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LAMORINDA Community

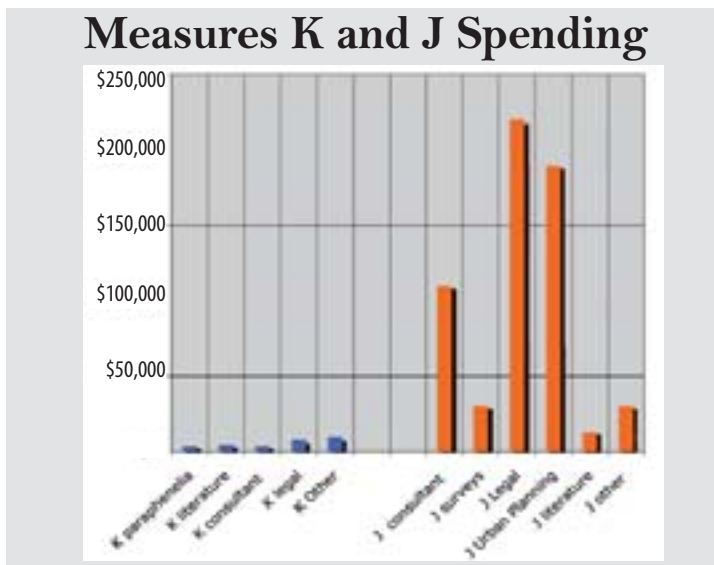
The Initiative Campaigns: Where the money comes from, where it goes, and some BIG surprises

By Sophie Braccini
 In Moraga, the candidates for Town Council raised and spent anywhere from \$700 to \$9000 and the 'No on J and K' campaign raised over \$2000. MOSO 2008, Measure

K, stepped it up more than a notch with expenses in the \$40,000 range. All of which pales in comparison to Measure J, entirely financed by the Russell Bruzzone Corporation, with expenses in the vicinity of half of a million dollars.

October 6th was the day for local campaign committees to file their quarterly financial statements. The documents, known as 460 reports, are public and list the contributions received as well as the expenses incurred.

82% of Measure K funding has come from residents with an address in Moraga. 29% of these residents live in unincorporated parts of the county (with Moraga addresses). Many of them live close to the Bruzzone property in Bollinger Canyon, and would be the most impacted by the development of that property. The support of the "unincorporated residents" has been the grounds on which opponents of Measure K have charged that the measure is



supported by "outsiders." It should be noted, however, that most of these residents send their children to Moraga schools and contribute to the school district, they are members of Moraga community groups, shop in town and some are employed in the town.

The Measure J campaign has spent over ten times more than that of Measure K. Categorized by type of expense the difference is more distinct: Backers of Measure J spent 25 times what Measure K spent on campaign consultants, and 37 times more in legal and accounting fees.

Greater Bay Area Franchise Chain Stores Recently Investigated by the State of California for Repair Fraud






It turns out that many automotive repair facilities were recently accused by the Bureau of Automotive Repair following numerous motorist complaints. Over 100 alleged violations were filed, including the selling of

"Brake Special" prices. Many motorists are enticed by the lowcost advertised by these types of businesses. In reality, as alleged by these complaints, the motorist almost never gets the repairs at the advertised price. The fact is that these types of shops can make no profit if work is done as advertised. These same types of shops work with quotas and commissions, that lead to trouble for consumers. Unfortunately, this is a recipe for greed to come in to play and the consumer pays the price. These practices are hurting motorists as well as the hardworking and honest repair shops. Consumers should not settle for unethical business practices. There are plenty of independent, family owned, automotive repair businesses in the Bay Area that are honest, well trained and reliable. However, they will not be found by shopping for the cheapest "Brake Special" price at some franchised chain store.

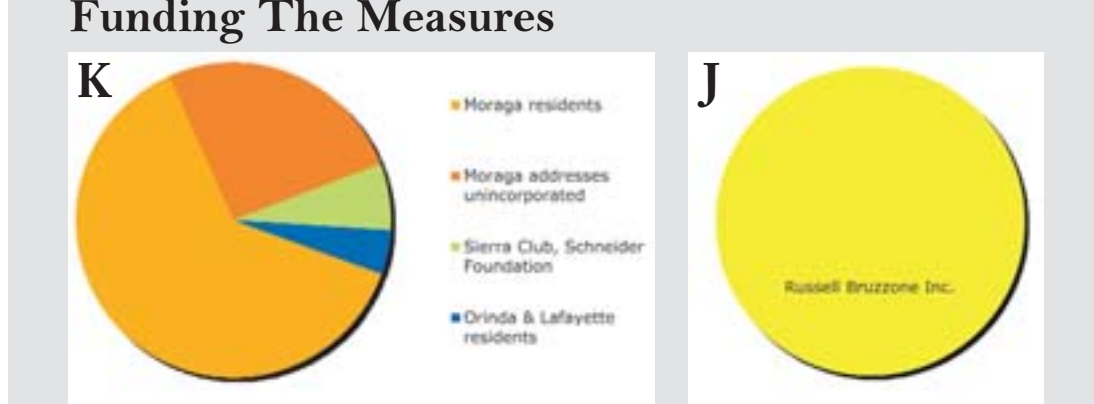
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Moraga Candidates Forum: Personalities and Alliances Emerge

By Sophie Braccini

The Candidates Forum organized by the Moraga Citizens Network was a great success. The 175 seats in the Joaquin Moraga Intermediate School auditorium were full, and a hundred more residents stood and spilled over to the outside of the space. For those who missed this memorable evening in the democratic life of our town, the Lamorinda Weekly recorded the event and has posted it online; you can view the entire presentation or select the questions or statements that interest you.

Karen Mendonca played in the same league, displaying the same calm demeanor. A Berkeley Ph.D., she made a specialty of working with dysfunctional groups and presented herself with confidence, indicating a desire to work for the common good.

See video of the event at: www.lamorindaweekly.com

enced, more naïve, but full of ideas and enthusiasm he was a welcome addition to an otherwise somewhat consensual presentation.

The public was attentive, responsive and respectful. Each candidate was at their best; they were there to prove they are worthy of your vote. Some managed to get a good laugh from the audience – see it for yourself at <http://www.lamorindaweekly.com>.

As the only incumbent, Mike Metcalf drew on his four years of experience to score points for knowledge and practicality, pointing to the successes of the present Council.

It is interesting to note that some of the candidates have contributed to each others' campaigns. Metcalf and Kolbe contributed \$150 to Harpham's campaign. The three of them were united in their opinion on the land use initiatives, along with Wanken, declaring a clear "no on both" position. Mendonca and Kvederis supported Measure K.

A solid contender, Howard Harpham exuded credibility. A retired assistant public defender, Harpham knows how the system works, and how to step back and observe what's going on. He was not emotional, and knew when to raise an eyebrow to convey a message.

Janice Kolbe used her experience as President of the Moraga Country Club to establish her credibility and prove she could work with a diverse group. Her direct and folksy style added a bit of spice to the debate.

For further details on the candidates' positions, you can refer to the Moraga Citizens Network's questionnaire, online at <http://www.moragacitizensnetwork.org/>, and two of our archived articles, available online at: <http://www.lamorindaweekly.com/archive/issue0215/Moraga-Town-Council-Candidates-Discuss-Priorities.html> and <http://www.lamorindaweekly.com/archive/issue0214/Moraga-Candidates-to-Town-Council-on-Participatory-Democracy.html>.



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Moraga Road Work Continues

By Sophie Braccini



Mountain Cascade back on Moraga Road Photo Sophie Braccini

After a summer of road closures and single lane traffic, many Moragans thought they had endured enough for their new water pipeline and watched in relief as the trucks moved to the Lafayette Reservoir. But Moraga's reservoir is up Draeger Drive, so the new pipeline needs to find its way there from where the work had stopped at Ascot.

backfilling, paving, and striping and probably will be disrupting traffic on the main artery until mid-November; longer if they run into difficult dirt or unexpected utilities in the road.

"They are making great progress," says EBMUD's Nora Harlow, "This job was supposed to be completed by Summer 2009, and it looks like they will finish before January, 2009." The contractor will probably complete the work in the Lafayette Reservoir Recreation Area by mid-October.

Moraga Town Staff: Stressed Out and Struggling

... continued from page 3

She believes that if the staff is cut back even further, people will notice the difference in the support they will receive: longer delays in for any service requests, and less human interaction to get the information people need.

"I hope that the new Council will consider adding some type of business tax to improve our revenue stream," proposes Colaso.

"Our jobs are challenging," adds Colaso, "we are all wearing multiple hats and striving to bring a high level of service to the community." Unfortunately, with a projected budget deficit as early as next year, and the absence of new sources of revenue in the short term, the fear of lay-offs may become a reality.

Other elements have been worrisome for the staff. Normally, government employees sign an agreement called a Memorandum of Understanding (MOU) that defines their salaries and benefits. Right now, Moraga's employees do not have such an agreement. They have been granted a Cost of Living Adjustment, but for some, like the police officers who have many vacation days that were never taken and could expire, there is still a need for negotiation and agreement.

Due to recent changes in personnel, portions of the budget were not brought back to the department heads for review and consideration before being taken to the Council. "The department heads were not included in discussing the fiscal concerns and potential solutions," regrets Mercurio. She remembers previous budget cycles when all of the department heads would discuss all of the issues, and help solve problems together.

Despite the uncertainties, the Town staff does its best to make sure that the Town stays in compliance and its citizens receive services. But if rumors come to fruition and some department heads leave, finding replacements in this difficult budget situation may be challenging for the new Town Manager, who is expected to be hired early next year.

Life in LAMORINDA

Moraga-Orinda Fire District Board—Incumbents Face Firefighters

By Andrea A. Firth

Two-fifths of Moraga and Orinda residents will be voting for their candidate for Director of the Moraga-Orinda Fire District (MOFD) Board on November 4th. The races for Director of MOFD Divisions 2 and 5 are both contested, and in both races the incumbents are running against residents who are or were firefighters.

How was the MOFD formed, what are the Divisions, and who votes?

Moraga and Orinda combined to form one fire district eleven years ago. Duplicative positions were eliminated and services were streamlined. The merger enabled the District to replace obsolete equipment; broaden employee training and education opportunities, which have resulted in a doubling of the number of well-versed rescue responders; and provide paramedic coverage on every engine that goes out on a call.

With the formation of the District, a five member Board was established to set policy and provide financial oversight. The Fire District was divided into five geographical divisions with a Director, who must live within the Division, assigned to each. For Division 2 (Rheem Valley area in Moraga)—the candidates are Bob Nelson and Fred Weil. For Division 5 (north Orinda)—the candidates are Gene Gottfried and Brook Mancinelli. Only residents living within the boundaries of Divisions 2 and 5 will vote for a Director in the upcoming election. MOFD Board terms are for four years.

The Lamorinda Weekly asked each candidate for the MOFD Board to identify the most critical issues facing the Fire District in the next four years and to describe his approach to managing these issues if elected.

MOFD Division 2, Rheem Valley Area Bob Nelson

A retired firefighter with 30 years of continuous service, Nelson started his career with the San Pablo Fire Service. He transferred to the Orinda Fire Protection District after eight years. He was quickly promoted to Captain and served the remainder of his career with the District. Nelson achieved an AA Degree in Fire Science and was one of the first fire fighters in Contra Costa County certified as an Emergency Medical Technician.

Nelson's response: Currently the MOFD is facing a budget deficit of \$800,000.00 for the year of 2008/2009. This will be the first time that either Fire District has faced a budget deficit prior to their merger and/or after their merger.

My plan would be to find how and why this deficit materialized. Then we would have to inaugurate a plan to curtail this problem. The days of doing business as usual has to be reigned in and cuts in programs have to be instituted and people held accountable for their particular programs. I would find it prudent to ask the rank and file employees for their ideas to help formulate this plan of action.

Fred Weil

Incumbent Weil has served on the Fire District Board since 2003 and is currently the Board president. A community volunteer for over 35 years, he has served on both the Moraga School District and Acalanes Union School District Governing Boards and the Campolindo Homeowners' Association Board. He was a founder of the Moraga Educational Foundation. Weil has worked as a tax and corporate attorney for 39 years.

Weil's response: The Fire District's challenges over the next four years are to (1) Maintain high quality service despite stagnant property tax revenues, recent stock market losses that will impact our pension costs, and impending population growth; and (2) Control pension and post-retirement health costs while maintaining fair and competitive employee compensation. If re-elected, I will work to maintain tight budget controls. Require developers to pay for additional capital, operating and other costs required for their developments. Existing fire and rescue services must not be degraded by new developments. Move the administration of our District's pension plan from the County retirement system to the better-managed, State-run CalPERS system. And, explore ways to control future post-retirement health care costs without degrading retiree medical coverage.

MOFD Division 5, North Orinda Eugene L. Gottfried, M.D.

Incumbent Gottfried has served as a Director since 2002 and Board President in 2003-2004. He was named Volunteer of the Year in 2007. He is the Director of the Rescue One Foundation, a member of the

Orinda Public Safety Advisory Commission, and a Community Emergency Response Team Instructor. Following a career in academic medicine, Gottfried maintains an appointment as Professor Emeritus at UCSF.

Gottfried's response: MOFD has achieved many of its original goals—paramedics on every ambulance and engine, upgraded apparatus and equipment, replacement of two obsolete fire stations, and full-time ambulance crews in downtown Orinda. Some critical problems remain, however. The cost of retiree benefits continues to rise. Two fire stations require seismic upgrades to protect personnel and equipment. A proposed multimillion-dollar regional communications system may render our existing radios obsolete. New residential developments will require expanded service. We will have to make some difficult decisions to establish priorities, seek cost-effective solutions, and stay within our allocated budget.

Brook Mancinelli

A native of Orinda and a Miramonte graduate, Mancinelli has been a firefighter for almost fourteen years. He was a firefighter with the Moraga-Orinda Fire District before transferring to work in San Francisco. Mancinelli has served in some of the busiest fire stations in the nation as a firefighter/paramedic and as a member of Hazardous Materials teams, Technical Rescue teams, and wild land fire response crews.

Mancinelli's response: As a candidate I feel one of the most critical issues facing our fire district is ensuring that we maintain a fiscal balance, safeguarding the long-term financial health of the district, while protecting the ability of our firefighters to respond to emergencies. Managing these issues includes controlling pension and healthcare costs, while maintaining competitive working conditions to limit attrition and preserve experience within the district. Fire stations 41 on Moraga Way and 43 on Charles Hill Road are in need of seismic retrofit to protect the response capabilities in those neighborhoods in the event of a major earthquake.

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Fellow Moragan,

I moved to Moraga nine years ago with my husband and two children for the same reasons you did: the natural beauty, excellent schools and safety of a small town.

Our quality of life is now in jeopardy. If elected, you can count on me in two major ways:

- 1. I understand the value of compromise and mutual problem-solving.** I represent none of the "extremist" groups that have polarized and paralyzed our town. I have no personal agenda of my own...other than to make sound decisions for all of Moraga.
- 2. I want our Town Council to quit the bickering and games and focus instead on the essential tasks that must be addressed: BUDGET, POLICE, ROADS.** We need to begin addressing these issues immediately if our town is going to weather this economic storm.

I have managed a \$6 million budget (almost the same size as Moraga's) and have ensured financial stability with a healthy reserve. I have the experience and know what it means to work as part of a team to find solutions.

Please join me in getting Moraga back on track and protect this beautiful place we call home. I would appreciate your support on November 4th.

Janice Kolbe – Moraga Town Council Candidate
To learn more about Janice, please visit her website.
www.janicekolbe.com

Not to be missed

MUSIC-THEATER

Lafayette Community Center will host portrayal of flamboyant Quentin Crisp. "The trouble with children is that they're not returnable." This is one of many pithy quotes of the late Quentin Crisp, an English writer, actor and raconteur, who will be portrayed by Richard James at 1 p.m., Friday, Oct. 17. The performance is sponsored by Emeritus College, a Diablo Valley College program. Tickets are \$15 (\$13 for Emeritus members). For reservations, visit www.dvc.edu/emmeritus or call (925) 906-9105. The Community Center is at 500 St. Mary's Road, Lafayette.

On Friday, Oct. 24, Saul Williams and his live band take over the Shattuck Downlow. Decked out in feathers, sporting faux fur, body paint and a Mohawk, Williams' high-intensity stage show is savage, eloquent and a force to be reckoned with. Tickets are \$20 in advance at www.inticketing.com or \$25 at the door. Doors are at 9pm and show at 10pm. 21+ w/ID. Shattuck Downlow 2284 Shattuck Ave., Berkeley.

Chevalier Restaurant Offers Live Music. Every Wednesday night, the recently opened French restaurant invites patrons to come and enjoy French/American jazz music by local group "Duo Gadjó" 7 to 10 p.m. 960 Moraga Road, Lafayette. www.chevalierrestaurant.com (925) 385-0793.

The Orinda House presentation "A Touch of Vegas" cabaret show brings a touch of glitz and glamour to Orinda on Oct. 24th & 31st. The 11-member cast of vocalists, dancers, and band members transcends the entire restaurant into a staged 1930's Cotton-Club era as performers entertain from one table to the next throughout the event. Reliving the tunes from the 1930's to today, the

Not to be missed

"Touch of Vegas" musical creates an unforgettable dining experience. The Orinda House, 65 Moraga Way, Orinda.

ART

Moraga Art Gallery Show through Oct. 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.



Renie Herrera-McDonough

"A Novel Idea," is the new show featured at the Lafayette Gallery through Oct. 25th. The four featured artists have incorporated references from both prose and poetry into their art. The Lafayette Gallery is located at 50 Lafayette Circle, Lafayette. Gallery hours are Tuesday to Saturday, 11 am to 5 pm. 925-284-2788, www.lafayettegallery.net.

Lindsay Wildlife Museum -Vanishing Wildlife- through Nov. 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.wildlife-museum.org.

Exhibit: Balancing Perspectives East Asian Influences in Contemporary Art. Nov. 1 - 22. Presented in association with the de Young Museum College Advisory Committee. The exhibit will be featuring works by renowned contemporary Bay Area artists like William T. Wiley, Ming Ren and Gigi Janchang. Complementing the de Young exhibit, the works will be in a variety of media and reflect East Asian artistic and philosophical influences and stylistic techniques. Free. JFK University Arts & Consciousness Gallery, 2956 San Pablo Avenue, 2nd Floor, Berkeley.(enter at Ashby Ave.) For more information call 510-649-0499, or visit www.jfku.edu/asian

LECTURES & LITERATURE

On Monday, Oct. 13, 2008, the Lafayette, Moraga, and Orinda Libraries launch the second-annual Three Communities, One Book program, "Lamorinda Reads!" See story page 5

Finding Gifted Children: Gifted Behaviors In and Out of the Classroom-Book Signing After the Free Event - Open to the Public- presented by Saklan Valley School and its Parent Association. James T. Webb, Ph.D., ABPP-CL, has been recognized as one of the 25 most influential psychologists nationally on gifted education and he is the lead author of five books and several DVDs about gifted children, four of which have won "Best Book" awards. Thursday, Oct. 23rd 7pm - 9pm. Oakwood Athletic Club, Lafayette. Please RSVP at www.saklan.org, or call at 925-376-7900

Oct. 23 at 7:30pm, Kathleen McCleary will discuss her bestselling book, House and Home, at the Lafayette Library. Books will be available for purchase and signing. 20% of the proceeds go to the new Lafayette Library and Learning Center. For more information, call (925) 283-3872 or go to lafayettelib.com.

Book readings: Tuesday, Oct. 28, 4pm Julia Glass will sign copies of her new novel I See You Everywhere. 5:15 pm, Joan Taylor Cehn, Risa Nye, and Julie Renalds will read from Writin' on

Empty: Parents Reveal the Upside Downside and Everything in Between When Children Leave the Nest. Orinda Books, 276 Village Square, Orinda. 925/254-7606.

The Role of the California National Guard: Protecting the U.S. at Home or Abroad? Thursday, Oct 16th, Bentley School, 1000 Upper Happy Valley Rd, Lafayette. Critics say that if a larger portion of The Guard were protecting the home front rather than serving abroad in Iraq, the recent California wildfires could have been more easily contained. As head of the California National Guard, General Wade offers a unique perspective on the role of our reservist force. 6 p.m. check-in, 6:30 p.m. program. Cost: \$15 members and, \$30 non-members Visit commonwealthclub.org for more information or call 415-597-6705 to make a reservation.

Writin' On Empty: Parents Reveal the Upside, Downside, and Everything In Between When Children Leave the Nest. Thursday, Nov. 13, 7:30 pm, Lafayette Library. Hear authors Linda Peterson, Taylor Cehn, Risa Nye, and Julie Renalds reading from their tales and essays.

OTHER

Free Seminar-Pain Management by Anne Randolph, Physical Therapist, Thursday, Oct 16th, Aegis of Moraga, 6:30pm to 7:30pm. RSVP to: Candice Moses, 925-377-7900

Las Trampas Celebrates 50 years- Thursday Oct. 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. See also: <http://www.lamorindaweekly.com/archive/issue0215/Las-Trampas-Inc-Celebrates-50-Years-of-Service-to-the-Developmentally-Disabled.html>

Widowed Persons Support group will have a luncheon on Saturday, Oct. 18, at 1 p.m. at Back Forty Texas B.B.Q., 100 Coggins Drive, Pleasant Hill. Cost: \$16. Reservation required by Thursday, Oct 14. Call Molly Rynnion (925)283-1119 or Millie Weisberg (925)906-9483. Widows and widowers are invited.

Town Hall Meeting with Congressman Keith Ellison (D - MN 5) Saturday, Oct. 18 at 11 am. Congressman Ellison will address the current situations of war and peace around the world and social and economic injustice in our country, including the economy, credit card interest rates and health care. Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane, Walnut Creek. Co-Sponsors: Northern California Peace Alliance, Social Action Committee of Mt. Diablo Unitarian Universalist Church, Lamorinda Peace and Justice Group and Rossmoor Grandparents for Peace.

Open House-Hacienda de las Flores - Sunday, Oct 19th from 2 to 5 p.m. 2100 Donald Drive in Moraga. This romantic Spanish-style estate features a patio with central fountain, large lawn and beautifully landscaped gardens. Discover the beautiful historical buildings and share your views of what the Hacienda should become to better serve the community. Tours for all ages, Treasure Hunt for the younger crowd, refreshments and informal discussion with the Foundation members at 4:30 p.m.



The Peripheral Neuropathy Group will meet on Friday, Oct. 24 10 to 11:30am in the Vista Room of the Hillside Clubhouse, Rossmoor. Dr. Steven J. Holtz M.D. will be the guest speaker and will give a presentation on his work in peripheral neuropathy. It is estimated that 20 million persons in the United States are living with this condition. Most common symptoms are pain, tingling, burning or numbness of feet, and/or hands extending up legs or arms. The meeting is open to all persons interested. There is no cost to attend. For questions of any kind please contact Nancy Ostrander at 930-9524 or Carolyn Cash at 254-8195

Emergency Preparedness: Victims Wanted! CERT (Community Emergency Response Team) is calling on the Lamorinda community to come and be rescued on Saturday Oct. 25th, during the 3-city drill that will be conducted by the CERT team in conjunction with the fire and police departments. You will need to meet at 7 am at the Moraga

Saint Mary's College

Campus Happenings



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

Open House

BA in Leadership and Organizational Studies for working adults. Hybrid on-line format.

Tuesday, October 28, 6:30 - 8:30pm and Saturday, November 1, 10-noon. Soda Center on campus.

Seminars

Distinguished Speaker Series: Sat. October 25-Dr. Danny Brassell Teacher educator, author consultant. "Weapons of Mass Instruction: Lessons Learned from the Teaching Trenches!" Soda Center, Saint Mary's College, Moraga. \$60/session. To register, contact: Lydia Wiley, (925) 631-8124

Creative Writing Reading Series

Wednesday, Nov. 12, at 7:30 p.m. Brenda Miller's book, "Season of the Body: Essays," was a finalist for the PEN American Center Book Award. She has received four Pushcart Prizes for her work in creative nonfiction, and her essays have appeared in such periodicals as The Georgia Review, Prairie Schooner, Fourth Genre, The Sun and Yoga Journal. Soda Center, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga Contact: MFA Program (925) 631-4457

Commons Park. Some CERT volunteers have been trained in pet rescue, so bring your four-legged friend if you have one. Please register ahead of time so the team can prepare enough lunches for all the volunteers. Call Chuck Treat @ 631-0859.

Chaparral Spring Hike Saturday Oct 25, 9am. Meet at MP 14: Three Springs Entry, 10030 Marsh Creek Rd. 2.2 miles east of Regency Dr. in Clayton. Join Burt Bassler, Save Mount Diablo Board Member, for a hike on a new trail that the East Bay Trail Dogs built at SMD's sensually beautiful Chaparral Spring property. The property is not open to the public so this is a special opportunity. Moderate hike, approx. 2-3 hours, heavy rain cancels. RSVP to Save Mount Diablo at 925 947-3535 or smdinfo@save-mountdiablo.org

Japanese Maple Pruning Workshop, Saturday, Nov. 1st from 10-12. The cost for this class is \$15 per person. Please call or email to reserve your seat. McDonnell Nursery, 196 Moraga Way, Orinda, 925-254-3713 or info@mcdonnellnursery.com.

Trail Adventure Sunday Nov 2nd. The Mount Diablo Trail Adventure offers a Half-Marathon, 10K Run, and Family Hike beginning at Castle Rock Park in Walnut Creek, climbing the fire roads up the slopes of Mount Diablo and finishing at Castle Rock. The event includes pre and post race entertainment by a live band and lunch for all participants. Registration for all events is \$35. After Oct. 22 the fee increases to \$40 for all events. Day of registrations open at 7 am all events start at 9 am.

Home Composting for Busy People workshop on the Saturday, Nov 8th from 1-2:30. If you are interested in attending, it is VERY IMPORTANT that you rsvp with the Contra Costa Solid Waste Authority at 925-906-1806. McDonnell Nursery, 196 Moraga Way, Orinda, 925-254-3713

The 5th Annual St. Perpetua Wine Festival is Sat., Nov. 8, 6:30 - 10:30PM at the War Veterans Memorial Building in Lafayette. This is a wonderful event to attend with friends and taste some hard to find wines. The event will include an extensive selection of wines to taste, learn about and buy; thanks to Wine Thieves, local Lafayette Wine Merchants. There will be a professional three-piece jazz band along with a delicious catered buffet dinner. Tickets are \$55 each and include the wine tasting, entertainment and delicious food. You can purchase tickets on-line at www.stperpetua.org Call St. Perpetua School for more information 925-284-1640.

CARE Parent Network- a workshop for parents of children with special needs in Contra Costa SELPA, which includes the Acalanes, Lafayette, Moraga and Orinda school districts - Saturday, Nov 8 from 9 am - 3 pm. The 'Parent Academy' is a wonderful opportunity for parents to attend up to four workshop sessions presented by an outstanding group of educators on some of the most

Theater

"Abundance" - a Play by Beth Henley. Directed by Rebecca Engle, the play is a quirky comedy about mail-order brides, by the Pulitzer-winning author of "Crimes of the Heart." Thurs-Sun, Nov. 13-22, 8 pm and Sun., Nov. 16, 2 p.m. LeFevre Theatre, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga. Tickets: \$8 for SMC faculty, staff and students. \$12 for non-SMC students. \$15 general admission. Performing Arts (925) 631-4670

Art Exhibits

The Second Golden Age of Dutch Art: 19th Century Dutch Paintings from the Beekhuis Collection. Oct. 12 - Dec. 14. Paintings by more than sixty artists represent a broad range of styles and subject matter, including cityscapes, landscapes, seascapes, still lifes, portraits, and interiors. The exhibition is comprised of three main groupings: Dutch Romanticism, The Hague School and Dutch Impressionism. Exhibition Admission: \$3; Gallery Hours: Wed - Sun, 11 am - 4:30 pm, 925.631.4379, www.hearstartgallery.org.



Van de Velden Picture courtesy of Hearst Gallery

Exhibition hours: Wednesdays through Sundays, 11 am until 4:30 pm Admission: \$3 adult; children 12 and under free; free parking Web site: <http://gallery.stmarys-ca.edu>. Telephone: 925-631-4379 For more information about upcoming events at Saint Mary's College, visit the college website at <http://www.stmarys-ca.edu/news-and-events/events.html>.

requested topics in special education. Marchus School, 2900 Avon Avenue, Concord. Contra Costa SELPA parents: \$25, other parents: \$35, Other professionals: \$50. Deadline to register is Oct. 31. Pre-registration is required. Questions? Call Cathy Nicoll, SELPA Coordinator at 925-827-0949 x13 Visit our website: www.cccoe.k12.ca.us/selpa/ccselpa.htm

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HALLOWEEN

Sleepy Hollow Elementary School Pumpkin Patch- 20 Washington Lane, Orinda. Saturday, Oct. 18th from 11am-3pm. Bring your child to Sleep Hollow School for games, food and fun at our annual fund raising carnival.

Orinda Glorietta School's Annual Halloween Funfest- 15 Martha Rd, Orinda Saturday, Oct. 18th from 10am-3pm. Spooktacular fun for the whole family: freaky fun carnival games; haunted obstacle Course, Black cat cakewalk, giant slike, pumpkin decorating and lots of prizes.

The Moraga Juniors annual Halloween Carnival will take place on Sunday Oct. 26, , from 10-2 at Campplindo High School at 300 Moraga Road in Moraga. It is a fun and fanciful event perfect for children ages 2 to 8 years, and attracts over 500 children each year. Participants will be able to choose a pumpkin from the pumpkin patch, enjoy carnival games with prizes for all and a festive art center with trick or treat bags and face painting. Admission is \$3 per child, plus a small charge for game tickets and food. All children are encouraged to come in costume.

Halloween masquerade ball Friday, Oct. 24th with live music, dancing, cash bar and a special planetarium show experience. The kids can trick or treat at Chabot on Saturday, Oct. 25 in their costumes and have a family fun day. Call the Box Office at 510-336-7373 to register. Box Office (510) 336-7373, Online tickets www.chabotspace.org

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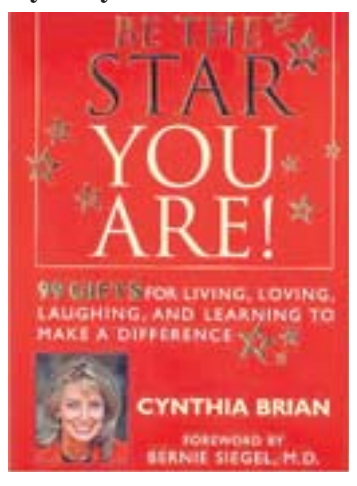
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Life in LAMORINDA

Local Dynamo Woman: Cynthia Brian



Cynthia Brian is one busy bee. In addition to her regular gardening column for the Lamorinda Weekly, she is a bestselling published author, a life empowerment coach, a radio host, a professional speaker, and the founder of the local non-profit group, Be The Star That You Are. And all this is after making strides as a Hollywood actress, model, and journalist. She speaks four languages, and is a wife and mother. Cynthia has accomplished enough for many lifetimes, but she is in no way finished. With a genuine interest in people, Cynthia has made it her mission to help individuals, especially youth, discover their passion and then go out and live it.

Born and raised on a farm in Napa Valley, Cynthia grew up driving tractors, planting and picking vegetables, fruits, and flowers in the family garden, and raising chickens and goats. The family had little money for extras, so Cynthia, the eldest of five children, learned early on a strong work ethic, sewing her own clothes and selling chicken eggs for fifty cents a dozen. She

earned her own money for college, eventually attending UCLA and UC Berkeley. "I grew up with my hands in the dirt," says Cynthia. "I was always taught to dig deep." Cynthia makes a philosophical connection between life and what she learned on the farm, believing that you have to dig deep to find out who you are. After she was voted Outstanding Teenager of California she was named teenage ambassador to Holland and served as foreign correspondent for several newspapers. It was this experience that laid the foundation for her media savvy.

Early in her adult life Cynthia carved out a career for herself as an actress working with such stars as Charles Bronson and Don Johnson. But she realized that the Hollywood celebrity lifestyle wasn't for her and decided to take what she'd learned in the business and become an acting coach. Since then she's coached hundreds of aspiring young actors, teaching them the ropes on everything from how to audition to getting headshots, and most importantly helping them connect to their star within. "Everyone is a star," says Cynthia. "We are all destined to live in star style. But what's important is to find out what makes us unique and special." Cynthia teaches that we have to be, before we can do. "Be who you are and everything else will follow," she says.

It is this philosophy that Cynthia imparts in her speaking engagements and to her clients. In her 2001 book, Be The Star That You Are: 99 Gifts for Living, Loving, Laughing, and Learning to Make a Difference, she says: "No one has

ever walked the earth with your exact combination of inborn and acquired strengths, weaknesses, skills, foibles, talents, frailties, and experiences. The synergy of all these forces is what makes you strictly one of a kind ... this mixture is the source if your power, providing all the raw materials you need to become a star."

Cynthia and her husband settled in the Lamorinda area 28 years ago, first living in Orinda and now Moraga. They have a daughter, Heather Brittany, who just graduated from San Diego State. On World Talk Radio, Heather and Cynthia co-host a weekly radio show on which they interview authors and conduct a little mother/daughter chat they call, Tea for Two.

In 1999, Cynthia founded Be the Star You Are, a non-profit all volunteer organization that collects books and other resources

and distributes to hospitals, juvenile halls, and other designated charities. In addition, the organization offers the opportunity for local teens to volunteer reviewing books, managing the incoming stock of books, and fundraising. Currently Cynthia has 25 active teens and in keeping with her philosophy the kids decide for themselves how they want to help, "I don't tell them what to do," says Cynthia, "I give them the opportunity to discover their own interests and then watch them shine."

Next up for Cynthia as she continues to sparkle her own star, is the publication of her second book in the Be The Star That You Are series; this one is for teens. She is currently seeking submissions, particularly from teens. For more information about Cynthia and all her work, go to the website, <http://www.bethestaryouare.org/index.html>.



Cynthia Brian Photo provided

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MEF at the Moraga Farmer's Market



Pictured are Shari Simon, Kathy Ranstrom, Jessalyn Simon-Parker, and Erika Riepe at work on behalf of the Moraga Education Foundation (MEF) at the Farmer's Market on Sunday. MEF Donation Day will be held on Wednesday, October 15th at area schools and the Rheem Starbucks.

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MORAGA

Life in LAMORINDA

St Mary's Professors: The Bail-Out Was Needed But Won't Be Enough

By Sophie Braccini



St Mary's professors, led by Dean Allen, discuss the economy

Photo Sophie Braccini

The School of Economics and Business Administration professors led by Roy Allen, Dean of the School at Saint Mary's, conducted a very informative and animated debate about the current state of the economy and how the Bail-Out Package (BOP) would affect us and our wallets.

This breakfast event was part of the Alumni Conference series that the College has now opened to the public. Experts present a topic and answer questions from the audience.

On October 1st the subject was the State of the Economy and the analysis went deep into the roots of the situ-

ation. "Financial liberalization, deregulation, technological change and globalization have played a role in increasing the speed and risk of financial cycles," Allen told an audience of close to eighty 80 people. He pointed out that recent events, such as the housing price collapse that has affected the East Bay Area so drastically, is not, in his opinion, the only cause of the crisis.

Allen explained that the United States is the only country that contracts debt in its own currency. Without getting back to the collapse of the Bretton Woods Agreement in

1971, it is clear that having the dollar being the currency of reference has allowed us to draw deeply from our neighbors pockets. As foreign money flew into the country the American people saved less and less.

"This is a classic debt driven crisis," said adjunct professor Jack Rasmus, who predicted that this country's \$21 trillion debt will trigger more collapses in the months to come. He believes that adding liquidity is not the solution, but working on the demand side of the equation is more likely to help.

Rasmus was not the only

Keynesian in attendance. St Mary's Professor Andy Williams does not see the situation as a liquidity problem either: "The Fed is good at spending money, but we have plenty of liquidity, it is just not flowing." Williams believes that restoring confidence will be key, and assuring that the people see the measures adopted as fair and equitable. He warned that a higher saving rate in the country could trigger a further reduction in economic activity and lead to a recession.

Global business professor Thomas Gomez-Arias reminded the audience that the situation is also complicated by the spread of uncertainty throughout the global economy. The bank failures in Europe or the collapse of the Shanghai housing market are signs that the financial crisis is worldwide.

The public was eager to hear the solutions that the faculty proposed, both at a global level and for managing their own wealth.

Associate Dean and business and economics professor Shyam Kamath, who diagnosed the situation as a fundamental knowledge problem, said that education, informa-

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tion and transparency were key elements for the long-term recovery.

When asked how they themselves were investing their assets to minimize losses, the professors all answered that diversification was the only solution and hoped that the individuals in attendance had already done so.

Professor Phil Perry recommended the use of TIPS (Treasury Inflation-Protected

Securities) that have been issued by the US treasury since 1997. Professor Williams recommended Sovereign Wealth Funds that are state-owned investment funds.

To end the meeting, the group was asked if they saw a silver lining to the current situation. "Yes," said Professor Williams, "We'll see more PhD studies in the years to come!"

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SMC Launches Great Book Series

... continued from page 9



Grete Stenersen enjoys reading a great book as Brother Perez, who started SMC's Great Books Seminar Series, looks on approvingly Photo A. Firth

Seminars are held on selected Tuesday evenings in Dante 203 at SMC. The cost is \$12 per session; text is not included. To register, contact Grete Stenersen at (925) 631-4162 or email her at gsteners@stmarys-ca.edu.

Date	Book/Author
11/18/08	Bartleby the Scrivner/Melville
12/9/08	A Pair of Silk Stockings/Chopin
1/20/09	The Sunflower: On the Possibilities and Limits of Forgiveness/Wiesenthal
2/24/09	A White Heron/Jewett
3/24/09	Only the Lover Sings: Art and Contemplation/Pieper
4/21/09	Zen Mind, Beginner's Mind/Foster
5/19/09	Wuthering Heights/Bronte



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City Council Plays it Safe

"I encourage us to move forward expeditiously and to come back with a comprehensive solution," stated Mayor Pro Tem Sue Severson, who sits on the TSAC, "Speed cushions, although not perfect, have been the best solution [considered]...these neighbors are living with this situation everyday," she added.

Update on the City of Orinda's Long-term Investments

Rob Garner, who has served as Treasurer for the City of Orinda in a volunteer capacity since 2000, provided the Council with a brief update on the City's long-term investments, which are held, in part, in U.S. Treasury notes and corporate bonds, and answered questions regarding the

... continued from page 4

nervousness in the marketplace. Councilmember Amy Worth pointed out that Orinda has only invested in fixed interest bonds. "We are not involved in variable interest bonds," noted Worth. "So we are not facing the problems some other agencies in the area are having to deal with." Garner concurred noting that Orinda will receive the full value of the bonds if held to maturity.

Councilmember Steve Glazer proposed that they consider setting a higher safety standard for bond purchases within their investment policy. Both Glazer and Mayor Pro Tem Sue Severson recommended greater diversification by industry sector for the corporate bonds purchased.

Beware the Right-of-Way

Most properties have ROW that extends into what many assume is their property. Since Camino Pablo was originally expected to become a major route, the ROW on the Thomas property reaches in to nine feet. In Moraga, no permanent structure can be erected in the ROW.

Finding out where the ROW is a whole process. "Each property description explains the property boundaries in complicated surveying terms," clarifies Jill Mercurio, Public Works Director. "The exact location of the ROW vs. private property line can only be determined by a surveyor."

The Thomas' had many good reasons to want that extra front lawn protection. There is a permanent lane divider situated in front of their property that restricts space that could be utilized for evasive action, should a deer cross or other emergency. The wall they constructed is esthetically pleasing, reaches only to 31 inches and is not different from other such structures along Camino Pablo.

Non-compliant structures exist all over town. "We cannot be everywhere," said Public Works Director Jill Mercurio, "we try to catch violations before they happen but have not asked owners of existing infringing structures to remove them."

That's one of the reasons the Thomas' feel the treatment they've received was unfair; they got the "order to stop work" after all of the structural work was completed. They argue as well that they complied with the rule that says that no fence or wall be erected higher than three feet without approval.

For all the sympathy the Thomas' immediately gained with the Council, the vote against their wall was unanimous (Council Member Bird recused herself from the decision on the grounds that she knows the Thomas'), due primarily to legal concerns.

Council Member Mike Metcalf said he had learned while sitting on the Planning Commission that the Town would be liable if damage resulted from a wall located on the

... continued from page 3

Town's ROW. He was supported by Vice-Mayor Dave Trotter and the Town's legal counsel who was present at the meeting.

Now Sydney and Taylor Thomas are waiting to see what the town will do after the Council voted to declare their wall a nuisance. The nuisance abatement process gives them 30 days after they receive the official notice to remove the object. The Thomas' will consider their options, when and if they receive the notification.

"The best advice to homeowners is to come in and talk to the Town staff before beginning ANY project," says Mercurio, "It is virtually impossible for every person to keep up on all building code/municipal code/general plan restriction or any other issues that may provide guidance throughout their project. It is so much better to realize BEFORE starting a project that there may be some restriction of which they are not aware. Town staff will be happy to help answer their questions."

Lamorinda Avoids Foreclosure Spike

By Cathy Tyson

Given the current financial meltdown, it's surprising that Lamorinda is actually in a better situation than the majority of other Contra Costa communities with regard to the number of home foreclosures in the area and the relative stability of home prices.

While it's not uncommon to hear of the shocking number of foreclosed homes in Antioch, Brentwood and Pittsburg, it's still a rarity in Lamorinda.

A recent report produced by Paragon, a real estate solution software company, documented the percentage of short sales - homes that sold for less than their previous price and REO - bank owned/foreclosed homes of all pending properties on October 6 of this year.

Antioch with 622 pending sales has the highest percentage of short sales and REO properties at 557 or

89.55% of the total on that date. Brentwood was a close second at 239 homes pending and 208 or 87.3% either foreclosed or selling short. Lafayette had 27 pending sales, only 3 of which were REO and another 3 were short sales giving it a combined percentage of 22.22%. Orinda has 24 pending sales with just one in foreclosure and two short sales for 12.5% - the lowest of any of the 21 cities in this analysis covering Newark to Richmond to San Ramon. Moraga was not included in the available data.

There are a number of reasons why this foreclosure trend has not hit Lamorinda according to Prudential Realtor, Maria Eberle, who lives in Orinda. In fact she sees it as, "an incredible opportunity."

One of the key distinctions she cited between Lamorinda and other Contra Costa neighborhoods is the fixed number of homes in this com-

munity; in most cases the price tag requires a jumbo loan with tougher qualifying restrictions, unlike the sub-prime markets. Most families buying a home in Lamorinda can generally afford it.

Rather than speculators hoping to buy a home and rent it out, the majority of buyers in Lamorinda intend to live in these residences because of the desirability of the area - great schools, proximity to San Francisco and relatively little crime. Less than 1% of the market is new construction. Areas that have foreclosures and price declines have a substantial amount of new construction. Home builders gave liberal financing terms in order to move inventory, according to Eberle.

According to DataQuick.com median home prices here compared to other nearby communities are holding fairly steady. The median price of a home sold in Lafayette this August is only 0.6% lower than it was last August. Their September numbers haven't been released as of press time.

In fact, North American Title Company just came out with their September price report, analyzing average home sale prices from the same month last year. Amid a sea of negatives for other communities, the average sale price actually increased in Moraga 18.08% from September 2007 to September 2008; from \$996,000 to \$1,176,000.

Lamorinda Home Sales continued

COMMUNITY	LOWEST AMOUNT:	HIGHEST AMOUNT:	Last reported:
LAFAYETTE	\$742,000	\$2,325,000	4
MORAGA	\$337,000	\$1,525,000	10
ORINDA	\$799,000	\$2,100,000	5

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.



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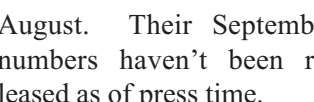
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business briefs

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On Thursday October 2nd Hudson & Axelrod Orthodontics and their patients celebrated the annual "fall feast." A good time was had by all.

Canine Teeth Cleaning at Lafayette Pet Shoppe

3517 Mt. Diablo Blvd, Lafayette, 284-5212
 The store will offer anesthesia-free dog teeth cleaning performed by Canine Care, Inc. on Saturday, October 25th, and every 4 weeks. For an appointment call 284-5212. The Pet Shoppe also proposes rabbit adoptions every third Saturday from 11am-3pm.

Teacake Bake Shop Bakes Cupcakes for a Cause

5 Lafayette Cir, Lafayette, www.teacakebakeshop.com - 283-9900
 The Lafayette store is joining forces with leading bakeries nationwide with Cupcakes for a Cause. The week long event, running from October 20 - 26, 2008, supports children affected by cancer, with bakeries donating the proceeds of their cupcake of choice bearing a candy version of the smiling-face logo for the CancerCare for Kids program. Teacake plans to decorate and donate the proceeds of a customer favorite, their Pink Velvet cupcake. All three Teacake Bake Shop locations will be participating in the event.

Mountain Mike's Celebrates Veteran's Day

Mountain Mike's Pizza in Lafayette offers free lunch buffet to ALL active duty and retired members of the United States Armed Forces on Monday, November 10 in honor of Veterans Day. For more information call Ben at 283-6363.

Star Pilates

1460 Moraga Road Suite F, Moraga, 925-376-7500, www.starpilates.com



After expanding the site with more space for mat-classes, Star Pilates in Moraga had a Grand opening Party on Saturday October 4th in the Moraga Center.

Lafayette Chamber of Commerce

- Fourteen candidates filed petitions for the upcoming board election. The 10 elected members will serve for a two-year term starting January 1st 2009.
- 16th Annual Lafayette Reservoir Run - October 26th Race times begin at 8:30am and "day of" registration begins at 6:30am. Pre-registration can be done by visiting the Lafayette Chamber of Commerce website, www.lafayettechamber.org or www.active.com.

Moraga Chamber of Commerce

- Chamber Mixer, Tuesday, October 28 at 6 p.m. at the Hacienda de las Flores, Fireside Room. The Chamber has invited speakers from St Mary's College to come and discuss ways to reinforce cooperation and synergies in the area of business.
- Save the date: December 6th will be the third Season of Lights celebration from 11 a.m. to 2 p.m. at both shopping centers. The Chamber would like to encourage the retail businesses to decorate their windows to celebrate this ecumenical celebration of families, joy and giving.

Orinda Chamber of Commerce

- Orinda Chamber Luncheon, Orinda Country Club, Tuesday - October 28, Noon to 1:30 p.m. "Downtown Commercial Development Planning Forum" - new plan revealed. Please join us for a lively panel discussion and Q&A on the work product generated by the "commercial committee" of the Orinda Planning Task Force (PPRTF). City Council members Tom McCormick and Amy Worth will present the Task Force's work and introduce committee members Clark Wallace and Bruce Burrow. The new plan encourages commercial growth in Orinda by improving the commercial planning, permitting process and zoning code. Luncheon cost: \$30.00. Reserve your seat(s) online on the Chamber's web site.

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

Rising Food Costs and Money Conscious Customers: A Challenging Situation For the Local Food Industry

By Sophie Braccini



Diablo Foods' hundreds of labels have to be changed all the time Photo Sophie Braccini

According to the American Bureau of Labor and Statistics, the price of food has increased by 9.6% over the last year. That fact compounded with the rising cost of energy (a 32.9% increase over the same period) puts a lot of pressure at the end of the food chain industry: the stores and restaurants from whom we purchase our food. In our area, in spite of a difficult economic situation, restaurant and store owners have tried to somewhat mitigate the cost increase, reducing their margins and/or improving their business practices.

Diablo Foods in Lafayette experiences the change in prices every day. "We have an employee who manages the price changes," says Dan Stokes, who manages the day to day operations, "her role is to update the prices in our database as we receive them, adjust the sales price and then make sure that all our labels in the store are kept up to date." The prices are changing so rapidly that this person is working full time to keep up.

For example, prices for bakery and cereal products have been trending upward since late 2007 and posted the largest increase since September 1981 in the 12 months to August. The reports show a 14.9% increase in the prices for bakery and

cereal products. "We try not to pass on all of the price increases for the first necessity items," explains Stokes, "we have been stunned by some of the raises."

This approach has been the same in the local restaurants.

Michele Lavecchia, of Amorora, explains, "We've tried to keep our entry prices low, for example we haven't increase the price of our kids' pasta." The restaurant that serves Italian cuisine was hit as well with the rising cost of imported

goods such as Italian wine, due to the fall of the dollar. Buying locally is not always the solution. Philippe Chevalier, who recently opened a French restaurant in Lafayette, works only with local organic products. "Over the last three months the price of organics has risen by 20%; we cannot pass such a raise to our customers." At Chevalier, that has meant less people hired and the owner working twelve hours shifts to stabilize his margins. "This is the dream of my life," says the young entrepreneur, "I will do whatever it takes to make it work."

Carlos Rangel at Shelby's in Orinda confesses working up to fifteen hours a day and catching up with short afternoon naps when possible. He confirms that rising costs are a difficult challenge.

"The prices have increased pretty substantially," says the business owner, "it's all around and now we are even charged extra for delivery because of the price of gas."

... continued on page 17

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SCHOOL CALENDAR

School Governing Board Meetings

Acalanes Union

High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, Oct. 15 at 7:30 pm
Wednesday, Oct. 29 at 7:30 pm
- Special Session

Lafayette School District

LAFSD Office
3477 School Street, Lafayette
Monday, Nov. 17 at 7:00 pm

Orinda Union School District

OUSD Office
8 Altarinda Road, Orinda
Monday, Nov. 3 at 4:00 pm

Moraga School District

Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga

Lamorinda Schools

The College Essay

By Elizabeth LaScala, Ph.D.

Seniors all over the country are busy writing their college application essays. Juniors will be doing the same task next year. Students applying to the University of California (UC) are required to write two personal statements (essays) that respond to what are called the "UC Prompts." As a college admissions advisor, I offer my clients guidance in the selection of essay topics, recommendations about how to personalize essays, and editorial assistance. Here are some tips and strategies that work well for all students applying to the UC campuses.

- Do understand the purpose of the UC personal statement. The UC does not ask for letters of recommendation. Therefore, each campus relies on the personal statement to add clarity, depth and meaning to the student's application. Put simply, the essays help the university to know and understand you better.
- Do fill out a hard copy of the UC application. Then review it critically. Pretend to be an admissions officer. What questions may come up in the reader's mind? Have you attended different high schools? Have you been employed many hours a week? Did your grades fluctuate? For example, if a student's grades dipped during junior year and she worked many hours

during the same time period, a reader might reasonably wonder: "Why did the student work so many hours at the expense of grades?" A student may work to supplement family income because a parent has lost a job. That is something an admissions reader needs to understand, and you can find a way to weave this information into your essay.

- Do be yourself and use your own voice. Choose a topic that highlights your strengths. This is not the time to be modest about your accomplishments. On the other hand, if you have had some problems that affected academics, you may be able to craft a personal statement to tell what you have learned and how you have grown from your experiences.
- Do be certain your essay clearly responds to the question being asked. Get feedback, revise your work and ask someone (a trusted advisor or English teacher) to proof read. Submit work that is free of spelling and grammatical errors, and uses good writing conventions.

A key component of success in college is your ability to write. For this reason, colleges want to know you as a writer. Colleges assess your writing in several ways—for example they look at your course-

work and grades, especially in subjects that require a good deal of writing. If you are a senior, you probably have already taken the SAT or the ACT. The essay section of these standardized tests represents another way colleges evaluate your writing skills. However, the essay section of these tests is time and topic limited. In contrast, the UC personal statement provides an opportunity to compose a personal narrative on a topic of your choosing. It is well worth the time and effort to develop essays that you are proud to submit with your application.

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.

Not to be missed - Teens & Parents

Time Management & Organization for Families with Middle Schoolers

Thursday, October 16, 2008, noon - 1:30pm, school library Walnut Creek Intermediate School, 2425 Walnut Blvd, Walnut Creek, CA 94597 no fee, register on-line at <http://www.acalanes.k12.ca.us/adulted/html/peelementarymiddleschool.htm>
Questions & Comments? Vera Babor at vbabor@acalanes.k12.ca.us.

How to Help Your Middle School Daughter Build a Firm Foundation for Relationships. Please join us for a Parent Emergency Response Training on Wednesday, October 22nd 7:00 pm to 8:30 pm at Orinda Intermediate School. (See story page 17)

Acalanes High School Parents Club presents: Your Teen and the Law: What Every Parent Should Know. Mary P. Carey, juvenile defense attorney, will present a lively, informative view of current laws that affect our teens including: Drinking and Driving, Drugs, Parties, Consensual Sex, and more....Wednesday, Oct 29th, 7:00 pm, Acalanes High School Theatre, 1200 Pleasant Hill Road, Lafayette, CA

The Moraga Asian American Club hosts Michael F. Dang, Associate Director, Undergraduate Admissions at UC Davis, "Presenting the Total Student in the UC Admission Application Process". Learn how to build your statement to include essential elements to distinguish yourself from others in the application process. This is a unique opportunity to gain a greater understanding of the complex UC admissions process! There will be time reserved for questions from students and parents following the presentation. Thursday, October 30, 2008, 7:00

p.m. - 8:30 p.m., Moraga Public Library. Space is limited. Come early for best seating! This evening is sponsored by MAAC and is open to all.

Smart Money: Using the Bank Instead of Mom and Dad

Thursday, November 20th, 7-9pm, in the Las Lomas Theater. Learn how to make smart credit choices, apply for auto loans including the hidden expenses involved, and keeping your identity safe. Parents are welcome to attend. This series is brought to you by the Las Lomas PTSA's Parent Ed and Healthy Choices Committees and is free of charge. Hand outs will be available at all sessions. Questions? Contact Karen Schroter. (schroter5@astound.net). RSVP/register through our new online registration site: <http://adulted.acalanes.k12.ca.us/online/reg/>, enter course #056216.

Exchange Student visits the Orinda City Council



Exchange student Daniel Buzu (great shirt) is pictured with host Bobbi Landers and City Councilmembers displaying gifts from Orinda's sister city Tabor in the Czech Republic. Photo A. Firth

Rheem Elementary School Hosts Native American Days

By Jean Follmer



Rheem Elementary School recently hosted its long-standing Native American Days. As part of Moraga School District's Living History program, the annual event enables all Moraga 3rd graders to learn about Native Americans and participate in related activities. The program is run completely by parent volunteers and was coordinated by Rheem parent Sharon Gilbanks. Rheem Elementary teacher Lee Culver said they focus on teaching the students about the community

aspects of the tribe that once lived in the Moraga area. Culver said it's debatable whether or not the Moraga Native Americans were "Saklans who spoke Sakla" or were "Saklas who spoke Saklan."

Upon arrival at Native American Days, each class is divided into three "tribes." Each tribe rotates through four activities: a hike, games, home-building and crafts. During the hour-long hike, students listen to Native American stories while looking for bones and snake skins that were planted by parent volunteers. They also look for significant plants like poison oak and bay leaves. They learn a modern version of a Native American game that trained older children to accurately throw spears. Bark houses were built using redwood and rocks and the kids played floor games inside. The crafts included basket weaving and making prayer sticks. To make the prayer (or wish) sticks, the children wrote their wish on a piece of paper and then wrapped the wish to a stick using yarn, plants and beads. The idea of the prayer stick is to make positive wishes for good health or prosperity and give the completed stick to someone else. Culver said the Native Americans would continue to pass the prayer stick from person to person with the thought that it would eventually return to its maker. "This is the origin of the term Indian Giver. Its origin is really a positive term," said Culver.

Culver said the other components of the Living History program include a focus on early California for 4th graders and early America for 5th graders.

Contra Costa County Teachers of the Year (TOY)

Submitted by the Contra Costa County Office of Education



Three Lamorinda school district teachers were recently honored as Contra Costa County Teachers of the Year (TOY). The Lamorinda teachers gathered with with other 2008-09 Contra Costa County Teachers of the Year (TOY) at the Concord Hilton Hotel. Pictured from left to right are: Janet Howard, Wagner Ranch Elementary (Orinda Union School District); Diane Wong, Los Perales Elementary (Moraga School District); Erin Caldwell, Springhill Elementary (Lafayette School District) Photo Jonathan Lance, Contra Costa County Office of Education

Dictionary Delivery

Submitted by Dick Burkhalter, Orinda Rotary



Orinda Rotary Club recently delivered dictionaries to all 3rd graders in the Orinda Union School District. The Orinda Rotary Club has delivered 2,700 such dictionaries over the last 10 years. The 95 member organization's motto is "Service Above Self" and the members enjoy giving back to their community. Pictured is Susan Chase's third grade class at Orinda's Wagner Ranch School. Back row: Marshall Johnson, Club President, Dr. Richard Marchick, Susan Chase. Photo submitted by Orinda Rotary Club.

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The CIZ Newsletter—A Student Produced News Source in Lamorinda

By Andrea A. Firth



The CIZ staff: Standing (L to R) Marshall Danese, Sidney Liu, Austin Chiao; Seated (L to R) Kyle Chan, Kelly Zhang, and Steven Zhou Photo A. Firth

Steven Zhou's friends describe him as a big idea man. But Zhou is not all talk—he is a man of action. As a ninth grader at Campolindo High School, Zhou has already had more success in the publishing world of the world wide web than many twice his age, and his success has nothing to do with a Facebook page or a social networking site. Zhou is a legitimate news publisher having launched the Congregation of Intelligenz (the CIZ newsletter), a weekly student-produced newsletter in Lamorinda.

What motivates Zhou and his staff to work on the CIZ newsletter in addition to the academic demands of middle school and high school? "I guess I'm having a lot of fun," states Zhou, who as editor of the newsletter and the reporter for Campolindo spends about three to four hours each week on the newsletter. He then quickly segues to plans for more special editions, further evidence of his boundless ideas and energy. "I went along with this because Steven has crazy ideas but they work out," adds Austin Chiao who also attends Campolindo and helps with IT support.

Culled from a variety of sources, the goal of the CIZ newsletter is to communicate news from all the schools in the area and to help students keep current with important events and happenings. "I think it is cool to see what is going on at the schools," states Kelly Zhang, an eighth grader and the CIZ reporter for OIS. "My parents are kind of relying on me for news now," adds Marshall Danese, the CIZ Artistic Designer and Acalanes reporter.

All of the CIZ newsletters are posted at the CIZ website, also created by Zhou and his CIZ team. The website has recently launched a new and unique feature, the CIZ Homework Organizer. According to Zhou, the Organizer is designed to help students by taking the webpages of each of their teachers and putting them on one single page to access and view. Using the Organizer is free. Once a student registers, they can log in at anytime to view their customized master teacher webpage.

Although Zhou believes that he has become more informed through the process of generating the newsletter, he does not see the venture as a purely right-brain activity. "It's a creative outlet. We are doing something different," states Zhou. To check out past issues or subscribe to receive the newsletter go to www.freewebs.com/ciznewsletters/index.htm

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21st Century Teens Need 21st Century Parents

By Jean Follmer



Annie Fox Photo provided

children. Even when expectations are communicated, they're not consistently enforced. Fox offered the idea of leaning on a wall that sometimes supports you and other times lets you fall. In the case of the mom and the son's text-messaging friend, that mom removed the texting service from her son's phone and now asks visiting teens to leave their phones on the entrance table during their visit.

Today's teens are living in a fast-paced world that is filled with academic and parental pressures and they are stressed-out. They have difficulty managing that stress so it plays out in ways that are sometimes unacceptable. For many teens, "there is a sense of urgency these days," said Fox.

Fox maintains a website that enables teens and parents to e-mail her questions about virtually anything. Before the presentation, Fox received an e-mail at "Hey Terra!" from a teenage girl saying she really likes a boy and thinks the boy likes her too and what should she do? Fox replied that she shouldn't feel like she has to do anything, to let things evolve naturally and discover if they have shared interests, compatible personalities and comparable values.

She also receives e-mails from teens asking advice about purely online relationships. Fox said the teens in those relationships have trouble distinguishing online relationships from personal ones that may involve actually dating. They don't have the ability to reason through it because they "don't have full faculty of their brains until they're in their mid-20's," said Fox. These problems lead to more stress and further inability to manage it.

"We tried to become our kids' friends and we may be paying the

price for it. Kids are unhappy when they don't know where the boundaries are. We have to take a leadership role in our families," said Fox. It's normal for teens to attempt to distance themselves from their parents and it's not personal. "The fundamental task of adolescence is to move from the home to the school and peer group," said Fox.

However, "there has been a blurring of the parent/child line" and kids often view parents as equals or peers. "Teenagers don't enjoy feeling out of control. It embarrasses them. If you model for your kids that you know how to calm down, think and problem solve, you're showing them how to do it," said Fox. She led the audience in a breathing relaxation exercise and the resulting calm and silence in the room was deafening.

"You are your child's teacher. What are your parenting objectives for them? You have a chance to give them what they need to pass your exit exam (when they leave home)," said Fox. Fox suggested calling a family meeting to communicate those objectives and lay the ground rules. She said each family member should be given uninterrupted time to respectfully voice their likes, their dislikes and their desire for change within the family unit. She stressed the need to always be consistent and encouraged the idea of having regular family meetings.

Annie Fox is an author, educational consultant and former teacher. She also creates, designs, consults and scripts CD-ROM based educational/entertainment products for kids. She has recently published her newest book titled "Middle School Confidential" and has been invited to speak at the National Middle School Conference in Denver next month. "Middle School Confidential: Be Confident in Who You Are" is the first in a series of books for middle-school aged children. Other teen books include "Too Stressed to Think: a Teen Guide to Staying Sane When Life Makes You Crazy" and "The Teen Survival Guide to Dating and Relating". To e-mail Annie Fox or find her presentation schedule, go to www.anniefox.com.

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Walk to School Day

By Jean Follmer



Lafayette Elementary School students walked to school in honor of National Walk to School Day. Principal Mary Maddux was joined by 35 Lafayette Elementary students for the walk.

They met at Leigh Park and walked to school along Moraga Boulevard. After arriving at school, they enjoyed at PTA sponsored breakfast of bagels, hot chocolate and coffee.

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Friendship Fault Lines – How to Help Your Middle School Daughter Build a Firm Foundation for Relationships

By Sophie Braccini



Middle school girls having fun at the Sister to Sister Summit

It has a name. And let's not kid ourselves, it's insidious, destructive, pervasive and life altering. It happens in schools, communities, via cyberspace and cell phones every day, and it is primarily inflicted on girls, by girls.

What is it? Relational Aggression, or as it is becoming more commonly known, RA.

RA is female bullying and includes behaviors such as spreading rumors, refusing to talk to someone, or excluding them from the group. It can be done in deeply hurtful ways,

and can leave a girl devastated and fearful of returning to school, often interfering with her health and academic achievement.

It is not just a painful experience for the girl, it is also a challenge to her parents. Often their first impulse, to come to a daughter's aid, is an action that will backfire, causing more harm than good. That's why, on October 22nd, the American Association of University Women, Orinda-Moraga-Lafayette branch, sponsors of the annual Sister-to-Sister Summit each March, is offer-

ing a workshop to give parents a toolkit for coping with RA.

"In the ten years I have been working with girls through the Sister-to-Sister this issue has continually come up," says Valerie Burgess, one of the presenters, "I remember how helpless I felt with my own daughters, experiencing vicariously their anguish."

Speaking to school administrators, Burgess became aware of how overwhelmed they felt in the face of girls' meanness. She was very relieved when someone finally

came up with a name for it so it could be addressed head on. Now strategies are being developed that can give parents tools to change what has been an entrenched problem. "We would like to share some of these with parents to not only empower them and their daughters, but to create a healthier, more supportive environment in our schools and communities," adds Burgess.

The workshop on the 22nd will be held at the Orinda Intermediate School. The presenters will address the everyday issues of relational aggression among girls and provide parents with a chest of tools to respond appropriately and give their daughters the confidence they need to deal with it in a constructive manner.

"Raising my own three daughters and working with hundreds of girls through the years, I can see how friends can make it or break it, especially in middle school," says Ksenija Soster Olmer, another of the presenters, "Having at least one trusted friend can make all the difference in the world on how happy a girls is to go to school, how she feels about her changing body or relationships with parents and siblings. Being on the outs, on the other hand, can be pure hell for her and everyone else involved in her life."

The free presentation will be held at OIS on October 22, 7-8:30 pm. Parents and community members are encouraged to attend.

Burton Valley Camps Out

By Jean Follmer



Spencer Lewis

Photo Doug Kohen

Burton Valley Elementary School recently held its First Annual Family Campout. The camping logistics were coordinated by Burton Valley parents Annette Robison and Gayle Burleigh. "It was our first annual campout and we had over 100 Burton Valley families that popped up tents," said Robison. The families pitched their tents on the back field at Burton Valley Elementary, enjoyed a buffet-style cookout and watched an outdoor movie.

Robison said one of the highlights of the evening was a speech given by Burton Valley parent and Speed Climber, Hans Florine. Florine's speed climbing partner, Yuji Hirayama, was also present. "They have been after world speed climbing records and are working on El Capitan (in Yosemite National Park) right now," said Robison.

Robison said the "kids ran wild" and everyone had fun. The moms awoke early the next morning to prepare a pancake breakfast. An admission was charged to cover the costs of the social event. "When we do it in the future, we hope to do it as a fundraiser," said Robison.



The camp

Photo Doug Kohen



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College Application Mania Hits Lamorinda

By Cathy Tyson

Let the nagging begin. Yes, it's that time of year again, when parents of seniors in high school begin tactfully reminding their children to wrap up those applications. With approximately 98% of area high school seniors attending either a four or two-year college, that's quite a bit of "reminding." Fear not, stressed out parents, Acalanes, Campolindo and Miramonte are lucky enough to each have a dedicated college and career advisor on staff with information not only about the many schools out there, but also on financial aid and scholarships to guide bewildered students through the process.

They even schedule visits from college representatives far and wide so that seniors can get a peak at a variety of schools, hear about their specialties and get a pass to miss class – not a bad deal. For example last week Campolindo hosted representatives from

Williams, Stanford, University of Portland, Bowdoin, Emory, UC Santa Barbara, Vanderbilt and more. In addition our high schools offer college application workshops, information on foreign exchange programs and SAT as well as ACT tests.

Overwhelmed, some parents go through a personal college counselor, who, for a fee, will inquire about a student's strengths and weakness, make suggestions, help figure out the best college "fit" for their child, assist with application essays, and stay on top of deadlines.

"We try not to quantify a number of applications...but beyond ten is a lot of work," said Joan Karr, Acalanes College and Career Center Advisor.

She went on to say that California State Universities will be accepting applications from October 1 through November 30. University of California applications are a little different, students can be working on them through

October, and submit them as of November 1.

The waiting is the hardest part, but some schools have a shorter review period than others. According to Karr, if an eligible student applies to Cal State Chico, notice of acceptance might come back in a couple of months. University of Oregon has rolling admission, so applications are accepted as of late August and students can hear back in six to eight weeks. University of Colorado has a new program that students applying by December 15, should hear back by February. University of California will generally notify students in March; California State Universities around February 1.

Editor's Note: Readers of the Lamorinda Weekly may also want to check out the regular column of college advisor Elizabeth LaScala (see page 14) which is chock full of great advice.

Dining • Dining • Dining • Dining

Brussels Sprouts Are For Kids!

By Susie Iventosch

For most of us, there's at least one vegetable we'd rather shove in our pocket than down our throat! My 'pocket' vegetable is definitely beets, but for my older brother it was broccoli. The way I heard it, when he was eight years old, he actually stuffed his serving of broccoli in his bathrobe pocket, rather than suffer the pain of actually eating it. My mom says it took her a few days, but she found it in the dirty clothes basket. The smell was a dead giveaway!

Another one of my least favorite vegetables has always been Brussels sprouts. So, when my friend Carol McDonald of Orinda said she was going to make them for dinner during our Mendocino getaway, I was leery. I told her, "I'll never eat Brussels sprouts ... ever!"

"Oh, yes you will!" she said. "The way I make them, even my kids love them!"

And, she was right. I couldn't believe it, not only were they delicious, but I groveled for seconds!

Carol says her mom, Betty, used to make these and wouldn't let the kids have any.

"They were her favorite vegetable," Carol said. "She'd say, 'they're just for me' and finally we begged her to let us try them."

Now, Carol uses the same tactics on her family. Her husband refused to eat Brussels sprouts until he tried this recipe.

"And, it's so simple you can do it at the last minute," Carol added. "The longer you cook them, the better they are, because the leaves become crunchy like potato chips."

"My kids love the crunchy, crispy leaves that fall off the core as they bake."

Once I jumped on the Brussels-sprout bandwagon, I asked my friend Fran Miller of Moraga how she makes her Brussels sprouts.

"My best childhood friend Di Cardoza used to sauté Brussels sprouts in butter when we were kids and I just loved them like that," Fran recalled. "And my kids really like

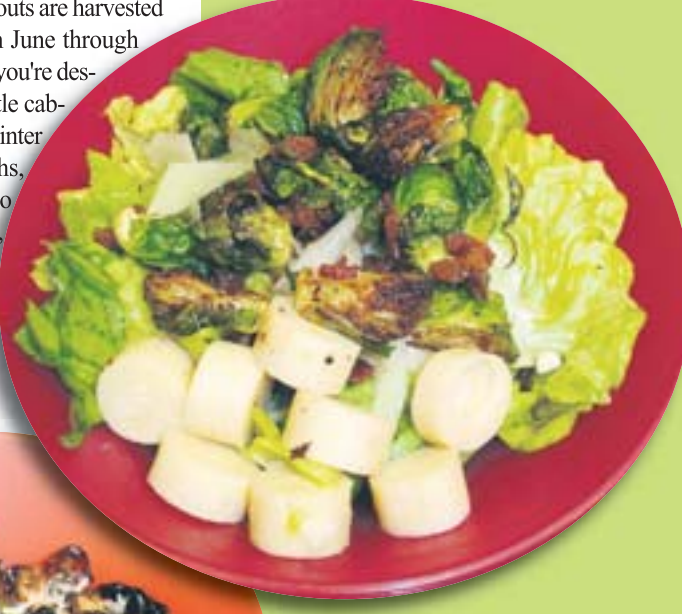
them this way, too. In fact, they won't eat them any other way."

Fran is a Brussels sprout lover and she came up with a delightful salad of Brussels sprouts and heart of palm in a simple vinaigrette dressing. Sometimes she adds pancetta and occasionally she adds cherry tomatoes, but she says the main thing is to sauté them in butter until they are crunchy and well-browned. Fran serves them warm on the salad.

Brussels sprouts are harvested in California from June through December, and, if you're desperate for these little cabbages during the winter and spring months, then head south to Baja, California, where the harvest lasts from January through June.

Frannie's Brussels sprout-heart of palm salad with vinaigrette

- 1 head butter lettuce
- 12-18 Brussels Sprouts, cut into quarters, lengthwise
- 1-2 tablespoons butter
- 1 teaspoon Lawry's garlic salt
- ½ teaspoon pepper
- One 14.5-ounce can or jar of hearts of palm spears, sliced into ½-inch slices
- ¼ cup crumbled blue cheese
- ¼ cup shaved Parmesan cheese
- ¼ cup bacon crumbles
- 4-5 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar



Heat butter in medium frying pan. Add quartered Brussels sprouts and season with Lawry's garlic salt and pepper. Sprinkle bacon or pancetta bits over all. Cook over medium-high heat for approximately 5 minutes. Stir Brussels sprouts to turn and continue to cook over medium heat for an additional 10 minutes or so, until sprouts are beginning to brown. Meanwhile, tear butter lettuce into bite-sized bits and place in salad bowl. Add blue cheese, Parmesan cheese and hearts of palm slices. When Brussels sprouts are cooked, place in salad bowl and toss with olive oil and vinegar. Serve at once.

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

Susie can be reached at suziven@gmail.com

Rising Food Cost and Money Conscious Customers:

A Challenging Situation For the Local Food Industry

... continued from page 13

Shelby's has tried not passed on the increase to customers. "We will have to share somehow in the near future," says Rangel, "maybe 20% of the increase, but not more because we know that our customers are watching their expenses, too."

As the margins are eroding, the restaurant has had to reduce the hours of its employees, trying not to make any lay-offs. Beyond the price increases, Rangel is concerned with the recent dramatic reduction of the amount of business generated. "Recently the number of our lunch customers has fallen by 70% and this week (starting October 5th) has been almost dead." He tries to keep a positive attitude and hope for a quick turn around.

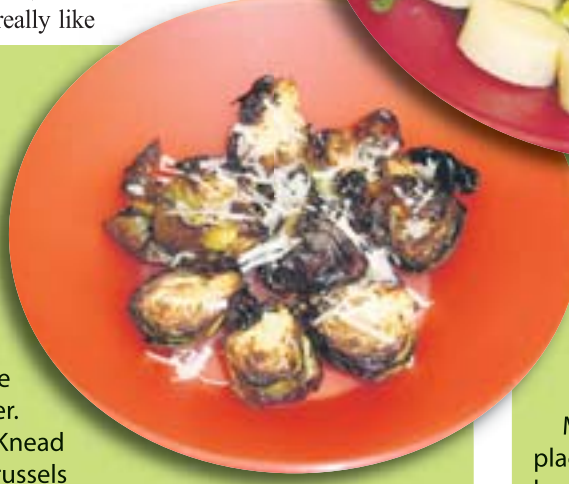
Roos Pal from Terzetto Cuisine in Moraga is applying multiple strategies to cope with the changes. "We have to cut somewhere if we do not want to pass the whole price increase to our customers," says the restaurant owner, and her customers have noticed her now full time presence in the restaurant.

The difficult times have sent Pal on the route to further rationalization. "I'm taking classes in Los Angeles once a month to improve my business practices," says Pal. The tricks of the trade she has learned have allowed her to keep choosing the higher quality ingredients while optimizing her management and keeping the prices in check. She has created new menu items like an early bird dinner for a fixed \$9.95, to continue to attract customers.

Carol's roasted Brussels Sprouts

- 2-3 dozen Brussels sprouts
- 2-3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 teaspoon pepper
- *optional: pancetta, crumbled bacon, grated Parmesan, balsamic vinegar

Wash Brussels sprouts and cut in half length-wise. Place in large Ziploc baggie and sprinkle with salt and pepper. Drizzle olive oil over Brussels sprouts and seal baggie. Knead baggie to coat each with oil and seasoning. Remove Brussels sprouts from baggie and place on a baking sheet that's been prepared with cooking spray. Bake in 400-degree oven for 20 minutes. Allow any loose leaves to roast, too, as they become very crispy and resemble potato chips by the time they're cooked. The kids love these best!



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Public Forum JOIN IT

J is for Junk

Proponents of Moraga Measure J continue to spread the half-truths heard from the paid signature-gatherers who got it on the ballot last Spring, with odd new twists. Ignore the signs-- "J" does not help and is not endorsed by the Acalanes High School District. Neither "J" nor "K" have anything to do with low income housing requirements, which are imposed by state law. And if you are worried about proposed development at the Moraga Center, you should vote against "J," not for it.

In fact, "J" is a Trojan horse: its "gifts" are not what they seem, and may be entirely illusory. Inside "J" lurk enemies that will harm the Town.

Measure J will clog our roads. With only two narrow commuter routes out of Moraga—both of which are sporadically at a standstill during peak hours now—our infrastructure cannot sustain massive development without harm to our property values and lifestyles. The Town has recently approved 200 new houses, which will mean 2000 more daily car trips on Moraga roads, using standard planning assumptions. Around sixty more homes are in process. Through zoning, "J" creates a theoretical potential for 276 additional houses in Bollinger Canyon, and 120 in Indian Valley. ("Summary" on Town website, pp. 2-3) The Town is legally required to approve all that meet regulatory standards: probably around 300, but potentially more. "J" thus imposes 3000-3960 additional daily car trips on Moraga roads, above the 2000-2600 new development already guarantees.

In thinking about traffic, we need to consider proposed development at Moraga Center, some of which is inevitable. As currently zoned, Moraga Center development will add 3720-4600 daily car trips to our roads, based on housing alone. (Draft Moraga Specific Plan, Figure 2-7) One proposal would add a total of 720 dwelling units, for 7200 additional daily car trips. (Id. P. 35) This does not even count all the traffic that will be generated by 140,000 square feet of proposed additional retail/office space, a 75 unit hotel, 150 senior care units, a Town recreation center, and a 10 room bed and breakfast, assuming all are approved. (Id.) Add development in Orinda and Lafayette to that—something we cannot control -- and we could easily have traffic gridlock.

Passing "J" would make all this development more likely, because the additional houses it authorizes provide a rationale for additional retail and office space. It also provides capital to the Bruzzones, who own most of the Moraga Center land and are reportedly behind the high density option.

"J" also represents a significant transfer of political power to developer(s). It prohibits changes in local building standards on "J" property for at least twenty-five years, even by initiative. (Exhibit C to the Initiative—henceforth "C"—at 1.2-3 and 2.3-4.) Lawmaking powers instead shift to the landowner(s), who can simply make a deal with the Town Council if they want changes in the development agreement, even though "J" elevates it to an ordinance. (Initiative—henceforth "I"—at Section 5; C 5.2)

And "J" freezes local developer fees—which help compensate for development costs—at December, 2007 levels for "J" property, for at least twenty-five years—a serious financial blow to our cash-strapped town. (I Sect. 8A; C 2.2, 2.6.)

When all the bad things have crawled out of the Trojan horse, what is left? Supposedly, \$7 million in "gifts" to the Town—but these "gifts" are not what they seem.

Don't vote for "J" if you like the idea of a Town recreation center and athletic fields— unless you would sign a lease for a building that may never exist, without knowing what the rent will be. "J" offers only to rent 2.5 identified acres for a yet-to-be negotiated fee, sometime in the next twenty-five years. (C3.2(a).) The landowner will then spend \$2 million to build athletic fields on its own property, and \$4 million to partially fund a Town recreation center on it. (C3.2(b) and 3.3.) By definition, this so-called "gift" will eventually be recouped in rent. The \$1 million "gift" for roads is unnecessary, because Moraga Code 8.84.030 already requires developers to pay for improvements made necessary by development. And there are so many contingencies tied to these "gifts" that Moraga may never see the money at all.

Perhaps you feel the Bruzzones will make these "gifts" because they are trusted locals—even though the lawyers who drafted "J" have largely protected them from having to do so. But what if the Bruzzones sell some of this land—made enormously more valuable by "J"—in order to fund the development they are contemplating? "J" guarantees their successors the same rights and (non) obligations the Bruzzones enjoy. (C 5.8.) Moragans will then have multiple developers dominating the debates in our Town Council and planning sessions, instead of just one. These new Trojan horses may have no local ties, and lawyers even more aggressive than the ones who wrote "J." Welcome to the Trojan War.

Ironically, "J" deprives town officials of leverage they could use to get a Town recreation center and athletic fields built where Moraga wants them, in a timely fashion, and at no expense to the Town. Here is why: zoning changes and accommodations are needed to allow developer(s) to build beyond current zoning at Moraga Center. Towns routinely extract concessions—such as a new Town recreation center—as the price for such changes. Voting against "J" does not guarantee a Town recreation center, of course—but then, neither does "J."

In contrast, Measure K is straightforward. It eliminates these large developments, and affects only defined ridge areas (no longer including the Country Club or St. Mary's). My guess is that "K" is the best way to minimize expensive litigation over open space. If "K" passes, the potential lawsuits will be consolidated into one that should be relatively cheap and easy to win, because "K" is so similar to the initiative in Hercules that was recently upheld without a trial. (Do you really think the Bruzzones would have funded "J" if they thought they had a viable lawsuit against "K"?) If "K" is defeated, at least four more open space developments will go through the Town process—and every time the Town grants or denies development permits, a lawsuit is possible and perhaps inevitable.

For further detail, citation to the specific section in "J" that create these problems and an abridged version of "J" that focuses on the offending language, go to moso2008.org, or DefeatJandK.com, and look for the "Trojan horse" references. If you read "J" yourself, be sure to start with the last exhibit, where most of the enemy soldiers are hiding.

The ballot is confusing, so remember this: "K" is for Kloser Kquestion. But "J" is for Trojan horse. "J" is for junk.

(Mary Ann Bernard is a Moraga resident and retired lawyer, who for 25 years advised and litigated civil cases for federal, state and local government entities. She is not working with the Town of Moraga on this or any other matter, nor is she affiliated with the MOSO initiative.)

LAMORINDA Seniors

Grapes, Wine, and Friends—A Perfect Mix

... continued from page 1



Left to right: Jon Leuteneker, Reg Whittington, Dick Reuther, and John Reed setting up the press Photo Andy Scheck

For two decades Reising has labored and cared for his vines with more than a little help from his friends. In the early days of the vineyard, friends were part of a co-op where they exchanged their time on Reising's hillside for wine produced from the year's harvest. In recent years, Reising has enticed his friends and their wives to assist in the bottling, corking and labeling process with a morning spiked with Bloody Mary's. "That's the carrot," smiles Reising.

Reising admits that it has gotten more difficult for many of his friends to climb up and down the steep hillside, and the wine-making process has become more arduous for him to manage. He has moved much of his wine-making equipment to the garage of a younger neighbor, fellow winemaker Jon Leuteneker as he gradually and happily retires from a life of winemaking to one confined to wine tasting. Over the years, Reising has acquired a vast knowledge of oenology, but he what he likes best to share with his friends is the experience of tasting it together.

other's company. The group, whose members' now range in age between 65 and 80 years, has met almost every six weeks and tasted countless wines for over 30 years. "We have fun at it," adds Reising. "If the wine is good, it's a bonus."

Twenty years ago, Reising planted 50 vines—one variety, pinot noir—on a south-facing hillside in his backyard. He took classes in oenology at UC Extension and UC Davis and tracked the temperatures in Moraga. "The folks at Davis recommended pinot noir grapes. I like red wine. So that is what I planted," states Reising.

The fact that pinot noir grapes are more difficult to grow and the wine is more difficult to make seemed like just the right challenge for Reising, who could wage this battle on his own land, in his own time, although not completely on his own terms. "Every eighth or ninth batch of wine, I make a real stinker. I really do," admits Reising,

who has won Best of Show for his homegrown wine at tastings in more favorable years.



Paul Reising measuring sugar for the 2008 Chardonnay

The Reising's friends were invited to join the WCTU—the Wine Connoisseurs Tasting Union—an adaptation of the acronym for the Women's Christian Temperance Union, which spearheaded the Prohibition movement. The idea behind the WCTU was to provide Reising and friends the opportunity to try some new wines, eat a casual meal, and enjoy each



Gennie Whittington, Phyliss Reed, Anne Dunn hand crushing Paul's pinot noir grapes Photo Andy Scheck

All events take place at the Lafayette Community Center, 500 St. Mary's Rd. A minimum \$1 donation at the door would be appreciated.

Lafayette Senior Services Events RSVP (925) 284-5050

Anne Randolph Workshop: Opposing Osteoporosis Friday, 10/24 11:30 AM – 12:30 PM, Sequoia room. Learn how to maintain or possibly increase your bone mass. What are the risk factors for developing osteoporosis; what are some treatments? Get tips on how you can take control and keep your bones in the best shape possible. Call :284-5050 to register.

Following the Anne Randolph Workshop: Free Blood Pressure Screening - John Muir Senior Services At 12:30 pm, No appointments are required. Free Memory Screening (by appointment) - Caring Solutions. Call 284-5050 for an appointment at 12:30, 12:50, or 1:10 pm.

Flu, Pneumonia, Tetanus/Diphtheria Shots Wednesday 10/29, 2:00– 3:30pm Live Oak Room. Vaccinations provided by the Contra Costa Communicable Disease Control Staff at our Lafayette Community Center. Cost of a Flu Shot is \$15, Pneumonia shot is \$40 and Tetanus/Diphtheria is \$15. *No one will be turned away for inability to pay. Unfortunately, we are unable to accept Medicare.

The Cemetery Club (a VERY funny play) Performed by the Vagabond Players Friday 11/7 1:30 – 3:00 PM Sweet Ida, feisty Lucille, and griggish Doris have been meeting monthly for tea before visiting their husbands' graves but single fellow Sam the butcher has ideas. The Cemetery Club is a hilarious play by Ivan Menchell.

Exploring Your Sensual Self After the Age of 50 Thurs 11/20 1:30 – 3:00 PM Eileen Zagelow, Geriatric Care Manager, Eldercare Services, will help us explore some of the facts and myths of the aging process and the influence it has on our physical and psychological selves, how our life experiences affect our sensual natures, and how we can overcome societal barriers to gain the confidence to be more expressive sensually.

Positive Living Forum Open Lecture and Discussion Series Thursday, Nov 13 10:30 – noon Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF and Author of "Happy 4 Life: Here's How to Do It." Drop-ins are welcome.

Bi-Monthly Caregiver Support Group By Carol Shenson, Companion Care Mondays 10/20; 11/3, 11/17. Licensed geriatric care manager Carol Shenson, M.A., CMC, offers a bi-monthly support group for family members who are considering or currently involved with the direct care of an older relative. To sign up, call 284-5050. Drop-ins welcome.

Luk Tung Kwen and Yuan Ji Wu Classes. Luk Tung Kwen exercise program and Yuan Ji Wu Dance Exercise program on an every other Friday afternoon basis. Yuanji dance is a mixture of martial art, physical therapy dance and the chi exercise. Luk Tung Kwen – Fridays 1 – 1:50pm. Yuan Ji Wu – Fridays 2pm–2:50pm, 10/17, 10/31, 11/14.

A Postcard From Bob Frick:



Bob with news friends at the the Alamo Village Movie location 35 miles outside Del Rio, TX Photo provided

As Lafayette septuagenarian Bob Frick (he's 71 years old), cycles through Texas on his bike journey across the lower United States to raise \$71,000 for Habitat for Humanity, he provided an update with a few highlights from his blog...

We are enjoying the ride so far, and Barbara has not tried to run me over with the car for being a pain... We have visited 3 Habitat cities, Phoenix, El Paso and Austin and have 7 more to go. These stops have been the real highpoints of my trip (and emotional) as Barbara and I get to see the money and volunteer work in action assisting real people in need of housing.

Day 31—I had my sixth flat tire today. On the brighter side... We also met three brothers from the L.A. and Phoenix area who were visiting Texas...and they donated to Cycle of Hope in cash on the spot!

Day 33 (Half Way)—It was another great day in the Texas Hills Country riding the rolling hills and enjoying the great scenery. But there were a lot of intermittent winds too! I sometimes wish I had eyelids like a camel to keep the dust out when the wind is blowing. Also do not open your mouth to breath in as you may get some surprises...instead you need to use your teeth as a filter.

Bob's final destination is St. Augustine, FL. To check out his progress and read his blog, go to <http://www.habitatcycleofhope.com>

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LAMORINDA Seniors

Still Ranching at 95 Years Old

Submitted by Joan Frazell Marable



Gordon Frazell purchased Moraga land in 1944 Photo provided

Gordon Frazell was born in the family home on Oct. 13, 1913 in the little town of San Felipe in a fertile valley near Hollister. A descendant of a Gold Rush family, he was reared on the family dairy farm and cheese factory which was a principal industry in San Benito County. In 1935 Frazell moved to Oakland with highschool sweetheart Ynez Coulter, where they married and soon

started their family in Alameda. He worked as a steamfitter leader man in the Alameda shipyards during World War II. He is a World War II Honoree on the Home Front and is listed in the new World War II monument in Washington D.C. Frazell combined both ranching and a contracting business until his retirement in 1978 when he turned his full attention to ranching.

In 1944 Frazell bought an 80 acre ranch, which is over 150 years old, in the hills just southeast of Saint Mary's College. He remembers that in 1944 there was very little in the town. At the Moraga Barn ranchers gathered and dusted off after a days work. If ranchers wanted to communicate with each other, they left notes on the bulletin board for the itinerate ferrier or vet, "Need the horse shoer next week," "looking for a good stead," etc. Of course there was the school and the Northern Pacific Railroad Station which housed the U.S. Post Office consisting of 25 family post boxes. There were very few scattered houses.. There was also the walnut huller and the Moraga Ranch Land Company whose red buildings still stand, one of which housed the only fire engine.

When Frazell began ranching off Bollinger Canyon Rd., just south of the peaceful Lake La Salle alongside of St. Mary's College, there were only two other families on the dirt and gravel road which crossed Las Trampas Creek. They had to drive over a small, narrow, wooden bridge which frequently washed out in stormy weather. The road had no name, so Ynez Frazell named it "Valley Hill Drive" as it was the driveway to the three families who lived there: George Greenwood family, John Sanders family and Gordon Frazell family. It was Greenwood and Frazell who first improved and paved Valley Hill Drive. Sanders had the valley planted in oats and wheat while his cattle roamed the hills. Frazell cleared off brush and trees on his place in order to plant oats which grew to the height of the horse's stomach.

Frazell says that in 1952 Moraga began to change dramatically and lose its rural character. The Utah Land Company began building housing developments which flooded the flat lands around the town center. Rheem developed with the first Safeway store in the area at one end of the mall and the theater at the other end. Rheem Blvd. was constructed over the hills to connect St. Mary's Rd. to Moraga Rd. and traffic increased dramatically.

In 1952 Frazell designed and built his family home on his ranch. He continued in the building trades for Lincoln Construction Company which also developed new homes at the Moraga/Orinda border and on the flat lands of Pleasant Hill Rd. and Olympic Blvd. Later, Frazell developed his own construction company until he retired when he put his full attention to ranching his grass fed Black Angus herd. On the ranch he has always been assisted by his two daughters, Susan and Joan, who began working with their father at seven years of age.

In addition to his construction business and ranching, Gordon found time to help build a new home for his parents in Lake County, his sister in Mendocino County and two homes on the ranch for his daughter's families, the Johnson-Sperry home and the Marable home in 2005 when he was 90 years old.

When asked how he does all of this and how he stays so youthful looking at his age, he replies that he is an active "can do" man and that he likes to work and keep busy. This keeping busy includes a creative streak. He often invents and makes many of the parts and machines for use on the ranch. He has been honored by The Farm Journal magazine for some of his inventions.

Frazell will celebrate his 95th birthday with five generations of his family on his ranch, El Rancho Ynez, at the family's favorite old picnic area by his 150 year old barn.

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Young Gordon Frazell walking his ranch Photo provided

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Gaels Keep Winning Steak In Overtime

By Mikaela Cowles



Yousef Samy (8, right) passing on to Kyle Ciliento (9, in the middle)

Photo Tod Fierner

From half to half the game changed wildly, but the Saint Mary's men's soccer team did not let Santa Clara bring their winning streak to a close. Coming off of a 3-1 win over the University of San Francisco on October 10, the Gaels tied 1-1 with Santa Clara moving them to a 3-6-2 overall record and a 2-1-1 record in West Coast Conference play. The Broncos now sit at 2-6-3 overall and 0-2-1 in WCC play.

Santa Clara came out strong in the first half attacking the goal with 7 shots, 4 of which made Saint Mary's keeper Jason Badger have to hustle. Badger has really picked up his play in the latter half of the season, lowering his on goal average to 1.34 and accumulating 34 saves.

Despite Badger's heightened

performance, with 16:20 off the clock in the first half, Jalil Anibab got the best of him. From 35 yards out directly in front of the goal, Anibab's strong left foot booted the ball past Badger with force into the upper left corner of the net for his first goal of the season.

The Gaels continued to prove themselves a second half team. In their last two games Saint Mary's took 17 second half shots, compared to 9 in the first half. Sunday wasn't any different as they took 4 shots in the first half and 7 in the second.

Thirteen minutes into the second half, freshman defender Justin Grider won a header over the Broncos and sent the ball up to fellow freshman forward Malcolm Alugas. Clearing out space with some fancy footwork, Alugas slipped it past the

Santa Clara keeper Kevin Klasila with his left foot from 15 yards out.

The Gaels and Broncos fought hard for the remainder of regulation play, but neither team could gain an advantage on the scoreboard, sending them into an uneventful overtime. Saint Mary's tallied 3 shots in the second overtime to Santa Clara's 1, but the action was still not enough for either team as they tied 1-1.

The Gaels will try to keep their winning streak alive as they play their next game at Gonzaga on Friday, October 17th.

Saint Mary's Grabs An Earlier Win

By Mikaela Cowles

It looked like the Saint Mary's College and Loyola Marymount University men's soccer teams were headed into overtime on Sunday, October 5, until Gael freshman midfielder Emmanuel Sarabina earned his first collegiate goal as he sent a header past keeper Patrick Sampson with 58 seconds left in regulation play. The goal cinched the 2-1 win, giving the Gaels a 2-6-1 record overall and a 1-1-0 record in the West Coast Conference.

Loyola attempted more than 20 shots, 9 of which were on goal, but Saint Mary's keeper Jason Badger held them to only one goal with a strong performance, earning a season high of 8 saves.

It was late in the first half when Saint Mary's Mark Araujo tied the score. Araujo headed Justin Kims' long throw-in into the left corner of the net. It was both Araujo's first goal of the season and Kims' first assist. The goal sent the Gaels into half time with a lot of momentum, which they used coming out in the second half attempting 6 straight shots on goal.

The heated rivalry will continue on October 31st at Loyola Marymount as the two teams meet for their second game of conference play.

Nied and Co. on a Roll: Win WCC Opener

By Kevin D. Shallat



Daniella Spann (19) and Alex Ciliento (3)

Photo Tod Fierner

The Saint Mary's women's soccer team got off to a good start to begin league play, hosting a mid-day match against the University of San Francisco Dons on Sunday, Oct. 12.

The Gaels came into this game with a 7-4-1 overall record, while the Dons carried a record of 5-5-2. This was a pivotal game for the Gaels, as they have two road games next week against their archrival Santa Clara and 20th ranked San Diego.

After a scoreless first period, the Gaels were able to pour it on in the second half and walk away with a 2-0 victory.

Neither team scored in the first half, but the Gaels were able to dominate the time of possession and shots on goal. The conservative

play would pan out for the Gaels in the long run. Instead of going for risky steals, Saint Mary's kept the ball handler in front of them all day long, which forced the Dons to make bad passes throughout the match.

The Gaels effectively shut down USF's Nicole Moore, who had tallied four of the team's nine goals so far this season.

Daniella Spann and Ashley Nied picked right up where they left off last week, having garnered the hot player of the week honors on the SMC website. Both players scored game-winning overtime goals in the week prior to this game. Spann scored the game-winner in double overtime in a 2-1 win at Nevada, and Nied scored the game-winner in a 1-0 win over San Jose

State.

The two players stood out again in this game against USF. Nied scored the go-ahead goal with 14:30 to go in the second half. Nied timed a beautiful lob pass from Spann, and headed the ball over the San Francisco goalkeeper to give the Gaels a 1-0 lead. Once again Nied was in the right place at the right time for the Gaels, as she converted her sixth goal in 13 games.

In her first two years, she tallied only four shots on goal, but now the junior forward is enjoying a breakout year for the Gaels. When asked about her knack for finding the goal, Nied said, "It's a dream come true ... it's been nice to finally help the team out with that."

Spann has been a big part of the early success for the Gaels this season. She was able to record her second assist of the day after she teed up a perfect pass on the ground to give Mercede Koning her first goal of the season. Spann could have attempted the shot herself but instead elected to pass to her teammate, who was able to get open on the fast break.

Koning was having a stellar day for the Gaels even before she slid on the grass to kick the second goal of the game with 11:40 to play. The 2-0 lead with just over 10 minutes to play was more than enough to give the Gaels their fourth shutout of the season.



Erik Rivas,(7)

Photo Tod Fierner

SMC Gaels Home and Local Games	
Thu, Oct 16 7:00 PM Womens Volleyball San Francisco Moraga, CA	Sun, Nov 2 1:00 PM Women's Soccer Pepperdine Saint Mary's Stadium
Sat, Oct 18 1:00 PM Womens Volleyball San Diego Moraga, CA	Thu, Nov 6 7:00 PM Womens Volleyball Portland Moraga, CA
Fri, Oct 24 3:00 PM Women's Soccer Gonzaga Saint Mary's Stadium	Fri, Nov 7 7:05 Women's Basketball Showtime Basketball Moraga, CA
Fri, Oct 24 7:00 PM Womens Volleyball Santa Clara Moraga, CA	Sat, Nov 8 1:00 PM Womens Volleyball Gonzaga Moraga, CA
Sun, Oct 26 1:00 PM Women's Soccer Portland Saint Mary's Stadium	Sun, Nov 9 2:00 PM Men's Soccer San Francisco Saint Mary's Stadium
Fri, Oct 31 All Day Men's Tennis Gael Classic Moraga, CA	Sun, Nov 9 4:00 PM Women's Basketball San Francisco State Moraga, CA
Sat, Nov 1 All Day Men's Tennis Gael Classic Moraga, CA	Fri, Nov 14 2:00 PM Men's Soccer Portland Saint Mary's Stadium
Sun, Nov 2 All Day Men's Tennis Gael Classic Moraga, CA	Sun, Nov 16 1:00 PM Men's Soccer Gonzaga Saint Mary's Stadium

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Sun, Nov 2 All Day Men's Tennis Gael Classic Moraga, CA	Sun, Nov 16 1:00 PM Men's Soccer Gonzaga Saint Mary's Stadium

Super Karate Mom Scores Big Time at Tournament in L.A

Submitted by Thomas Westernoff



Taking first place in the Kata (Forms) Division in the adult age group from the Fiestas International Karate Championships held in Los Angeles, Orinda's Julie Luckenbach returns home with a six-foot trophy bigger than herself. Her hard work and desire to keep competing has paid off. She enjoys doing karate with her children as a great family activity and to keep fit, and is now even more confident in being able to defend herself. Karate classes are something people of all ages can enjoy.

Julie Luckenbach Photo submitted



Goal keeper Tara Larson (1)

Photo Tod Fierner

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Dons Fall to Seemingly Unbeatable Matadors

By Kaity Ferretti



Photo Sheryl Cardiff

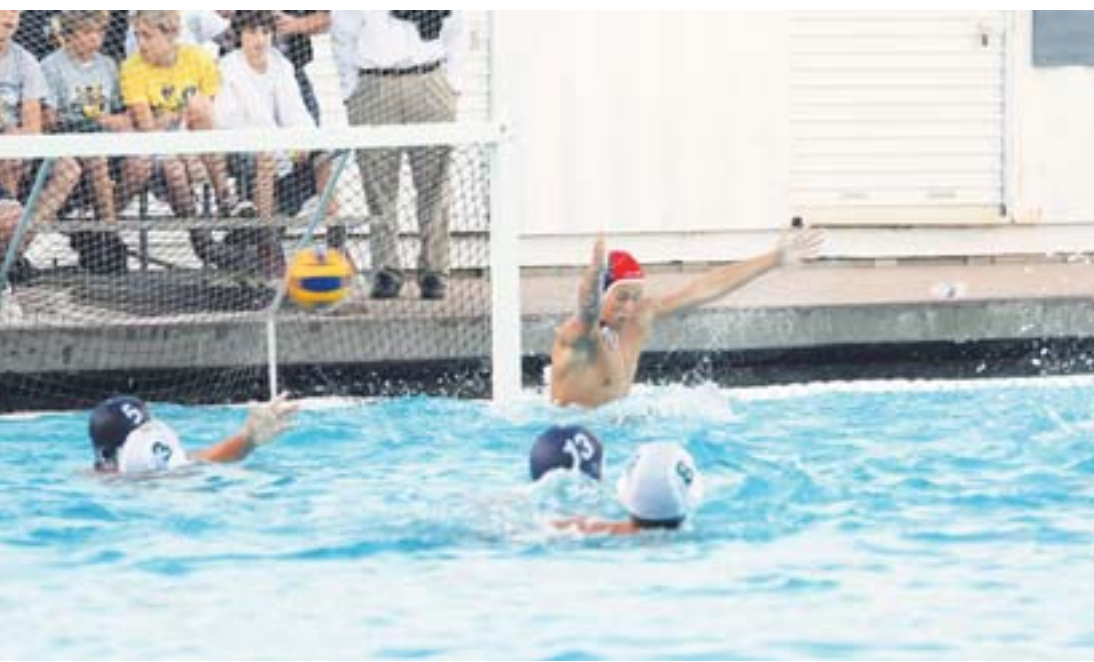


Photo Sheryl Cardiff

The Acalanes men's varsity water polo team suffered a hard loss against long-reigning champions Miramonte on Wednesday, Oct. 8.

The Dons got off to a promising start against the Matadors. As the game began, Acalanes took first possession of the ball but had their first goal shot blocked. Acalanes persevered, and junior captain Nick Hoversten shot and scored against Miramonte with 4:17 left in the first period.

The ball then turned over to Miramonte, but the Dons held strong, preventing the Matadors from taking the lead. After a couple of good blocks things picked up for the Dons, as Acalanes shot and scored while Hoversten drew a foul resulting in a Miramonte ejection. The first period ended with Acalanes in the lead 2-0.

As the Mats dominated the second period began. Within the first two minutes, Miramonte took four shots re-

sulting in two goals for James Perry.

Acalanes then got possession of the ball and tried for a shot twice. Mike Kimble tipped the ball off the left goal post, then Hoversten went high. The Matadors took advantage of the rebound and gained possession, scoring with 3:39 left in the second period.

Hill then made two great blocks, preventing the Matadors from scoring again. Recognizing an open hole in his defense, he came out of the goal to prevent another shot from going in, and later took a hard hit to the stomach during a block. The second period ended with Miramonte in the lead 2-3.

The third period began with Acalanes' Joe Deitrich gaining possession of the ball, then passing to Kimble, who was shortly intercepted. Miramonte scored on a subsequent interception with 5:33 remaining in the third period.

Miramonte came back again to score on the Dons 30 seconds later. Acalanes got in two more attempted shots before the Matadors intercepted the ball and scored once more with 4:21 left in the third period. In the last two and a half minutes, Hill blocked three consecutive Miramonte shots on goal, ending the period with the Matadors leading 7-3.

The game ended in a 4th period shot-fest, with Miramonte scoring 3 times and Acalanes coming back to score 4 more in an energetic catch-up attempt. The Mats prevailed, soundly defeating the Dons 10-7. Perry and Stephen Siri scored three goals apiece for Miramonte.

The Miramonte Matadors are currently 12-0 on the season, and with only a handful of games remaining before NCS competition begins in early November, look to be cruising towards yet another championship season.

Coming Soon: Miramonte vs Campolindo

By Alex Crook



What: Miramonte vs Campolindo Varsity Football
When: Friday, October 17, Time: 7:00pm

Team Info

Campolindo
Coach: Kevin Macy
Record: 4-1
Last game: L, 28-21 vs. Deer Valley

Miramonte
Coach: John Wade
Record: 4-1
Last game: W, 52-14 vs. Stagg

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Campo Defense: The Cougar defense has been known to be very fast and aggressive. Campo has some pretty hard hitters in the secondary and can make a play when needed. Anthony Fadelli is explosive on kick returns and as a safety. As a unit, this defense has the gifted ability for everyone to read the play and know exactly what's going on offensively. This defense can fly all over the place and can follow the ball extremely well. In their first four games, they surrendered an average of just 10.75 points per game.

Miramonte Offense: The Matadors will make your head spin with their quick speed and amazing agility. In their three-game win streak to open the season, the Mats put up an average of 37 points per game. Trevor Boswell has a powerful arm and can execute at just the right time with his talented group of receivers. This Cougar defense is their first test, and just the test they need.

Overall

This rivalry has had its ups and down for both teams. If you flash back to two years ago, Miramonte hadn't lost to Campo in 15 years and stormed into Cougar Stadium looking to make it 16. But as time expired, Scott Scharff hit Luke Crossley in the back of the end zone, and Jimmy Adranly added the PAT to end the 15-year drought for the Cougars. The next year, Campo went into Orinda and literally stomped the Mats 30-7. This year, however, is different. Both teams are desperate, and both teams really want this kind of win to show up on their schedule. With College Park out of DFAL this year, the only team standing in anyone's way is Las Lomas. In rivalry games, anything can happen, and anything will happen.

Women's Water Polo Campolindo vs. Miramonte



Photo Doug Kohen



Photo Doug Kohen

The Campolindo Cougars women's water polo team triumphed over the Miramonte Matadors 8-6 in an exciting match on October 1 that ended in a pair of overtime goals by Campo junior Alex Toohey. Gracie Fowler, Campo's freshman goalkeeper, had eleven saves to help the Cougars take the day

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