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Friday, September 17, 2008



Photos Andy Scheck



September 20 & 21



Art & Wine
Pear
Festival
Restaurant
Tour
See
pages
18 & 19

By Cathy Tyson

Detour on Mt. D. for the A & W

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The Crush is On

By Andrea A. Firth

Dave Parker turns and waves his hand high above the row of grapevines behind him in response to the sounds of his daughter who is yelling goodbye as she departs for kindergarten. Ali knows just where to position herself on the driveway so that her father can see her from where he is perched up on the hill between two long rows of vines. They exchange a few secret hand signals, and she heads off to Rheem Elementary School down the street from their home.

Although Dave and his colleague Mike have been picking grapes—today it's Voignier—since the break of dawn and they face another four or five hours of picking to complete the harvest, he is relaxed. Parker is dressed comfortably in shorts and sweatshirt and has a few days facial stubble—a winegrower's uniform. Ali and her sister Jessalyn were out helping him to pick earlier, and he plans to take a tray of the sweet, marble-sized green grapes to Ali's class for a taste test later that day. This intermingling of work and family life suits Parker whose commercial wine making venture, Parkmon

Vineyards, has grown consistently over the past three years.

This is the tenth lot that Parker has harvested in the past eleven days. Parker picked lots of Zinfandel and Sauvignon Blanc grapes in late August. His first harvests in Moraga were at the start of September: three lots of Pinot Noir grapes from the backyards of local vineyard owners who have Parker produce

their wine. "In 2007, we ended up picking about 12 tons of grapes and making close to 600 cases," states Parker "This year, I've planned for about 14 tons and about 700 cases, but so far, yields have been coming in so low that we may end up a bit short of that estimate."

... continued on page 18

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

By Jean Follmer



When school starts, the school buses are back on the roads. This often results in a slower commute and the frustrating realization that an earlier departure may be necessary to "beat the bus" in order to arrive at destinations on time. If you do happen to "beat the bus" on weekday mornings, the Lamorinda School Bus Program (LSBP) still urges you to use caution on the roads. "Even when the bus isn't there (at the stop), we have kids along the road waiting for buses and drivers need to be careful. In the morning, kids are crossing the street unassisted, so that's a vulnerable point. We try to encourage the kids to arrive (at the bus stop) 5 minutes early," said LSBP

Program Manager Juliet Hansen. However, many kids are running to catch the bus and are crossing streets without looking in the process. In the afternoon, drivers physically get out of their buses to help children cross the street. According to the U.S. Department of Transportation, pedestrian accidents account for two-thirds of school bus-related fatalities.

If you do get caught behind the bus, it's important to remain calm and accept the fact that your drive will likely take a bit longer. In each Lamorinda community, there have been cases of drivers cutting off buses and passing stopped buses that have their flashing red lights on. Gary Hein, Lead Driver for Durham School Services said the worst red light runner streets are:

- Lafayette** Reliez Valley Road from Grayson to Pleasant Hill and Pleasant Hill Road from Highway 24 to Olympic Boulevard
- Moraga** Moraga Road from Rheem Boulevard to St. Mary's Road and Rheem Boulevard between Moraga Road and Glorietta Boulevard
- Orinda** Anywhere on Miner Road and Anywhere on Overhill Road

... continued on page 9

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Lamorinda Community

Calendar, Notes, News

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, September 22	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, September 18 Thursday, September 30	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, September 23	
Park, Trails, Rec.	7pm
Community Center 500 St Mary's Road Wednesday, October 8	
Senior Services	3:30pm
Community Center, Alder Room 500 St Mary's Road Thursday, September 25	
check online: Town of Lafayette: http://www.ci.lafayette.ca.us	
Chamber of Commerce: http://www.lafayettechamber.org	

Candidates Night
Monday, October 6,
7:30 p.m.
Lafayette
Community Center,
500 Saint Mary's Rd.



Car burglary, 9/07/08 An unknown suspect broke into a Lucille Lane locked car and took a satellite radio valued at approximately \$400.

Cranky neighbor, 9/6/08 A pick-up truck stopped by the open door of neighbors van which was parked on the street. Driver allegedly flipped off the occupants of the van and drove quickly onto his nearby property on Lucille Lane. When police arrived the alleged hand gesturer claimed he never flipped anyone off. Not surprisingly, there is an ongoing dispute between these neighbors.

Door jam, 9/5/08 An Ethan Court resident was sitting in his den in the very early morning hours, when he heard a loud bang at the front door. Shocked homeowner yelled, "Hey!" and saw an unknown car drive away. A portion of the door frame was forced off the deadbolt, estimated damage \$300. Attempted breaking, but not entering?

Car burglary, 9/3/08 Someone broke into a locked Somerset Place Toyota and took the wallet of the vehicle's teenage driver. Let's hope the teenager was low on cash and credit cards.

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Candidates Speak Out on Civic Pride

By Cathy Tyson

Candidates for the upcoming City Council election were asked to comment on how residents, businesses or government contribute to civic pride in Lafayette. The question was posed via e-mail for fairness. The candidates touched on a range of answers, but a recurring theme was volunteerism.

Current City Council Member Carl Anduri noted that, "What sets Lafayette apart is the volunteer spirit of its residents. An incredible number of people volunteer their time, energy and expertise to help others and to make Lafayette a better place in which to live." He goes on to note the beneficial impact of parents supporting schools, youth programs, drivers for seniors, the faith community and service clubs. "One ex-

ample – without the years of service of members of the Parks, Trails and Recreation Commission, we would not have the trail system and recreational facilities we have now."

To summarize, Anduri notes, "When we look around our city and consider the many disparate elements, large and small, that come together to give us our sense of community and civic pride, the essential ingredient is clear – residents who have cared enough to contribute their time."

Challenger Gabriel Froy-movich noted that it's easy to be proud of Lafayette. "We are a vibrant city, but still know our neighbors and local merchants. Our residents volunteer with the city and run organizations like the Rotary

Club. Our businesspeople, through the Chamber of Commerce sustain a vibrant, friendly business community."

He sees room for improvement in city services, "We must ensure that we can be proud of our infrastructure. Right now 15% of our residents live on failed roads." Froy-movich would like to see a different approach to City planning, "When the Council pushes ABAG recommendations on us, we are jeopardizing our unique character. We do not need to forcibly cram more and more residents into our already congested downtown area." Froy-movich sees Lafayette as a special community, "That's why we live here and why we take such pride in our small city. We should

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start planning it that way, instead of deferring to cookie-cutter planning from a regional organization."

Incumbent Carol Federighi opines that "together we make a difference," referring to the many individuals that help make the city vibrant. "Bumper stickers all over town proclaim 'Love Lafayette.' Lafayette is a volunteer community, whose residents, businesses and

government all contribute to City pride." She believes a variety of dedicated individuals who donate their time to school boards, parent clubs, the Arts and Science Foundation, play a part. In addition, "A tireless corps of community volunteers raised over \$13 million dollars for our new Lafayette Library and Learning Center."

... continued on page 6

City Offices Officially Green

By Cathy Tyson



Janneke Petersen, summer intern extraordinaire Photo provided

It took a fair amount of work, a dedicated college student intern, Janneke Petersen, and a willing property manager, but the result was worth it: the Lafayette City offices are now officially certified Green by the Bay Area Green Business Program.

"We thought that if the City were going to encourage Lafayette businesses to go green, we should set the example," said Community Development Director Ann Merideth. "Janneke did all the work and she did a terrific job."

Petersen, a senior this year, is an Environmental Studies major at Bates College in Lewiston, Maine. "Everyone was very receptive to the changes and actually many of the ideas were suggested by city employees. For example, one person

had the simple and effective idea to get a dish rack to dry lunch dishes on to reduce paper towel waste from drying. There were already a number of things the city was doing locally for the environment – it just made sense for the government of-fices themselves to be green."

Because the city rents space for their offices in Desco Plaza, collaboration with Terry Turner, the property manager, was vital. "It would be impossible to do this without him. He was great to work with. For example one of the requirements is low flush toilets, as opposed to standard 3 gallon models. He has agreed to replace all the toilets in the building by mid 2009," said Petersen.

It ain't easy being green. To become green, businesses and pub-

lic agencies must meet criteria in four categories: waste reduction, pollution prevention, energy conservation and water conservation.

"For example the city cancelled its contract for bottled water with Alhambra – saving money and reducing lots of plastic bottle waste. Now employees drink tap water via a Britta pitcher," noted Petersen. The City Offices also uses 100% post consumer content recycled paper, reduces paper waste in creative ways, has switched over to a green cleaning product, uses energy star rated computers and printers, and has a green purchasing policy, among other initiatives. Petersen also worked with the police (who share the building) to find a more environmentally sound way of

washing their vehicles.

Following the completion of the lengthy list of requirements, audits by P G & E, EBMUD and the Solid Waste Authority personnel were required to obtain certification.

"There is a strong role for local government to play in address-

ing environmental issues, especially since our federal government is not adequately addressing them. Now that the Lafayette City Offices are certified green, they can truly "walk the talk" as they move forward and promote sustainability in the community," said Petersen.

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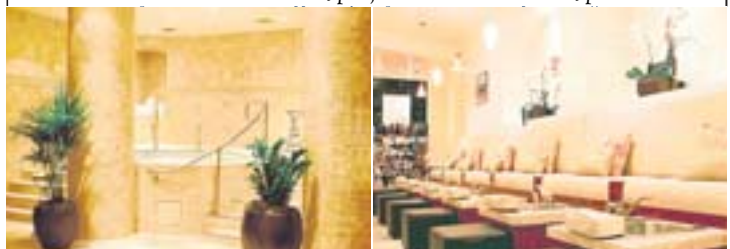
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Lamorinda Community

Calendar, Notes, News

Moraga

Calendar	
City Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo	
Wednesday, September 24	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Monday, October 6	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Monday, September 22	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive	
Tuesday, October 21	
Liaison	8:00am
Fire Station 1280 Moraga Way	
Friday, October 10	
Town of Moraga online: http://www.ci.moraga.ca.us	
for: • all meeting notes • calendar updates	

Candidates' Night Forum
Wednesday, October 1, 7:30 p.m.
JM Auditorium
see page 6



Party!, 9/06/08 Moraga and Orinda Police responded to a Hammond Place residence on a report of a loud party with 50 people loitering about in the street. When the cops arrived at 11:30 the noise level was found to be at an "unacceptable level." A majority of the students contacted were underage and at various stages of alcohol intoxication. A number of the partygoers ran away, damaging a portion of fence in the process.

D.U.I., 9/6/08 A Toyota was stopped for traveling westbound in the east-bound lane of De La Salle Drive at Saint Mary's College at 2:30 in the morning. The vehicle's 19-year-old driver showed signs of intoxication. It is unknown if the driver was from the United Kingdom.

Walking and swearing, 9/5/08 A concerned citizen called in to report a male subject walking and yelling profanities at passing vehicles on Moraga Road near Donald Drive. During police contact, the subject displayed extreme signs of alcohol intoxication. It was determined that he was a danger to himself and others, and was taken into custody. Was he beaked about the road construction?

Moraga Candidates to Town Council on Participatory Democracy

By Sophie Braccini

(Also read Sophie Braccini's conversation with former Mayor Cherie Grant on participatory democracy in Moraga, page 11)

To a small town that's always articulated a desire for minimal government, the involvement of its citizens is crucial. Participatory democracy is the result, encompassing both volunteerism in groups that service the greater good, and active citizen participation in the decision making processes that affect the town. The six candidates seeking election to the Town Council this November are aware of the opportunities and challenges this creates.

"Moraga has always embraced the idea of minimal government, says Howard Harpham, who speaks from experience as President of Kiwanis, past President of our Park & Recreation Foundation, and member of the Historical Society and CERT, "Our vibrant, active community is supported not by government programs, but by volunteers who give their time and money to our many foundations, service organizations, commissions and private groups."

He is echoed by Janice Kolbe, who says, "The spirit of volunteerism... is the backbone of Moraga and what has contributed, more than almost anything else, to the strength and vitality of our community. As a result of Moraga's commitment to 'minimal government,' we have seen the growth of numerous foundations, service organizations, Town Commissions and volunteer groups by which our citizens have volunteered their time, energy and money to achieve things our town government could not otherwise accomplish."

Mike Metcalf has experienced Moraga's democracy first hand for the past four years, as Council member and Mayor in 2007; he says, "By choice and by necessity, Moraga has always been a small-government town. Were it not for the volunteerism of our citizens, many important things would not get done. Volunteerism is encouraged and people continue to respond with

their labors and dollars. One can feel this on July 4th, the Pear Festival, and the summer concert series. It's not always the same people doing the work; many become involved in different ways. Community participation is everywhere, and the spirit is infectious.

... continued on page 6

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TSAC Gets Ready to Tackle Moraga's Roads

By Sophie Braccini

Moraga's Traffic Safety Advisory Committee (TSAC) presented a new Traffic Calming Guide for the Town Council's approval on September 10th. The new text, that clarifies procedures and aims at efficiently gathering public support, puts the Fire and Police Departments at the center of the decision making process when it comes to installing high impact traffic calming devices on the roads, such as the raised speed tables that until recently divided the Town.

When the new TSAC was appointed in January 2008, one of its first missions was to propose a new version of the Guide. TSAC Chair Barbara Simpson says the committee's mission is to act as "a buffer between citizens and Council so the small issues do not bog down the elected body." The Guide was a necessary tool for the Committee to accomplish its mission. It took TSAC seven months and many additional meetings to completely analyze and recompose the 2000 version of the Guide.

The result was highly praised by the Council, which unanimously voted to approve it. The most important changes brought forth by the text regard the way to collect citizen input and the systematic involvement of the Fire and Police authorities in the decision process. The traffic calming elements are broken down in 3 categories: level 1 measures - that involve education and enforcement but do not affect driveways, level 2 measures - that involve changes to signage or pavement markings and level 3 measures - that involve physical modifications to the street.

Level 1 measures do not require anybody's support but recommend the approval by the Police department. Level 2 and 3 require

citizen approval: 75% approval by petition of citizens abutting the change and 70% of citizens within 300' of the change; other affected citizens' approval is never required. The approval of the Police and Fire departments is required only for level 3 measures, while TSAC and Town Council need to approve level 2 and 3 measures.

During the public comment period, some residents argued that a calming device installed on a major road, even if they do not live within 300' of the device, might impact them. They were reminded that they could always appeal to the Town Council, which has the final decision on these matters.

TSAC's role was immediately put to the test when the next issue on the agenda came forth. It was a simple approval of the re-classification of Camino Pablo and Donald Drive. Those two roads had been classified as "Arterial" in the old days when they were supposed to be continued and connecting to adjacent cities. Town Engineer Jill Mercurio, acting at the request of the Council, proposed to re-classify them as "Collector or Local." Some residents saw this move as an attempt by the Town to prepare the ground to ultimately reduce speed permanently, particularly on Camino Pablo, and demanded that the issue be transferred to TSAC for study.

Police Chief Ruppenthal repeatedly stated that the classification was not related to speed limitation, but the debate went on nonetheless. Finally, Council member Bird remarked that the reclassification was not a traffic calming measure and thus not a TSAC issue; she made a motion to simply drop the matter and it was adopted by 3 members of the Council.

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Lamorinda Community

Calendar, Notes, News

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, October 7	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, September 23	
Parks & Recreation Comm.	7pm
Orinda Community Center Room 7 28 Orinda Way Wednesday, October 8	
Public Safety Comm.	7pm
Sarge Littlehale Community Room 22 Orinda Way Thursday, October 9	
Mayor's Com. Liaison	9am
Community Room at City Hall 22 Orinda Way Monday, October 6	

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• all meeting notes
• calendar updates

Chamber of Commerce:
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• upcoming events



Purse theft, 9/11/08 A nanny was dropping off her charge at Wagner Ranch school when her purse was stolen. She parked the vehicle and left it unlocked and walked the child onto campus. Upon her return just a few minutes later, the purse was gone. No sign of forced entry. Estimated total loss \$640 - black purse, cell phone and \$300 cash.

Drunk in public, 9/10/08 A 39-year-old white male was in front of the Safeway at just after 6:00 in the evening. He was contacted by one of Orinda's finest. The subject showed objective signs of alcohol intoxication; his blood alcohol level was more than double the legal limit. He was picked up for a probation violation in addition to being drunk in public. Isn't it better to shop sober?

Petty theft, 9/10/08 A neighbor saw a white male in his twenties snooping around his Longview Terrace elderly neighbor's car at 5:30 in the morning. Concerned neighbor confronted fellow with a flashlight, at which point the suspect exited the vehicle and ran toward Orchard Road. Only \$3 was missing from the car. Subject was wearing baggy jeans and a white t-shirt and smelled of Axe cologne. "Axe burglar?"

Orinda Community Spirit on the Rise—Candidates for City Council Weigh in on Why

By Andrea A. Firth

Over the past year, Orinda has experienced a renaissance in community spirit. More Orindans are volunteering for causes, committees, and task forces to address the important issues that impact their City. More Orindans are regularly coming together in the streets and downtown areas to events that celebrate holidays, shopping, the arts, and their great City. Why now? What has moved Orindans from the comforts of their beautiful hillside homes to join forces in the heart of the City?

As part of The Lamorinda Weekly's ongoing election coverage, we asked the candidates for City Council, incumbents Victoria Smith and Steve Glazer and new-

comer Dr. Bob Larsen, to explain why they feel the community has made more of an effort to get to "know itself" recently and what it means for Orinda.

Victoria Smith attributes the increased community spirit and excitement in Orinda to two reasons: the combined efforts of many residents on recent road bond measure campaigns and the City's collaboration with community groups on a number of key events.

"Although we were not successful in passing a road bond measure, a substantial majority of the citizens of Orinda favored the measures and the two road bond campaigns involved hundreds of volunteers and brought people together to have a serious discussion

about the values of Orinda and what needs to be done to come up with the funds to fix our roads," states Smith. "Our joint efforts [with community groups] have resulted in a number of great events like the weekly Farmers Market, the "Shop Orinda" campaign, the "Orinda Salutes Cal Shakes" event, and the wonderful donated art in our library plaza," she adds.

Steve Glazer has seen and felt the increase in community involvement in his community. "We are seeing a great positive spirit and make-it-happen energy in Orinda, and it's electrifying," states Glazer. "The school community has always led the way with volunteerism, but we are now seeing that commitment and energy expand to im-



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proving civic life," he adds.

Bob Larsen is all for Orinda's renewed community spirit and feels the upcoming Orinda Restaurant Tour is another good idea. "Individual businesses can participate in showcasing our town as well," states Larsen. "Consider the example being made by Ron Bonner of the Orinda House who has live music at a restaurant venue. No need to travel to Yoshi's," he adds. However, Larsen suggests that "for

real success" the City should update their plan to include more attractive sites for Orindans to patronize. "While planning we must remember two special populations, seniors and teens," adds Larsen. "Our older residents are often ignored. Kids don't call this Borinda for no reason. New ideas can only help fuel the spirit."

Lee Borrowman contributed to this article.

Moraga Way Done and Dust No Longer

By Andrea A. Firth



Orinda City Council members (centered from left to right) Tom McCormick, Steve Glazer, Mayor Victoria Smith, and Sue Severson flanked by two helpful workers cut the proverbial ribbon to commemorate the successful completion of the Moraga Way Pavement and Rehabilitation Project
Photo Tod Fierner

Orinda City staff, dignitaries, and residents gathered last Thursday to celebrate the successful completion—on time and within budget—of the Moraga Way Pavement Rehabilitation Project. To avoid creating a traffic bottleneck, the ribbon cutting ceremony to inaugurate the newly minted stretch of road was conducted at Orinda Oaks Park.

The improvements to Moraga Way, on a 3.2-mile segment between Camino Encinas south to Ivy Drive south, took about four months to complete. Much of the most invasive road

repair work was done throughout the middle of the night to minimize the impact on daytime traffic. The road works were funded in large part through a Surface Transportation Program grant (totaling \$1.14 million) and an additional incentive grant from the California Integrated Waste Man-

agement Board. Environmentally friendly rubberized asphalt concrete was used to pave the road, which helped to divert over 160,000 tires from landfills. The rubberized asphalt provides the added benefit of a quieter ride reducing road noise by an estimated five to eight decibels.

Orinda Pursues PDA Designation

By Andrea A. Firth

At their meeting on September 2nd, the Orinda City Council decided to move forward with their efforts to apply for the designation of Downtown Orinda as a Priority Development Area (PDA). "This designation opens the city up for eligibility for potential funding and grants," explained Orinda City Planner Emmanuel Ursu.

PDAs are defined as areas that seek to accommodate growth as mixed use, infill development near transit and job centers, with an emphasis on housing. Orinda's proximity to BART and projected development projects appear to fit the definition to the letter, and Ursu reported to the Council that he anticipated their application would be approved. PDAs are part of a regional planning initiative to encourage future development patterns that are compact, transit oriented, and responsive to the need for housing in the Bay Area.

The discussion of the PDA application also included a review of the status of the Planning Process of Review Task Force (PPRTF), which has been spearheaded by City Council members Amy Worth and Tom McCormick. The PPRTF is one of the several task forces established by this Council over the

past year. The goal of the group is to come up with recommendations for a streamlined, objective, user-friendly planning review process. Council member Worth reported that the task force's work had made steady progress and that several recommended changes were under review.

Preliminary recommendations will be presented to the Planning Commission in November of December of this year.

Another item to note: The City Council proclaimed September as National Preparedness Month for the City of Orinda. "Orinda is joining cities across the nation to build awareness about the importance of being prepared," stated Mayor Victoria Smith.

"[It's] a useful reminder about our responsibility to be able to fend for ourselves during a disaster," added Orinda Public Safety Advisory Committee Chair Bruce Macler. "We want Orindans to ask themselves the question 'Am I ready?' Then make sure they are," he said. "Even more we want those with the capacity and wherewithal to help others to be ready in advance, so that in the event of an emergency, they can offer assistance to those who are unable to help themselves."

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• Life in LAMORINDA •

Lamorinda Reads: An interview with the author of "Funny in Farsi," Firoozeh Dumas

By Sophie Braccini



Author Firoozeh Dumas

Photo courtesy of Firoozeh Dumas

Following last year's successful "Lamorinda Reads" program, featuring "Down To The Soundless Sea" by Thomas Steinbeck, the three Lamorinda libraries will soon invite our communities to share another book, have discussions and enjoy entertainment. Lamorinda Reads will kick off this year on October 13; the chosen prose is by American-Iranian author Firoozeh Dumas (pronounce firu'zε d→'mæ), "Funny in Farsi - A memoir of growing up Iranian in America."

The book is the colorful depiction of Dumas' family's early experience in the United States, from day one, when her father thought it was a good idea for her mother to join her daughter in the 2nd grade classroom, when none of them spoke a word of English. The very funny tales are painted with the multi-faceted colors of emotion and are an excellent read for all ages. On a secondary level, they are a window on what it means to be a foreigner.

Dumas' need to write came with motherhood. "My father was always a story teller," she said, "when I became a parent I knew all of my father's stories, but my children didn't know mine." When her first child reached kindergarten, she joined a writing group and started

or her elderly San Francisco neighbor during the 1989 earthquake. They all come alive and their common humanity is what Dumas captures, first with her heart, then with her writing.

"When I arrived in the United States at age seven, it was really a foreign country and the differences just overwhelmed me," remembers Dumas, "then, I realized that these Americans were not that different from me. This is why I write, to portray the shared humanity amongst us all." Dumas believes that one of the reason for her success is that her stories are universal. "My experiences are those of anybody who is an outsider and wants to belong," she says, "puberty can be just as painful as being a foreigner."

Nowadays Dumas is completely integrated in her community. Having been raised here by Iranians, she has kept her culture. "As an immigrant, one needs to hold on to their language and culture," she believes, "but assimilation is important too, otherwise you end up cheating yourself."

When she comes to Lamorinda for the Grand Finale event of the Lamorinda Reads program on November 12, Dumas will have a lot to say. "I have participated in a dozen of such community reads," she says, "it is very often a cross generational experience and I enjoy meeting my readers of all ages."

She will touch as well on the process of getting published. For her, it was very long and difficult. "Basically, I was told repeatedly that Iranian and funny don't go together, that this is not what Americans want to read," remembers Dumas, "The agents were looking for stories about being oppressed. Oppression sells, apparently, but being a well-adjusted immigrant with a sense of humor is a huge obstacle."

A complete list of the events surrounding Lamorinda Reads will be available in our October 1st issue.

The young Persian woman has the gift to transform difficult memories into humor. "That's just the way it comes to me," she says, "of course being laughed at or lonely as a kid was painful, but as I grew up I saw the humor in it. As Mark Twain said, 'Humor is tragedy plus time.'" Dumas does not depict real tragedies, in her own terms it is more inconveniences that are turned into farce. Her first name, Firoozeh, is a good example. Many people had trouble pronouncing it and she heard everything from being called "Fritzy" in a doctor's waiting room, to a rather ungifted woman who decided to call her "F-word."

Her representations are impressively lively, whether she talks of her mother, who could never completely master English, or her father's addiction to American freebies,

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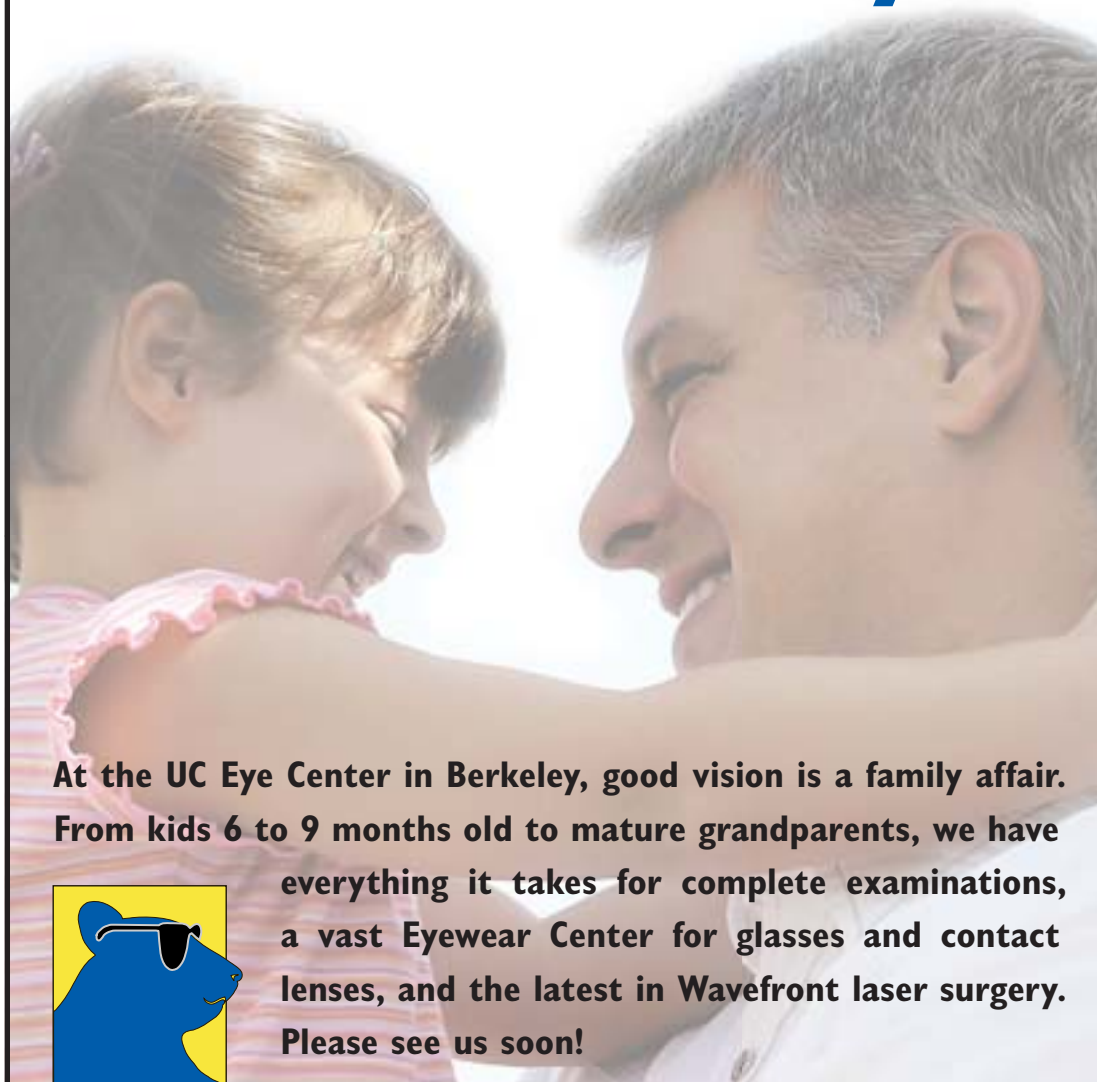
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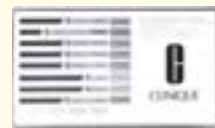
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 Attorney with Local Civic Involvement

6 Town Council Candidates
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Open Space Initiative Forum

Monday, October 13, 7:30 p.m.
 Soda Center at St. Mary's College

Moderator:

Lee Borrowman
 Editor of Lamorinda Weekly

Speakers: Dick Loewke, Yes on J
 Renata Sos, Yes on K
 Bob Reynolds, No on Both

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LAMORINDA Community

Candidates Speak Out on Civic Pride

Federighi sees two other components, civic organizations and business leaders actively promoting civic pride. Those include the Rotary, the Community Foundation and the League of Women Voters. "Our hardworking Chamber of Commerce...has contributed immeasurably to the downtown's vitality." Finally, "Volunteers work many hours for no pay on the City Council, commissions, committees, and task forces to support down-

town revitalization, protection of our hillsides and ridgelines, road maintenance and repair, public safety and more."

Mayor Mike Anderson also has a multi-faceted view of the factors that contribute to civic pride. He believes that, "Civic pride in Lafayette comes from residents who have found a place that supports their lifestyles, has people compassionate and concerned for the needs of others, and provides an inter-

esting, stimulating, yet safe place for children and adults to learn and grow. Our governmental agencies provide the 'stage set' that encourages and protects this healthy community. This 'infrastructure for living' includes our outstanding schools, parks, open and undeveloped ridgelines, living creeks and public safety. This 'stage' is reliable but flexible, accommodating the routine and usual and allowing for the spontaneous and unusual.

... continued from page 2

Upon this stage, businesses and residents can freely express themselves, making our City vibrant and alive."

Lastly, "Our residents are the stars of the show, living well, caring for others, volunteering to assist civic processes and supporting the less fortunate." When all of the above noted interests work together they make a city where residents feel joyful and proud.

Mayor Lobbies Sacramento to Not Take Redevelopment Funds

By Cathy Tyson

As the record breaking budget impasse looks like it may be coming to a close in Sacramento, Lafayette's Mayor Mike Anderson urged Governor Schwarzenegger, Senator Tom Torlakson and Assembly Member Loni Hancock to not dip into city redevelopment money to help balance the state budget.

At press time, more than two months past their deadline, Republican and Democratic leaders say they have reached a compromise, but are mum on the details. At issue is the state's \$17.2 billion deficit. Three plans were being debated: one from the Governor and one from each

party. Obviously there are many items on the table, but what would directly affect Lafayette are redevelopment funds proposals. In prior budget proposals, Schwarzenegger's and the Republican's plan shifts 5% of redevelopment funds to schools and community colleges. The Republican plan also redirected funds set aside for low income housing. Democrats proposed a much smaller shift of redevelopment funds to schools and community colleges totaling \$98 million.

"The total hit to Lafayette could be well above \$500,000! Obviously these

funds not only provide jobs and stimulate local economies, but - statewide-generate an estimated 310,000 good-paying jobs, \$32 billion in total economic activity and \$1.6 billion in state and local taxes each year," said City Manager Steve Falk.

In an open letter dated September 4, 2008 to Schwarzenegger, Torlakson and Hancock Anderson states, "The development of a long term solution for our budget crisis cannot be based upon the pilfering of funds designated for the redevelopment of our local communities. Balancing the State budget in this way is not in California's long term interest and will, in-

stead, wreak long term damage on the State and further dim California's future financial prospects."

"For the State to raid local redevelopment funds now is akin to farmers eating their seed corn. It might result in a "full belly" but will ultimately result in starvation. I urge you to resist the temptation to take the easy way out and instead stand firm for genuine, long lasting fiscal reform..."

To see the entire letter, go to the Lafayette City website www.lovelafayette.org and click on the City Manager's Weekly Message, and scroll down to "State of the State."

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Moraga Candidates to Town Council on Participatory Democracy

... continued from page 3

We're about people, family and friends, all living in a community we are proud to call home."

Harpham would like to see even more volunteerism, "To reduce Town expenditures on outside consultants, I propose the formation of a Moraga Professional Advisory Board; comprised of Moraga citizens with expertise in specialized areas such as engineering, law, finance and technology, selected by the Town Manager, they would assist our Town Staff whenever such expertise is needed. We can't completely eliminate consulting fees, but we can reduce them substantially by offering a new way to see 'participatory democracy' in action."

Kolbe adds an example of a committee that could be formed right now, "Moraga's seniors have recently petitioned the Council to create a Senior Services Commission, modeled after Lafayette's. The cost would be negligible, but it would facilitate the identification and response to the needs of the 20% of our residents who are over 60 years old."

Karen Mendoca, who has firsthand experience as a volunteer on the Parks and Recreation

Commission, pushes the notion of participatory democracy beyond volunteerism, and praises the way citizens get involved in the decision making in town, "A participatory democracy invites citizens to make meaningful contributions to the decision-making process by directly taking part in that process. The Town of Moraga is a commendable example: citizens are encouraged to participate in all Town meetings, meetings are publicly noticed, communication networks and advocacy groups keep residents informed, the Town maintains a detailed website, and volunteerism is the solid cornerstone of our community."

Dennis Wanken agrees: "As a former Moraga School Board president and member, I could not agree more that we Moragans exemplify the true spirit and practice of participatory democracy. During the five years I served on the school board, one thing that could be counted on would be spirited and lively public comment and debate on public policy issues before the board. Participatory democracy is the essential mechanism by which we citizen stakeholders have our voices heard. We Moragans can truly be proud of

ourselves by the letters we write to the editor, by our attendance at our local legislative meetings, and our spirit of volunteering in the many laudable venues of our community."

Metcalf adds, "People want to be informed, most want a say. Participation is encouraged. Public meetings truly are public forums, where people can voice their opinions and be heard. Sometimes it's difficult for Town leaders to digest what's been said and reach consensus, but it happens. This takes teamwork of elected leaders and citizens. That's participatory democracy."

Brad Kvederis, on the other hand, is skeptical when it comes to citizens' information and involvement, "Moraga has the potential to be a good participatory democracy, but falls short right now. I'm glad our town is still small enough that one person can make his voice heard, but simply being small is a mixed blessing: Too often for a town our size, officials seem to be trying to guess what the citizens want, not acting on a clear mandate. In my door-to-door campaigning, many people I visited didn't even know there were big housing developments proposed right in their back yards. Sometimes, this disconnect is because our size makes large-scale, cohesive political activism difficult. Others, it's because the town ought to be more proactive about gathering input from the people and neighborhoods that its decisions affect - my own candidacy is a direct result of this. We need to be a lot more active in publicizing what's coming up before the Town Council, and make more use of the public referendum as a policymaking tool."

Mendoca agrees that citizen participation could be improved further. "If there is one area that could be improved, it is the way in which opinions are sometimes expressed," she says. "Passionate beliefs, if not checked, easily can give way to uncivil behavior and personal attacks. Each of us must be willing to engage in civil discourse that respects others' different points of view. It is essential that civic leaders themselves set a positive example and uphold behavioral norms that ensure a successful participatory democracy and the productive exchange of ideas."

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Life in LAMORINDA

The Making of the President 2008

SMC's C.L.A.M. Hosts Author Richard Reeves

By Andrea A. Firth



Richard Reeves Photo Patricia Williams

political correspondent and syndicated columnist. Reeves will bring this straight-forward style to his upcoming presentation—The Making of the President 2008—at Saint Mary's College (SMC) on October 8th.

"I will try to describe what has, is, and will happen in this election, and put it in the context of what it will mean to the next presidency," states Reeves. "This is among

Nixon, and Ronald Regan, Reeves is currently a senior Lecturer at the Annenberg School for Communication at the University of Southern California.

"I think there are a lot of fallacies of what people think about the presidency," explains Reeves. He points out that in recent history very smart presidents, like Herbert Hoover, have tended to fail, and some of the less intelligent men who have held the office have had some success. "It's not about IQ. It's a matter of judgment, and judgment is a gamble. No one knows how people are going to respond to situations that no one anticipates."

While he notes that 85% of Americans will vote along party lines based on factors such as family history, race, and religion, no matter what happens. Reeves

will take the opportunity to apply his perspective as a presidential historian to identify what makes a great president. "The job of president isn't running the country," states Reeves. "It's leading the nation into situations that haven't been anticipated."

Reeves commentary on the 2008 presidential election is part of SMC's Committee for Lectures, Art, and Music (C.L.A.M.) Fall programs. C.L.A.M. will kick off the 2008-2009 season with a performance by the Robert Moses' Kin Dance Company on September 21st. A Musical Celebration for Christmas featuring the San Francisco Choral Artists and including the always popular bell ringers of the Megan Solomon and Sonos Handbell Quartet will be held on December 6th in the SMC Chapel.

C.L.A.M.'s Fall Programs 2008	
September 21 st at 2:00 pm Lefevre Theater	Robert Moses Kin Dance Company
October 8 th at 8:00 pm Soda Activity Center	The Making of the President 2008 With author Richard Reeves
December 6 th at 8:00 pm The SMC Chapel	A Musical Celebration for Christmas
For more information and to purchase tickets, call (925) 631.4381.	

"If ten years ago, you had told someone that the race for the Democratic nomination and subsequent Presidential election would involve a black man and two white women, people would have thought you were nuts," states Richard Reeves, long-time

the most historic of American presidential elections...But presidencies have a history of being quite different than campaigns," he adds. The author of a trilogy of presidential portraits, which chronicle the White House years of John F. Kennedy, Richard

DENTAL CARE

By Mona Miller, DVM

Dogs and cats develop dental disease, much like humans... but think about it – we brush and floss as often as every 12 hours to maintain the health of our mouth. How many of our pets can say the same? Bacterial accumulations called plaque form on the surface of a tooth and if not brushed away, will quickly start to mineralize and harden into tartar (or calculus). This is the yellow-brown deposit on the tooth's surface that is readily visible. Gingivitis is inflammation of the gums, which can be seen as reddening and swelling. Progression of gingivitis leads to periodontitis, which is inflammation of the tissues surrounding the tooth itself. Signs such as bad breath, calculus build-up, inflamed gums and loose teeth all indicate levels of dental disease that should be addressed. The bacterial load in the mouth can be so high and imbalanced with "bad" bacteria that infection can develop internally, in heart valves, kidneys and liver.



Amanda Griggs brushes the teeth of her dog, Amberite

Some animals are more susceptible to developing gingivitis and periodontal disease: small breed dogs are at higher risk (probably because of their small mouths having to make room for the same 42 teeth as a long-nosed dog), diabetic patients, and cats with certain viruses.

Because every animal is different, there is no set recommendation for how often a full dental cleaning should be performed. Your veterinarian will assess your pet's mouth at each annual (or semi-annual) physical examination. A thorough dental cleaning involves full

anesthesia. This allows for two things: to clean below the gum line with an ultrasonic scaler, and to intubate the trachea for prevention of bacterial spread into the respiratory system. Risks of anesthesia are minimized with a pre-anesthetic physical examination and blood tests to assess liver and kidney status. During the dental procedure, vets often use intravenous fluids, antibiotics, anti-inflammatory drugs and pain medications. The specifics of these can be discussed with your veterinarian, in context of your dog or cat's general health, age and your preferences.

Home dental care is the best preventive for frequent anesthetic dentistry, as well as for maintaining the health of your dog's mouth to prevent periodontal disease and infections. Pet toothbrushes and specially flavored pet toothpastes are widely available (dogs and cats seem to prefer malt or poultry, not mint!). Daily brushing is ideal, but even if you brush your dog's mouth

three times weekly, there is 40% less plaque build-up. Special dental diets, such as Hill's t/d, provide a mechanical scrubbing effect on the tooth surface to reduce plaque. The Veterinary Oral Health Council (VHOC) has awarded a seal of approval on several types of chew treats that are also suitable.

Dr. Mona S. Miller lives in Lafayette with her 3 year old son and her yellow Labrador Retriever. She has worked at Four Seasons Animal Hospital in Lafayette since moving here in 2001. She attended Cal as an undergrad, and received her DVM from U.C. Davis. She can be reached at Four Seasons, 938-7700, or by email to Mona5-DVM@aol.com.

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Fall in the Wildlife Hospital

The Lindsay Museum's wildlife hospital has received more than 4,400 injured or orphaned wild animals since the beginning of the year. With a little bit of knowledge and a few changes in habits, we can greatly reduce our impact on the region's wildlife.

Keep pet food indoors: Wild animals can become dependent upon humans or our pets' food and may carry diseases that can make humans and pets sick.

Don't feed the ducks: Bread and crackers are not natural duck foods and can make them very sick. Feeding ducks can also lead to overpopulation that spreads disease and causes death.

Tree pruning: To avoid disturbing bird and squirrel nests, the best time to prune your trees is from October through December.

Don't use pesticides or insecticides or rodenticides: These poisons may also kill wildlife and pets and can harm the environment.

Screen your chimneys, attic and basement vents: Many birds and mammals like to nest in dark, quiet places. Screening will prevent accidental injuries and keep animals out of your home.

Don't use sticky traps: Insect and rodent traps made with sticky substances can harm and kill many other animals including birds and reptiles. Use snap traps for rodent control—they are more humane.

Bird netting: Avoid the use of plastic bird netting, especially near the ground. It can trap and entangle many wild animals. Use a stiffer wire mesh instead.

Lawns: Treat your lawn with beneficial nematodes in the spring so that raccoons won't dig looking for grubs in the fall.

Call 925-935-1978 or visit www.wildlife-museum.org for more information including museum hours and admission prices.

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Life in LAMORINDA

Smart Discipline for Parents

By Andrea A. Firth

After a hectic summer where house rules went a bit lax and the kids a bit wild, many parents quietly hope that the regimen of school will get the kids back on track quietly and unquestioningly following rules, and life at home will return to a peaceful existence for the entire family. Unfortunately, this scenario may be more dream than reality for most. To address the parenting challenges of disciplining kids from ages 4 to 18, the upcoming seminar—*Smart Discipline for Parents*—will provide parents with ways to help their children take responsibility and control for their behaviors and bring a sense of harmony and cooperation back to the home.

The presentation will be led

by Dr. Dale Hancock, a family counselor specializing in marriage and family therapy as well as child and adolescent therapy. Hancock began conducting the Smart Discipline seminars ten years ago after having had success with employing the disciplining techniques with his own son who was five at the time. “We still use Smart Discipline in our home, and my son is 15 now,” states Hancock. “No matter what age from three to four years on, it is a beneficial program,” he adds.

Based on the consistent application of rules and privileges, the Smart Discipline program employs visual tools to help both children and parents stay on track. “Stop signs, yields signs, and a variety of traffic signs provide adults with vi-

ual reminders of the rules as they drive,” explains Hancock. “Kids need the same type of visual reminders.” The program also focuses on verbal and written techniques for building a child’s self esteem and providing effective criticism.

“Consistency is the biggest challenge to making it work,” notes Hancock. “Although the Smart Discipline approach is simple and visual, it still requires parents to consistently employ it.” Hancock feels that although parents may see improvement right away when starting to use the Smart Discipline approach, it takes about four to six weeks for a family to establish a good disciplining habit. So if you are frustrated by the quarreling,

whining, and eye rolling, and feel up to the task of making a change, the two-hour Smart Discipline seminar might be the solution to some family strife.

Smart Discipline for Parents will be presented on Wednesday, September 24th from 7:00 to 9:00 pm in the Parish Hall at St. Stephen’s Episcopal Church in Orinda (66 St. Stephen’s Drive). Admission is \$15 per person. To reserve a seat, call St. Stephen’s at (925) 254-3770, ext. 10, or email office@ststephenorinda.org. For more information about the program, visit www.smartdiscipline.com.

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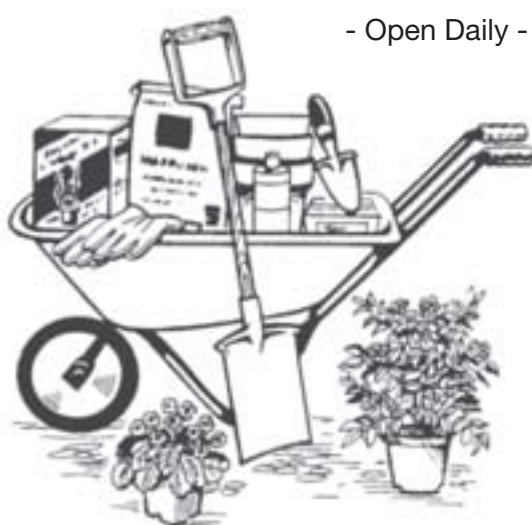
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Lamorinda Rotary Clubs Join Forces to Respond to Iowa Flooding

By Jean Follmer



Sunrise Rotary members present the “Check” at the meeting on August 22nd

Photo Andy Scheck

Lamorinda Sunrise Rotary Club member John Fazel recently led fellow Rotarians in a fundraising effort to help the flood victims in Iowa. Mr. Fazel said “Four and one-half square miles were inundated in Cedar Rapids.” John and his wife are native Iowans and John has attended several Rotary meetings in Cedar Rapids. The Lafayette Rotary Club, Lamorinda

Sunrise Rotary Club, Moraga Rotary Club and Orinda Rotary collected a combined total of \$7,500 from the Lamorinda communities. They collected most of the funds outside of local Safeways and donated the balance from their respective clubs. John said “One lady wrote a check for \$1,000. It shows the generosity of people.” The money was sent to the Cedar

Rapids Sunrise Rotary Club to be distributed to flood victims. Mr. Fazel has shepherded other fundraising efforts for natural disasters including the Midwest Flood of 1993, Hurricane Mitch in Central America in 1998, and Hurricanes Charley, Frances and Jeanne in Florida in 2004.

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The Orinda Idol 2008 Results are In

By Jean Follmer



Lamorinda Blue, Soccer team United 95

Photo Andy Scheck

On Sunday, September 7, the Orinda Theater was packed for Orinda Idol 2008. Orinda Arts Council Idol co-chair Petra Michel said nearly 2,000 attendees were counted by the end of the day. The competition for grades K-2 began at 11:00 followed by grades 3-5, middle school, high school and ended with group competitions. This year, Orinda Idol opened its high school individual as well as its middle school and high school group competitions to both Lafayette and Moraga students. Michel said this resulted in stiffer competition than in past years. “I think the highlight was that the competition was so close. I heard from some audience members that they couldn’t decide on the middle school and high school competitions. The quality was really, really high,” said Michel.

The initial Orinda Idol competitions took place in May and finalists were announced in June. Judges this year were local musicians Bert Keely and Mathias Montgomery, Marilyn Levinson of Bay Area Cabaret and Sheryl Lynn Thomas of the San Francisco Jazz

School. The finalists had all summer to practice. They also had opportunities to perform at the Farmers’ Market, the Orinda 4th of July parade and The Orinda House. Orinda House owner, Ron Bonner, said they performed twice at his venue this summer. “It was absolutely wonderful. That’s what this House should be all about. I was honored and humbled to be part of it and I would absolutely do it again. I called Petra (after the winners were announced) to see if I could host the winners at The Orinda House. I’d like to do more community oriented things,” said Bonner.

Petra Michel has worked

with her co-chair, Susan Garrell, since the beginning of Orinda Idol. “Over 80 volunteers are working over the course of the day,” said Michel. She said Alan Michaan of the Orinda Theater has been very generous in allowing Orinda Idol to use the theater. Michel also mentioned the strong support from Orinda Intermediate School. “We (Orinda Arts Council) have close cooperation with OIS. Aubyn Severson and Michael Randall (of OIS) support (the Idol) program tremendously and OIS lends us their (production) equipment,” said Michel. For more information, visit www.orindaartscouncil.org.

The winners this year were:

Grades K-2	Jackie Patton of Glorietta Elementary
Grades 3-5	Jocelyn Purcell of Sleepy Hollow Elementary
Middle School	Katie Marino of Campolindo HS, qualified as 8th grader at OIS
High School Groups	Sarah Ames of Miramonte Suvi & Max Duet of Miramonte (Suvi Gluskin and Max Tzannes)
Audience Award	Katie Marino of Campolindo HS, qualified as 8th grader at OIS



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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

... continued from page 1

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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Dear Editor,

I read a letter to the Editor in the August 20th Weekly about a middle school trip to Costa Rica. I just wanted to let parents know that my son had a fabulous time on his trip with the Joaquin Moraga Intermediate School. They traveled with a company called Worldstrides, which had more than enough chaperones and set up an excellent program for the kids. On my son's trip there were 10 students and 3 adults including the JM teacher, Kim Lockett. A program leader from Worldstrides met up with them in Costa Rica and stayed with them the entire time they were there. The company plans out a safe and fun trip for the students, with a strong focus on learning science and ecology first hand. They studied a lot about biodiversity and how it relates to the different plants and animals they came into contact with in area of Costa Rica. They traveled to the Tirimbina Rainforest, Arenal volcano, the Santa Elena Cloud Forest, and Monteverde. It was a week long science camp that was very well run and I would recommend it to any parent of a 7th grader in Moraga.

Eric Andresen
Moraga

Dear Editor,

We need Steve Glazer on the Orinda City Council. As the neighborhood association representative in our community for many years I worked very closely with Mr. Glazer on several long term issues regarding EBMUD's proposed expansion of the Orinda Filter Plant. Mr. Glazer rallied against EBMUD expansion with strength and intelligence. He negotiated effectively and represented the interests of our neighborhood for the benefit of all Orindans. We worked closely for more than 2 years on this issue to a satisfactory resolution. Mr. Glazer operates calmly, consistently and with the highest integrity even when attacked by individuals that seek to further their own interests. He has many accomplishments during his term: reforming the planning & design review process; furthering retail interest in Orinda; effectively managing our limited funds for road repair; adding much needed transparency in our small town government and so much more. Mr. Glazer has proven himself to be an honest, balanced and intelligent representative for Orinda. I whole heartedly support his re-election and hope you will vote with me for Steve Glazer in November.

Brandt Williams
Orinda

Dear Editor,

I have known Steve Glazer for over 20 years and he is a tremendously dedicated, hard-working, civic-minded person. He has brought a fresh perspective to the City Council and has accomplished much to improve the quality of life in Orinda.

I worked closely with him to improve our wonderful library. He is a leader in our community efforts to support our schools. His service on the Fire Committee helped bring paramedics to our fire stations. He has urged me and my friends to be better prepared in a disaster and through the Orinda Association has promoted the sale of emergency supplies to me and my neighbors.

Steve takes this volunteer Council position very seriously but is the first to say he doesn't have all the answers. When I have raised concerns, he shares his knowledge and then usually follows up with "why don't you get involved and help your city." I don't always have the time but I certainly appreciate that he does. I enthusiastically urge Steve Glazer's re-election to the City Council.

Susie Epstein
Orinda

Dear Editor,

I want to encourage my friends and neighbors in Orinda to join with me in supporting Steve Glazer's re-election to the City Council. Steve's first two years on the Council were particularly challenging because many of his common sense ideas were rejected by the old establishment. He wanted better feedback from residents through customer surveys, criteria for road repairs so the major streets were given a higher priority than cul-de-sacs, greater transparency in government decision-making, tighter fiscal controls on spending and the curtailing of sole source contracts. I am happy to see that in his last two years on the newly configured Council he was able to accomplish all of these reforms.

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**



There is now a lot of positive momentum and civic pride in Orinda and we congratulate Steve and the new City Council for leading the way. Thank you Steve!

Best,
Charles "Chip" Wiser
Orinda

Dear Editor,

I have lived in Orinda for over 13 years. Supporting local businesses is and always has been a high priority for me. But over the years, the quality of our local Safeway really suffered, both in variety and quality of products, as well as general appearance, especially compared to nearby competitors. I, like many others, began to do more and more of my food shopping outside of my town (Diablo Foods, Whole Foods, Costco).

During Steve Glazer's first year on the City Council, he sent me and many other Orinda residents an e-mail saying he had heard of my concern about the condition and product offerings at our local Safeway and asked if I wanted to be involved in a meeting with company executives to request improvements. I readily accepted the opportunity to voice my concerns and was very impressed with the willingness to hear feedback from a variety of community members. I was pleased to attend several meetings organized by Steve with Safeway executives, planners and architects who committed to working with us to make changes to improve the situation. The company had indicated that they had received a less than open arms reception in previous years but was willing to take another try and appreciated the offers of help from Councilman Glazer and the residents in attendance.

Well we all know how this story ends. I was amazed at how quickly Safeway responded and how efficient and speedy the remodeling process went. While Safeway still does not meet all my needs, it is a vast improvement, and I make every attempt to shop there as much as I can.

This is only one of a number of reasons that I will vote for Steve Glazer for Orinda City Council. He took a long-standing problem and brought effective and immediate results. I encourage my friends and all Orinda residents who know of his hard work on our behalf to do likewise.

Sincerely,
Dvora Citron

Dear Editor,

I would like to encourage all Orinda citizens to re-elect Steve Glazer and Victoria Smith. The Orinda City Council has come a long way in the last four years and we need to make sure that the council stays on the right track. With great progress coming in so many different areas- road improvements despite very limited funding, transparency in government, public safety and emergency preparedness, and vastly improved relationships with stakeholders- it would be a huge mistake to interfere with the process at this critical point. We all owe a debt of gratitude to our volunteers on the City Council for their long hours and excellent work. Please cast your votes for Steve Glazer and Victoria Smith in the upcoming election!

Glenn Alper, MD
Orinda Union School District Board of Trustees

Dear Editor,

As an active and involved community member, I have had the chance to observe the work of the City Council these past few years. The Council is working with limited resources yet have high demands from residents who want better roads, balanced and timely consideration of remodeling permits, safety programs and fiscal responsibility. It is not an easy job.

I want to call out the fine work of last year Mayor and current Councilmember Steve Glazer for his excellent leadership in bringing all elements of the city together to make progress on all the matters mentioned above. His open and consensus driven stewardship has provided a place for all citizens at the decision making table. He does not view his job as having all the answers but rather working with interested and knowledgeable residents to find the best solutions. In particular, I want to mention Steve's leadership in keeping the School District's Pine Grove plan from collapsing. About 20 months ago, our developer, Pulte Homes, was in a technical default position due to unhappiness with excessive regulations from the City. The School District stood to gain \$25 million from the completion of this project for much needed capital improvements. Steve's chaired an emergency Council and Planning Commission committee comprised of one other council member, city staff, school district staff and school board members, to review the problem and search for common ground. The project plans were revised. Compromises were made. The Orinda Union School District staff and board members were delighted when the Council approved the project last week. It is worth noting the vote was unanimous with no member of the public objecting. I would like to sincerely thank all members of the Council - Sue Severson, Victoria Smith, Tom McCormack and Amy Worth - but want to especially recognize Steve Glazer's good work. The level of trust, cooperation and responsiveness toward the school district has increased dramatically during Steve's tenure and is much appreciated. I hope you will join me in supporting his re-election to the Council.

Pamela West

Dear Editor,

We are happily endorsing Steve Glazer in his campaign for re-election to the City Council. We appreciate his earnest and hardworking approach to

the job, and we are gratified by changes we have seen in the Orinda city government during his first term.

Steve has been a driving force in involving more citizens in the key issues facing our the City Government. Two years ago there were only around 35 residents on city committees and commission. Now, over 70 citizens are involved in committees dealing with the Budget, Planning Reform, Revenue Enhancement, Audit and Infrastructure Oversight.

He has led the effort on the Council to institute objective criteria for funding road repairs. We all know there are not enough funds to fix our roads but at least the money we do have is going toward the main roads. We certainly appreciate having Moraga Way, Glorietta, Camino Pablo and parts of Lombardy repaired. Also, the budget has been squeezed and a lot more money is now being spent on roads than prior to his service on the Council. We so much appreciated his leadership in the successful effort to keep our Library open longer each week. Our community spent millions to build this new and beautiful building. It would have been a huge disappointment if the hours of operation had been cut down to just 35 hours a week. In addition, he led the community effort to get Safeway to upgrade and remodel their store.

Finally, Steve campaigned four years ago for reforms to the planning and design review process. The Council has acted to make the process fairer and more timely and they are continuing to work on additional improvements.

We have a great city but we like the many efforts by Steve and the Council to not rest in working to make things even better. We urge a vote for Steve Glazer for Council.

Sincerely,
Jim and Carol Brovelli

Dear Editor,

Steve Glazer has been a breath of fresh air in Orinda City Government. Originally elected four years ago in what can only be termed a landslide vote, he has served the best interests of our community diligently and effectively. At the outset he met opposition on every front from the "old guard" who seemed fixated on returning Orinda to the insular and arrogant "Father Knows Best" days. Ultimately, Steve has turned things around and we now enjoy a more open and inclusive city government.

Steve is now being subjected to criticism, which can only be labeled ridiculous, for recusing himself on matters relating to the Wilder (formerly Gateway) development. It is curious that he is being castigated for obeying the law, which requires that he recuse himself. Steve deserves not only our vote for re-election, but our applause and praise for truly representing Orinda voters, in the face of unwarranted criticism. Let's re-elect Steve Glazer in an even more resounding fashion than in 2004.

Ralph Severson

Dear Editor,

Vote Yes on Measure K to prevent more traffic. Our commutes on Moraga Road and Moraga Way are bad enough. And yet Moraga has already approved 200 new houses and the traffic that goes with them, while several hundred more are in the pipeline. Professional traffic studies indicate that each new single-family home in a community such as Moraga generates over 10 car trips per day (not hard to believe when you consider work, school, housekeepers, gardeners, babysitters, and soccer practice). The Town estimates that under the existing General Plan another 360 houses could be built in open space areas, potentially adding 3,600 more car trips each day. By amending the General Plan to reign in the amount of development allowed in open space areas, Measure K would eliminate 3,000 of those trips. We need to face the fact that Moraga is essentially a cul-de-sac and our roads can't handle more cars. We can't afford to let Moraga's future be dictated by developers' interests. Measure K gives voters the power to protect Moraga's open space from too much growth and the unmanageable traffic it will bring. We need Measure K to put the brakes on traffic.

Verna Osborn
Moraga

Dear Editor,

As the CC Times correctly noted in an editorial about Moraga: "Town officials and residents need to be careful about how much residential development they approve because housing usually does not provide enough tax revenue to cover the cost of services." (2/27/08) Moragans need to give this issue serious thought, especially before they vote on Measures J and K.

New development increases demands on police, fire, emergency medical response, and local government. More residents mean more cars and more potholes to fix. But won't the property taxes from the new houses pick up the tab? Not for long, because property taxes can't keep up with rising costs. Under Proposition 13, property tax increases are capped at 2% per year while most Town costs increase 5% a year. Soon the expenditures exceed the revenues causing deficits.

Measure J is a developer's initiative designed to encourage large new subdivisions in open space areas, bringing more costs to the Town along with them. In contrast, Measure K is a citizens' initiative limiting new subdivisions and preserving open space. Measure K gives voters the chance to protect Moraga from overdevelopment it can't afford. That's why I'm voting NO on J and YES on K.

Tom Mamane
Moraga

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LAMORINDA Community

Participatory Democracy in Moraga

A conversation with Cherie Grant

By Sophie Braccini



Cherie Grant Photo provided

Cherie Grant is very familiar with the community spirit that nourishes the life of the Town of Moraga. As a Council member and Mayor of the small town, and member of many community groups, she saw first-hand how local democracy thrives on the participation of the people. When she began to study the work of French political philosopher and analyst Alexis de Tocqueville, she was struck by the idea that his depiction of the early years of the American Republic resembled what happens on a smaller scale in Moraga. She decided to dig into the subject and produced a thesis called, "Grassroots Efforts In The Town Of Moraga In The Spirit Of Alexis de Tocqueville."

Grant says, "The principles of participatory democracy that Tocqueville described with enthusiasm are still very much alive in our town today. It dates back to the very creation of the Moraga entity in the early 70's. People were concerned to have decisions made about their town in Martinez and when development started to sprout around town there was a large grass root movement that led to the incorporation of the town." Sophie: Since the involvement is still going on today, what are the primary motivations of the residents?

Cherie: 90% of the issues were

and still are property issues, land use, property rights. We have different views of open space and land use that have been confronting each other for years.

Sophie: If we have such profound divisions, what makes us an efficient democracy?

Cherie: Because of geography, we have a better chance to talk to each other, even though we don't have a town center, we run into people all the time, we do not have a freeway running in the middle of town, it makes it a little more cohesive.

Sophie: The other large component of participatory democracy, as described by Tocqueville, is the important amount of volunteerism that people give to their town; how is volunteerism doing in Moraga?

Cherie: Moraga is basically a town that is run by volunteers, all our commissions, the Town Council, work for absolutely no money, and that's what built America from its beginning, it volunteerism. The equality of condition and economic homogeneity we have here makes it easier.

Sophie: To make the right decision, citizens need to be informed; do you think that Moragans are informed enough?

Cherie: Things have become so complex that issues are sometimes hard to grasp. One of the reasons we went small was to make things easy, but now even small is very complex, regulations, traffic studies, people feel helpless. May be they feel it is harder to have an impact. Tocqueville said people were active because they could have an impact. That's why a group like Moraga Citizens Network is important. They have changed things in town; people who had never been able to go to meetings are now involved thanks to that

group and participate in local actions. There are many new ways for people to get information like list-serves, or blogs on different subjects. The infrastructure to circulate the information is there, but too many don't see the need of getting involved. There is a core group, 50 people or so, who really care. New people in town sometimes just assume that everything is fine and they trust the five people on the Council.

Sophie: Current Mayor Lynda Deschambault made participatory democracy and circulation of information one of her main campaign objectives; did she succeed?

Cherie: "She's truly a pioneer, she tried to have everything online, she sends emails, and spreads information in town. I'm not sure it has increased participation as much as she would have wanted it to be. It is work, and people are busy."

Sophie: In his essay, Tocqueville attributed a part of the success of the democratic process to "the superiority of their women;" does the gender of a candidate make a difference?

Cherie: Women bring something different to the table, we can't neglect gender; we need a mix. In our area our women are very confident. They are "the back bone of the community" and they are making a difference every day.

Sophie: You talk a lot about the citizens' involvement in the area of sustainability; why?

Cherie: That's the thing that will bring the whole community together. The campus is doing it, it is a global quest, we are all concerned for our children and ourselves. Why would we want to make our town a lesser community for future generations? The issue transcends democrats, republicans; it's a fabulous opportunity to pull us together.

Sophie: What improvement

would you like to see in participatory democracy?

Cherie: The college and the town need to come together more; we need a town center where people can meet, a fun place, a town square where we discuss idea. That physical meeting place could be the Hacienda with some improvements.

Sophie: As you conducted your studies, what surprised you the most?

Cherie: What surprised me the most was the commitment to the town that some people have made for more than 30 years, or others like Parents for a Safer Environment who spend countless hours of outreach and research to protect our children from harm. I knew the spirit of volunteerism was strong, I was surprised to find it so powerful and widespread.

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Public Forum JOIN IT

Voters of Moraga – Vote NO on J and NO on K

By Steve Woehleke, Dale Walwark, and Bob Reynolds

Competing special interests have placed two initiatives, Measures J and K, on the fall ballot in Moraga. If passed, their re-write of Moraga land-use policy will impose their view of the future of Moraga land-use and planning on all of us. And, the permanent changes almost certainly will result in expensive litigation the Town must defend, at your expense, with a reduction in Town services. This is a very bad idea. Your NO vote on both J and K is essential to the future of Moraga.

Together with land-use restrictions in place since 1986, Moraga has evolved a planning process that has served the community very well. Ridgelines and open spaces are protected. Environmental issues are thoroughly considered. Local control is firmly established. There is lots of opportunity for input from neighbors and the community. The limited new home construction we have seen is compatible with our attractive community. Most of us see little that needs to be fixed.

However, others may see a need for Moraga land-use policy change. We do not resist it. But, if changes are needed, we believe they should be determined in Moraga's established General Plan process, deliberative decision making with ample opportunity for dialog among landowners, citizens, and professionals. Up-front discussions should focus on consideration of alternatives and assessment of implications. Instead of Moraga's normal balanced and deliberative process, special interests have plunked down the two take-it-or-leave-it packages of permanent regulations, the full implications of which may not be known until it is too late. Regulations set by initiative can only be changed by another initiative or by the courts.

An almost certain result of passage of either of these measures will be legal challenge, expensive litigation that the Town of Moraga will be forced to defend with your money. It is unfortunate that the Initiative process saddles the Town (i.e., you) with the legal bills, not the proponents. We all know that litigation is expensive but we don't know how expensive. The cost is open-ended and unknowable until the process is well underway.

The problem is that the Town of Moraga is basically broke. All revenues are being used for costs, and we face structural deficits in the years to come. There is no extra money to pay the expected legal bills. There isn't even enough to pay for continuation of current services. And, we can't raise taxes.

Thus, the cost of litigation must be taken away from Town services, police, parks, recreation, roads, public safety, and other. Do you want to sacrifice police protection in exchange for expensive lawyers to defend special interests? The Town will have no choice if these measures pass and become law. Compromise is not possible if either initiative passes.

We do not question the business interests or the motivations of initiative proponents. They are local people and they want what they want.

We strongly question the implications of the words on the paper of the take-it-or-leave initiatives without deliberation or discussion. On your ballot, you will see 12 to 17 words. You can only say Yes or No. Behind these 12 to 17 words are 25 to 30 pages of dense legal initiative language that required about 25,000 words each for Town staff and lawyers to interpret. We strongly urge you to vote NO on both J and K unless you have studied every word of the measures, understand their meaning and implications, and agree it is all, in its entirety, good for you and for Moraga.

Your NO vote on both on J and K will mean Moraga will retain local control under its time-tested land-use policies and its effective planning process. Ridgelines and open spaces will continue to be protected as they have been for more than 20 years.

Your NO vote on both J and K can also be the starting point for a sensible informed discussion of the future of land-use policy and planning in Moraga, done the way it ought to be done, a dialog among citizens, professionals, and landowners with deliberation, discussion, and ample public input.

Finally, some people have told us they don't like either of these initiatives but think they have to choose between the lesser of evils.

There is a third choice, a better choice. Choose no evil at all -- Vote No on both J and K.

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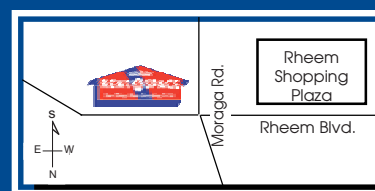
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Lamorinda Home Sales continued

City	Last reported:	Lowest Amount	Highest Amount
LAFAYETTE	5	\$560,000	\$3,200,000
MORAGA	6	\$295,000	\$1,115,000
ORINDA	5	\$775,000	\$1,480,000

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

- 3301 Betty Lane, \$801,000, 4 Bdrms, 1515 SqFt, 1952 YrBlt, 8-22-08
- 15 Charles Court, \$3,200,000, 8-18-08
- 618 Huntleigh Drive, \$1,085,000, 3 Bdrms, 1748 SqFt, 1960 YrBlt, 8-21-08
- 1136 Orchard Road, \$560,000, 5 Bdrms, 2021 SqFt, 1952 YrBlt, 8-26-08
- 3177 Stanley Boulevard, \$679,000, 3 Bdrms, 1448 SqFt, 1950 YrBlt, 8-22-08

MORAGA

- 108 Brookline Street, \$775,000, 3 Bdrms, 1819 SqFt, 1983 YrBlt, 8-20-08
- 786 Camino Ricardo, \$1,115,000, 4 Bdrms, 1981 SqFt, 1964 YrBlt, 8-19-08
- 2133 Donald Drive #6, \$295,000, 2 Bdrms, 1224 SqFt, 1963 YrBlt, 8-27-08
- 28 Hanson Court, \$765,000, 3 Bdrms, 2095 SqFt, 1984 YrBlt, 8-21-08
- 458 Millfield Place, \$1,050,000, 4 Bdrms, 2198 SqFt, 1965 YrBlt, 8-19-08
- 31 Miramonte Drive, \$405,000, 2 Bdrms, 1152 SqFt, 1964 YrBlt, 8-26-08

ORINDA

- 165 Canon Drive, \$1,190,000, 3 Bdrms, 2277 SqFt, 1962 YrBlt, 8-21-08
- 30 Daryl Drive, \$1,480,000, 4 Bdrms, 2973 SqFt, 1952 YrBlt, 8-19-08
- 26 Don Gabriel Way, \$850,000, 4 Bdrms, 1604 SqFt, 1955 YrBlt, 8-22-08
- 66 Muth Drive, \$1,005,000, 4 Bdrms, 2364 SqFt, 1978 YrBlt, 8-19-08
- 110 Ravenhill Road, \$775,000, 2 Bdrms, 1180 SqFt, 1974 YrBlt, 8-20-08

Rancho Laguna II Subject of Moratorium Debate

By Sophie Braccini



Rancho Laguna II subdivision project site

Rheem Blvd.

View of Rancho Laguna II

Photo Andy Schreck

In 1986, when the first Moraga Open Space Ordinance (MOSO) was placed on the ballot, the Town Council put a moratorium on all development projects until the election was held and the Town had adopted proper regulations regarding the implementation of MOSO. Now Rancho Laguna II, a 35 lot subdivision project, is on its way to have its conceptual Development Plan and Conditional Use Permit approved. And some residents who attended a recent meeting of the Planning Commission are wondering if it is not time to put the brakes on until voters decide how they want to see open space managed in Moraga.

The project is located on a 180-acre property on the East side

of Rheem Boulevard, between Woodminster drive and Fernwood drive. The 35 lots that are proposed produce a development ratio of a little less than 1 unit for 5 acres. The 2 proposed land use initiatives on the November ballot, measure J and K, would both classify this property as open space, but with different rules. Measure J would restrict it to 1 dwelling for 5 acres (MOSO 86 rule) with which it already complies, while measure K would restrict the area to 1 unit per 20 acres, with additional restriction on construction on ridgelines.

At the September 2nd Planning Commission meeting, Jon Leuteneker, a supporter of Measure K (MOSO 2008), reminded the Commissioners that more than

2000 residents petitioned to place that measure on the ballot. He asked that the study of the Rancho Laguna project be stopped until residents have voted. "Is the project suddenly on the fast track?" asked Leuteneker.

Bill Vaughn, a former Council member and Mayor of Moraga, asked for a moratorium on the project because of the uncertainty created by the pending vote. One of the Planning Commissioners, Margaret Goglia, asked the Town's attorney about this moratorium. It was answered that the Town Council is the body that can make such a decision.

In order to pursue the matter, Bill Vaughn sent a letter to the Council to request that such a measure be taken. He wrote, "...it seems very unwise, to me, to continue the approval process on this project at this time. The harms created by continuing the process would range from a potentially large waste of time and money on behalf of both the Town and the developer to

opening the Town up to litigation by the developer, asserting certain rights vesting to him just before any election results."

The question of whether or not the developer could get the project approved before the election was raised. It doesn't seem likely that the final map could be approved before November. Vaughn believes that the further along the project is moved, the murkier the situation will be. "Why are we even doing this?" asked Commissioner Bruce Whitley. The Town's lawyer answered that the town has a legal obligation to respond to any application.

The Planning Commission is expected on September 15th to certify the Final EIR of the Rancho Laguna II project, to approve the conditional use of the property for single-family development, and to approve a conceptual development plan for the property. The question of the memorandum was not put on the agenda of the Town Council meeting.



Lynn's Top Five SMART PLANNING FOR TAX MANAGEMENT

By Lynn Ballou, CFP, EA

Just got the kids back in school? Still working on last year's tax return because you are on extension? Well, but believe it or not, there's no rest for you, because it's time to do your year-end tax planning and strategic tax moves! Here are a few to think about:

- 1) Have you paid in enough taxes to the IRS and FTB to avoid penalties? If not, it's time to adjust your withholding or supplement your estimated taxes. If you are paying in enough to avoid penalties, but still expect to owe more in April, do you have a game plan for having the cash on hand?
- 2) Many of you are employees who must fund your tax deductible plans via payroll deductions. If you are 50 or over, you may have neglected to elect the additional catch-up funding available to you (\$5000 extra/year). Check how much you are putting into your 401(k) and annualize what you are on track to do between now and year end. If you are not meeting the maximum, adjust your systematic contributions to be sure you hit your target for maximum deduction.
- 3) Check out your year-to-date capital gains and losses. Might this be the last year we see such preferential gain rates? Do you want to take more gains this year? Or perhaps you have losses that it would make sense to harvest? After netting gains and losses you can use excess losses up to \$3000/year against ordinary income (carry forward the balance of losses to future years). Don't forget to include estimates of year-end mutual fund distributions in your after tax accounts in your planning.
- 4) Do you have the opportunity to have your 401(k) funds be ROTH vs. traditional contributions? If so, think about how much retirement in-

come you'll have coming in from pre-tax sources. Maybe it's time to think about beefing up your future tax-free retirement income. The cost? You lose the deduction today on contributions. The benefit? Not only will your capital come back to you tax free during retirement, but so will all the growth on that capital!

5) Many of you gift stock at the end of the year to your favorite charities. Think about the timing and don't just wait until December. If your favorite stock to donate is hitting all time highs now, lock in the deduction at these higher values and donate before the mad crush at the end of the year! Your charities will thank you, too, for helping them out now and helping them avoid the paperwork and administrative overload that typically hits them in December.

So, don't be shy! Jump into the planning pool now. Do be careful of those sharks, though --- especially our favorite version of Jaws: the Alternative Minimum Tax! Not sure you have the time or expertise to chart this course alone? Your tax pro and financial advisor can help you navigate these waters.

Happy planning!

Lynn Ballou is a Certified Financial Planner (CFP) and co-owner of Ballou Plum Financial Advisors, LLC, a Registered Investment Advisory (RIA) firm in Lafayette. Lynn is also a Registered Principal and Branch Manager with LPL Financial (LPL). As such, she is required by securities regulations to add the following information to this column: The opinions voiced in this material are for general information only and not intended to provide specific advice or recommendation for any individual. Securities offered through LPL Financial, member FINRA/SIPC.

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business briefs

Loot, 3598 Mt. Diablo Blvd, Lafayette, 283-3800



(Loot in Lafayette): Betsey Hecht in the store Photo Sophie Braccini

Just a few months ago, Loot moved from College Avenue on the other side of the tunnel to Mount Diablo Boulevard in Lafayette. Ron Morgan is the owner of the business and Betsey Hecht the store manager. Morgan is a flower arrangement artist who teaches all over the country. He has an eye to discern the interesting objects that just need a touch of renovation to become fabulous, and he collects his "loot" everywhere he goes. The result can be found in the store tucked on Mount Diablo Boulevard across from the Mercantile, filled with an eclectic mix of marvelous home accessories with a broad range of prices, from very affordable gifts to stunning place setting and flowers. "We have felt very welcomed in Lafayette," says Hecht, "we had worked for years in Piedmont and Oakland but the rise of crime there made it impossible to stay. Here the synergy is good and our business is doing very well." Morgan teaches flower arranging in the store as well, the next class will be on September 22nd, call the store for details.

For the Sassy Shoe Lover- Sacsies in Lafayette

www.sacsies.com

Sheena Shastri lives in Orinda and is passionate about shoes. In January, she launched a product that she created called Sacsies. Sacsies are fashionable shoe totes designed for women's shoes, for travel and closet storage. They are unique in design and functional: they have a cylinder shape which cradles the shoes, an easy closure seal allowing adequate ventilation and the quilted lining creates added cushion to pad the shoes; the viewing window allows for an easy selection of shoes in your closet since you can see which pair is in each bag.

From the three Chambers of Commerce

Tri-Chamber meeting

Stratford at Countrywood invited the Chambers of Commerce for a joint meeting on September 10th. The event was well attended and very lively, a perfect venue to talk about synergies and make new business connections.

Keith Miller, President of the Orinda Chamber of Commerce and Edy Schwartz, President of the Moraga Chamber of Commerce thanked the Lafayette Chamber of Commerce for organizing the Tri-Chamber events.

Jay Lifson extended an invitation to Moraga and Orinda Chamber members to join all Lafayette Chamber events in the future.



Tri Chamber Mixer

Lafayette Chamber of Commerce

- September 20th and 21st: Let's all go to the Arts and Wine Festival!
- Entrepreneurs Club on September 18th starting at 8:30 a.m. The Club is on the road again, going to "Clocks Etc.", 971 Moraga Rd in Lafayette.
- Business Issues Committee on Thursday, September 25th at 8 a.m. in the Chamber Conference Room.

Moraga Chamber of Commerce

- September 27th: Let's all go to the Pear Festival!
- September Chamber meeting Friday, September 26 8 a.m. at Fireside Room in the Hacienda with speaker Rhonda Chaikin, who will share with the Chamber ideas for "Greening Your Business Environment"

Orinda Chamber of Commerce

- September 30th: Let's all go to the Restaurant Tour!
- Orinda Chamber Mixer at the de Laveaga Estate on September 25th - 5:30 p.m. to 7:00 p.m. Parking is very limited on the property. The Chamber will be shuttling guests to the site. Catch the shuttles in front of the Orinda Library and Chamber office. The Orinda Chamber proposes to its members a unique visit with one of the most emblematic family of Orinda. The de Laveagas have continuously occupied the property where their ancestor built their house in 1888. Thanks to Marty Stewart De Laveaga and her family chamber members will be able to walk back in time and see her great grandparent's house.

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

Former Employee Fights Back

By Lee Borrowman and Cathy Tyson

Long K. Tran, a former employee of Judy's Nail Salon in Moraga, has recently filed a report with the Moraga Police Department (MPD) against Judy Yang of Judy's Nail Salon. Derick Luu, who identified himself as Tran's spokesman, said Tran is claiming that Yang falsely accused him of stealing from her business, and that Tran

quit his job at the salon after he was not paid some of the wages owed to him. Luu believes that Yang accused Tran of theft in an attempt to discredit him (as reported in our issue dated July 9, 2008; at that time Mr. Tran could not be located for comment).

"I believe he stole from me; products and customers. My busi-

ness is now damaged," Yang said last week. However, Moraga Police have confirmed that the investigation into the alleged thefts from Judy's Nail Salon has been dropped. Officer Will Davis said, "Currently there is no theft investigation; based on her statements, Judy couldn't substantiate any missing products or cash."

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Chartreuse – A Woman's Endeavor To Save Our Skins

By Sophie Braccini



Lavande Spa and Boutique Manager presents Chartreuse beauty products

Photo Sophie Braccini

When she became a mother, Laurie Walter of Lafayette started paying more attention to the labels of the care products she was buying for her child and her home. Then one day she read "Not Just a Pretty Face; The Ugly Side of the Beauty Industry," by Stacy Malkan, and learned that what appears on these product labels is not strictly regulated the way the Food and Drug Administration regulates food, and some ingredients are left off the label. Not content to ignore what she couldn't see, Walter decided to research products thoroughly and ended up deciding to create her own when she discovered that even some well-marketed environmentally friendly products could endanger her family.

"I now have the responsibility for the health and well-being of my three sons," says Walter, who admits to worrying as well about what kind of future her children will have on our over-taxed planet. A Tufts graduate and former business consultant, she felt she had the knowledge and motivation to make a difference for consumers.

When she started to research products that wouldn't harm her family, Walter discovered that the term "fragrance" on an ingredient

list is a proprietary element, the components of which may be kept secret by manufacturers.

"When Environmental Protection Agency (EPA) researchers tested thirty-one fragrance products, they found that more than half the products contained ingredients listed under the EPA's Toxic Substance Control Act. Since perfume can enter the body through the skin or by inhalation, many of these chemicals are readily absorbed and accumulate in the body's fatty tissue," explains Walter.

Another ingredient often found in cosmetics is DEA (diethanolamine), a chemical that is used as a wetting agent in shampoos, lotions, creams and other cosmetics. DEA is used widely because it provides a rich lather in shampoos and keeps a favorable consistency in lotions and creams. DEA by itself is not harmful but while sitting on store shelves or in your cabinet at home, DEA can react with other ingredients in the cosmetic formula to form an extremely potent carcinogen called nitrosodiethanolamine (NDEA). NDEA is readily absorbed through the skin and has been linked with stomach, esophagus, liver and bladder cancers.

"I am not in the business of tearing down other companies,"

says Walter, "but I do try to get people to read beyond the marketing fluff and packaging. I try to give them the tools to read product labels for themselves." And with her own line of products on the market, with ingredients that are fully disclosed, Walter feels confident they won't be disappointed.

The name "Chartreuse" comes from a Crayola crayon shade of yellow-green that was created in 1972. Associated with a spunky pink, it creates the fun and crisp image of Walter's products and web site.

"Many organic items have a dull image," says the young entrepreneur, "I wanted to create an attractive and elegant packaging for these quality goods." Thus the company's motto: "Be Distinctively Green."

Walter goes beyond packaging. Her operation is contained within her garage at this time, and ranges from enhancing bulk natural soaps with essential oils, to creating completely new products like the "Sassy Shopping Bag" that she designed when she couldn't find what she wanted on the market. The "eco-chic" purse contains six grocery size foldable shopping bags, and room to put the keys and wallet: no more excuses for forgetting those green bags at home or in the car. Her line of products also includes household cleaners, organic body and facial care products, recycled gift-wrap and notebooks.

The way Walter distributes her products is in line with her sustainable vision of life. She has started to build a network of Consultants who sell the products on their own schedules, growing as their network expands. In addition, she is working with local retailers and has an agreement with Lavande Spa and Boutique on Mount Diablo Boulevard in Lafayette.

More information can be found on the web site www.ChartreuseProducts.com

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Lamorinda Public Schools Ace the API

By Andrea A. Firth

All of the school districts in Lamorinda posted positive growth in academic performance over the past year as measured by the California Department of Education's API—academic performance index. Acalanes Union High School District (AUHSD), which includes Acalanes, Campolindo, and Miramonte High Schools, showed an improved API score for the fourth consecutive year and continues to rank as the highest performing high school district in California based on this measure.

"While the API is an important number... I am most pleased by continuous improvement, which our students have demonstrated," states AUHSD Superintendent Jim Negri. He attributes the District's academic success to a number of factors including good quality instruction, highly motivated students, increased funding from the Measure A parcel tax, and a strong partnership with the K through 8th grade feeder districts.

Superintendents from the three K through 8th districts in Lamorinda concurred with Negri's assessment also citing the commitment of staff, students, parents and community to the education process and funding support from parent clubs, PTAs, and the education foundations as a key factor to their successes. "I have been awed by the quality of instruction and the high levels of student engagement," reports Dr. Fred Brill, Superintendent of the Lafayette School District. Dr. Brill recently returned to Lafayette and took over as the top manager the district. "It also helps that our parents share our high expectations and provide exceptional support in our schools and in their homes. Education is highly valued in our community," he adds.

All of the Lamorinda schools scored well above

the statewide goal of 800 for the API, which is scored on a scale of 200 to 1,000. With many schools in the area already achieving scores above 900, could the districts' be reaching an API ceiling? AUHSD's Negri thinks not. "The top API for a high school is 985," states Negri. "There is still room for growth as each school demonstrated this year. I am most interested in the continued growth of all students over time," he adds.

Orinda Union School District's Superintendent Dr. Joe Jaconette (whose district score is 955) acknowledges that API scores may rise and fall each year but feels confident in the ultimate outcome for his district. "We realize that our high scores have the potential for fluctuation and small changes in student achievement are readily evident," states Jaconette. "As long as our focus remains on students, we believe our resulting API will be strong."

And what if the schools' API scores drop, what then? Moraga School District (MSD) Superintendent Rick Schafer states clearly that

his district's focus is student learning, not test scores. However, he explains that student test performance reviews can sometimes identify gaps in learning. For example, a drop in scores at one MSD school revealed that students were learning a measured standard after the academic testing was administered. A simple change in the curriculum resulted in improved scores. "Did the learning increase?" asks Schafer. "Probably not because these students were learning the standard just the timing for measuring their mastery was different than the tests' timing," he responds to his own inquiry.

So it appears that as the Lamorinda public schools continue to set higher academic goals for themselves, for now they continue to achieve them. "If we are going to function as an effective learning organization, then we have to look at the hard data, and consider how we might do better next time around," states Brill of Lafayette. "Good educators are always considering how they might improve, regardless of their level of success."

Academic Performance Index Scores* Across Lamorinda			
District/School	2007 Base	2008 Growth	
Acalanes Union High School District**	882	886	
Acalanes	893	896	
Campolindo	908	909	
Miramonte	905	916	
Lafayette School District	914	916	
Burton Valley	935	928	
Happy Valley	946	938	
Lafayette Elementary	906	924	
Springhill	904	898	
Stanley Intermediate	904	910	
Moraga School District	942	947	
Camino Pablo	957	949	
Rheem	954	962	
Los Perales	954	959	
Joaquin Moraga Intermediate	929	938	
Orinda Union School District	948	955	
Del Rey	949	963	
Glorietta	948	959	
Sleepy Hollow	977	977	
Wagner Ranch	951	955	
Orinda Intermediate	941	948	

*The 2008 Growth API summarizes a district or school performance on the 2008 Standardized Testing and Reporting (STAR) Program and 2008 California High School Exit Examination (CAHSEE) tests.

**Also includes scores from Las Lomas and Del Oro High Schools and the Center for Independent Study

Lafayette Brownies Provide Backpacks

Submitted by Robin Longchamps



After a successful year of fund raising, Lafayette Brownie Troop 2050 of Burton Valley Elementary happily donated over \$200 in backpacks and school supplies to needy families affiliated with Shelter, Inc. in Martinez. Way to go, Brownies!

Lamorinda 4H Kick-off Meeting

Submitted by Alison Boddan

Now that the summer is over, 4-H is starting up again and it promises to be another great year! Come and check out our kick-off Community Meeting on September 18, 2008, at 7PM in the Stanley Middle School Multi-Purpose Room. We have many

fun groups to join, including Dog, Horse, Sewing, Foods, Poultry, Swine, Woodworking, Shooting Sports, Photography and many, many more. There is something for everyone, and we welcome all; boys and girls age 5 to 18 years. Come on by to check your

local Lamorinda 4H Club out, see what our kids can do, and we'll answer any questions you may have.

Please visit our website at <http://groups.ucanr.org/cc4h/> or call Michelle Chan at (925) 283-9519.

No More Pesticides at Local High Schools

By Sophie Braccini



PfSE meets with AUHSD's Chris Learned and Steve Fishbaugh

Photo Sophie Braccini

Chris Learned, Assistant Superintendent of the Acalanes Union High School District (AUHSD), promised a group of parents on September 2nd that AUHSD will ban the usage of all pesticides and herbicides on its sports fields.

The twelve parents, representing Parents for a Safer Environment (PfSE), were pleased; in their view this a major step in protecting our children from the dangers of chemicals.

Susan Junfish, founder of PfSE, said, "We have had parents with kids going to the Acalanes School District asking us to help evaluate the District's pest control program for years. We had been trying to meet with the District for a little while after acquiring and reviewing some tracking documents called Pesticide Use Reports." Junfish added, "We didn't know what to expect from the District."

Learned invited Maintenance Supervisor Steve Fishbaugh to the meeting. Fishbaugh knows exactly which and when pesticides have been used by the District. PfSE came with a list of products and respective toxicity profiles that had

been assembled by their intern, Campolindo Senior Molly Howland.

The list included ten products that had been used by the District between 2006 and 2008, according to the District's Pesticide Use Reports. Of those, Fishbaugh confirmed that five were still being used by the District, and 3 of the 5 were considered high risk by the group: Gopher Getter (contains Strychnine), Sevin Insecticide (with Carbaryl for ants) and Turflon (Triclopyr), an herbicide that is used by the district to control the proliferation of clover in the fields.

"Sevin is a likely human carcinogen, a neurotoxin, a hormone disruptor and a groundwater contaminant" said Junfish, "Gopher Getter also can contaminate ground water and has high toxicity; besides gophers can become resistant to Strychnine so it's not even the most effective, and Turflon is a high risk product containing the developmental and reproduction toxin triclopyr."

Learned was very worried about the exposure of children to these products, and he asked the group for their sources of informa-

tion. He and his staff were concerned with the feasibility of stopping the use of chemicals. "We have lost 2 maintenance and one ground employee due to the budget cuts," said Fishbaugh, "with less personnel we cannot manually remove weeds or chase gophers."

Carol Shenon, another member of the group that has done a lot of research and outreach for the Moraga School District, explained, "It is important to disseminate this information to parents, so they understand why there is some clover in the fields or weeds along the fences." She believes that when parents understand that the long term health of the children is at stake, they readjust their priorities.

Junfish suggested some alternative treatments; although the District staff did not appear to be convinced that they would work Learned decided nonetheless to stop the usage of the three products. The only pesticide/herbicide that the District will use will be Round Up along the edges. According to PfSE that product is the least toxic, the only risk is air contamination when high volumes are spread.

The parents finished by asking to present a request for an Integrated Pest Management policy to the AUHSD Board. "What you have just done today is remarkable," said Junfish, "but you will move on at some point and it would be effective to have a policy in place for the years to come." Learned agreed to study the issue, but was not favorable to formalizing a policy at this time.

Local Rotary Clubs Give Dictionaries to Lamorinda 3rd Graders

By Jean Follmer



Tamara Raeth and Steve Hanna await their cue to deliver dictionaries to Lafayette Elementary 3rd graders. Tamara's son, Stefan, is a 3rd grader there and Steve's children are alumni

Photo Tom Black

Each year, the Rotary Clubs in Lamorinda give dictionaries to our 3rd grade students. Lafayette students receive their dictionaries from members of both the Lamorinda Sunrise Rotary Club and the Lafayette Rotary Club. Moraga students are given dictionaries by the Moraga Rotary Club and the Orinda Rotary Club gives them to all Orinda 3rd graders. The Moraga Rotary Club also gives dictionaries to the 3rd graders in Canyon.

All Lamorinda 3rd graders receive dictionaries at both private and public schools. At a recent Lamorinda Sunrise Rotary meeting, George Chaffey said some folks have asked why dictionaries need to be distributed to students in such affluent communities. "This is a Rotarian to child (effort). We don't try

to distinguish between rich or poor or public and private," said Chaffey. "Part of it is to make Lamorinda better for everybody. Part of it is to make all of the children in Lamorinda better future leaders," continued Chaffey. Steve Ware confirmed Chaffey's statement by saying, "It's all about the kids...they're the future." Both of Ware's young daughters are honorary members of the Sunrise club.

The dictionary program began in 1998 when George Chaffey was the District 5160 Governor. They decided they wanted to participate in a district-wide effort and asked District 5160 rotary members for suggestions. The dictionary idea came from a member in a small club in Oregon who had seen a 20/20 report on a crossing guard handing out small dictionaries to students.

In that first year, Chaffey said 700 district members gathered in Concord to receive and label three truckloads worth of dictionaries. Chaffey said "There were Rotarians from every club in the district. It was a big working party." They distributed 30,000 dictionaries the first year. Chaffey said the district received over 15,000 "thank you" notes from teachers and students. Since then, the dictionary program has been handled at the local level and has spread to many rotary clubs across the country.

The distribution efforts often

extend beyond the membership. In Lafayette, Tamara Raeth is the wife of Lamorinda Sunrise member Thomas Raeth. The Raeths were in charge of the Lafayette dictionary program this year and held the work party at their home. "Two dozen people went to their (the Raeth's) house for a BBQ. We put name plates in each of the dictionaries. We also affixed a cover letter explaining to the parents what we're doing and why," said Sunrise Rotarian Tom Black. Current Lamorinda Sunrise President Pat Flaherty said Tamara Raeth "has been coordinating this for months." "This year we have the biggest 3rd grade ever. The schools are at capacity. I have a 3rd grader who's been waiting to get this," said Raeth. 448 Lafayette 3rd graders received dictionaries this year.

Moraga Rotary Club member Debbie Roessler said their club will distribute dictionaries later this fall. Roessler said they engage the students when they deliver the dictionaries and have them look up words like "truth" and "fair" to see how many different meanings there are. Roessler said the dictionary program "has been well received in Moraga."

Orinda Rotary Club member Gail Woznak said they will be delivering dictionaries on September 24. "Every year the dictionaries are welcomed by both the teachers and students in Orinda. The letters we get are just amazing. The kids are so cute and they write these wonderful letters using the words in the dictionary. We've been doing this for a number of years in Orinda and it's one of our favorite projects," said Woznak. For more information on the dictionary program, visit www.rotary5160.org/programs/dictionary.php

Wagner Ranch Parents Hike the Reservoir Rim Trail

By Jean Follmer



For the third year in a row, Wagner Ranch Elementary School parents met at the Lafayette Reservoir to hike the rim trail before breakfast last week. The hike is an auction item from the annual "Parents Night Out" auction held last spring. Parent Coordinator Kim Americh said, "We have about 30 people participate. Six moms lead the hike and 6 moms handle the breakfast (while the others are hiking)." Americh said "It's a great time to reconnect and meet new people. We get exercise, breakfast and it's social."

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Where Everyone Belongs or Welcome Every Body: WEB is the Way to Middle School

By Sophie Braccini



Back row (L-R): JM WEB leader Mina Lucacher, Patti Forester, Heidi Felt, Annette Finnane and Annette Herbert; Front row, new 6th graders

Setting foot for the first time in middle school can be intimidating. The campus is larger, students have to move to different classrooms during the day, and sixth graders go from being at the top of the elementary school food chain to being the little guys. To ease the transition, middle schools organize welcome days during which eighth graders mentor the 6th graders and make them feel good about their new school. The programs are called WEB days in Moraga and Orinda and Buddy Days in Lafayette.

Games, talk and fun are at the heart of the programs and both 8th and 6th graders seem to appreciate it. Most 6th graders participated this year in Moraga and Orinda (over 200 in each school), while 64 8th graders were WEB leaders at Orinda Intermediate School (OIS) and 79 at Joaquin Moraga Intermediate (JM). At Stanley Middle

School (Stanley) in Lafayette, half of the 6th graders (150) were paired with almost as many 8th graders.

At JM, School Counselor Heidi Felt started the program two years ago. "Our former principal, Catherine Mikes, put WEB into my job description when I was hired," said Felt.

The PTA, parents and teacher volunteers support the program and it really took off this year with twice as many 8th graders volunteering and events scheduled during the whole school year.

"The 8th graders volunteer a significant amount of time," explains Felt. "They apply for a WEB leader position in late spring and once selected (with parent permission), they attend a three-period spring play (training day). In the fall, prior to WEB day, they attend two days of training where they are taught games and a research-based curriculum to work with the 6th

graders on WEB day.

"I asked to become a WEB leader because I had a rough time in 7th grade and I thought that if I could make a difference for somebody, then I should," said Mina Lucacher, who enjoyed the training and the first WEB day.

Emily Holbrook was in Mina's group of 6th graders, and she said, "It was really fun to learn about JM, see and meet new people and get your schedule." Emily added that the day helped her a lot since she was very nervous about attending a new school; she felt much better about it afterwards. She hopes to be a WEB leader herself in 2 years.

The training is similar at Orinda Intermediate School (OIS) where the program has been in existence for 8 years. "We know that the more contact a sixth grader has with his/her WEB Leader the more successful the sixth grader will be,"

says OIS Vice-Principal Ron Langer, who originated the program with art teacher Susan Weiss.

The program is now run by Diane Brode and Jennifer Wagner. They highlight that WEB is more than just orientation day, throughout the year the students will participate in parties such as a Valentine's Day event or a group skate. Additionally, the WEB leaders work with small groups of 6th graders on topics such as feeling confident to ask questions, or how harmful rumors can be.

At JM, too, 6th graders will be reunited with their WEB leaders for monthly activities during the school year.

Stanley's Buddy program is more a one-on-one experience with one 6th grader paired with an 8th grader. "The students meet once before school begins, and ice breakers are organized like a scavenger hunt. The 6th graders get to ask questions about teachers, schedules, or homework. Once they're paired they meet once a week the first two or three weeks of schools at lunch. After that the 6th graders are comfortable." Westcoat noticed the increasing number of boys who participate in the program. The program started in 2002, at first just with girls, now for a couple of years both genders participate and for the first time this year there were more 6th grade boys than girls, so a few 8th grade boys had two buddies.

In the three schools, the adults in charge highlight the dedication of the 8th graders who participate, "I'm constantly impressed by the 8th graders," says Westcoat, "they have a real sense of concern and are very kind, they always go well beyond what is expected."

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tential and self-worth.

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Peter Varellas Visits Camino Pablo School

By Sophie Braccini



Peter Varellas talks to Mrs. Laughland's class

Photo Neil Jennings

On Friday the 12th, Peter Varellas, a member of the Silver medal-winning US Men's Water Polo team, paid a visit to his 2nd grade teacher Katie Laughland at Camino Pablo Elementary School in Moraga. "He was in the first class that I ever had," said

Laughland, still a 2nd grade teacher. "He was a great kid, liked by everybody, always very happy, and I taught his sister, too." Laughland followed the success of her ex-student in the Olympics and called his parents' house. The young man called back, and he and his sister

came to school. "He was very gracious, very poised," said the delighted teacher, "he talked to the kids about setting goals and getting there step by step and the kids got it!" Laughland was impressed with how well he worked with the kids, and interacted with everyone.

Send story ideas to:
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Get Out Your Checkbooks for Fall Fundraising

By Jean Follmer

If you have school age children, you probably just paid your back-to-school fees. In addition to the required registration fees, you may have also stroked checks for some optional fees. The additional spending opportunities likely included extravagances like TB tests, an entire wardrobe of Spiritwear for each family member and a "voluntary" donation to the PTA or PFC. As satisfying as the back-to-school and fall activity spending spree may have been, many of you will soon have an opportunity to pull out your checkbooks again! For what you ask? Well, gift wrap, entertainment books and perhaps an earthquake preparedness kit that includes a portable toilet.

If your school (like my kids' school) has elected not to hold a fall fundraiser this year, consider this as

your opportunity to help out your friend's kid's school way over on the other side of town. Truth be told, I've already contacted a friend from another school and asked her to give me the heads up when her son starts selling Sally Foster wrapping paper. I love their stuff! Most of the paper has a grid on the back and that enables me to more easily cut the straight line that my gift recipients so clearly appreciate. Plus, that way I will experience zero guilt when my daughter hits her up to purchase Girl Scout cookies next spring.

Think of it as an early start to the holidays... OK, enough on the silliness. When your doorbell rings and you see little Johnny on the doorstep clutching his sales sheet, consider opening the door. In addition to trying to raise money for his

school, he is learning the complicated art of selling. Even if you don't make a purchase, you are still helping Johnny learn sales skills. An important part of selling is learning to deal with rejection and thinking of ways to turn "no" into "yes". There are plenty of folks that don't buy Girl Scout cookies from my daughter when she rings their bell and she's learning to understand that "no" is part of the process. Those rejections provide opportunities for parents to assure and remind their children that the answer is not always "yes". If it were, what would they strive for? There are many reasons why someone may not be in a position to make a purchase, but the interaction can still be viewed positively and used as a learning opportunity.

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Lamorinda Schools

SCHOOL CALENDAR

School Governing Board Meetings

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, Sept. 17 at 7:30 pm
Wednesday, Oct. 1 at 7:30 pm

Lafayette School District
LAFSD Office
3477 School Street, Lafayette
Monday, Oct. 13 at 7:00 pm

Moraga School District

Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
Joint Meeting with Moraga Town Council
Wednesday, Sept. 17 at 7:30 pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, Oct. 13 at 4:00 pm

Michael Simon to Talk at Campo About Adolescent Behaviors

By Sophie Braccini

Michael Simon's biggest concern is with the sanity and well being of our teenagers. The marriage and family licensed therapist has had a private practice in Rockridge for 13 years, he was the Director of Counseling at Bentley School in Lafayette until last year when the position became full time, and is an acclaimed speaker who appears at conferences all over the country. On Thursday October 2nd, Simon will return to the Acalanes School district with a free talk for the community in the Campolindo High School library, starting at 7 p.m. He will present "Parent Primer, a Year-to-Year Guide of What to Expect in High School."

According to Simon, one element in reducing adolescent stress is to get parents not to worry too much themselves and stay connected to their students. "My presentation will help parents to understand each grade level's development and get a good sense why their kids are doing what they're doing; what's normal and what's not."

For example, in 11th grade the parents are very conscious of how important the results of that year are for college admission, while at this age their children need to reinforce the wall between themselves and their parents. "They talk less and less, especially when they get into trouble, when a 9th grader will still talk, and over-exaggerate the good part of what's going on." Simon will give parents ways to stay close and supportive to their offspring whatever stage they are in. He will

talk as well about alcohol and drug use, will touch on sexuality and will explain how to handle difficult discussions, depending on the student's age.

In his Rockridge private practice Simon meets adolescents who, for the most part, have difficulty handling the stress and pressure to meet their parents' expectation and find their dreams. "They have to look the best, get into the best schools and they lose sight of what they want and what they feel," says Simon. To handle the pressure, they have sex earlier, drink or do drugs, or engage in dangerous behaviors to draw attention to themselves. On the surface they are very successful, but the suffering is present deeper inside. "When you grow up in an affluent democracy you get the message that if you don't succeed, since everyone is equal, there must be something wrong with you," says Simon. In addition, the media sets the standard of the only way to success, and adolescents have more and more difficulty keeping up with expectations. Simon is finishing a book with Laura Konigsberg about status and teens. It discusses whether there is only one way of succeeding at life, and how anxiety over status rules our teens' lives. The provocative title will be "How to Hate Yourself."

The 90 minute presentation will be followed by a question and answer period. It is sponsored by the Campolindo Parents' Club and the Acalanes High School District Adult Education Center.

Getting Organized in the Senior Year

By Elizabeth LaScala, Ph.D.



to send information to colleges

- Make an appointment with the school counselor to review college plans and get advice.
- Verify the accuracy of school transcripts and assess eligibility for the University of California (UC) as well as the California State University (CSU) campuses
- Note that the UC and CSU deadline is November 30th; private school deadlines are typically later
- Complete standardized testing requirements; these tests were best taken at least once before the senior year; if necessary, register for appropriate SAT or ACT testing and note that 2 SAT subject tests in different disciplines are required by UC
- Attend talks by college representatives who visit your school, attend college fairs, make campus visits, research college websites and guide books
- Go to each college's website, check admission requirements, download and review application forms for colleges that make it to the final list
- Ask teachers for recommendations as soon as the list of colleges is finalized (no later than November 1st—busy teachers need time to write recommendations)
- Work with the counseling office to make sure it has what it needs to send off the Secondary School Report and Counselor Letter of Recommendation
- Review essays and personal statements on each application; write drafts and finalize
- Check and apply to appropriate scholarships (often schools that have college and career centers post opportunities on a regular basis)
- Understand how these tasks differ for Early Action and Early Decision applicants

High school juniors and their parents can review this

Times have changed and getting into college is much different than it was even five years ago. Selecting a college is a big decision, and both public and private schools are more competitive. Going through the college admissions process can seem daunting, especially to seniors who must kick into overdrive to accomplish the tasks associated with a college search and the application process. And, of course, this effort is in addition to academics, sports, volunteerism and jobs.

Our community has fine high schools and counselors. Yet school counselors have their hands full keeping their caseloads on track academically. Essentially it is the responsibility of the student, with support from family, to fully engage in the process of selecting and applying to colleges. Each college a student applies to should be a good fit—one where the student can spend 4 happy and productive years. Here is a check list of some basic tasks to accomplish during fall semester of senior year:

- Complete a college search of "best fit" colleges that include reach, good bets and almost certain to get in options.
- Find out and keep track of deadlines related to what the high school counseling office requires

Children's Book Authors in Lamorinda

By Andrea A. Firth

The Bay Area has long been the home to and source of inspiration for many authors, and Lamorinda is no exception. Local children's book authors Deborah Trotter, Maddie Dychtwald, and Ginger Wadsworth have taken varied paths to print; however, they have each put their passion and experience into their work in words.

Deborah Trotter

Deborah Trotter, a twenty-year resident of Moraga, has spent several years refining her writing craft and learning the ropes of the publishing world. Now with two children's books published—*A Summer's Trade* (2007) and *How Do You Know?* (2006)—Trotter can confidently claim the title of children's book author. But it's not about titles and recognition for Trotter who seems to have been able to strike a comfortable balance between her writing pursuits and the demands of her family—with family coming first.

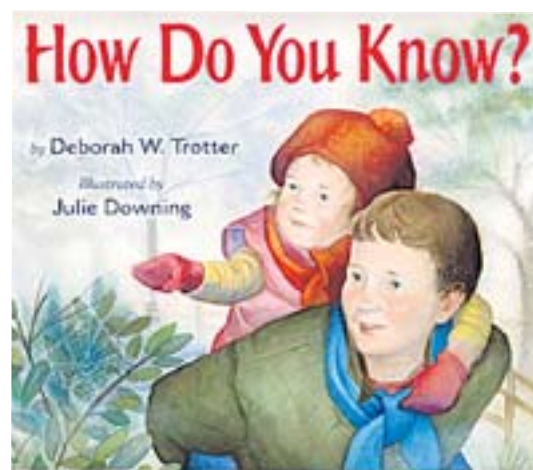
A native of northern California, Trotter graduated from law school through the UC system and spent her early career working first as a registrar at the Stanford Law School Library and later as a litigator in a large law firm. But as children started to arrive in the Trotter household—she had four in regular intervals—she took down the lawyer shingle and turned her attention to writing.

Maddy Dychtwald

"You can have a new beginning no matter how old you are," states Maddy Dychtwald, a twenty-year resident of Orinda and the author of *Gideon's Dream: A Tale of New Beginnings*, the story of a caterpillar's transformation to a butterfly. Dychtwald co-authored her children's book debut with husband Ken and Grace Zaboski, the young daughter of the book's illustrator. "Grace was the critical eye of the target audience. She read the manuscript, looked at the drawings, and provided important feedback that we incorporated in our revisions," explains Dychtwald. "She was the youngest person to receive an author

credit from this publisher," she adds proudly. "It truly was a group effort. We just had a great time writing it." Dychtwald and her husband first began thinking about writing a children's book several years ago when their two children were young. "We noticed the messages that were being addressed in children's books. None of the books talked about what happened as you got older and aged or the idea of second chances," she states. Aging and second chances have long been a focus for the Dychtwalds who founded a marketing and communications firm, Age Wave, 17 years ago. "It's generational marketing. We forecast lifestyle and consumer marketing trends among the emerging mature marketplace, the boomer generation," she explains. "Nobody likes changes," notes Dychtwald who uses the caterpillar's metamorphosis to represent life change. "We wanted anyone

Elizabeth LaScala, Ph.D. works as an independent college advisor in Lafayette. Dr. LaScala draws on 20 years of experience in higher education and research to customize the college search and admission process for students and their families. She has 3 daughters—one a graduate of Cal Poly (San Luis Obispo), one a sophomore at MIT and the youngest, a junior in high school. Dr. LaScala can be contacted at elizabeth@doingcollege.com or (925) 891-4491.



Trotter started writing children's books when her offspring were young. "Of course as a mother, you read books to your kids," states Trotter. "Some are wonderful and some are awful." A life-long student, Trotter's ability to write for children is essentially self-taught. "I read about the process. I studied how to do it. And I kept writing," she adds.

Despite Trotter's assiduous work ethic, success was not immediate. Like many who venture into the writing world, Trotter received pleasant but brief rejection letters from publishers in response to her early manuscripts. Even her first published book, *How Do You Know?*, took three years from the time of submission to reach store bookshelves.

The inspiration for *How Do You Know?* came to Trotter on the daily morning drive to school from



her home in the Bluffs to Campolindo High School. As she approached the intersection of Rheem Boulevard and Moraga Road, the shopping center and the school up the way were shrouded in fog. "Because we could not actually see the buildings, I pointed out to the kids that the school might not be there." She received the typically teenage response of "Yeah, right mom," but the idea stuck with Trotter who then set her story on a farm where a young child and mother explore the comings and goings of the mist.

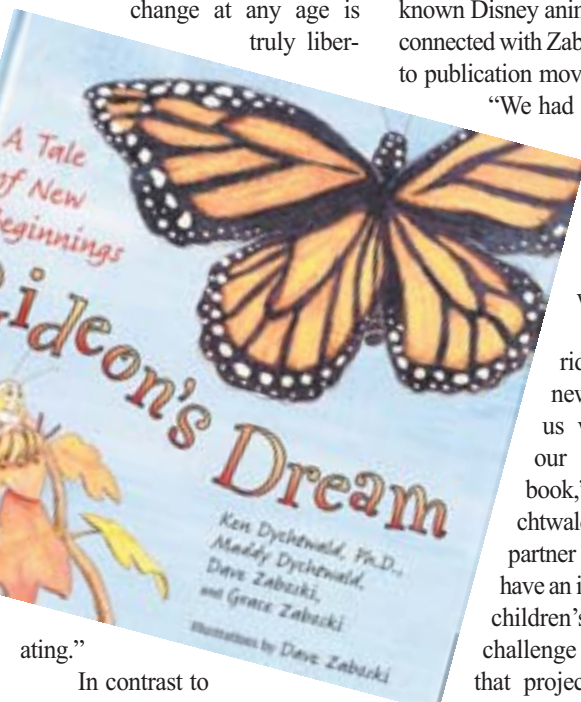
Trotter likes to write stories that have an educational focus, and through her research she has recognized the value of the niche market in the publishing. Having grown up in the small ranching town of Red Bluff and having traveled extensively through the Southwest, Trotter chose to base her second book at

a Navajo trading post. The book's publisher specializes in stories set in the Indian community, and the story, which is written in both English and the Navajo language, appeals to a wide range of readers and ages.

"I'm never short of ideas," states Trotter. "I want to keep writing, and I want to keep publishing." But like many writers she talks about the need for "bum glue" or that special something that keeps one seated in front of the computer and away from the distractions of daily life. "I don't even have internet access on the computer that I use to write, so I eliminate that diversion," states Trotter. Now with child number three off to Stanford in September, and just one more left at home, Trotter may find she has more time to focus her muse.

For more information visit her web site at www.deborahwtrotter.com

who read the book—kids, parents, and grandparents—to recognize that change at any age is truly liber-



ating." In contrast to most children's books, where the publisher chooses the illustrator, the Dychtwalds wanted to find the artist who could deliver the look they envisioned for their story. Their first manuscript draft sat unpublished for

ten years until a chance meeting led them to Dave Zaboski, a well-known Disney animator. Once they connected with Zaboski, the process to publication moved very quickly.

"We had a revised manuscript and artist renderings in about six months," notes Dychtwald.

"It was great ride. It's been a new beginning for us with publishing our first children's book," she states. Dychtwald and her writing partner husband already have an idea for their next children's book, so the challenge will be fitting that project in with their business ventures and their new life as empty-nesters as their youngest child heads off to college.

For more information visit her web site www.maddydychtwald.com

Ginger Wadsworth

A veritable veteran of the children's book writing world, Ginger Wadsworth sits comfortably in her living room where an illustration of a woolly mammoth from the cover of one of her recent books hangs above the fireplace. With her constant companions, golden retrievers Willa and Scout, at her side, Wadsworth launches into a discussion of one of her life-long passions—writing. Wadsworth has authored several children's books and usually has one or two new books in the publication process, but her first

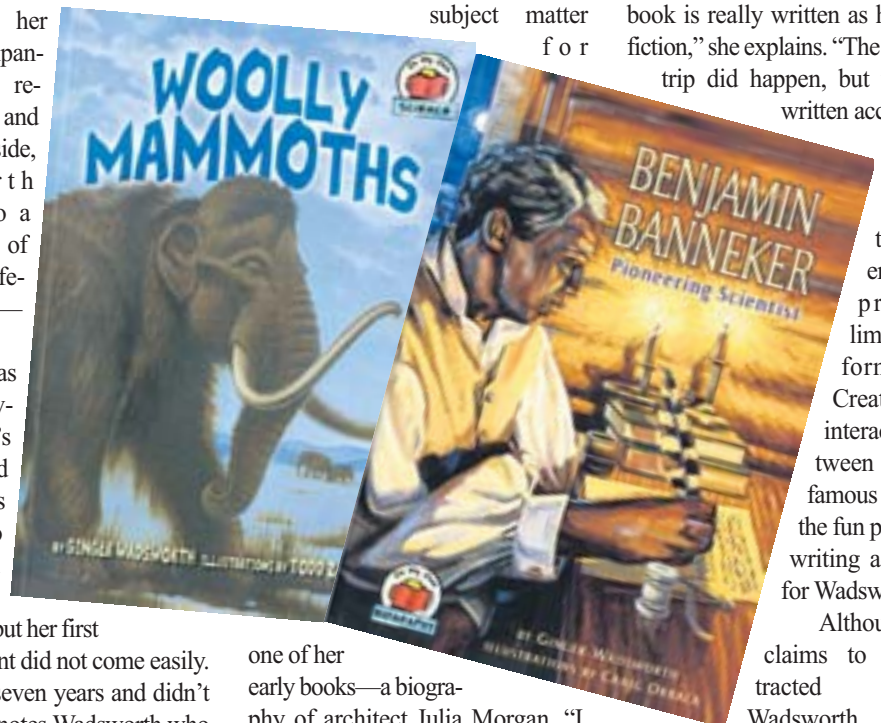
break into print did not come easily. "I wrote for seven years and didn't sell a thing," notes Wadsworth who refused to use her father's connections (he was also a writer) or to publish under her maiden name to expedite her career. "I'm feisty like that," she states.

A self-described research junkie, Wadsworth, who typically gears her work to the young reader, writes about nature and the people and world around us. "I love to write for the second to third-grade age group," states Wadsworth. "I spend a lot of time researching for my writing, and I really enjoy it."

Wadsworth started writing for

children about 30 years ago just a few years before she settled in Orinda with her husband and two boys that would follow. She balanced writing with working as a teacher's aid at Del Rey School. After taking a class on Bay Area architects, Wadsworth discovered the subject matter

for



one of her early books—a biography of architect Julia Morgan. "I was fascinated by her houses and the hidden places that she would incorporate in the design," notes Wadsworth. "To this day, if I see a Morgan house for sale in the area, I will try to go see it."

She has two new books that will be published in the upcoming year. One is the story of a young man named Moses who survives a harrowing adventure after getting lost in the snow. Wadsworth seemed destined to write the story when she came across a newspaper clipping about the same boy among her fa-

ther's old books that contained his handwritten notations. "My husband and I could not believe the coincidence," she states excitedly.

Wadsworth's second book will tell the tale of a camping trip taken by naturalist John Muir and President Teddy Roosevelt. "The book is really written as historical fiction," she explains. "The camping trip did happen, but the only written account is a

report by the one of the packers which provides limited information." Creating the interaction between the two famous men was the fun part of the writing adventure for Wadsworth.

Although she claims to be distracted easily, Wadsworth remains devoted to her craft and sits down to write for several hours each day. "Now that my husband is semi-retired, the house is no longer just my mine during the day, and that changes everything," states Wadsworth with a laugh. Then quoting a line from a very senior children's book author who has served as an inspiration, Wadsworth adds, "As long as the grey hair underneath is still working, I'll be writing."

For more information visit her web site www.gingerwadsworth.com

Not to be missed

MUSIC-THEATER

Orinda Starlight Village Players presents "A Bedful of Foreigners," by David Freeman, Sept. 19th, 20th, 21st, 25th, 26th, & 27th. Orinda Community Center Outside Amphitheater, Orinda Community Center Park. Tickets at Box Office or call (925) 253-1191 or 255-3295 (after 7 pm).

Lafayette's Town Hall Theater's presents "The Graduate," Sept 13 – Oct 11. A hit on the West End and a popular show on Broadway, The Graduate brings the quintessential movie sensation of the sixties and one of the most popular films of all time to life on stage. Contact the Town Hall Theatre Company Box Office for exact dates and times. Not for children under 12. 925-283-1557, www.thtc.org. Photos in Calendar images

Songbird Tonette Jeanine (aka T.J.), will be bringing her own unique style of R&B / Funk to Joe's of Lafayette on Friday, Sept 26th, 7pm-10pm Free, no cover charge 3707 Mt Diablo Blvd 925-299-8807 T.J. has a three octave range, and her voice is "as rich as it is powerful!" With her soulful and distinctive tones, she emotes passion in everything that she sings. www.tjeanine.com.

Onstage Theatre presents "Helen's Most Favorite Day" by Mark Dunn, Directed by Helen Means. Love at 'second sight' and a magic wish doom Helen to repeat the best day of her life ad infinitum, unless she can be rescued by those nearest and dearest to her. Sept 19-Oct 11, Ticket prices: \$15 general and \$12 students/ seniors. Reservations: (925) 944-9006. School House Culture Center, 2050 Oak Park Blvd corner of Pleasant Hill Rd in Pleasant Hill.

Youth Theatre Company is currently accepting registrations for its Mini Kids Theatre and Kids Theatre and will hold auditions for Junior Theatre and Teen Theatre Sept. 20 – 25. Junior Theatre runs from Oct. 7 – May 3 and includes productions of "Willy Wonka" and "The Wizard of Oz." Teen Theatre runs Oct. 7 – April 25 and features productions of "Once On This Island" and "Wicked." Call 925.943-5846 for audition appointment.

Piano Jazz Café at the Lafayette Community Center Friday 10/10-1:30pm – 2:30pm. The music varies from show tunes and jazz standards to original compositions. There is no charge but, a small donation would be appreciated. Light refreshments are offered. Located at 500 Saint Mary's Rd. RSVP (925)284-5050

ART

The Luck Of The Draw Artwork on display at Fastframe of Lafayette. Local elementary school children entered their artwork in a drawing coordinated by LASF, and the lucky winners received complimentary custom framing from Fastframe. The artwork will be displayed in Fastframe's window during the Art & Wine Sept 20-21and through mid-November. An opening reception for these young artists will be held on Sunday Oct. 5th from 1-4 p.m. Call Anthony at 283-7620 for more information.

New Moraga Art Gallery Show through October 26th—"Summer of Decision" by local Bay Area and Lamorinda artists showing watercolors, oil painting, collage, ceramics, photography, mixed media, jewelry and glass design. Moraga Art Gallery, 570 Center St., Rheem Valley Shopping Center/ next to Longs Drugs Moraga. Open Tuesday through Sunday, 12-5 pm, 925.376.5407.

Hand and I, the Daily Eye, the new exhibit at the Lafayette Gallery runs through October 4th. The exhibit educates and delights the viewer through a glimpse of the artistic process. Lafayette Gallery is a twenty- three member cooperative. Gallery artists work in a variety of mediums including printmaking, painting, collage, jewelry, ceramics, photography, watercolor and mixed

media techniques. Gallery Hours are Tuesday to Saturday, 11 am to 5 pm. 925-284-2788, www.lafayettegallery.net

On Saturday, Sept. 27th Pacific Wildlife Galleries will host a reception



for Master Artist Carl Benders, an internationally known wildlife artist who paints with incredible detail and realism. He will be available for signing his new book "Pride of Place." 5pm-8pm. Also appearing at the reception will be a live red tail hawk and a live Eurasian Eagle Owl. The Gallery is located at 3420 Mr. Diablo Blvd, Lafayette. 925-283-2977.

Lindsay Wildlife Museum -Vanishing Wildlife - Through November 16. Watercolor and mixed-media by Rita Sklar Vanishing Wildlife depicts American, European, Latin American and African wildlife. Critics describe her paintings as a mix of abstraction and realism, giving the paintings a feeling of movement and immediacy and praise them as capturing the subtle mood of the mystery of nature. Lindsay Wildlife Museum, 1931 First Avenue, Walnut Creek. www.wildlifemuseum.org.

LECTURES & LITERATURE

Thursday, Sept 18 from 3:00 p.m. to 6:45 p.m., the Quake Cottage, a mobile earthquake simulator, will be available at Lafayette Library. The public is invited to feel the strength of Mother Nature! At 7:00pm, the Library will host a seminar on earthquakes. Following the presentation, winners will be chosen for a 270-piece START II emergency medical kit and an emergency survival backpack kit for 4 people for 3 days. Lafayette Library, 952 Moraga Road, Lafayette 925-283-3872

Internationally renowned antiwar activist, Kathy Kelly, will tell a personal account of her many harrowing and moving experiences in Iraq before and during the war, while working and living among the Iraqi people. Kathy Kelly and Activist Poet David Smith-Ferri Saturday, Sept 27, 1:00 PM, Rossmoor, Sierra Room, Del Valle Bldg. For more information, contact Bob Hanson at 925-944-3366.

Wed., Sept. 24th, 7:30 p.m. Dennis Barker D.C. presents "Eat away the pain" discussion on how to eat to lose weight while relieving and preventing pain. Location: Curves Lafayette, 3534 Golden Gate Way, Lafayette. Gifts/Discounts/Raffle. RSVP 925-962-0206. Seating limited.

Frances Moore Lappé: Getting a Grip: Clarity, Creativity, and Courage in a World Gone Mad. Tuesday, Sept 30, 7:00 PM. Frances Moore Lappé is a noted social change and democracy activist and the author of 16 books, including the three-million-copy bestseller, Diet for a Small Planet (originally published in 1971). Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane, Walnut Creek.

On Sept 23 at 7 p.m., the Orinda Library invites audiences to a Fireside Chat about Berkeley Repertory Theatre's (BRT) new production, the world premiere of "Yellowjacket" by Berkeley native, Itamar Moses whose writing has been described as "cuttingly comic," and "brashly sophisticated." A trained BRT docent will offer insight into this new work, which takes place at Moses' alma mater, Berkeley High School. Free. Call (925) 254-2184 or visit the library website at cclib.org.

Not to be missed

Tuesday, Sept 30, at 7 p.m., the Orinda Library presents a Fireside Chat with Susan Handjian, Water Conservation Representative from East Bay Municipal Utility District (EBMUD) about " Becoming a Mediterranean Gardner." She will also discuss the current drought situation and bring examples of plants to use in our warmer environment. Free. For more information, please call (925) 254-2184 or visit the library website at cclib.org.

Maximizing Your Memory-Tues 9/23 - 10:30am - Noon. A presenter from the Alzheimer's Association, will tell us how to tell the difference between normal memory loss and dementia. In an informative and interactive workshop setting, Maximizing Your Memory will cover tips and strategies for improving memory. Lafayette Senior Services, 500 Saint Mary's Rd. (925)284-5050

Kids and Teens

FREE Movie Night -Disney's RATA-TOUILLE -Saturday Sept 20th at 7:45pm. Willow Spring Church, 1689 School Street, Moraga 925.376.3550 for more info. Popcorn and sodas for a small donation.

ODYSSEY OF THE MIND - Do you have a creative child? Does your child like the challenge of solving a problem where there is no wrong answer and "out of the box" thinking is rewarded? Come to the informational meeting held at the Moraga Library on Wednesday, Sept 24, 2008 at 7:00 PM to find out more about this international educational program that provides creative problem-solving opportunities for students from kindergarten through college.

Come join "BLAST! Kids Club" held every Friday night from 6-8pm for Kindergarten through 5th grade. We provide a safe and caring environment where we play games, create awesome projects, and learn important lessons. Parents can take the night off and have a "date night" without hiring a babysitter. Free. Kids interact with students from all over: Camino Pablo, Burton Valley, Glorietta and Rheem Elementary. For more info call Zach Diestler Willow Spring Church, Moraga Children's Ministry. 925.631.1894

Kidz in the Kitchen is a fun & exciting way to introduce your kids to gourmet cooking & healthy meals. Classes for Ages 4-6 and Ages 7-12 See www.moraga.ca.us for fees, times, and registration.

Tuesdays, Sept 23 and 30, 4:00 p.m.—Crafty Storytime—Moraga Library. Stories and crafts for ages 3-7. A fun time for your youngsters.

Wednesdays, Sept 24 Moraga Library: Lapsit 10:00 am stories, songs and bounces for baby and caregiver. Toddler Time, 10:45 am stories, rhymes and fun for ages 2—3-1/2 with adult participation.

Thursday, Sept 25 at 4 p.m., the Orinda Library presents a Beading Workshop for Teens. Grades 6 to 12 are invited to come learn the basics of beading and will create their own necklace. All materials will be provided. Space is limited and registration is required. Please register online at www.cclib.org, at the Information Desk in the Orinda Library or by calling 925-254-2184.

To celebrate National Library Month, the Lafayette Library is asking you to come in and get your own library card during the month of Sept. When you do you may enter to win one free child's pass to Disneyland or one free adult pass to Disneyland. Children, to age 12, with existing library cards may enter to win a Disney Mickey Plush Doll for kids! (925) 283-3872 or go to cclib.org. The library—the other happiest place on earth!

Preschool Yard Sale-Sat, Oct. 4, 9am-2pm - Moraga Bright Beginnings 1689 School Street, Moraga, (near Moraga Way and Country Club Drive) Furniture, toys, clothes, books, DVDs, CDs, sports equipment, kitchen gadgets and much, much more.

OTHER

Free Fishing Day at San Pablo Reservoir Recreation Area! Saturday September 27th. No Fishing License or Daily Permit Required! (Parking is \$6.50) San Pablo is open from 6:30 a.m. to 7:00 p.m. and offers picnicking, kayak and boat rentals, bbq'ing a children's playground and a café. Pets are also welcome in the park on leash. 7301 San Pablo Dam Rd. in El Sobrante between Orinda and Richmond. (510)223-1661.

The 13th Annual Lafayette Art & Wine Festival, featuring art, wine, beer, music, and shopping, is scheduled for Saturday, Sept 20 from 10 a.m. to 7 p.m., and Sunday, Sept 21, from 10 a.m. to 6 p.m., in downtown Lafayette. Free parking is available at the Lafayette BART station, Black Tie Transportation and our own Lamorinda Spirit will run a free event shuttle to and from the BART parking lots.

Sunday Tour of Homes-Orinda-view 6-8 homes in one afternoon. FREE! Next Tour Dates: Sept 21st at 1:00pm or October 7th at 1:00pm. www.SundayTourNow.com 800-414-4045 ID# 4073

Saint Mary's College 6th Annual Graduate Business Golf Tournament – Tuesday, 9/23/08... All Saint Mary's College alumni + guests are invited. 11:30am check-in, 1pm shotgun start - \$150/golfer which includes awards/networking dinner. Diablo Country Club. Please register at http://www.stmarys-ca.edu/mbagolf.

The Lafayette Community Foundation is accepting grant applications for Fall 2008. All local community organizations are encouraged to apply by Sept 30th. Award decisions will be announced in November. For details on how to apply for a grant, visit our website at www.lafayettecommunityfoundation.org or contact the Grants Committee at lafayettecommunityfoundation@comcast.net attention Serita. LCF has given more than \$170,000 in grants since inception in late 1999; as well as raising over \$12.5 million toward the new Lafayette Library.

Widowed Persons Support will be offering a series of six GRIEF SUPPORT GROUP MEETINGS. The next series of Grief Support Group Meetings will be on Saturdays from 10 a.m. to Noon. Sept 20, 27, Oct 4, 11. St. Stephen's Church, 66 St. Stephens Drive, Orinda. There is no charge and no reservation need. For information call: (925) 932-3448.

Bedford Gallery, a program of the City of Walnut Creek, offers many enriching volunteer opportunities. Through volunteering, you can take part in the behind-the-scenes activities of the gallery as you learn about contemporary art and artists of the Bay Area. Join us for Volunteer Recruitment Day on Monday, Sept 22, from 10:00 a.m. Visitors can stay for a free tour of the exhibition.

It's the world's hottest dance and Salsa dancing is fun, playful, healthy...and easy to learn. And on Monday nights, you can learn the art of Salsa Dancing at the Orinda Community Center! No partner required, no experience necessary! Sign up for a series, or just drop-in! Instructor: Tomaj Trenda, Mondays, Beg. Level: 7-8; Int. Level: 8-9. Drop-in: \$15/single or \$25/couple Orinda Community Center, 26 Orinda Way. No Need to Register, Just Come!

A GRIEF RECOVERY WORKSHOP for widows/widowers will be held Sept. 23-Dec. 2, 7-9 pm at the Lafayette-Orinda Presbyterian Church. Find hope, support and successful ways to process this significant life event. Brochures and more information are available y calling 925-283-9990, ext. 223.

10th Annual Moraga Pear Festival, Saturday, Sept 27th - 10:00 am until 4:00 pm. Music, crafts, inflatables, pies, petting zoo. Moraga Commons Park.

Not to be missed

First Annual Orinda Restaurant Tour-Tuesday, Sept 30th - 5:00 to 8:30 pm. Food lovers will have the opportunity to join a fun, expeditionary culinary tour to savor and sample their way through Orinda restaurants. The cost of an individual ticket will be \$30 with EFO receiving \$10 from every ticket sold. www.orindachamber.org.

Sunday, Oct 5. "OktoberFest". From 12:30 p.m. to 4:30 p.m. Join us at our annual fund raiser at St. Perpetua in Lafayette for great food, traditional drinks, fun games for kids and adults alike and a silent auction of exceptional donated gift baskets. 3454 Hamlin Road, Lafayette, CA 94549;925-283-0272 or www.stperpetua.org."

Mount Diablo Challenge-Sunday, October 5th. The Mount Diablo Challenge is a 10.8 mile timed bike ride, starting at Athenian School in Danville and climbing up Southgate Road 3,249 feet to the summit of Mount Diablo. All proceeds benefit Save Mount Diablo's land conservation efforts. Registration cost is \$50.00. To register please visit www.savemountdiablo.org or www.active.com. No Day-Of registration.

"Communication Is The Key To Success" - Do you make contact, but not really connect? Are your relationships thriving or stagnant? How do you rate your personal and professional communication skills? This workshop can change your life. Learn how to become a skilled communicator and increase your business and enhance your relationships. Presented by Marian Woodard, business coach and partner in The Quantum Business. October 8, 5:30-7:30pm (light meal included), Orinda Library - Garden Room, \$10.00. Sponsored by: Women's Business Connection of Lamorinda. For more information call: 925.283.7546.

Moraga-Orinda Fire District Open House- Saturday, Oct 11, 2008, from 10am to 3pm located at Station 41 – 1280 Moraga Way in Moraga. There will be a "Jaws of Life" extrication demo, rope rescue demo, fire extinguisher training sessions, infant/child car seat inspections and installations, gas and electrical safety demos, and small animal CPR. Meet Smokey the Bear or play in the bouncy house. Each child will receive a free firefighter hat and other cool things to take home. Bring the oldest fire extinguisher you can find to the Open House, and you might win a brand new fire extinguisher and personal earthquake kit!

Pumpkin Patch will be held at Del Rey School, 25 El Camino Moraga in Orinda on Saturday October 11th from noon to 3pm. Top Dog will cater it and admission is \$8.50 per person, which includes all traditional activities such as Lucky Ducks, Dunk Tank, Big Card Spin, Pinewood Derby Ramp, Dangling

Donuts, and Fishing Hole. Enjoy two new Earth-conscious, hands-on activities this year: 50 foot long Solar Bags that float up to 50 feet in the air and a 6 foot canvas Earth Ball. There is face painting, temporary tattoos, used costume sales, pumpkin carving, a decorating contest and much more.

Las Trampas Celebrates 50 years- Thursday October 16 11am to 2pm The special event is open to the public and features an open house with tours of our campus, client art display, live music and refreshments and raffle prizes. Las Trampas is a non-profit organization dedicated since 1958 to enhancing the quality of life for people with developmental disabilities. Las Trampas' campus (3460 Lana Lane, Lafayette). For more information, please call Bonnie Peacock at (925) 284-1462 ext. 239.

Please submit events to: calendar@lamorindaweekly.com

Coming Soon

Sept 19
GHOST TOWN
MY BEST FRIEND'S GIRL

Sept 26
NIGHTS IN RODANTHE
EAGLE EYE

Oct 3
BEVERLY HILLS
CHIHUAHUA

FLASH!
Our new air conditioning system is installed and working at 100%. Be cool and stay cool at your Rheem Theatre.

Please give us your thoughts and ideas as we spruce up and refurbish our RHEEM THEATRE. Email us at js@earthlink.net Jim Sheehan and Tom Peterson

Saint Mary's College

Campus Happenings

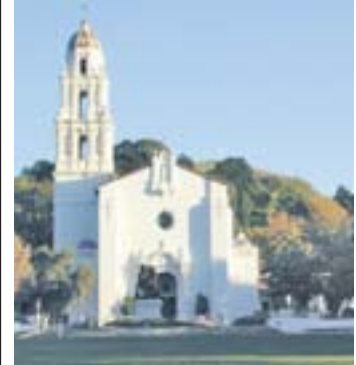


Photo by Ken C. Young, Moraga; www.kcyoungfineartimages.com

Theater

Modern Dance Performance Sunday, Sept 21 at 2:00 pm. Robert Moses' Kin Dance Company whose repertoire is engaging and always executed with heart-pounding exuberance. Saint Mary's College, LeFevre Theatre, 1928 Saint Mary's Road in Moraga TICKETS: \$25 general; \$20 seniors (65+); \$12 non-Saint Mary's students, SMC faculty and staff; \$2 Saint Mary's College students. INFORMATION: 925.631.4381 or www.stmarys-ca.edu (click on "Arts").

Lectures

Wednesday, Sept 24, 7:30 pm- Dan White Dan White is a San Francisco-based journalist, author, freelance editor and writing lecturer. His work has appeared in the New York Times, the Los Angeles Times, and Backpacker. White's first book, "The Cactus Eaters," is a chronicle of his harrowing attempt to through-hike the Pacific Crest Trail. Soda Activity Center, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga MFA Program (925) 631-4457.

Wednesday, Oct 1, 7:30 pm- Ashley Capps Ashley Capps was born and raised in North Carolina and received her

M.F.A. from the University of Iowa Writers' Workshop. The author of "Mistaking the Sea for Green Fields," which won the 2005 Akron Poetry Prize, Capps has held fellowships from the Wisconsin Institute for Creative Writing and the Iowa Arts Council. Soda Activity Center, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga MFA Program (925) 631-4457.

Wednesday, Oct 8, at 8 p.m. "The Making of the President 2008" An evening of lively commentary on politics and the historic 2008 presidential election with celebrated author, long-time political correspondent and syndicated columnist Richard Reeves.

Soda Center, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga Committee for Lectures, Arts and Music (925) 631-4670.

Art Exhibits- LAST WEEKEND!

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 Galley of Saint Mary's College 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.

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.

MICHAEL McALISTER
Saturday, September 20 • 1 PM
AWAKE IN THIS LIFE: A Guide for Those Climbing the Mountain of Spirit
Infinite Smile • \$16.99

Orinda books celebrates Local Authors in September

CHARLES ENTREKIN
Saturday, September 27 • 3 PM
RED MOUNTAIN:
Birmingham Alabama, 1965
El Leon Literary Arts • \$25

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LAMORINDA is celebrating! Enjoy Art, Wine, & More at the Lafayette Art & Wine Festival

Detour on Mt. D. for the A & W

By Cathy Tyson

The local get together that started out on Golden Gate Way with approximately forty vendors and artists, has morphed into a street fair extraordinary. The Lafayette Art and Wine Festival has grown considerably in its thirteen years. Executive Director Jay Lifson estimates about 100,000 people will come over the weekend to enjoy art, wine, beer, cars, food and shopping on September 20 and 21.

There will be over 250 arts and crafts booths, that include ceramics, photography, prints, paintings and more. The "Local Artists Alley" will showcase Lamorinda artists that are members of the Lafayette Gallery as well as the Lamorinda Art Alliance.

Wine connoisseurs will appreciate the selection provided by Wine Thieves at the Premium Wine Pavilion. Although the Chamber would never promote drinking and driving, they are clearly comfortable with drinking and looking. A number of shiny new BMW's will be on display care of Concord BMW at the Premium Wine Pavilion.

Just follow the sound of the steel drum band, the Kittian Steel Orchestra to locate upscale wine and cars.

In addition to steel drums, a variety of non-stop music will be played on two

Children with a little human energy to burn will enjoy the "KidZone" sponsored by Chevron. Those looking for sustenance after so much shopping won't be disappointed with a great selection of food choices.

While the festival is free, it's produced by the Lafayette Chamber of Commerce, along with the City of Lafayette, as a fundraiser for the Chamber and the Lafayette Arts and Sciences Foundation and a number of other charities. Wine will be available for \$6.00 per glass, or four tickets for \$20. Free parking is available at the Lafayette BART station with complimentary shuttles running back and forth to

the event all day long. Taking over Mt. Diablo Boulevard from Dewing to La Fiesta Square from 10:00 - 7:00 on Saturday and 10:00 to 6:00 on Sunday, the Art and Wine Festival will be hard to miss. For more information go to the Chamber website at www.lafayettechamber.org.



Lafayette Art & Wine Festival

Moraga Pear Festival

Orinda Restaurant

Orinda Launches First Annual Restaurant

By Andrea A. Firth



It's time to eat, drink, and be merry in Orinda. The Orinda Chamber of Commerce in partnership with the Educational Foundation of Orinda (EFO) and the City of Orinda will host the first annual Orinda Restaurant Tour. The inaugural event will take place from 5:00 to 8:30 pm on Tuesday, September 30th in Theater Square.

Shelby's Chef Arno Kober presents "Grilled Chicken Mango Salad in Dijon Vinaigrette" with Line Cook Marta Perez. Photo Andy Scheck

signature dishes. The evening will conclude back in the Square with dessert—Nation's pie—and coffee. "For Lamorinda residents who have haven't yet tried the many great restaurants in Orinda, this is a great way to get a taste of several at once," states Candy Kattenburg of the Orinda Chamber. "I am anticipating that this will turn out to be a really fun dinner party," she adds.

"The Chamber is very excited to be spearheading this event," states Keith Miller, President of the Orinda Chamber of Commerce. Miller came up with the idea of the having a restaurant tour in Orinda after attending neighboring Lafayette's Taste of Lafayette. "This is a terrific opportunity for Orinda's restaurants to showcase their offerings and for the community to come out and show their support of their local businesses."

Patrons of the event can register between 5:00 and 6:00 pm and enjoy a complimentary glass of wine along with live music in the Square. Participating restaurants will be open at 6:00 pm and will provide specially prepared samples of some of their

A significant portion of the proceeds from the Restaurant Tour will be going to the Educational Foundation of Orinda to support the Orinda Union School District. Ten dollars from each ticket sold will be donated to EFO. In addition, a silent auction of painting by local artist and gallery-owner Allison Mccrady will take place during the dessert hour, and fifty percent of the purchase price will also be donated to EFO.

"We are so pleased that the Orinda Chamber of Commerce selected the Educational Foundation of Orinda as its primary beneficiary of the Orinda Restaurant Tour," says Janet Riley, President of EFO. "All Orinda school children, from kindergarten through 12th grade, benefit from the Foundation's fi-

SHOP ORINDA

ORINDA RESTAURANT TOUR

Enjoy An Evening Sampling the Restaurants of Orinda

Tuesday, September 30th

5:00 to 8:30 p.m.

Orinda Restaurant Tour to Benefit the Educational Foundation of Orinda



Each restaurant on the tour will provide a small portion that best represents the establishment at no cost to the event ticket holders. One glass of wine is included in the ticket price. The cost of an individual ticket will be \$30 with EFO receiving \$10 from every ticket sold. Reservations will be limited to 300 ticket holders, so attendees are encouraged to reserve early.

Where to buy Tickets:

Chamber Office, Mechanics Bank - Orinda, Chamber web site (Pay Pal) Make \$30 checks payable to: Orinda Chamber Bocklets will also be available at the event in Theatre Square at the Restaurant Tour Table. See details at:

www.orindachamber.org



Auction Painting by Allison Mccrady



Looking West
www.allisonmccrady.com

Special Thank you to the City of Orinda

The 1st annual Orinda Restaurant Tour is sponsored by



The Crush is On

... continued from page 1

Parker has reached capacity for what he can produce and store in his home-based wine making operation. If he decides to expand—and he and his wife and business partner Shari are not quite sure that they want to—he'll have to look elsewhere for space. The wine-making facility tentatively included in Moraga's draft plan for downtown development has peaked Parker's interest, but he's too busy to think about that now.

New vineyards seem to be regularly popping up on the Lamorinda hills. "I think we have had 10 to 15 new vineyards join the Association over the past year," states Parker, who is President of the Lamorinda Wine-growers Association—a young but growing group of local residents who raise grapes and make wine. Parker's love of grapevines and wine is infectious, so it is no surprise that he has helped his new neighbor to plant about 1,000 vines on an empty lot across from his property.

"I think many people are evaluating how to manage weeds, erosion and the potential for landslides associated with parts of their properties. Maintenance is difficult and landscaping can be expensive," he says. According to Parker, an initial investment of approximately \$40,000 per acre will cover planting the grapevines complete with an irrigation system and trellises. The annual maintenance of the vines costs about

the same as landscaping, but grapevines require less water. "The vines get established in a couple of years and are fairly drought resistant," he explains. "You only need to water when it gets really hot."

Parker, like many other growers, was forced to turn the water on during the hot days of this past May. "Our vineyard has produced a very light fruit set due to this effect," he states. "And the harvests from vineyards across northern California are down an average of 30% to 40% secondary to the heat spell in May and frost damage in March," he adds.

But as is often the case, adversity yields character. "Everything is coming in really high in sugar which will produce some big, great wines," says Parker with an insuppressible sound of excitement in his voice. "It's not a year for finesse, but there should be some great wine."

This fall, Parker will be releasing a few new wines from Moraga vineyards: two single-vineyard Pinot Noirs and a Cabernet Franc/Merlot blend. "I'm also going to experiment with a Cab/Syrah/Merlot blend from the Lamorinda area that, if successful, might become a more prominent member of our lineup in 2008." Parkmon Vineyards' wines are available in a number of restaurants, wine bars, and wine shops throughout Lamorinda and the Bay Area.

Pears, Good Food, Fun and Music

Wine, September, 20 and 21 Downtown Lafayette

Festival, September, 27 Commons Park Moraga

Tour, September, 30 Theatre Square Orinda

Restaurant Tour—9/30/08



financial support of the schools. We hope everyone joins us on September 30th to support our local restaurants and the Orinda schools."

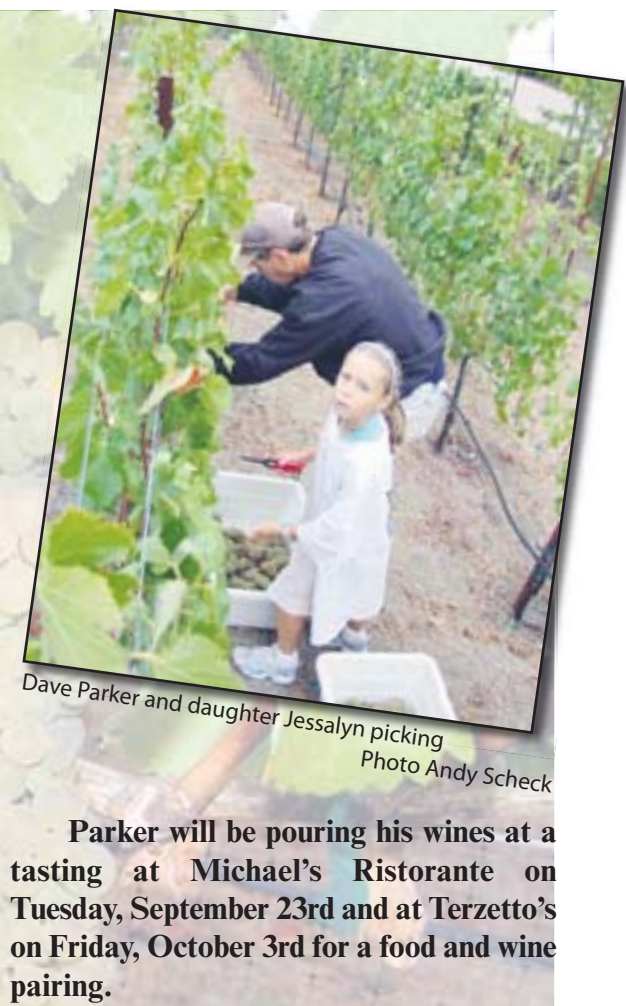
Tickets for the Restaurant Tour are \$30 per person and can be purchased in advance at the Chamber of Commerce Office (24 Orinda Way adjacent to the Library) or Mechanics Bank (77 Moraga Way) or on the night of the Tour.

"Everyone wins with this event," states Miller. "Come out and join us."

Participating restaurants include:

- Casa Orinda
- Europa Hof Brau
- Kasper's Hot Dogs
- Lava Pit Hawaiian Grill
- La Piazza
- Loard's Ice Cream & Candies
- Shelby's
- The Orinda House
- Turquoise Mediterranean Grill

check the Chamber web site for the updated Restaurant list www.orindachamber.org



Dave Parker and daughter Jessalyn picking
Photo Andy Scheck

Parker will be pouring his wines at a tasting at Michael's Ristorante on Tuesday, September 23rd and at Terzetto's on Friday, October 3rd for a food and wine pairing.

Moraga Pear Festival: All-Volunteer, All-Inclusive

By Sophie Braccini



Pear Festival Sept. 27th

Moraga Commons Park 10 - 4

- Live Music • Great Food • Wine • Beer • Artists Booths
- Pear Treats of all Kinds • Jumpies for the Kids • Crafts



Town of Moraga



This year, had it not been for John Haffner, a venerable and tasty Moraga tradition might not have graced the Moraga Commons. No Pear Festival? Perish the thought! At a meeting with the Parks and Recreation Commission the Town, faced by budgetary constraints, raised concerns about the expense. Haffner, who serves on the Commission, offered to chair the event and make sure the Town would not spend more than the budgeted \$2000. With the help of the Moraga Chamber of Commerce and other volunteers, Haffner brings the beloved Pear Festival back to Moraga on Saturday, September 27.

Moraga was "Pear Central" in the 19th century when its orchard shipped the Bartletts all over the planet. Of this long gone history survives three events: the pear harvest for the local food bank in August, the pruning of the remaining orchards in December/January, and the Pear Festival, an all-town party where cooks and bakers square off, competing to prepare the most fabulous pear creation, while children bounce around and residents mingle amongst the booths staffed by local organizations.

This year being election year, the organizing team decided to open a "Pear Political Pavilion" where the six candidates for Town Council will have the opportunity to meet their constituency. Supporters of the two competing land use measures, J and K, will be present, as well as the "No on Both" group. For residents, this is a perfect opportunity to do some political shopping.

Have you ever experienced a strong earthquake? Don't miss the chance to live through an 8.0 shaker in total safety! CERT, the emergency preparedness group, has rented a "Quake Cottage™", a mobile earthquake simulator, in the hope of encouraging residents to get ready for "The Big One."

But the Festival is primarily about families and fun. The younger crowd will leap and swirl on the jumpies set up by the Moraga Women's Society, and a petting zoo brought to town by the Lamorinda 4-H Club will be available for their delight. Local

artists will show off their newest creations, more than 20 local organizations and groups will present their achievements, and food

will be served from 10 a.m. to 4 p.m. Besides the traditional hot-dogs and hamburgers offered by the Kiwanis and the Lions and the snow cones sold by the Boys Scouts, Terzetto will sell blueberry ricotta blintzes in the morning and chicken curry at lunch time, and live music will fill the air throughout the day.

Christine Pivacek from the Parks and Recreation Foundation will head the pear recipe contest. Adults and children can bring their dishes by 10 a.m. to the judges' tent. The pear-centered recipes can be appetizers, jams,



John Haffner, Parks & Rec. Commissioner

desserts, entrées or soups. Winners will get prizes from Amorama, Terzetto, Chef Chao and the Rheem Theater. A pear-coloring contest will showcase the talents of the younger crowd with prizes from Loard's Ice Cream.

Moraga Parks and Recreation Director Jay Ingram encourages all to come: "There will be something there for everyone, enjoy the 2008 fest!"

Lafayette Art and Wine Festival, Sept. 20, 21

Come visit us ...

on the Rock'n and Roll'n Lafayette Circle, behind the Bandstand. We will be offering:

- wine tasting
- massages
- complimentary ice tea

... all outdoors on the patio area of the lovely French Bakery!



71 Lafayette Circle, Lafayette

Saturday, September 20th 10-7 PM

Sunday, September 21st 10-6 PM

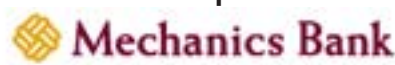
Downtown Lafayette

Lafayette Chamber of Commerce Presents

Presenting Sponsor



Festival Sponsor



Premium Wine Sponsor



For further information, please visit our Website: <http://www.lafayettechamber.org>

Dining • Dining • Dining • Dining • Dining •

Metro Lafayette

By Susie Iventosch



Chef Jason Low in the kitchen at Metro Lafayette Photo Susie Iventosch

The other day I had the good fortune to dine at Metro Lafayette for lunch with my daughter and a good friend of ours. Even though it was rather hot outside, we enjoyed dining out on the patio under the umbrella. Our waiter was perfectly pleasant and accommodating and the food was exceptional.

My daughter and I both ordered the panzanella salad, which may seem a bit odd, since we ran the same salad in the last issue of Lamorinda Weekly, but the dish came so highly recommended by our waiter we just couldn't resist. And am I ever glad ... it was marvelous, made with beautiful heirloom tomatoes, homemade croissants and fresh mozzarella.

Metro has an interesting menu that changes every day, so you can be surprised each time you arrive. And the owners have chosen to work with two co-chefs, so there is never a lapse when one chef is on vacation.

The restaurant is owned by Jack Moore and his wife, Erika Pringsheim-Moore. According to Erika, Jack has been in the restaurant business for 30 years, so he's the expert in the family! The Moores opened Metro Lafayette in June of last year, and have really enjoyed the experience so far.

"We are very excited about the high quality of food that our

chefs Jason and Paul are offering, using local ingredients like Moraga heirloom tomatoes, Brentwood corn and peaches and Petaluma poultry," Jack said. "This is the perfect time of year to enjoy the fall harvest in our garden patio, where we grow some of the herbs used in our dishes."

The day we dined at Metro, Chef Jason Low was on duty and he willingly offered to share a recipe with us.

"Our Brentwood organic golden corn soup with lemon parsley pesto is a dish that readers can easily replicate at home," Jason noted.

We tried this at home and it's quite easy to prepare and delicious with the lemon and parsley. The lemon presents a unique flavor, different from any other corn soup I've ever tasted.

There were many other dishes that made my mouth water, not the least of which was the chocolate peanut butter cake with peanut butter frosting and candied peanuts. The cake is made with Valhrona chocolate and the candied peanuts are really a homemade peanut brittle, crushed into pieces.

From the looks of the intriguing menu, these two young chefs are having a lot of fun in the kitchen. My friend ordered the Niçoise salad made with wild tuna confit, and we seriously considered

the spicy raw tuna poke. But the trio of sandwiches that called to me included grilled brie and apricot marmalade, crab salad, and croquet monsieur made with dry-cured ham and gruyere Mornay sauce. And these were just on the lunch menu.

Dinner that night featured Dungeness crab cakes with avocado, cucumber and smoked tomato vinaigrette, Liberty Farm duck breast with crispy polenta, watercress and cherry gastrique, Misoyaki black cod with scallion rice cake and tempura mushrooms, and a pan-roasted chicken panzanella salad, to mention just a few.

While he doesn't look a day over 22, Jason Low is already in his second career. He grew up in Walnut Creek and graduated from Northgate High School before heading off to U.C. Davis for a degree in Economics. After working in financial services at Charles Schwab for a few years, he discovered his dream career was to be a chef. So he made a few adjustments and took a couple of cooking courses before diving right into the kitchen.

"You crawl before you can walk, and I did just that when I got into this field," Jason said. "Most of my training has been on the job. This is my second career, so I thought, Jason, you're going to sink or swim."

From the outside looking in, it looks like he's floated straight to the top!

His enthusiasm is contagious and, though I haven't met his co-chef Paul, I imagine they bounce ideas off one another all of the time. In fact, I learned that Paul was in financial services in his first career, too!

"It's fun when I get so excited about a dish," Jason said. "I think we've hit a winner with our new zeppole ricotta fritters we're about to introduce. They are going to be amazing, served with fruit compote."

Zeppole fritters are a fried dough dessert originating in Greece. I plan on stopping by to pop one or two in my mouth as soon as possible!

Metro Lafayette's Brentwood Organic Corn Soup (serves 4)



Brentwood organic golden corn soup with lemon parsley pesto

Photo Chef Jason Low

- 8 ears yellow or white corn
- 8 tablespoons butter
- 1 yellow onion, roughly chopped
- 1-2 teaspoons salt (depending on the sweetness of the corn, use more or less to taste)
- ½ cup cream

Husk the corn and remove corn hairs. Trim the corn kernels off the cob. Set aside. Put cobs in a large pot and just cover with water. Bring to boil and simmer for 10 minutes. Remove cobs and reserve corn stock.

Melt butter, then add onions and salt. Stir to mix. Cover and cook over low heat for 15 minutes or until the onions are soft. Add corn kernels and corn stock to cover. Bring to boil and simmer for 5 minutes.

Blend mixture carefully, as hot liquids may spray, and strain using a ladle to push through sieve. Add cream. Salt to taste. If soup is too thick, add more corn stock. Serve drizzled with Lemon-Parsley Pesto, as below.

Lemon-Parsley Pesto

- One bunch Italian parsley
- Juice of one lemon
- ½ cup extra virgin olive oil
- ½ cup half canola oil
- Salt to taste

Blend all ingredients together in blender. Add salt to taste.

Lafayette Metro is open for dinner every night, lunch Monday through Friday, and brunch on Saturday and Sunday.
Hours:
Mon-Fri 11 a.m. to 11 p.m.
Bar open until midnight
Sat and Sun 9 a.m. to 11 p.m. (brunch on Sat and Sun)
Metro Lafayette
3524 Mt. Diablo Blvd., Lafayette
www.metrolafayette.com
925.284-4422



This recipe is available on our web site. Go to: www.lamorindaweekly.com

Susie can be reached at suziven@gmail.com

Early Bird Dinner 5-6pm

\$9.95

Pork Schnitzel
OR
Blackened Salmon
OR
Fish & Chips
OR
Lemon Chicken

TERZETTO CUISINE Cafe

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925-376-3832 - www.terzettocuisine.com
Mon: 7am - 2pm; Tues-Sun: 7am - 8:30pm

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Petar's RESTAURANT & PUB

925-284-7117

Petar's is open for lunch Monday through Saturday from 11:30 to 4:00 and open for dinner nightly.

Petar's Restaurant is located in the heart of Lafayette at 32 Lafayette Circle.

* 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. Oct. 15, 2008 -

LAMORINDA's Restaurants
... updated August 6, 2008 ...

American		
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108
Chow Restaurant	53 Lafayette Cir, Laf	962-2469
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200
Ranch House	1012 School St, Mor	376-5127
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234
BBQ		
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133
Burger Joint		
Flippers	960 Moraga Rd, Laf	284-1567
Nation's Giant Hamburgers	400 Park, Mor	376-8888
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888
Cafe		
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040
Geppetto's cafe	87 Orinda Way, Ori	253-9894
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816
Susan Foord Catering & Cafe	965 Mt. View Drive, Laf	299-2469
California Cuisine		
Gigi's	1005 Brown St., Laf	962-0882
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422
Shelby's	2 Theatre Sq, Ori	254-9687
Chinese		
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740
China Moon Restaurant	380 Park St, Mor	376-1828
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569
Mandarin Flower	581 Moraga Rd, Mor	376-7839
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228
Coffee Shop		
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397

Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830	La Cocina Mexicana	23 Orinda Way, Ori	258-9987
Village Inn Cafe	290 Village Square, Ori	254-6080	Mucho wraps	1375-B Moraga Way, Mor	377-1203
Continental			Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740
Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
Vino Restaurant	3531 Plaza Way, Laf	284-1330	El Balazo	3518 Mt. Diablo Blvd, Laf	284-8700
Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	Maya Mexican Grill	74 Moraga Way, Ori	258-9049
French			Número Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333
Chevalier Restaurant	960 Moraga Road, Laf	385-0793	Pizza		
Hawaiian Grill			Mountain Mike's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	Mountain Mike's Pizza	504 Center St, Mor	377-6453
Indian			Pennini's	1375 Moraga Rd, Mor	376-1515
India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	Round Table Pizza	361 Rheem Blvd, Mor	376-1411
Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-4004
Italian			Village Pizza	19 Orinda Way # Ab, Ori	254-1200
Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	Sandwiches/Deli		
La Piazza	15 Moraga Way, Ori	253-9191	Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
Michael's	1375 Moraga Way, Mor	376-4300	Gourmet Bistro Cafe	484 Center St, Mor	376-1551
Mondello's	337 Rheem Blvd, Mor	376-2533	Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
Postino	3565 Mt. Diablo Blvd, Laf	299-8700	Orinda Deli	19 F Orinda Way, Ori	254-1990
Ristorante Amoroma	360 Park St, Mor	377-7662	Subway	396 Park St, Mor	376-2959
Japanese			Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627
Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	Subway	Theatre Square, Ori	258-0470
Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	Seafood		
Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	Singaporean/Malaysian		
Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	Steak		
Yu Sushi	19 Moraga Way, Ori	253-8399	Casa Orinda	20 Bryant Way, Ori	254-2981
Jazz Dinner Club			Tea		
Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807	Patesserie Lafayette	71 Lafayette Cir, Laf	283-2226
The Orinda House	65 Moraga Way, Ori	258-4445	Tea Party by Appointment	107 Orinda Way, Ori	254-2206
Mediterranean			Thai		
Alex's	2 Theatre Sq # 105, Ori	254-5290	Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
Oasis Cafe	3594 Mt. Diablo Blvd, Laf	299-8822	Baan Thai	99 Orinda Way, Ori	253-0989
Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225	Royal Siam	512 Center St, Mor	377-0420
Mexican			Siam Orchid	23 Orinda Way # F, Ori	253-1975
360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270	Vietnamese		
El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345	Little Hearty Noodle	578 Center Street, Mor	276-7600
El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639			

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

Cougars Start Season with a Roar

By Guy Dotan



Anthony Rodriguez, "Rocket" (20)

Photo Doug Kohen

Football season has officially begun for the Campolindo Cougars, and the team started off this new season in grand fashion. In what was supposed to be a game about discovering the

team's strengths and weaknesses, the players worked together with such precision, it was as if they had been playing together for years. Campolindo demolished Livermore 35-22 in a game that

featured success on all fronts for the Cougars.

It only took one play for the Cougars to get onto the board as senior and three year letterman Anthony Fadelli returned the

opening kickoff 99 yards for a touchdown. The return was a thing of beauty as Fadelli caught the kickoff, ran upfield toward his blockers, right through the hole they created for him, and then

into the endzone untouched.

The Cougars never looked back. A seven yard touchdown run by senior Anthony "Rocket" Rodriguez and a punt block and recovery in the endzone by Ty Fach kicked the door wide open as the Cougars built a 21-0 first quarter lead. In the second quarter, the Campo offense was led by big runs from senior Kawa "Cookie" Kazzaz and capped off by a 1 yard touchdown run by Rodriguez. Shutdown defense complemented the effective running game, and the Cougars had a 28-0 halftime lead.

During the second half of the game, the Cougars played a bit passively at first but were able to hold off a late fourth quarter Cowboy surge to put the game away. All in all, every element of the team played well, from the offense led by junior quarterback Tommy Stephens; to the defense, which held the Cowboys scoreless in the first half; to the special teams that scored two touchdowns and were a perfect five for five in extra points by junior Ben Rudolph.

"As a team I think we brought great energy and focus to the game," Stephens said after the game, "Our special teams were phenomenal along with our de-

fense. I thought our offensive line did a great job up front being physical in the run game and our backs ran hard."

Junior wide receiver and safety Patrick Wirth said, "Although we performed well in the first half, we really didn't execute to our expectations in the second half. We played well overall, but we still have a lot of work to do."

There is still a long way to go in the season. Campolindo fared well in their first non-league game, but what really matters are the DFAL matchups soon to come. The camaraderie between the players is essential in keeping them focused and entertained at the same time.

"On the field, the older players help (the younger players) out and try to make us as good as possible. Off the field, we are all great friends and they are a lot of fun to hang out with," Wirth says of the team's chemistry.

As for the rest of the year, Stephens is confident in the team's "strong core of guys that are excited for everyone to contribute and play together. We know that we'll need to continue to improve in all areas if we want to compete each week, but we are all working hard to get better."



Kawa Kazzaz "Cookie" (25)

Photo Doug Kohen

Campo Stomps Northgate for Win Number Two

By Alex Crook

It was, in a way, an easy game for the Campolindo Cougars varsity football squad Friday as they opened DFAL play against visiting Northgate.

Campo was coming off a 35-22 season-opening victory against Livermore, while the Broncos were trying to avenge a 22-19 loss to Tamalpais.

The first quarter saw almost no action until late in the period, when junior quarterback Tommy Stephens marched his Cougars down the field. The drive set up a one yard score by Anthony "Rocket" Rodriguez as time expired, and the quarter ended 7-0 Campo.

The second quarter was a little bit more exciting with another Cougar score, a sack, and two runs for 10-plus yards. That was the only score of the second, and the teams went into halftime with Campo up 14-0.

Rodriguez was primarily in charge of the running game with Kawa "Cookie" Kazzaz entering his senior season as a Cougar.

After the break, Kazzaz executed a perfect 40-yard run, only

to be waved off by a Campolindo penalty. A minute later, Stephens connected with Tyler Rittenhour for an on-target 25-yard touchdown catch in the back corner of the end zone to extend Campo's lead to 21-0. After what looked like a Northgate fumble recovered by Campo, the referees agreed that the ball carrier's knee was down. The very next play, Northgate put the ball on the ground again, and this time, it was actually a fumble picked up by the Cougar defense.

Campolindo was then able to capitalize on the fumble. Stephens again took his Cougars downfield, this time hooking up for 15 yards with Miles Macy, just making things worse for Northgate. Following Ben Rudolph's extra point, the scoreboard read 28-0 Campo.

The final quarter was when Northgate began to find their groove, but unfortunately for the Broncos, their groove came a little too late.

Late in the quarter, the Broncos were able to drive down the field and punch the ball into the end zone from one yard out, ruining the

Cougars' shutout.

Northgate's onside kick bounced out of bounds, and Patrick Wirth came in at QB for the Cougars, only to run out the clock and seal the 28-7 Cougar victory.

A couple of former Cougars were in attendance, including Nick Mascheroni, former Cougar wide receiver from last year's East Bay 2A runner-up team. Mascheroni is slated to play rugby for Cal next season.

With the win, Campo improved to 2-0 and the Broncos watched their record slip to 0-2.

This year Northgate actually resides in the DVAL instead of the DFAL. Other teams taken out of the league include College Park, Mt. Diablo and Concord.

Next week, Campo looks to continue its winning ways as the team tries to stretch to 3-0 against visiting El Cerrito. Campo has yet to play a road game this season.

The winless Broncos, on the other hand, will try to pull themselves together as they head to Walnut Creek to try their luck with DFAL powerhouse Las Lomas.

LMYA Basketball Sign-Ups

Submitted by Gint Federas

LMYA Winter Basketball registration will be open September 20 through September 30. All 2nd through 8th graders are invited to join. Boys and Girls sign ups will be available online at <http://www.lmyasports.com/basketball/registration.html>. Players signing up after September 30 will be assigned to teams on a space-available basis.

Registration fee is just \$175 and includes a uniform. There are discounts for 3 or more players from the same family.

Evaluations are scheduled for Sunday, October 19. Practice kicks off November 17 with the last game scheduled for February 28.

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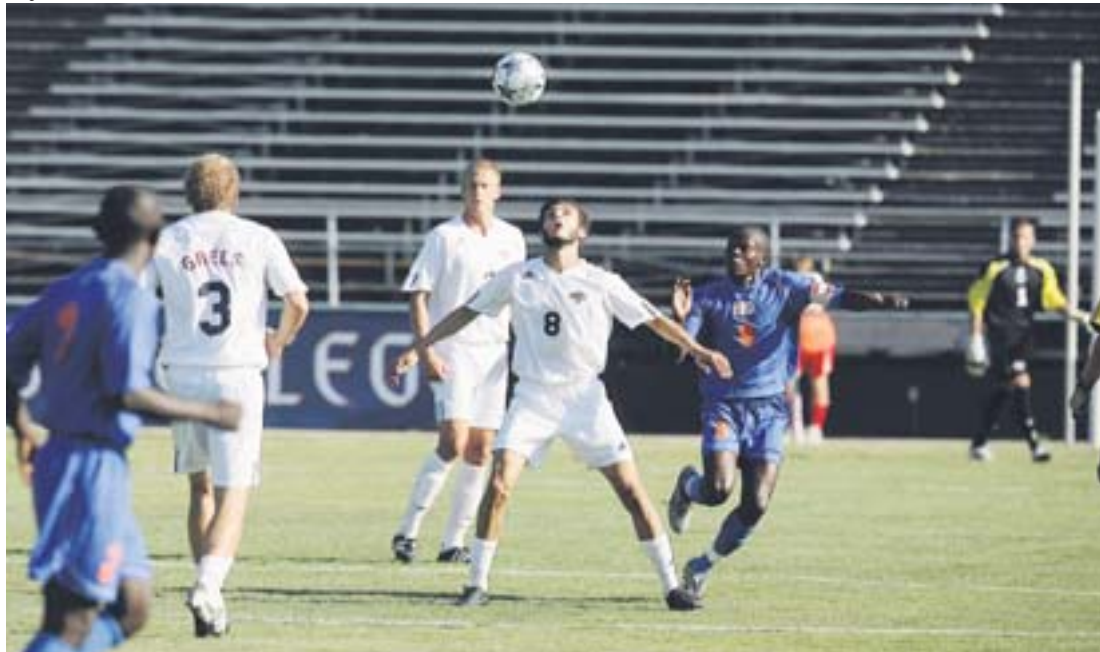
SPORTS

LAMORINDA'S LOCAL SPORTS NEWS



Saint Mary's Falls to UC Irvine

By Mikaela Cowles



Yousef Samy (8), Scott Eberhardt (3)

Photo Tod Fierner

Coming off a 0-1 loss to Houston Baptist on Sept. 5, the Saint Mary's Men's Soccer Team was unable to regroup, losing again to UC Irvine 3-2 on Sept. 7 as the Saint Mary's Tournament neared its end. With the loss, the Gaels' record slipped to 1-3 and the Anteaters' improved to 3-0-1.

Irvine's sophomore Amani Walker gave them the lead less than five minutes into the game, when he scored on a header from the right corner. Kevin Santora was given the assist.

Saint Mary's freshman Malcolm Alguas gave the Gaels a glimmer of hope when he earned his first collegiate goal off an assist from Justin Grinder – his first assist of the season – into the upper left corner of the net, tying the game 1-1.

The Gaels out-shot the Anteaters with a 4-2 margin in the first half, but it was still not enough. With five minutes to go until the first half horn, Irvine took the lead for good when Matt Murphy's penalty kick slipped past the Gaels' keeper Doug Herrick into the lower right corner. Irvine received the penalty kick when Herrick took out Irvine's Michael Willrich within the goal area.

Herrick's foul was one of 16 along with a yellow card for the Gaels. Irvine followed closely behind with 13 fouls and three yellow

cards. Despite the physicality of the game, it was nothing compared to the game against Houston Baptist, when both teams combined for a total of 36 fouls and seven yellow cards.

The Gaels kept the ball mostly in Irvine territory during the second half, but the Anteaters defense thwarted them from having any real scoring opportunities. In the 78th minute of play, Spencer Thompson scored, putting Irvine up 3-1.

With 10 seconds left, the

Gaels caught a break as Irvine's defense deflected Justin Kim's corner kick in. The goal was too little too late for the Gaels, however, as they lost 3-2.

UC Irvine won the Saint Mary's Tournament on a tiebreaker due to goals over Sacramento State. Irvine's Spencer Thompson, David Sias, Matt Murphy and Irving Garcia were named to the all tournament team.

The Gaels will be back home on Oct. 3 to begin regular season games against San Diego.



Erik Rivas (7)

Photo Tod Fierner

Leading the Pack

By Toby Wendtland



Colin McKenna

Photo Toby Wendtland

Racing against other cyclists, some nearly half his age, Colin McKenna pushes himself to stay with the pack over 20 miles of rolling road courses. Having raced competitively for only a year, the 61-year-old Lafayette resident is new to the world of amateur cycling and the Taleo Racing Team; however, he is already moving up in the national rankings and is currently ranked fourth in Category 5 (first-year racers) in the 60-plus age group. McKenna is also ranked in the top third of all amateur riders nationally regardless of age group.

Despite this initial success, McKenna considers each race a new learning experience and a chance to help him achieve his

best. On Sept. 6 he took part in the Warnerville Time Trial, finishing third in the race – his first podium finish. He views his achievements humbly.

"For me, (cycling) is more like the talking dog. It isn't a matter of how well it talks, but the wonder that it talks at all," he says.

For McKenna and his family, being active is a way of life. McKenna recalls that when he started dating his wife, "All of our first dates were bike rides." All four of their children, ages 28, 25, 9 and 6, have been active in competitive sports. Beginning as a swimmer, McKenna was also a serious runner and skydived at 18. Knee injuries and subsequent surgeries over the years led him

to cycling and mountain bike riding at age 40.

McKenna is a doctor specializing in addiction medicine at the Vallejo Medical Center. A flexible work schedule allows him to keep up with rigorous weekly training while keeping family time a top priority. McKenna and his coach have devised a workout schedule that calls for rides during the week ranging from one to six hours as well as workout time in the gym.

Like other sports, cycling has its inherent dangers. Four years ago, McKenna's son Andrew was riding his bike home from work when he was involved in a hit and run accident with a vehicle. Andrew is recovering but still needs physical therapy. McKenna himself broke his neck three years ago while mountain biking.

Riding with the pack in road races is fraught with challenges: "It's sort of like playing chess at 30 miles per hour. You're all playing on the same board," McKenna says.

On the horizon for McKenna is the Beat the Clock Time Trial on Sept. 20 and the Mount Diablo Challenge on Oct. 5. McKenna would like to remind the Lamorinda community to be mindful of cyclists on the road.

Flying High - Lafayette Diver Takes 1st



Bob Sherman diving at Sherman Swim School, Lafayette Photo Andy Scheck

Bob Sherman of Sherman Divers in Lafayette won 1st place in the Grand Masters competition of the top finalists in the 80-90 year age groups at the U.S. Masters National Diving Championships that took place in Woodlands, Texas in August. In the 80-85 age group, Bob also took 1st place 1 meter springboard, 1st place 3 meter springboard and 1st place platform.

Yriberri Field Dedication

Submitted by Brian Depolo



Miramonte friends and alumni are invited to attend the dedication of the athletic field in Paul Yriberri's memory prior to the Homecoming game on Friday, October 10, at 6:30 p.m.

Yriberri influenced the lives of many people. He grew up in Orinda and graduated from Miramonte, where he lettered in baseball, football and wrestling. After college and the army he returned to Miramonte, where he taught for 33 years until his untimely death in March 2007. He was a successful football coach, helping to win numerous league and NCS championships. He was a great science teacher, connecting at a personal level with thousands of students and mentoring numerous Miramonte teachers. But most important to him was his 35-year marriage to his wife, Jane, and his loving relationships with his two children, Renee and John.

He was an inspiration to his players in practice during the week and on the sidelines on game day. As in the classroom, he taught that hard work pays off on the field. He made practices fun, kept all players interested, and found ways to help the second and third string players as much as the first string.

Cross Country for Habitat for Humanity



Bob Frick ready for his long bike adventure

Photo Andy Scheck

Bob and Barbara Frick set out on their cross country bike adventure in support of Habitat for Humanity on Sunday, August 31st. Bob will make the 3,300 mile journey biking on two wheels as his wife follows in their four-

wheeled Prius. Sponsored by Hank & Frank Bicycles of Lafayette and several others, the Fricks have raised \$51,000 so far. To track Bob's progress or to donate to the cause, go to www.habitatcycleofhope.com.

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Matadors Escape in Opener Versus Antioch

By Toby Wendtland



Eric Severson (55), Zack Purdy (58), Jeff Lindow (50)

Photo Sheryl Cardiff

Once again the Friday night lights were shining down on the Miramonte Matadors as they hosted the Antioch Panthers in their season opener on Sept. 5. Trying to improve upon their 5-5-1 record from a season ago and return to their 2006 form, when the Mats were NCS

champions, the team held on as Antioch's fourth and nine pass was broken up by James King with 23 seconds left on the clock, turning the ball over to the Mats and securing an opening night victory, 31-28.

The Matadors got the scoring started when John

Coupin broke off a 39 yard run through the right side for Miramonte's first touchdown of the season with 3:53 left in the first quarter. An early second quarter field goal by Matt Lloyd made it 10-0 before Antioch scored a touchdown on a quarterback keeper, drawing the Panthers within

three. After each team turned the ball over on consecutive possessions, King made the Panthers pay by racing wide open down the right sideline for his first touchdown catch and a 17-7 halftime lead. King would finish the game with 10 catches for 160 yards and two touchdowns to go along with a team high 10 tackles.

Antioch scored touchdowns on their first two possessions of the second half and grabbed a 21-17 lead before King responded with his second touchdown catch to pull the Mats ahead 24-21 with 10:29 left in the fourth quarter. A 22 yard touchdown pass from John Vaccaro (nine-of-14 for 145 yards and two TD's) to Alex Epstein with 3:21 left in the game made it 31-21 Matadors.

Antioch came roaring back. The Panthers drove the ball 90 yards into the end zone, and with 55 seconds left in the game they recovered an onside kick near midfield. Then the Matadors made their final defensive stand, King breaking up the final two passes of the game and securing 2008's first victory for Coach John Wade.



Matt Lloyd (86) kicks an early second quarter field goal for the Matadors

Photo Sheryl Cardiff



SMC Gaels Homegames

- Fri, Sep 26, 7:00 PM Volleyball Seattle
- Sat, Sep 27, 7:00 PM Volleyball Pennsylvania
- Thu, Oct 2, 7:00 PM Volleyball Pepperdine
- Fri, Oct 3, 1:00 PM Women's Soccer San Jose State
- Fri, Oct 3, 4:00 PM Men's Soccer San Diego
- Sat, Oct 4, 1:00 PM Volleyball Loyola Marymount
- Sun, Oct 5, 2:00 PM Men's Soccer Loyola Marymount

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