. According to Contra Costa Health Services, between 2002 and 2004 there were 8,658 hospitalizations and 140 deaths due to falls by Contra Costa residents.

On September 11th, Uilkema stressed the importance of fall prevention in front of "The Original Lafayette Senior Recreation Center" at the Lafayette United Methodist Church. Besides discarding the old slippers, she recommended regular exercise, wear thin rubber soled shoes with shallow treads, avoid rushing and use handrails, have your vision checked, and make sure there is ONE pharmacist who knows about all the medications you are taking.

Local organizations are welcomed to invite the Supervisor to come and talk about this important health topic, contact her office at 335-1046. Uilkema will

be speaking to the Moraga Movers during their dinner on October the 13th starting at 4 p.m.

in the Soda Center on the Saint Mary's College Campus. Call 376-6622 for reservations.

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