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Wednesday, April 1, 2009



Photo Doug Kohen

Classic Americana: Reenactment of 50-year Old Prank

By Linda U. Foley

Nostalgia and great weather brought several hundred alums and current students together on the Chapel lawn at Saint Mary's on March 25. The guest of honor—a phone booth. The buzz? The 50-year commemoration of the phone booth-stuffing which created national exposure. Free-lancing Bay Area photographer Joe Munroe immortalized the 22 contorted but happy Gaels for LIFE Magazine who later included it in its collection of 100 greatest pictures. Munroe and his artist wife Virginia—who still

live in Orinda—enjoyed the festivities as much as some of the men he had caught on film: director of the Integral Program Ted Tsukahara, the original man in the booth; Ray Motta seen in the middle of the pile; and Ronald and Don Diritos whose faces are clearly visible at the bottom of the booth.

Some others enjoying memory exchanges and fun at hand, were '59, '60 and '61 alums: Denis Kelly, Richard Giambastini, Jim Neylan, Larry Coleman, Lou Meyer, Joe Barry, Francisco Lopes, Cole Buxton

and Thomas Uniack. Vice Provost Francis Sweeney and Robert Solari '88 were recalling their experience in the first "co-ed" stuffing—one booth per gender—at the Silver resting of the famous event in 1984.

Senior Amber Oosman, student body alumni president, had no trouble getting volunteers for this novel stunt particularly since most students probably never had prior hands-on dealings with a phone booth. On the other hand, during mid-terms, this was a great way to let off steam and regroup.

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Proper Pricing Key Factor in Quicker Home Sales

By Jennifer Wake

In Lamorinda, the average time a home stays on the market is 46 days – 50 percent higher than what some local realtors are used to seeing, but still a short period of time compared to other Bay Area cities.

But which houses are selling? Kurt Piper, Real Estate Broker/Associate Partner at Village Associates in Orinda, says most of the sales activity he sees is for homes priced between \$700,000 and \$1 million. "It all comes down to price."

"If a property is priced to reflect the current market conditions, these homes can sell within 10 days of coming to the multiple listing service (MLS)," he says. "Homes that are overpriced are receiving one or more price reductions before they go pending."

Some, Piper says, are just not selling. Orinda Prudential California Realty agent John Fazel, who collects data for the

Lamorinda Real Estate Networking Group, says that while 50 percent of Lamorinda homes sell within the first month, homes can stay on the market for 75 days or longer if they're not priced right.

"It's almost a given; for a house to be sold, it has to be staged," Fazel says. "People who are reluctant to set up their house nicely, are setting up to sell at a discount."

Jim Colhoun, a top real estate agent from Prudential California Realty's Lafayette office, sees dozens of price reductions every week. "This is the time of year we typically get the bulk of our listings," he says. "I'm seeing a number of homes that were on the market last year coming back at a reduced price."

Colhoun says confidence in the financial markets and in job security is affecting sales.

... continued on page 12

Morinda and MOFD Meet

The Tri-Agency Funding Discussion Continues

By Andrea A. Firth

The Tri-Agency Funding Discussion Committee, consisting of Council Members from Moraga and Orinda and two Board Members from the Moraga-Orinda Fire District (MOFD), has tentatively concluded their fact-finding mission. After meeting for almost three hours last week and listening and responding to a second lengthy, detailed report from MOFD Chief Pete Nowicki, the Committee members will report back to their respective Councils and Board before further meetings, if any, are planned. The Tri-Agency Committee was formed to evaluate the MOFD's property tax allocation following the

recommendation of Orinda's Revenue Enhancement Task Force (RETF).

At the start of the meeting, Nowicki reflected on the formation of the MOFD. Noting that in 1997 he was part of the Moraga Fire District, Nowicki recalled that something unique happened on the day the MOFD was formed. Resources were immediately redistributed; an ambulance, people, and inventory were moved; and a single District was created. "There is no more they or us. There is no boundary, no lines of demarcation. We are one District and we respond as one," stated Nowicki.

... continued on page 7

Orinda Rotary Celebrates 60 Years



By Andrea A. Firth

Doing good works and having a good time in the process are two of the key elements to the success and longevity of the Orinda Rotary Club.

On March 18th, 2009, sixty years to the day from the date the Club established its charter in 1949, Orinda's Rotarians celebrated...

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Saint Mary's Cuts Faculty, Staff, Programs



By Jennifer Wake

Colleges and universities across the country have been squeezed by the recent economic downturn, and are being forced to make some tough decisions. Saint Mary's College is no exception, with its president, Brother Ronald Gallagher, FSC, recently announcing cuts to faculty, staff, and a few ...

Read on page 5

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Lamorinda Community

Calendar, Notes, News

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, April 13	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, April 2 Thursday, April 16	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, April 7	
Senior Services	3:30pm
Community Center, Alder Room 500 St Mary's Road Thursday, April 23	
City of Lafayette: http://www.ci.lafayette.ca.us Chamber of Commerce: http://www.lafayettechamber.org	



Bentley Grand Theft 3/20/09 Lafayette Police were called to The Bentley School when a teacher discovered a missing wallet and laptop. While the officer was there, another teacher reported a missing laptop. Video surveillance caught a black male entering an open rear classroom door and exiting with an unknown object under his white hoodie sweatshirt. The unknown suspect proceeded to display his climbing prowess by easily scaling a retaining wall before disappearing into a wooded area.

Missing License Plate and No Prescription 3/20/09 Lafayette Police pulled the suspect over on Pleasant Hill Road near Mt. Diablo Boulevard for a missing front license plate. The suspect submitted to a vehicle search and police found three pills in the trunk. It was determined that the suspect was in possession of Methadone without a prescription. The suspect was transported to and booked at the Martinez Detention Facility. The lesson here is to make sure you have front and rear plates when transporting narcotics.

Fist Fight 3/20/09 Lafayette Police were called to the East Bay Regional Park Trail near the water tower off School Street. It was an outside assist call for East Bay Regional Parks Police. Two 18-year-old Acalanes students had engaged in a consensual boxing match that left one of the young men unconscious. Witnesses reported that one boy punched the other in the face two to three times with a closed fist. The punches knocked the boy out and he fell to the ground, hitting his head on the pavement. He went into a seizure and remained unconscious for about 30 seconds. Witnesses called 911 and carried the injured boy to the street to wait for the ambulance. First, we hope the young man will recover completely. Second, we wonder what on Earth they were thinking. Third – please see first and second again.

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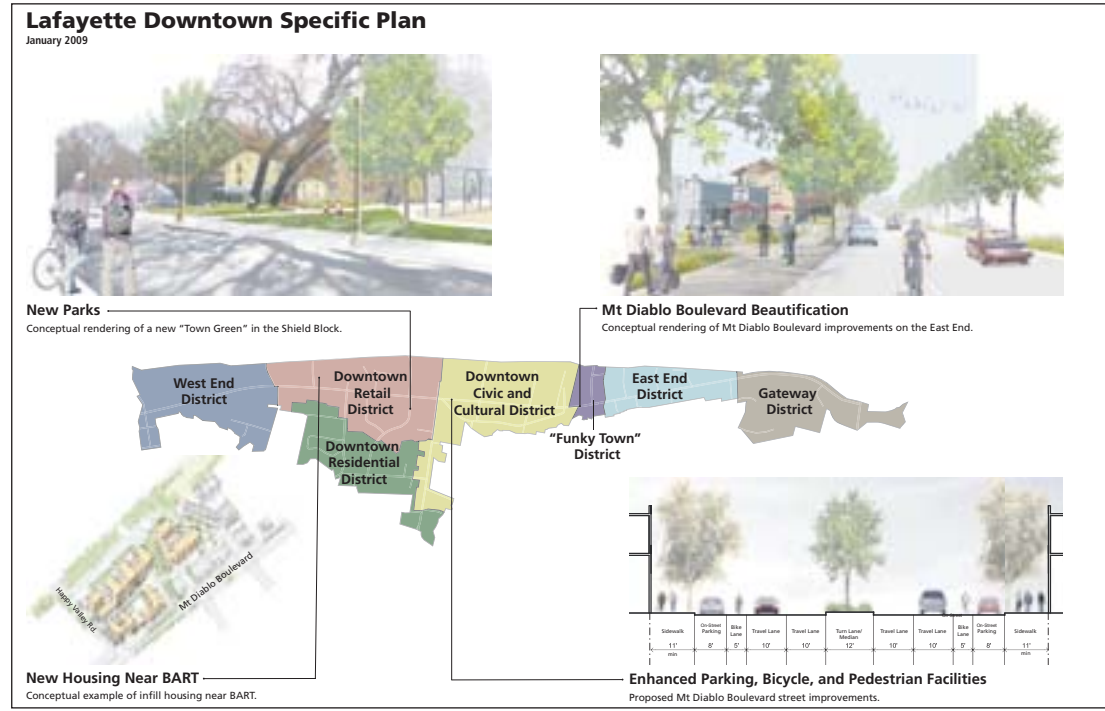
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Public Invited to Downtown Strategy Forum

By Cathy Tyson



Residents wanting to learn more or offer comments on the Downtown Strategy and Specific Plan are invited to a joint meeting of all involved departments and committees for a discussion of the main issues. This will be the first time that the City Council, the Advisory Committee, the Environmental Task Force and the Planning, Design Review, Circulation and Parts, Trails, and Recreation Commissions have gotten to-

gether to offer their recommendations, now that their respective reviews are complete. Arriving at a final draft plan that can be forwarded to the environmental review phase of the process is the goal of this forum. A short presentation by consultant, Wallace Roberts & Todd will kick off the evening. The meeting is scheduled for Monday, April 13 at 5:00 p.m. at the Lafayette Community Center, 500 St. Mary's

Road. For more information, contact Ann Merideth, Community Development Director at amerideth@lovelafayette.org. To learn more, read the executive summary, examine the current draft of the Downtown Strategy and Specific Plan, check out comments from various commissions and committees and more, go to www.lovelafayette.org and scroll down to Downtown Strategy News.

Girl Scouts Making a Difference

By Cathy Tyson



From left: Members of Girl Scout troop 32959 and Eco-Warriors Camille Roth, Jessica Hennies, Anneli Svensen-Dillon, Helen Coleman, Riley Winqvist, Emma Anderson, Sarah Taketa and Shea King Photo provided
Being an eco-warrior is not easy. Lafayette Girl scout troop 32959 has worked for more than a year learning about environmental

change, said Ann Johnston, their troop leader. These fifth grade girls co-hosted, "Global Climate Change: Kids Making a Difference" recently with Sustainable Lafayette as the final "telling others" segment of their task. These empowered young ladies made a point of informing the approximately 150 attendees gathered at Our Savior Lutheran Church of specific environmental actions they are taking. "Everyone here has the power to change the world – so let's begin," said one Girl Scout, kicking off the event. Next up were presenters Doug Grandt and Paul Valva from Al Gore's national organization, The Climate Project.
... continued on page 14

Senior Needs Survey Given the Green Light

By Cathy Tyson

The Lafayette Senior Needs Assessment Task Force is happy to announce that they have received the go-ahead funds from the City Council to cover the cost of a senior needs survey, although there's a small catch. Part of the agreement was that the task force will raise enough funds to contribute at least one-third of the full \$29,750 research cost. According to the Task Force, a well designed and professionally executed survey is critical providing the city with solid reliable data. This data will help the city to establish strategic priorities in preparation for the expected tremendous growth of an older age population and to make the city a viable candidate for future outside grants. "I would be thrilled if we can raise the full amount of \$29,750 to reimburse the City's General Fund," said Ruth McCahan, Chair of the Task Force.

Blvd (off Risa Road) in Lafayette. "We want to hear from seniors - what they need to live happy, safe and interesting lives, what their opinions and hot button issues are," said McCahan. Input gathered from the workshops will assist the consultant, B.W. Research, in designing a phone survey. They will provide the Task Force with at least 400 completed interviews of Lafayette residents that are 55 years and older. Senior Services Coordinator Mei Sun Li, encourages those receiving the survey phone calls to be patient and not hang up on interviewers since direct input from everyone contacted is important to the future well being of all generations and not only to older residents. Why now? McCahan said that they wanted to parallel the Downtown Strategy planning effort. As the city looks to provide a framework for future growth, taking into account the needs of seniors is vital. The "Rapturous Fiddling with Mark Shaw" concert on Friday, June 5 will be one of the fundraisers for the Senior Needs Assessment Project. The afternoon 1:30 – 2:30 p.m. event at the Lafayette Community Center will not only feature "Hot Club" music of the '30's and Irish countryside tunes but also raffle prizes and light refreshments donated by Aegis of Moraga. For more information on the concert or to register for the community workshops call Lafayette Senior Services at 284-5050 or reach them via e-mail at seniors@lovelafayette.org.

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Lamorinda Community Moraga

Calendar	
Town Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo	
Wednesday, April 8	
Wednesday, April 22	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Monday, April 6	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive	
Monday, April 13	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive	
Tuesday, April 21	
Liaison	8:00am
Fire Station 1280 Moraga Way	
Friday, April 10	
Town of Moraga online: http://www.ci.moraga.ca.us	
Chamber of Commerce: http://www.moragachamber.org	



Possession of pot 3/20/09 Three 18-year-olds were contacted in the East Bay Regional Park staging area after closing time. Officers found marijuana in the center console of the car which happened to be registered to the driver's parents. In case of "dry mouth" they had a plastic bottle partially full of Arizona iced tea mixed with alcohol behind the driver's seat - clearly thinking ahead. The alcohol was photographed and disposed of. Driver was cited for possession of marijuana and an open container of alcohol.

Handicap parking 3/19/09 Officers noticed a Buick Le Saber parked in a handicap stall that faces Safeway - it had a disabled placard hanging from the rear-view mirror. Officers stopped the vehicle as it left the parking lot. The driver told officers that the owner of the placard was a family member who had recently passed away and she didn't know that she could not use the placard. Surely the officer was filing this under lame excuse of the day. She was issued a citation and the placard was confiscated.

Possession of marijuana 3/14/09 A suspicious vehicle was reported at the rear delivery area of the Home Goods store in Rheem. A couple was in the car and gave their permission for the vehicle to be searched; the female advised officers that she had marijuana in her pants pocket. She was cited for possession. Great location for a romantic date, maybe the pot made it seem like Paris?

Fight on campus, 3/14/09 Officers contacted a male student at 1:00 a.m. in the Claeys parking lot on a report that he was causing a disturbance and appeared incoherent. The subject said he was in a fight with six other male students, although the alleged opponents (presumed to be intelligent college students) had wisely scattered by the time the cops came. Our erstwhile intoxicated student was unable to identify any of the subjects and didn't want to prosecute. A friend offered to escort him back to his dorm room to sleep it off.

Meet Mike Segrest, Moraga's New Town Manager

By Sophie Braccini

Mike Segrest, Moraga's new Town Manager, has the face and experience of a seasoned sailor. If sailing is a metaphor for life, Segrest has helped captain the helm of several town governments as well as skipping his own boat in the Caribbean. Through both calm and turbulent waters, Segrest brings an impressive list of accomplishments to the Town of Moraga. The challenges in our fair town are a contest for any captain, and how Segrest will maneuver through our own sea of opportunities remains to be seen.

Segrest started his career as a landscape architect and town planner in Austin, Texas. Working in Austin, Segrest gained valuable experience working on open space development projects such as Town Lake, a large body of water surrounded by public parks and recreation facilities. Later, he moved to Boulder Colorado where, as the Town's Parks and Recreation Director, he developed and managed a number of local recreation projects. His success in managing Parks and Recreation ultimately led him to the role of Boulder's Assistant Town Manager. As the Director of Community Services in Lakewood Colorado, Segrest participated in a number of high profile development projects including a new community golf course. Feeling the pull of the sea, he took a two-year sabbatical to sail the Caribbean Islands with his wife, Debbie. He returned to Colorado as the Town Manager of Snowmass Village, a small ski resort that was suffering

from chronic deficits and a community development plan that had been on the drawing board for twenty years. "The challenge at Snowmass was to create a consensus that would work for the town, the developer and the public," recalls Segrest.

A town manager has to work with people and organizations that see things from many different perspectives. "It is more interesting to deal with different opinions," he says, that's how creative solutions emerge." At Snowmass, it took work, negotiations and a referendum to finally approve the mixed-use development that Segrest was hired to bring to fruition. Part of the challenge was getting local residents on board. "With any change comes a certain degree of uncertainty," admits Segrest, "some are afraid to lose their quality of life; the issues of traffic impact, esthetics always come to the forefront." Segrest sees his role as bridging the gap between what the community can embrace and what the developers find interesting. For example, he believes that affordable housing in Moraga is a necessity to conform to our State mandate, but that the quality and the appropriateness of the location are key to properly integrating it into the fabric of the town.

"The economic situation we're in has one positive aspect," says Segrest about Moraga's state of affairs, "a down-turn is a good time to plan and get ready for when the cycle starts again."

... continued on page 6

Moraga Appoints a Revenue Enhancement Committee

By Sophie Braccini

A much anticipated Revenue Enhancement Committee was approved by the Moraga Town Council on March 26. Only three Council Members were present; the two newest members, Karen Mendonca and Howard Harpham, were away in training. The mission of the Committee is to recommend to the Town Council potential strategies for enhancing existing, and creating new, revenues sources for the General Fund and special-purpose needs.

Back in February, the Town Council authorized the formation of a Revenue Enhancement committee, and appointed Mayor Dave Trotter and Council Member Mike Metcalf to serve on that committee. The two men worked on a charter document and the list of people they felt were suitable to sit on the committee.

At the Council meeting, Vice-Mayor Chew asked why other Council Members had not been asked to propose names and why no announcement for recruitment was made to the public. At this time it appears that one seat is still vacant for a member of the Chamber of Commerce and one for the general public.

Trotter and Metcalf wrote the

charter and selected the members according to a series of criteria. "Among other things, we were looking for people with a broad cross-section of prior and current experience, as community volunteers and/or elected officials, with the Town, the MOFD and the Moraga schools," said Mayor Trotter, we were also looking for people with specific skills and expertise in financial and accounting matters, corporate and municipal finance, and public communications. These criteria guided the selection process."

Each town and city has different processes to set up such committees. For example, in Orinda, according to Mayor Sue Severson, the Charter of the Revenue Enhancement Task Force was written by the entire City Council, all Orinda community members were eligible to apply, and a description of the committee was posted publicly, in many ways, for several weeks.

The selected individuals in Moraga are: Trish Bare, who has a long record of community service in Moraga focusing on education and improving local schools; a former attorney, Bare served for many years on the board of directors of the Moraga Education Foundation (MEF).

... continued on page 6

Palos Colorados Precise Development Plan Approved, But...

By Sophie Braccini

The joint meeting between the Planning Commission and the Design Review Board on March 16 made definite progress in getting the Palos Colorados development project where it wants to go, meaning, off the ground of the property located east of Moraga Road and south of Sky Hy Drive. The Precise Development Plan (PDP) was approved by the Planning Commission after a long discussion where all participants made a conscious effort to find common ground. The plan approves plans for semi-custom

homes and design guidelines for the property owners who may want to build totally custom homes. However, on March 25, the Planning Commission's decision was appealed by a Council Member and the Town Council will review the issue at its April 8 meeting.

The main issues that had stopped the Commission and the Design Review Board from adopting the plan during previous sessions were the lack of written commitment from the developer to apply green guidelines to the

project and the size of some semi-custom homes that exceeded 6000 sq ft, not including the garage, that were found excessive for lots that often barely exceed 1/2 acre.

During the March 16 meeting, it was clear that both staff and developer were eager to reach a solution. At a previous Town Council meeting, Moraga Mayor Dave Trotter had clearly formulated his desire to see the matter resolved, so the Planning Commission could concentrate on other issues, such as the Specific Plan.

... continued on page 12

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Lamorinda Community

Calendar, Notes, News

Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, April 7	
<i>Strategic Planning Workshop on Monday, April 6, 2009 at 1:00pm in the Community Room at City Hall, 22 Orinda Way</i>	
<i>Joint Meeting with the Planning Commission on Monday, April 13, 2009 at 6:00 pm in the Orinda Library Auditorium, 26 Orinda Way</i>	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, April 13	
Finance Advisory Committee	
Gallery Room, Orinda Library 26 Orinda Way 6pm Wednesday, April 22	
Mayor's Com. Liaison	8:30am
Community Room at City Hall 22 Orinda Way Monday, April 6	
City of Orinda:	
http://www.ci.orinda.ca.us Chamber of Commerce: http://www.orindachamber.org • local businesses • upcoming events	



Construction site burglary, 3/23/09
A contractor working on an Orchard Road home locked up the place and left for the evening. The next morning he returned to find the garage door ajar and quite a few of his expensive tools missing. Estimated value of loss \$7640.

D.U.I., 3/18/09 A vehicle was pulled over on Camino Sobrante for expired registration tabs at 1:20 in the morning. The officer noticed a strong odor of alcohol. The middle aged driver had a blood alcohol level of .25, more than three times the legal limit. He signed a written promise to appear and was booked.

Drunk in public again, 3/20/09 A 53-year-old woman, not unknown to the police, was banging on the door and causing a disturbance at a home on Moraga Way. When contacted by an officer, she was leaning against a metal pole to keep her balance. The strong smell of vanilla extract, apparently her drink of choice, was noted on her breath and generously spilled on her shirt. She is currently on probation that required refraining from alcohol.

Identity theft, 3/19/09 A Dolores Way resident was surprised when she attempted to pay for items with her Capitol One credit card and it was denied. Apparently bank personnel suspended her account due to a suspicious charge that originated in Israel. The card was cancelled and erroneous charges reversed.



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Orinda Rotary Celebrates 60 Years

By Andrea A. Firth



Orinda Rotary celebrating their 60th anniversary in 2009

Doing good works and having a good time in the process are two of the key elements to the success and longevity of the Orinda Rotary Club.

On March 18th, 2009, sixty years to the day from the date the Club established its charter in 1949, Orinda's Rotarians celebrated the six-decade anniversary with a champagne toast and an enormous red, white, and blue sheet cake. The Club's weekly lunch meeting started with the customary acknowledgement of birthdays and anniversaries among the members, as the Club's Sergeant of Arms, Tony Sloane, roamed the Community Center meeting room to collect the "fines" (a.k.a. contributions) the Rotarians are required to pay for their good fortune. President Marshall Johnson's quick wit and Sloane's quips had both the payers and the audience laughing as the money exchanged hands.

Pete Giers then served as the

Club historian for the day and coordinated a presentation of photos of the Rotarians in action through the years.

First up was Peirce McKee who shared some colorful history of the Club's fourth President, Leighton MacGregor, a contractor turned liquor store chain owner, who was shown dressed as Santa Claus at the Orinda Theater with another Rotarian propped on his lap. Steve Paddock reviewed some of Orinda Rotary's many service projects including the ongoing Rotary Field Days, which was started in 1952 by Frank Isola—a P.E. teacher and later Principal of Orinda Intermediate School, and the Tom Fitch Annual Fishing Outing, which has treated over 1,000 young people from Oakland to a day at the San Pablo Reservoir annually for the past 16 years. And, Ken Woznak described the significant amount of Rotarian man (and woman) power that was used to dig a lake, build a

bridge, and much more at the Wagner Ranch Nature Center.

The Rotary's service projects reached far beyond the California borders through the support of the exchange student and ambassadorial scholar programs. Giers described how the Rotary's support of a local musician enabled the younger singer to realize her dream of becoming an international opera star. And member Jose Avelar expressed his gratitude for the six trips the club has made to Tala, Mexico to support the people of this region. "That's when you really experience what Rotary is about—the community service," stated Avelar.

The Orinda Rotary Club will continue their 60th Anniversary Celebration with a dinner dance and big band gala on Saturday, April 4th at the Orinda Country Club. To attend the event, contact David Pierce (david.pierce@prurealty.com). (See event details in Not to be missed, page 8)

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Orinda in Action—April 18th

By Andrea A. Firth

Keeping Orinda beautiful and making residents proud of their community is the vision for Orinda's upcoming service day—Orinda in Action. "We have so much natural beauty that we appreciate in Orinda," states Mayor Sue Severson, "But there are many other ways that we can clean up and further beautify our City," she adds.

About a month ago, Severson placed a call for volunteers and several community groups, businesses, and individuals have already responded. "It's very exciting. We have received a lot of enthusiasm and support from the community," says Severson.

Orinda in Action will run from 9 a.m. to 1 p.m. on Saturday, April 18th. Volunteers are asked to check-in at Theater Square Plaza between 8:30 a.m. and 9:00 a.m. to be assigned to a beautification project such as roadway litter pick up, flower and tree planting, creek restoration, and trail clean up among others. Volunteers should dress to work and get dirty and bring work gloves and light tools such as rakes. Trash bags and clean up supplies will be provided. Three additional recycling and community service activities have also been planned for the morning of the 18th.

... continued on page 7

Orinda City Council Contests LAFCO Report Recommendation

By Andrea A. Firth

"The citizens of Orinda have spoken on at least two occasions clearly stating that they were dissatisfied with the level of service from ConFire," stated Council Member Steve Glazer at the March 17th meeting of Orinda's City Council. Glazer was responding to the draft Municipal Service Review (MSR) recently issued by the Local Agency Formation Commission (LAFCO), which included a suggestion that the Moraga-Orinda Fire District (MOFD)

should be annexed to ConFire. After refusing an earlier suggestion to merge with ConFire [in 1994] and subsequently voting to form the Moraga-Orinda Fire District (MOFD) [in 1997], Glazer noted that Orinda residents had clearly shown that annexation was not an acceptable solution for the City. Council Member Victoria Smith concurred and added that Orinda's history and position on this issue needed to be communicated to LAFCO.

In response, Orinda City Council voted unanimously to write to LAFCO recommending that the suggestion of annexation to ConFire be rejected. The Council also requested that LAFCO make no final decisions based on the MSR until the Tri-Agency Funding Discussion Committee, consisting of elected officials from Orinda, Moraga, and the MOFD, had completed their fact-finding process.

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Life in LAMORINDA

Saint Mary's Cuts Faculty, Staff, Programs

By Jennifer Wake

Colleges and universities across the country have been squeezed by the recent economic downturn, and are being forced to make some tough decisions. Saint Mary's College is no exception, with its president, Brother Ronald Gallagher, FSC, recently announcing cuts to faculty, staff, and a few campus programs.

In a March 20 letter he wrote to the campus community, Gallagher stated that two departments, Saint Mary's Architectural Services, and the Committee for Lectures, Arts and Music (CLAM) will be closed effective April 1. In addition, the college has halted employer contributions to its defined retirement plans, has frozen its employer contribution for health insurance, and laid off 19 of 61 adjunct faculty to

date with 12 staff members slated to lose their jobs between April 1 and June 30.

"The most difficult and at times painful work of the past few weeks has been identifying the reductions in the faculty and staff salary pools (\$750,000 and \$1.5 million respectively)," Gallagher wrote. "Reducing or ending the employment of valued members of our community literally puts a human face on the economic challenges we confront."

The college also eliminated 13 currently vacant staff positions, and cut hours of 27 other staff members.

"The women in the business office have cut back their hours, but they had a choice of how to do it," said one SMC staff member who will be working two months less

each year following the cuts. "One person I know of is taking Fridays off. Another is only working until 3 p.m. I needed to give up two months somewhere, if not all in summer, then somewhere else."

The cuts were just one of many budget-saving changes Saint Mary's has implemented this year after the college saw a 26.4 percent decrease in its endowment - which dropped from \$151.8 million as of June 30, 2008 to \$111.7 million as of Nov. 30, 2008 - as well as a projected decrease in enrollment for the coming years.

Over the past two months, the college has held open meetings to discuss the budget challenges it faces and it is preparing contingency plans in the event that changes in market conditions veer away from

the college's "baseline planning assumptions."

"We seem to receive almost daily reminders of the dynamism of our economic environment through gyrations in markets, state budget uncertainties or announcements of new levels of financial adjustments by other esteemed institutions of higher education," Gallagher wrote.

In addition to cuts at Saint Mary's, Stanford University recently announced \$100 million in cuts from its general fund budget after its \$17.2 billion endowment shrunk as much as 30 percent since the 2008 fiscal year end. UC Berkeley last week held a town hall meeting to discuss ways to balance its budget, which has a projected deficit approaching \$70 million for the next fiscal year.

Horse Chiropractor Makes Ranch Calls

By Cathy Tyson



Dr. Christopher Tucker works on Trouble at KNV Stables with owner/trainer Leesha Davis

Photo Cathy Tyson

"They're just like people, they get out of whack," said owner/trainer of "Trouble" Leesha Davis. "He just didn't want to move - I could feel his shoulder just wasn't right." Six-year old American Paint horse Trouble was a bit out of whack. Hopefully equine chiropractor Dr. Christopher Tucker can set him straight.

On a recent sunny morning, Tucker, a Lafayette chiropractor who usually works on humans, made a stable-call to get Trouble back in alignment. Because this was his initial visit, he wanted to keep it simple and build some rapport with the horse. Trouble's neck, shoulders/withers, spine and sacrum - posterior to the right - were adjusted during the course of his visit. Armed with carrots, blocks to stand on and no fear of this four-legged fellow, Tucker noted they are fairly similar to humans; although obviously more pressure is needed to tweak a 1,200 pound horse than a human patient.

... continued on page 11

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LAMORINDA Community
Woman of the Year



In front of the entire State Assembly, Lafayette's own Louise Harvey Clark was named "Woman of the Year" for Assembly District 14, because of her lengthy history of service to the community. "She has long been an advocate for peace and justice, children, women and seniors and has proven to be a powerful force in our community," said Assembly Member Skinner in her tribute. Pictured from left, Speaker of the Assembly Karen Bass, Louise Harvey Clark, Assembly Member Nancy Skinner and Assembly Minority Leader Mike Villines

Photo provided

Moraga En Route to Approving its Housing Element and Specific Plan

By Sophie Braccini

The Moraga Center Specific Plan (MCSP) and the Housing Element for Moraga continue to be developed by the Town, in spite of a non-buy-in by the main property owner, the Bruzzone family.

On March 26 a joint meeting of the Planning Commission and the Design Review Board was conducted as part of a series of public sessions that aim at adopting the MCSP (in the area comprised between Moraga Rd, Moraga Way and Camino Ricardo) and at establishing a Housing Element for the Town of Moraga, complying with its State obligation.

The MCSP will determine specific zoning and design guidelines for these areas. Whether the property owner will ever decide to develop the pear orchard along Camino Ricardo, the Ranch area and the Laguna Creek, the R.V. and overflow parking area and renovate the Moraga Center shopping center remains to be seen, since the Bruzzone family continues to display opposition to the plan as it is proposed.

At the March 26 meeting Joan Bruzzone and her son David both addressed the Planning Commission and the Design Review

Board as part of the public comment period, raising different concerns and objections, making it obvious that this plan is not to their liking. "What role do you envision for the property owner in this design process?" asked Mrs. Bruzzone. David Bruzzone raised the issue of the appropriateness of the proposed density of 20 dwelling units per acre.

"We have been working with them (the Bruzzone family) since the fall of 2002 on these questions," said Lori Salamack. It is the duty of the Town to plan, but without a consensus it is hard to imagine when residents will see anything actually happen. The alternative of doing nothing and not spending the money that goes into planning is not an option either: "If there is no plan, then when a developer comes back with a project such as the Orchard Supply store, the town goes in an uproar and there is no rule to fall back on," explains Salamack.

The Bruzzone family did not comment on its plans for the Moraga Center.

In the meantime, the Specific Plan is being fully vetted and options will be decided in the months

to come. The public is invited to check the pictures that are online (www.ci.moraga.ca.us) that show what the proposed land use rules could translate to. At the March 25 meeting, a simulation video presented by the Dahlin Group got many of the Commissioners quite puzzled. "It looks like downtown Emeryville," said Commissioner Allison Daniels, while DRB member Sayles expressed concerns about the preservation of the Laguna Creek and its riparian corridor.

Residents who have questions and desire to express concerns can come to future public meetings. Different aspects will be studied in the coming months with a decision that could be reached by the end of the summer. Dates are tentative at this time; check the Town web site for update. Right now it is planned that traffic and recreation amenities will be discussed at the April 6 meeting, that the Planning Commission will recommend a level of development (number of units that could reach more than 700) at its April 20 meeting, and that the Town Council could approve the MCSP at its May 27 meeting.

Meet Mike Segrest, Moraga's New Town Manager
... continued from page 3



Mike Segrest

Photo Sophie Braccini

He believes that the town has a lot of untapped potential and that the specific plans for both the Moraga and Rheem Centers can put the town on track to a more healthy revenue path. "The key to a development plan is to understand where your market is and the realistic potential of any given situation," believes Segrest. He thinks that the small number of property owners in Moraga is an asset to defining a solid path forward.

Segrest is now in the process of getting to know his diverse constituency and the financial challenges that face the Town. "That's where it all begins, the budget," he says, "it's truly where you set your priorities."

When he arrived at Snowmass, Segrest says, the town had been in the red for three years and he turned the situation around in

one year. "We examined our expenses, the allocation and structure of the finances and the revenue side and we were able to make the necessary adjustments." It's too early for him to make an assessment of Moraga's financial situation and the Town's goal setting meeting, scheduled for the first week of May, should provide a good forum for communicating how he plans to navigate financial priorities.

"I am looking forward to working with the new Revenue Enhancement Committee as well," says Segrest. Over all, Segrest is optimistic about the future of Moraga. "There is a lot of untapped potential in this pretty town," he says, "it could even become a mini destination where people would come for dinner and walk around town, attracted by the charm of the destination." But at this point, the new Town Manager is dedicating his time to more clearly understanding Moraga's unique position and aspirations for the future.

Moraga Appoints a Revenue Enhancement Committee
... continued from page 3

Robert Kennedy is a past Treasurer of the Town and current member of the Audit and Finance Committee. Ravi Mallela is a banker, working in Corporate Finance at Wells Fargo. He is the current chairman of the Moraga Parks and Recreation Commission. Dick Olsen is retired, a former senior executive at Transamerica Insurance and an instrumental member of the mid-1990's ad hoc committee appointed by the Town Council to study the feasibility of forming the Moraga-Orinda Fire District, and then helped lead the successful LAFCO annexation and election campaigns that followed;

financial analysis is one of Olsen's many strengths. Kathy Ranstrom is an attorney and professor of law at John F. Kennedy University; she is a past president of MEF and the chair of recent successful Moraga School District parcel tax campaigns. Frank Sperling was elected to the Moraga Orinda Fire District Board in 2006, he was a Moraga Town Councilmember (1994-1998) and former mayor. Tom Westhoff is an investment banker, founder and president of Westhoff, Cone & Holmstedt, a Walnut Creek investment banking firm specializing in municipal bond financing in the State of California;

he is an active Moraga volunteer and former member of the Moraga Park and Recreation Foundation. Representing the Town Council, Metcalf and Trotter will sit on the committee, as will Tracy Vesely, the current Town Treasurer. One member will be appointed in collaboration with the Moraga Chamber of Commerce. The Town Manager and Finance Director will also be part of the committee.

The meetings of the committee will be subject to the Brown Act and open to the public. Meeting times will be set by the committee and posted on the web site.

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Classic Americana: Reenactment of 50-year Old Prank

...continued from page 1



Joe and Virginia Munroe

Photo Doug Kohen

While finding participants was easy, locating a phone booth was another issue; gone the way of manual typewriters, roll-up car windows, vinyl records and black and white television. However, Lisa Moore '96, Assistant Vice President of Development, came to the rescue by contacting regent Michael Zumbo '82 president of Jaroth Inc., a communications firm, who donated a booth, sent up from L.A.

The booth will have a permanent home with other SMC memorabilia in the Visitors Center when it is completed. Though the booth will not be operable, it will engender memories of other times when breaking Guinness World

Book records—like stuffing phone booths and Volkswagens and swallowing goldfish—were innocuous



Photo Doug Kohen

and wholesome pastimes.

Following a barbecue, the event began to accelerate with eager students intent on breaking the 1959 record. The students were divided into teams, *Habitat for Humanity*—wearing black t-shirts imprinted with the phone booth picture—and the *Sculptures*, wearing thin, white coveralls.

Following an introduction by president, Brother Ron Gallagher, the challenge began. Though short on technique, the adrenaline was not. Overcome by the excitement of it all, people crowded around the booth with vocal support and a helpful push here and there. Most others could only guess what might be happening in the human vortex and simply enjoyed a whiff of another time—more innocent and perhaps simpler—where phone calls were made in a booth or on a rotary phone. In the end, no records were broken or set but the smiles and linkage through time were enough.

Morinda and MOFD Meet

... continued from page 1

Nowicki's report to the committee covered the Fire District's past capital expenditures, operational comparisons between Moraga and Orinda, and the MOFD's long-range financial forecast. At the time of the merger, The Orinda Fire District was in less than optimal condition according to Nowicki. Capital expenditures spent renovating infrastructure since the District was formed has been heavily weighted to Orinda with almost \$2,975,000 spent on equipment and facilities in Orinda over the past 11 years as compared to \$264,500 allocated to Moraga. [Similar upgrades occurring in both Orinda and Moraga, such as a new fire station in each jurisdiction, were zeroed out.] "Currently our apparatus status is stellar. We are going to be good [with respect to apparatus] for a long time," stated Nowicki.

Several analyses of the distribution of the MOFD's operational costs across Moraga and Orinda were provided to the Committee to address the RETF's question regarding the appropriateness of the property tax allocation between the two municipalities. Nowicki presented a variety of measures including parcels served, daily responders, red flag staffing, unfunded liabilities, number of fire stations, and weed abatement needs that supported the MOFD's contention that the current property tax allocation is correct. How best to measure adequate fire and emergency medical service was debated. Nowicki focused on response time, which he characterized as optimal at four to six minutes or

less, noting that the driving distance in an urban area from the station to the call should be within 1.5 miles.

When the discussion moved to the MOFD's long-range financial forecast, Nowicki stated, "You are never going to find a District as transparent as the MOFD." He projected that MOFD's revenues over the next year would be impacted by a delay in homebuilding in the Wilder development and that the primary spending concerns were the need for seismic retrofits and ADA upgrades at two stations. Nowicki also stated the District needed a fully operational training facility that was not included in the budget projections.

Orinda Council Member Steve Glazer highlighted the facts that there have been significant changes to the financial landscape since the RETF had prepared their initial report and that additional data regarding the MOFD's financial picture were now available. He asked Nowicki how the RETF's original proposal to cap the District's property tax revenues at 4.5% would impact service. "Obviously we would not be able to sustain the tempo and quality of our service with a 4.5% cap," responded Nowicki.

Glazer also pointed out some of the moving parts in the financial forecast which included declining property tax revenues and the negative impact of a projected 30% decrease in investment return for 2008 on the MOFD's significant pension obligations. The unfunded liability costs of post employment benefits such as healthcare were also dis-

cussed. Although these benefits do not have to be funded fully every year, MOFD Director Fred Weil identified the challenge of addressing the post retirement health care costs. "We can delay expenses, but we can not replace them," stated Weil.

Public comments during the meeting by Clyde Vaughn, Steve Cohn, and Martin Resch expressed dissatisfaction with District's personnel costs, the proportionality of the MOFD costs between Moraga and Orinda, and the construct of the Excel spreadsheet supporting the forecast.

Chief Nowicki also presented the Committee with a summary of the MOFD's response to the Local Agency Formation Commission (LAFCO) Municipal Service Review (MSR)—an eighteen-page, single-spaced response in which the MOFD identified a number of inaccuracies and problematic methodologies. Nowicki identified three overarching problems in the MSR: the use of per capita costs versus response time to determine cost effectiveness; the classification of the MOFD as an urban district versus a suburban and rural district; and the characterization of the District as inefficient based upon inappropriate comparisons to other dissimilar Districts. Nowicki also found the MSR's proposal for the Orinda to potentially leave the MOFD very problematic. MOFD Director John Wyro agreed. "That recommendation came out of the blue without any supporting evidence to validate the recommendation," stated Wyro.

Orinda in Action—April 18th

... continued from page 4

The Orinda Chamber of Commerce will be collecting electronic waste recycling and used batteries; they will be based in the BART parking lot. Goodwill will collect reusable clothing and household goods and the Contra Costa Food Bank will accept donations of non-perishable

food items; both of these activities will be based in the parking lot of 25 Orinda Way.

And if you can't make it on the 18th, there is still a way to participate. "Residents have always had the ability to donate to the City through the Orinda Community Improvement Fund," ex-

plains Severson. Monies from this fund helped to pay for Orinda's police dog, Shepp. Contributions to the Improvement Fund can be applied to offset costs of the clean up day such as plants. Donation forms are available at the City website (www.cityoforinda.org).

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Just send your letter to letters@lamorindaweekly.com and let us know you'd like to be considered for the Public Forum.

Letters to the Editor

Share your thoughts with our community! Opinions in Letters to the Editor are the express views of the writers and not necessarily those of the Lamorinda Weekly.

All published letters will include the writer's name and town (please give us your phone number for verification purposes only), and should be 350 words or less. Letters may be edited for length or legal considerations.

email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

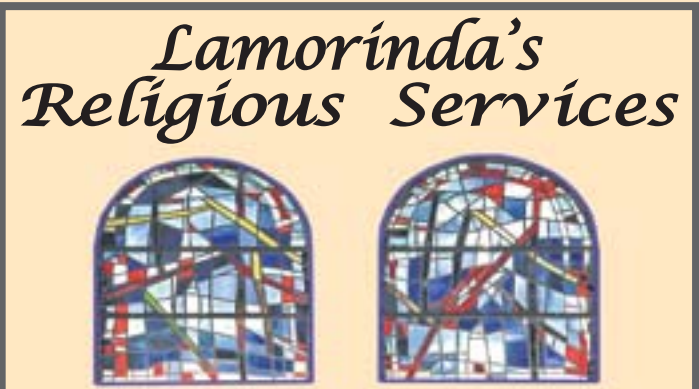
Dear Editor

Dear Editor,



Thirty-one years after the release of Willy Wonka and the Chocolate Factory the magic continues to live on through people like Zeina and Nabil Hissen, owners of Powell's Candy Shoppe in Lafayette. On March 14th, they made dreams come to life for the children of the Lafayette's Special Parents for Special Kids group. Recently Kathi, the mother of a sweet 6 year-old boy receiving special education services through the Lafayette School District, and a self-proclaimed big fan of the movie, contacted Powell's to see about a visit. This mom was joyfully surprised at the Hissen's response. Shortly after her call, her son received a coveted golden ticket in the mail, inviting him and several special friends for a before-hours private tour of the candy wonderland. The friends arrived full of wonder and excitement as a local Oompa Loompa guided them throughout the shop and even into the back, where the magic happens. The children received a gift certificate to share among themselves and they happily shopped for Powell treats. And, to top off the day, the friends got to meet Mike TeeVee from the original Willy Wonka and the Chocolate Factory movie! These special kids enjoyed a day they won't soon forget, thanks to Zeina and Nabil Hissen. It was magical for all. To learn more about the Lafayette Special Parents for Special Kids group, please visit www.ufp.com/lafspeed.
J. Smith for Lafayette Special Parents for Special Kids

For Willow Spring Church, Easter Sunday will be a celebration of Jesus' miraculous resurrection, as well as the provision of their new building that will house Lamorinda's only church service expressly for youth. In January of 2008, Willow Spring Church decided that their current facilities were no longer sufficient to provide for their current ministries, or for the future growth that God had for them. As the church prayed for an answer from God, a "dedication service brochure" from January 25, 1970 began to shape their prayers: they discovered that the original purpose and call upon the founders of Valley Church of Moraga was to "worship and serve God in this community." Knowing that God would have to provide a miracle in order for the church to remain in Moraga, they decided to "walk by faith and not by sight." Through many subsequent miracles and trials (including a rejection letter from a bank that now hangs in the foyer of the new building), God rewarded the church's trust and gave them their new facility at 1675 School Street. This acquisition will allow the church to continue their excellence in serving the community that God loves. Over the past year alone, they have served food to the homeless of Berkeley and San Francisco, entertained the elderly at Aegis of Moraga, cleaned up the Hacienda De Las Flores, donated gifts to the orphans of Haiti, served in Mexico with Rancho De Sus Ninos, and had over 200 people help wrap presents for the Bay Area Rescue Mission. It is because of these and many other efforts, that Willow Spring was honored to be voted the "Best Place to Worship in Moraga" in 2008 by the U.S. Small Business Association.
Zachary Diestler
Willow Springs Church, Moraga



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www.willowspringchurch.org
(925) 376-3550
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Contemporary @ 10:30am

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REVERB (youth) @ 7pm
Friday Night BLAST! Kids Club @ 6pm
Saturday Night Catalyst (Young Adults) @ 7:30pm

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Holy Shepherd Lutheran Church, Orinda, 254-3422

8:15 a.m. Traditions Worship Service
9:15 a.m. Coffee Fellowship
9:40 a.m. Education for all ages
10:45 a.m. Celebrations Worship Service
Childcare available for ages 5 and younger

HOLY WEEK SERVICES

Palm Sunday, April 5, Regular Worship Schedule
Maundy Thursday, April 9, Worship Service 7:00 p.m.
Good Friday, April 10, Services 12 noon and 7:00 p.m.
(Childcare for ages 5 and younger at 7:00 p.m.)
Easter Sunday, April 12, Services 8:15, 9:30 and 10:45 a.m.
(Childcare for ages 5 and younger from 8:00 a.m. - 12:00 noon)
Easter Breakfast 8:30—11:00 a.m.

Lafayette-Orinda Presbyterian Church (LOPC)

Adult singles are invited to Easter service on April 12 at 6:00 pm in the chapel followed by dinner in the Davies room at Lafayette-Orinda Presbyterian Church, 49 Knox Dr., Lafayette. A donation of \$6.00 is requested. Please RSVP to gerald@LOPC.org

Lamorinda Earth Day

By Sophie Braccini
"A Celebration of Local Solutions"
- April 19 from 11 to 4, Stanley Middle School 3455 School street, Lafayette.

The 4th Lamorinda Earth Day aims at inspiring residents to put their passion for a better planet to work locally. Everything this year will be local: eat local, shop local, move local, act local, power local. "The idea of trying to eat locally grown food and shopping locally has really caught on recently, but the idea also applies to transportation and power and many other areas as well," says Steve Richard, one of the founders of Sustainable Lafayette and member of the City of Lafayette's Environmental Task Force. "this year's festival is designed to inspire, share and collaborate on ideas for 'going local,' in many different ways, to create more sustainable and earth-friendly communities."

The Lafayette Environmental Task Force and Sustainable Lafayette have invited groups from our three cities to join in to offer a fun and instructive destination for a day for all residents. This year, the three Chambers of Commerce are participating along with other groups and businesses from Moraga and Orinda.

The Eat Local section is spearheaded by a sub-group of Sustainable Lafayette. "Our objective is to find sources of food in our closest proximity," says Linda Riebel of Sustainable Lafayette, "whether it's growing your own supply, buying from local farmers or a CSA (community supported agriculture), or from retail stores that make an effort to support

local agriculture." In this section of the fair, visitors will be able to sample local foods offered by about ten restaurants, growers, and other organizations that will host booths, including Nature's Bounty, Nibblers, Farm Fresh to You, Eat Outside the Box, Contra Costa Farmers' Market, and the Brentwood Agricultural Land Trust. Attendees will even be able to buy plants to start their own garden from local sources such as Mt Diablo Nursery or the Moraga Community Garden that will sell some 100 of the heirloom organic tomatoes plants that the group started from seed this winter.

Greg Wikler of Global Energy Partner and a member of Sustainable Lafayette coordinated the power local section. The purpose of that section is to help the community learn about the latest techniques for saving energy and also for producing renewable energy. "We wanted to present innovative solutions for the home and office," says Wikler, whose company manages energy efficiency programs around the country.

Among other booths, guests will be able to visit with a solar consultant answering questions on trends and policies, an architect presenting sustainable space planning, a vendor that will showcase green-based heating implementation systems: high efficient product for furnaces and air conditioners. Additionally, Springhill elementary will present a science project on energy efficiency that was developed by the young students.

The Move Local Zone is all about transportation and alternatives to driving around town. "One of the



Deva Rajan and the Moraga Community Garden will sell heirloom tomato plants in the "eat local" section of the fair Photo Sophie Braccini

highlights will be a bicycle rodeo for kids where they can learn safety and tips for biking around town," says Bart Carr, another of Sustainable Lafayette's founders. Also included will be smart cars, scooters, commuter bikes, and a plug-in hybrid vehicle (PHEV). 511.org will be on hand to promote ridesharing and their public transportation online trip-planning guide.

"The Act Local section of the Earth Day Festival will host a booth from Sustainable Lafayette, where t-shirts and metal water bottles will be sold," says Janet Thomas, member of the Lafayette Environmental Task Force and a Chemistry and Environmental Science teacher, recently retired from Acalanes High School. There will also be booths from Sustainable Moraga and the Contra Costa Solid Waste Authority, where composting will be highlighted. There will be stands from the Lafayette Environmental Task Force, Voice of the Soil, which will explain soil testing and amendment. Students from Acalanes, Campolindo and Stanley Middle School will also participate.

"Earth Day is an opportunity to show people that 'being green' is not only about buying green products, but also about choosing to live a lifestyle closer to one's own community for the benefit of the whole," says Grant Stubblefield of the Moraga Chamber of Commerce. Local merchants displaying their green products are expected to participate in that section as well.

Organizers expect hundreds of people to participate, share ideas, and learn new ways to live sustainably. "We are excited to have our community focus on Earth Day and we look

forward to neighboring communities sharing great ideas for making our cities healthy and sustainable," says Steve Richard.

Family Fun on Earth Day
(see www.sustainablelafayette.org for schedule):

- Bicycle safety rodeo. Children grade K to 6th are invited to bring their bike and helmet for free practice riding through a mini version of a city street. Bike and helmet safety checks.
- Collaborative Art Piece. Another unique feature of the festival will be a collaborative art piece entitled "Our wishes for the world" where everyone can share their wishes and actions for creating a more sustainable World.
- Live Music: Calaveras - Original acoustic roots music from this well-known local band; Laura Zucker - Local award-winning singer/songwriter in the style of James Taylor, Bonnie Raitt, and Melissa Etheridge; Michael Black - Electro-melodic Americana
- Green Movie Shorts - Several short movies will be shown on a continuous loop. The Story of Stuff, the history of food, etc. in room 401
- Alliance for Climate Change Education ~ Presentation Slide show covering climate change issues and what kids can do about it.
- Speakers:
 - Kathryn Lyddan for the Brentwood Land Trust.
 - Dr. Ellis Jones who has won numerous awards for his work on social responsibility and global citizenship. Dr. Jones is a professor at UC Davis and the author of the Better World Handbook and Better World Shopping Guide.

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Life in LAMORINDA

The Best Foods to Eat

By Dr. Theresa Tsingis, D.C., M.S.

The food advertising industry has secrets that have been well kept from the public, and we thought it was time for revelations. Unhealth advocates have crusaded fanatically to unearth some of the richest, most sublime foods to indulge in while enjoying the fact that they are helping certain sectors of the economy - and your mortality. With shows like the Food Network's "Diners, Drive-Ins and Dives, how can one resist the dishes like those described below?

Best Burgers Category:

The Luther Burger - Named after beloved vocalist Luther Vandross, he loved this concoction to death - a bacon cheeseburger served on, instead of a bun - a Krispy Kreme donut. This is a wonderful way to have dessert served with your entrée. The timing is opportune also, as it may be "the last supper".

"El Diablo" Burger - Named in honor of Lucifer himself by religious Venezuelan food cart merchants, this multi-layered burger creation consists of, get ready - onions, cabbage, fried potatoes, avocado, tomato, meat patty, sausage, chicken, eggs, bacon, & Roquefort cheese. No pandering here to capitalist regimes' health dictates! (Also no worries about which came first - the chicken or the egg!) The bright side is - perhaps Chavez will be overtaken by one of these someday. (That's what my Venezuelan relatives probably hope - although this is unconfirmed, since for their safety we are not allowed to discuss politics openly.)

Best Healthy Supermarket Foods Category:

Pepperidge Farm Roasted Chicken Pot Pie - Labeled as if for two people but sized for one, this creamy flaky comfort food is primarily a comfort to the weight loss and fitness industry, since its consumption (1,020 calories, 64 gms of fat, and 86 gms of carbs), ensures the survival of those businesses.

Quaker 100% Natural Granola, Oats, Honey & Raisins - Also known as "Quaker 100% bull---", it is vital to appreciate that well educated food psychologists spent money obtaining degrees in wording this very product. "Naturally," granola conjures up images of free spirits in flowery clothing worshipping the earth. Strangely enough, pantry moths, which lay eggs only in nutritious foods, avoid even the box this product is packaged in, and instead go for whole oat berries and raisins . . .

Pop Tarts Whole Grain Brown Sugar & Cinnamon - We lost count after the first 25 "natural ingredients," and marvel at how "wholly" full of energy-packed sugars and trans fats there are to enjoy here. After your child consumes these, turn on

your computer, sit them at the Pop Tarts kid-friendly website for games, and then watch your energetic children crash your computer.

Best Baked Foods Category:

Donuts - Yet another lethal hazard of police work, donuts are loaded with about ¼ cup of some amazing stuff, much more powerful than a tazer or semiautomatic. To dispense with the hassle of eating the fluffy outer parts, simply spoon ¼ cup of lard into your mouth, savor it slowly while it melts and coats your teeth, click your heels together and repeat the words, "There's no place like (the funeral) home, there's no place like (the funeral) home..."

Best Beverages Category:

Red Bull - Ole!! This should be the mandatory refreshment for all airline pilots. If Captain Sully had imbibed this heavenly beverage before take-off, he may have been able to suspend his plane above the Hudson River, not land in it. Coincidentally, the investigation of the Miracle on the Hudson revealed the geese that became part of the plane's engine had been sighted before the flight, running around in landfill, licking Red Bull cans. Thinking they were flying to Nirvana, the feathered friends took a wrong turn. Banned in France, perhaps even shunned in Spain, Red Bull has helped a few individuals meet their maker sooner than expected. Happy Flying! Make your (last) day a Red Bull day.

Jamba Juice Chocolate Moo'd Power Smoothie - These folks would like to apologize for the typo which occurred when naming their firm - it was originally slated to be "Mamba Juice." An entry-level public relations employee partook of this particular smoothie, with its 30 oz of African cobra-like velvety smoothness, and was seduced by the extremely toxic venom aimed at his head. When his faux pas (and body) was discovered, the marketers went forward with the naturalistic, health food-ish tropical theme, hoping it would go unnoticed by John Q. Public.

Starbucks Java Chip Frappuccino - Where would a critique of beverage suppliers be without a review of a coffee that allows one to drink the equivalent of a cheeseburger? 650 luscious calories, and all sucked down in a few minutes. Extra whip, pleez!

Best Fast Foods Category:

McD's Chicken Select Premium Breast Strips - These are the most elite and expensive MacDonald's dollars one could spend. Pair them with the next item and you have a well-rounded 1,710 calories. Note - as a bonus, the well-rounded derriere shows up soon thereafter.

French (or Freedom) Fries - These crisp, salty treats are digested and then become an exciting new plastic product called acrylamide,

which then turns into ammonia and carbon monoxide when broken down in the stomach. It's downright inspiring to know the uses for acrylamide - in waste water treatment plants, and permanent press fabrics. Thus, fries can be hailed as the "new generation of preservative." Had the Pharaohs only known about these gems, they could have ordered a "supersized meal to go".

Best Carnival Foods:

Snow Cone - There's nothing like a carnival to bring out the best in culinary delights. Like many a parent forced to choose which decadent snack to allow my offspring to eat, I've opted in the past for this ubiquitous, rainbow-colored chunk of ice. Infused into said ice are 100 calories of sugar syrup per ounce. Each snow cone is 12 ounces - uh - 1,200 calories of sugar.

Funnel Cake - As Marie Antoinette proclaimed before she lost her head - "Let them eat f. cake!"

Deep Fried Snickers Bar - Forget the deep fried Twinkie, this is the ultimate! Since carnivals happen only a few times yearly, go for the king size. At 700 calories and 44 grams of fat, it will then take a 35 year old woman 1 ½ hours to jog it off, or 3 ½ hours to walk it off - her choice.

There you have it - a veritable April Fool's feast. Hopefully, as The Who once sang, "We Don't Get Fooled Again!"



Dr. Theresa Tsingis, D.C., M.S. has a private nutrition practice at 89 Davis Rd., #180, Orinda. Tel. (925)254-1080, Email: drtsingis@comcast.net

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1031 Replacement Property Solutions

Horse Chiropractor Makes Ranch Calls

... continued from page 5

Paint horses are bred for power and speed, which can cause back issues, said Davis. After working for 25 years with horses, she should know. The stallion was purchased as a rodeo barrel racing horse and has the potential to be a real winner - easy to see with his muscular frame, although she doesn't want to put him in a show with his current health issues.

Considering the difference between a first and second place finish in barrel racing can be 1/1,000 of a second, a chiropractor visit is enough to make a difference. Davis feels it's an investment that could be worth a \$20,000 first place finish versus \$2,000 for second. Because of their obvious bond, she also wants Trouble around for a long and healthy life.

No stranger to health issues herself, Leesha Davis was on the diving team at Sierra College when she broke her neck on the diving board last year and was paralyzed from the neck down. "She's lucky to be alive, with an injury to her C-3 vertebra, if it was a C-1 or C-2 she wouldn't be here," opined Tucker. She attributes her amazing recovery to "stubborn cowgirl syndrome." She hit the board while rotating

backward - basically a head on collision.

At one point Dr Tucker asked the trainer/owner Davis for help with the adjusting the withers, as he needed her for stabilization of the surrounding bones. "You only want to move the one that's stuck," said Tucker. "The vertebrae that's stuck, almost always have associated pressure points that are very tender to the touch in the surrounding region."

Since Tucker's visit, Trouble seems more easy going, laid back, according to Davis. The bucking behavior she had seen for the last five months has stopped. Although Trouble has no official comment, Davis thinks he's happier.

After being in practice for eleven years, Tucker decided he wanted to branch out to work on horses. To that end he took an additional six months of training at a specialized animal chiropractic school in Wellsville, Kansas, which included the study and adjusting of cats, dogs and horses.

When not making ranch calls, Dr. Tucker can be found at Lamorinda Chiropractic 978 Second Street, Lafayette or at equinechiro@gmail.com.

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Lamorinda Home Sales continued

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3207 Glenside Drive, \$765,000, 3 Bdrms, 1935 SqFt, 1952 YrBl, 3-9-09	
3368 Moraga Boulevard, \$875,000, 2 Bdrms, 1605 SqFt, 1953 YrBl, 3-10-09	
1968 Reliez Valley Road, \$675,000, 4 Bdrms, 2227 SqFt, 1975 YrBl, 2-27-09	
24 Sanford Lane, \$2,925,000, 5 Bdrms, 5169 SqFt, 2007 YrBl, 3-3-09	
3527 S. Silver Springs Rd, \$1,250,000, 4 Bdrms, 2306 SqFt, 1957 YrBl, 3-3-09	
1047 Sunrise Ridge Drive, \$918,000, 4 Bdrms, 3060 SqFt, 1998 YrBl, 3-4-09	
3417 Woodview Drive, \$1,550,000, 10 Bdrms, 6198 SqFt, 2004 YrBl, 3-6-09	
MORAGA	
61 Ascot Place, \$570,000, 2 Bdrms, 1455 SqFt, 1973 YrBl, 3-3-09	
728 Moraga Road, \$600,000, 3 Bdrms, 1493 SqFt, 1960 YrBl, 2-27-09	
255 Paseo Bernal, \$695,000, 3 Bdrms, 2018 SqFt, 1980 YrBl, 3-6-09	
ORINDA	
110 Crane Terrace, \$1,406,000, 3 Bdrms, 2087 SqFt, 1973 YrBl, 3-10-09	
34 La Cuesta Road, \$1,021,000, 5 Bdrms, 2604 SqFt, 1962 YrBl, 2-27-09	
101 Upton Road, \$735,000, 3-9-09	

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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Proper Pricing Key Factor in Quicker Home Sales

... continued from page 1

Piper agrees, adding that it's more difficult for buyers of higher priced homes to get a loan. "These buyers need to be rock solid borrowers with substantial cash reserves."

While President Barack Obama's recent housing stability plan brought the conforming loan limit back up to \$729,750, RPM Mortgage loan agent Gordon Steele says that leaves buyers of homes priced at over \$858,000 (with a 15 percent down payment) out of the cheaper rates and forced into the jumbo market. There are currently 230 homes for sale in Lamorinda (165 of those are detached single family homes); 159 are priced at over \$860,000.

"Right now, there's not much of a market for jumbo loans," he says. "Credit score requirements have increased nationwide, with jumbo loans having tighter restrictions."

While conforming loans might require FICO (credit) scores of 620, jumbo loans require a minimum of 700 to 720 (a high score, considering FICO ranges between 300 and 850). And there are fewer lenders in the jumbo market today than a year ago. But Steele believes that's not the real issue.

"Bigger down payments and higher cash reserves are the biggest factor," he says. "While conforming loans require two months of mortgage payments in reserves, jumbo loans typically require more."

And with interest rates on jumbo loans at least one percent higher – and already priced more steeply – payments are much more. According to Steele, jumbo loans are averaging 6.5 percent versus 5.25 percent for higher balance conforming loans and 4.75 percent for standard conforming.

"In the past, we were able to do jumbo loans with 10 or 5 percent down," Steele says. "Now, it's not happening."

Piper believes this higher down payment requirement is adding to the list of reasons not to buy. "Some people are unwilling to liquidate a portion of their stock portfolio at a significant loss, while at the same time knowing they will have less equity from the sale of their home to use as a down payment."

But it's not all doom and gloom.

While prices in other markets have seen declines of more

Palos Colorados Precise Development Plan Approved, But...

...continued from page 3

Lori Salamack, Moraga Planning Director, relayed that request when the Commissioners expressed their desire to add more time for the developer and themselves to consider different options. From that point on, the Commission made a conscious effort to reach a solution that night.


As far as a green building commitment was concerned, the Commission was satisfied with the offer of the developer's statement to make his best effort to reach 90 points on the Green Building Point System Table.







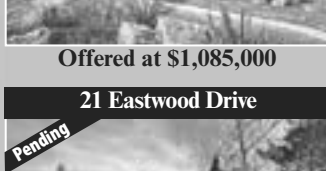

The other controversial aspect of the size of the homes was solved with the adoption of a chart proposed by Planning Commission Chair Bruce Whitley to restrict the size of the homes according to the size of the lot. Previously, there was no such ratio applicable for houses located on lot larger than 20,000 sq ft (1/2 acre). Whitley's chart in fact prohibits any custom home to reach 5000 sq ft on the lots as they have been approved for this development.

The developer accepted Whitley's chart, restricting the size of custom homes. The PDP also includes many different plans of semi-custom homes, which new owners could build without the need to go through Design Review Board. Among them were two plans of more than 5000 sq ft (not including the garage) and one of more than 6000 sq ft. That later was rejected by the two town advisory bodies, while the 2 plans above 5000 sq ft were approved.

At the end of the meeting, Lori Salamack reminded the audience that there was a 10 day period during which the decision could be appealed to the Town Council. Council Member Ken Chew promptly appealed the decision, saying, "Some new information surfaced and it appears that the PDP presents some inconsistency with the Town Guidelines." The Council will hear the appeal on April 8 during its regular meeting.

Kurt Piper's 2009 Lamorinda Listings and Sales



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Distressed Properties Offer Good Investment Opportunities

But Beware of the Pitfalls and Challenges

By Val Cook-Watkins

We all love a good sale – walking into Nordstrom's and seeing that perfect black dress or handsome Armani suit marked half off. Who can resist such a great bargain? Well, that's exactly what's happening with some parts of the real estate market these days. Specifically, banked-owned properties and "short sales" – those homes selling for less than their mortgage – offer tremendous opportunities for bargain hunters.

Distressed home sales have soared in Contra Costa County. More than half of all properties for sale in east Contra Costa are bank-owned, and the number is rising rapidly in the Lamorinda area – perhaps around 15 percent today and climbing. There are still values to be had with properties selling for up to 50 percent discount over previous prices.

But buying distressed properties has more than its share of challenges and pitfalls. There is a lot of competition for that marked-down three-bedroom, two-bath rancher in Lafayette. And working with banks requires a tremendous amount of time, patience, fortitude and expertise. If you're thinking of venturing into this arena, here are some tips to help you succeed:

- Work with a professional. Perhaps more than any other type of real estate, distressed property investments require the expertise of a professional Realtor with experience in these transactions. They know what to look for and what to avoid; all the financial, legal and disclosure issues; and how to prepare an offer in such a way that the bank will even consider it.
- Submit a solid offer package. Your offer package should be thorough, professional and well-documented. Loss mitigation specialists will look for all of the required documents in a short sale package so they can move forward with a proper financial analysis of the proposal.

• Make a significant downpayment or all-cash offer. Remember, there is generally lots of competition for the best property bargains. If you intend to come out on top, you need to make the most attractive offer possible. A large downpayment is critical and an all-cash offer is the best of all. If you are financing the property you should have the loan approval already from your lender. In some cases, the bank that is selling the property may still require you to go through them.

• Inspections are critically important. If you're buying a distressed home, it's important to have good inspections. More often than not, these properties have significant neglect or even outright damage. The previous owners probably didn't have the money to do the ongoing maintenance, let alone any updating of the property. Many owners losing their property are angry and some will take toilets, appliances, copper piping – literally anything up to and including the kitchen sink. In one Lafayette home, the previous owners even spray painted the house on their way out the door!

Buying a distressed property can prove to be a great investment. Prices are so low right now that you could buy a home and rent it until real estate prices rebound, enjoying a positive cash flow in the meantime. But as I discussed, this is a complicated area that is fraught with challenges. The first step is having a Realtor on your side.

Val Cook-Watkins, Manager of Coldwell Banker Residential Brokerage's Orinda offices, provides the above tips. A 30-year real estate veteran, Watkins oversees a talented team of 78 real estate professionals in the East Bay. Her offices are located at 5 Moraga Way and 2 Theatre Square, Suite 211, in Orinda. She can be reached at 925-253-4600 or by e-mail at vcookwatkins@cbnorcal.com.



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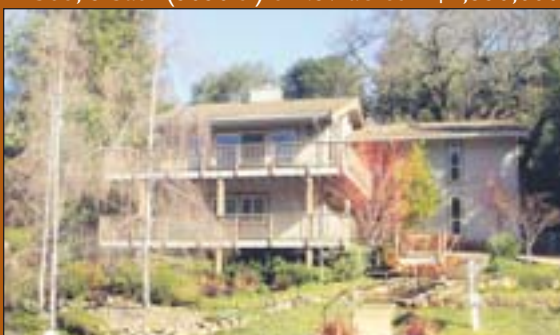
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business briefs

Artisan Bistro Opens on Brown, 962-0882 - www.ArtisanLafayette.com

Artisan Bistro opened in the space formerly occupied by Gigi on March 10th at 1005 Brown Ave under the new ownership of John Marquez. Marquez has had a very successful career as a chef at Fringale in San Francisco, as a chef de cuisine at Coi in San Francisco, and he has worked with Thomas Keller at Per Se in New York and at the French Laundry in Yountville. "I chose Lafayette because the residents are restaurant savvy," says Marquez, "and because it's close to my Walnut Creek home." Marquez changed the décor and completely redid the kitchen. His cuisine's style is definitely Californian, using French techniques to magnify the organic local ingredients he uses. "We chose a distinct sustainable approach to our offering, including the wine," says the Chef. The dishes include herbed rack of lamb with carrot puree and balsamic potatoes, duck breast and leg confit with fennel and orange, and salmon tartar. At lunch a great variety of salads and sandwiches are served.

Lafayette Bookstore and Knox Partner to Provide Tasteful Reading

Linda Grana and Dave Simpson, owner of the Lafayette Bookstore, have been doing book presentations to book clubs for years, up to 50 times a year. The new idea is to open the presentation to the public and to partner with the business across the street, Knox restaurant, to offer an even more enjoyable experience. "Our book talks are always casual and interactive," says Simpson, "so bring a friend and get together with other book lovers for an afternoon of literary conversation at Book Talks at Knox." He and Grana will be presenting about 20 books they've just read, some of which are not out in the public yet. The idea of partnering with Knox is an offshoot of the Try Lafayette First campaign. "It is a good way to cross promote each other," says Gary Singh, Knox's owner, "we will sample some of our foods so people will get to know us better and at the same time they will hear about great books they can get across the street." "Yes, there is no more efficient public relations than cross-publicizing," confirms Simpson who had been looking for a way to open the book club talks to the public for a while. He confirms that he and Grana will continue to present to book clubs, while offering the public sessions at Knox about once a month. After the first run on March 26, the second talk is scheduled for April 30th, at the same time of 3 to 4:30 p.m. at Knox, 576 Mt. Diablo Blvd, Lafayette. For more information call the bookstore at 925-284-1233 or email at mail@lafayettebookstore.com.

Wolf Camera (Now Ritz) to Close Half of its Stores

The almost 100 year old private company was bought by Ritz Camera in 2001 when it filed for bankruptcy. Now Ritz, one of the largest retail camera and photo chains in the United States with approximately 1,200 locations, filed for Chapter 11 bankruptcy protection in February of 2009, resulting in the closure of half of the group's stores nationwide. Ritz Headquarters declined to give any details or comments at this time. The Moraga store closed late in March 2009, the Lafayette store is still in operation.

Owners of the Rheem Theater Expand to Orinda

Jim Sheehan and Tom Peterson, the two partners currently running the Rheem Theater in Moraga, confirmed that they have reached a verbal agreement with the landlord of the Orinda Theater to take over the landmark. "It will take a few more weeks before it's all signed, but it looks like no one is throwing a monkey wrench at the deal right now," says Sheehan. The two partners believe that owning the two theaters will allow for more diversity and better synergy between the establishments. "Overall we will have seven different displays to offer Lamorinda residents a multiplicity of choices," believes Sheehan. Further details will be divulged in the summer.

Lafayette's Top Realtor, Dana Green of J. Rockcliff Realtors' Lafayette Office, Earns Top 1% Honors and Achieves GRI Designation, 3799 Mount Diablo Boulevard, Suite 100 - 339.1918



Green has also recently earned the highly regarded Graduate Realtor Institute (GRI) designation having successfully completed an intensive, comprehensive course of training providing her with an additional array of skills and expert services with which to serve her clients. A native of Lafayette and a second-generation Realtor, Green augments her real estate career by donating time, energy and leadership skills to a variety of local organizations such as the Lafayette Juniors where she is a past president as well as the founder of that organization's popular Kitchen Tour event. Green has been recognized for her volunteer work with Lafayette School, and also donates a portion of each transaction to Lafayette Art & Sciences Foundation.

Lafayette Tree & Landscape completes Contra Costa Green Business Program

Lafayette Tree & Landscape has won official recognition from the Bay Area Green Business Program for its longstanding environmental practices. "We've always focused on doing the right thing environmentally when it comes to running our business," said Thomas Raeth, the owner of Lafayette Tree & Landscape, "we have solar power, make an effort to conserve water, with smart controller technology, and electricity, recycle and take many other steps to tread lightly on the environment." Raeth explains that the practices carry to the landscape projects, so their customers benefit from the company's green expertise in every project they take on. "Sometimes the green choices we make are something simple, but we also have the depth of experience to install some high-tech irrigation systems that can really save water and money over time. The key to going green is looking at projects from top to bottom and making choices that are environmental and cost effective." The Bay Area Green Business Program verifies that businesses meet higher standards of environmental performance. Their partnership of government agencies and utilities helps local businesses comply with all environmental regulations and take actions to conserve resources, prevent pollution, and minimize waste.

News from the three Chambers of Commerce

Tri-Chamber Mixer on Tuesday, April 7, 5:30 to 7 p.m.: Tri-Chamber Mixer with Lafayette, Moraga & Orinda Chambers, Douglah Designs 3577 Mt. Diablo Blvd.

The tradition of a Lamorinda Chamber Mixer is gradually settling in. This time the meeting will be hosted by Douglah Designs a full service design firm and tailored remodel consultant, at their Mt Diablo Blvd. showroom. This is a great opportunity to meet and mingle with Chamber neighbors.

Lafayette Chamber

- Shop Lafayette working group meeting on Tuesday April 14 at 8 a.m. in the Chamber Conference room.
- Green committee meeting on Wednesday April 15 from 11:45, Lafayette Chamber and bring your own lunch.
- New member reception on Thursday April 16, hosted by Bank of the West, 3583 Mt. Diablo Blvd. 5:30 to 7 p.m.
- Business Issues Committee, Friday April 24 at 8 a.m. Chamber conference room.

Moraga Chamber of Commerce

- The Community Faire will be held on May 9 from 11 to 4 p.m. in the Rheem Shopping Center. For a registration form go to www.moragachamber.com/events.
- Chamber mixer on Tuesday April 28 at 6 p.m. After talking about "Constant Contact" and How to optimize your web site, the next meeting will focus on networking.

Orinda Chamber of Commerce

Orinda Chamber Luncheon, Friday, April 24, Noon to 1:30 at the Orinda Country Club, 315 Camino Sobrante. Luncheon Presentation: Guest Speaker Lee Ann Kleinfelder, owner of Keeping Order, is an expert in implementing personalized time-saving strategies for corporate executive and business leaders. She is a member of the National Association of Professional Organizers and a certified "Eyes of a Stranger" assessment consultant. Cost \$30.00 - Please RSVP 925-254-3909.

CCCSWA Turns Commercial Food Scraps Into Electricity

By Sophie Braccini

Believe it or not, commercial food waste is the second largest stream of waste in our suburbs, after green waste. According to Paul Morsen, Executive Director of the Central Contra Costa Solid Waste Authority (CCCSWA) it represents 19.7% of what ends up in the landfill. These are produced by restaurants, supermarkets (whether they offer catering or not), schools, retirement homes and more, and right now these commercial sites have no recycling obligation.

"We had been looking for a way to reduce this important stream at a reasonable cost," said Morsen, "in San Francisco this is done by the NorCal Waste Authority but at a cost that would be too high for our region." Then, during one of his professional meetings, the Director talked with one of his associates at the East Bay Municipal Utility District (EBMUD) and found out that the agency was running a digester that transformed the sludge from polluted water into electricity (capturing methane) and creating soil covering material, and that this unit was running under capacity.

Now if CCCSWA could transfer its commercial food waste to EBMUD, it would turn it into electricity and fertilizer as well. To that end, two things needed to happen: First, convincing the producers of the waste to sort it themselves, and then to find a place and material to grind the waste small enough for EBMUD to process.

CCCSWA decided to run a pilot of some 30 locations along highway 680, including one Lafayette location: the Duck Club restaurant at the Lafayette Park Hotel. "We thought our restaurants could sort at the source," says Morsen, "now we have more people ready to go than we can accommodate."

Everything in the kitchen of the Duck Club at service time has to be fast and efficient. If sorting trash between compostable and non-compostable items could be made here it had to be very practical and not add any extra tasks to the cooks. "I was aware of the recycling in the restaurant in San Francisco," says Lafayette Park Hotel General Manager Tony Eichers, "and as I was looking for a solution for us; I heard of CCCSWA pilot, it was a perfect opportunity."

The practical solution was found in the installation of tall green trash bins that sit by each workstation. "Our staff was very easy to train," says Chef Chuck Courtney, "first of all they all knew about recycling and were eager to contribute; we found the right ergonomics and the program has been running flawlessly." "The new bins improved my productivity," says young cook Joseph Zarati, "the height is better, it is very easy to just slide the scraps in." Another bin is located by the station where dirty dishes are returned, but there are rarely scraps to be had there.

The cost for CCCSWA is right too. "The charge for us is reduced," says Morsen, "so it is really a win-win solution." The tipping fee for waste is \$52.50 a ton while EBMUD charges \$32.50 a ton to dispose of the food waste. To that cost needs to be added the grinding and transportation,

but Morsen does not anticipate an increase in rates.

The pilot will progressively be extended to all of the commercial clients of CCCSWA over the next year. "Commercial food waste recycling is a priority for Orinda and the entire CCCSWA," says Orinda Council Member Victoria Smith who sits on the Board of the agency, "we very pleased with the initial results (the pilot) and the growing interest in the program. I understand from the CCCSWA staff liaison, Bart Carr, that there is a waiting list of volunteer restaurants that want to participate.

The benefit to the environment is enormous; not only do we remove large quantities of food waste from the landfill, but we turn it into energy to power the EBMUD plant. In 2010, the pilot program should be expanded into the Highway 24 corridor into Lamorinda."

The biggest commercial food waste producer in CCCSWA territory is Saint Mary's College. Matt Carral, the Sodexo Director on campus, has expressed a great interest in participating; now CCCSWA has to figure out a route that will include the pastoral location.



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Huge Support, Tough Choices for Many Lamorinda Musicians

By Jean Follmer



Liz Brummel directs the Lafayette Elementary and Springhill Elementary 5th Grade Bands at the recent 26th Annual Lafayette School District Band Festival
Photo Jean Follmer

When school districts are faced with budget crunches, music programs (and the arts in general) are often quickly cited as “expendable.” Not so in Lamorinda.

Lamorinda districts and their partner organizations continue to recognize the arts as an integral part of overall community growth. Along with parents, school districts and the greater communities, the Educational Foundation of Orinda, the Lafayette Arts and Science

Foundation, and the Moraga Education Foundation continue to demonstrate their strong belief in the value of music in our communities.

At the 26th Annual Lafayette School District Band Festival last week, Stanley Middle School Band Director Bob Athayde said, “LASF is the most positive, and to my knowledge, the most effective of any organization helping with public school music.”

The audience in the packed

gymnasium erupted in applause.

Yet even with the strong community support for music in Lamorinda, there can be challenges. While many students have the opportunity to join the band, the orchestra or the choir in elementary school, when Lafayette and Moraga students enter sixth grade, they’re only allowed one elective and they have to make a choice.

Lafayette mother Patricia Kuan, whose fifth grade twins will head to Stanley Middle School next year is torn with the decision. “My kids are very creative and they really want to try an elective called FACETS,” she said. While her son plays the violin and her daughter plays the flute, Kuan and her husband decided to let the kids take sixth grade off from music and return to it in seventh grade when they can choose two electives.

Kuan said it’s still hard to give up music, even for a year.

By contrast, Orinda Intermediate School sixth graders have two elective choices. OIS Band Director Greg Mazmanian is grateful. “We’re pretty fortunate in Orinda,” he said.

Joaquin Moraga Band Director Adam Noel has felt the effects of the single elective choice in sixth grade. He encourages kids to stick with music if they can. Noel said the rate at which society is moving often makes music a more difficult commitment.

“I find it increasingly difficult as everything is speeding up and there are more choices,” he said. “You can’t do music quickly. Music takes time. You have to be willing to spend the small amount of free time you have on music.”

Mazmanian agrees that music becomes an increasingly bigger commitment as the years go on. “As (students) get older, they notice they have to practice every day,” he said. “There is a discipline involved so, of course, there’s going to be some fallout. If you want to attain excellence, it requires discipline.”

And music is challenging. Mazmanian likened performing on stage to publicly taking a math test. Generally tests are taken privately so there is great pressure to perform well when “tested” on stage. Mazmanian continued by saying, “It’s (music) not just for the brain but for the soul as well. Music is very emotional.”

For those weighing what to choose, Noel said, “As parents we really need to remember that we’re the ones with the cognitive ability to have foresight. We need to make sure that our kids are making the decisions that will result in them (growing) into the kind of adults they want to be. They should enjoy their childhood but not ignore that larger part of life that is adulthood. Music is a long-term investment that will pay off in the end.”

I’ve never met anyone that says, ‘I’m really glad I can’t play an instrument now,’” finished Noel.

Healthcare, “Green” Jobs Most Popular at Miramonte Career Night

By Jean Follmer



Mechanical Engineer Lyn Gomes addresses the students while Environmental Engineer Rebecca Overacre, Civil Engineer Al Saadeh and Moderator Frank Darling look on
Photo Jean Follmer

More than 300 students attended the Orinda Rotary Club’s annual Miramonte Career Night at Miramonte High School last week to listen to panelists from 10 industries including Architecture & Design, Business & Entrepreneur, Technology & Computers, Engineering, Law, Media/Communications, Performing Arts and Science, Government & Politics, and Medical/Health Care.

The Government & Politics panel included Orinda Mayor Sue Severson, Orinda City Clerk Michele Olsen, and Orinda Police Detective Nate McCormack. The Medical/Health Care panel included a chiropractor, a veterinarian and nursing professor.

Two of the most popular ca-

reers for students were “green” jobs and those involving healthcare.

Environmental engineer Rebecca Overacre sat on the engineering panel along with a civil and a mechanical engineer. She said she chose her career because “I’m good at math and science and I wanted to protect the environment.”

Overacre went the “environmental science route” in her undergraduate studies. Once she got into the field, she realized the environmental engineers were actually doing what she wanted to do, so she returned to school and received her graduate degree in Environmental Engineering and now works entirely on municipal water and sewer.

The attendance in the Medical/Health Care session was so high

that attendees recommended a larger room for that industry next year.

Business & Entrepreneur moderator & Rotarian Henry Gannet was envious, and joked, “(Our Panel) hasn’t been doing well lately because I’m a realtor and (Jeannie Rhodes) is a financial planner.”

Located in 10 separate classrooms, each panel member made a 5-minute presentation and then opened up for questions.

In the Business & Entrepreneur session, students asked the panelists what their inspiration is for getting up in the morning and if any of them went to graduate school. One student pointedly asked “What do you dislike most about your job?”

The Business & Entrepreneur panelists said regardless of the economic situation, you need to be a good listener. “It’s my job to listen well enough to do a plan for (my clients),” Rhodes said.

“You need to be a good listener – not to what you want to hear but to what they’re trying to say,” Joe Shamash added.

Many of the students got extra credit for attending Career Night.

“Teachers who teach classes in fields that are represented generally give extra credit,” said Miramonte College and Career Coordinator Eloise Schneider. “We try to make a connection between what (panelists) do and what we teach.”

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Education Foundation of Orinda’s Celebration of the Arts

Submitted by Stephanie Catron



The Education Foundation of Orinda (EFO) will hold its 6th Annual Celebration of the Arts at 6:30 p.m. on April 14 at the Orinda Intermediate School. More than 500 Orinda students participated in this large-scale public exposition of student art, films, instrumental music, choral music, public speaking and other talents last year.

Sponsored by Mechanics Bank with primary funding from EFO, the works of art from Orinda students of all school ages – including digital photography, paintings, sculptures, woodworking and even student films – will be prominently displayed. The event will also feature five performances of the fourth and fifth grade bands, middle school chorus and high school symphonic band, as well as demonstrations of oratory and theatrical talents from the highly acclaimed Miramonte High School public speaking and drama programs.

Moraga Teacher Heads to the Wild

Millie Tang, a fourth grade teacher at Moraga’s Los Perales Elementary School, will join the Earthwatch Institute’s “Mammals of Nova Scotia” expedition research team in Nova Scotia, Canada led by research associates from Oxford University on April 12-25. Tang, together with other scientists and volunteers, will assist the researchers on collecting data on conservation efforts looking into how the changing climatic conditions and human activities are

putting pressure on the ecosystem, landscape and wildlife through a variety of field-controlled experiments and studies.

As part of her educator fellowship, which is sponsored by Wells Fargo Bank, Tang will use satellite and internet technology to connect “Live from the Field” to her classroom. Her students will further participate by following and responding on her daily blog. Tang says she is looking forward to sharing her adventure with her

fourth graders: “This is an exciting opportunity for me to bring first hand experience on climate change and environmental awareness studies back into my classroom.”

In addition to the fellowship, Wells Fargo Bank will provide a \$200 grant to implement a community conservation project to further engage Los Perales students in their classroom and in their community.

L Borrowman

Girl Scouts Making a Difference

... continued from page 2

They have partnered with Girl Scouts of Northern California – the end result being a kid-friendly presentation on global climate change that was well received by the audience.

A chorus line of charming Scouts talking about what individually they are doing followed, for example: turning off the computer or TV when not in use, taking shorter showers, dressing warmly instead of turning up the heat, changing light bulbs to energy efficient compact fluorescents. One first grader from Lafayette Elementary said, “I walk to school because cars are bad for the environment.”

Fifth grader Samantha Taketa

spoke about the problem of plastic bags - less than 3% end up being recycled, they aren’t biodegradable and they strangle sea animals. She had a huge ball of 1,000 bags as a visual aid to demonstrate how many the average American family uses in a year. She humbly suggests that families choose re-usable tote bags instead.

In addition, the Scouts worked hard on a variety of educational displays, “By kids, for kids” illustrating a number of simple concrete actions that can make a difference. Other displays from Cool the Earth, Alliance for Climate Education, ECO lunchboxes, Kids vs. Global Warming could be found

along the perimeter of the large room.

“After all their hard work and planning, the girls are very proud of how well things came together. They were very excited to see and hear for themselves how many great people in our community really care about the environment and are already working to bring positive change! The girls also reported that they ‘had a blast.’ They are going to keep ‘telling others’ and will be at the Lamorinda Earth Day Festival on April 19 at Stanley Middle School with their energy, colorful displays, giant plastic bag ball and Action Coupon Books,” said Troop Leader Johnston.

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Acalanes High School Academic Decathletes Take Gold

Academic Challenges/Real World Skills

By Lucy Amaral



Pictured are decathletes Helen Wang, Carson Ley, Harrison Kim, Ted Netland, Sarah Jacobi, Adithi Rajapuram, Sam Haesse, Sheridan Moehle and David Marquis
Photo provided

After months of research, self-testing, analysis, practice runs and even power-point Jeopardy, the Acalanes High School Academic Decathletes took home the gold at the 2009 California State Academic Decathlon, held March 13-16 in Sacramento. Coached by Acalanes faculty members Joe Schottland and Karen Findlay, the nine decathletes took the Division III first place team award, third place in the event's Super Quiz and pulled in 15 individual achievement awards.

"What makes this competition unique is that, unlike others where you focus just on your best subject, here you need to be well-rounded in all subjects, as well as give speeches and do an interview," said Schottland. "(This competition) stresses not just rote learning. There are interpersonal skills, interview and speech skills that are im-

portant in the real world."

According to California Academic Decathlon (CAD) rules, each team is comprised of three students with a grade point average (GPA) of 3.75 to 4.00, three with a GPA of 3.00 to 3.74 and three with a GPA of 2.99 and below.

While Acalanes High School is known for its academic prowess, "The Decathlon gives smart students who haven't shone academically a platform to shine," said Schottland. "Karen and I look through the PSAT scores, grades and talk to a lot of teachers. We look for those students who are incredibly intelligent," but whose talents might not be reflected on a report card, to round out the team.

This competition is not for the faint of heart, however. According to the CAD web site, the decathletes take 30 minute multi-

ple-choice tests in Economics, Art, Music, Language and Literature, Mathematics, Science, and Social Science. As well, each competitor gives a pre-written 4 minute speech, a 2 minute impromptu speech, sits through a 7 minute interview, and has 50 minutes to write an essay.

To prepare, the team met twice a week to review, test and prepare. According to Findlay, a great deal of work was done outside the official meetings. "The students do a lot of independent work outside the classroom, then come in and teach (their teammates)," she said. "You learn more when you are interactive, so we give students certain sections to study and they turn around and teach the other students."

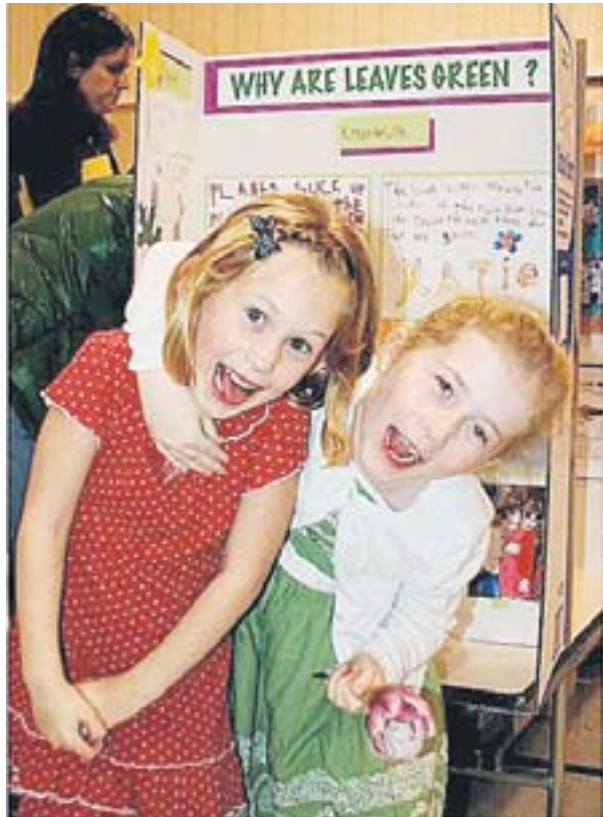
Findlay is quick to point out the decathlon team did not work in a vacuum. "The Acalanes teachers have been incredibly helpful. Language teachers, English teachers, anyone who is asked, even a retired teacher, have come in to give their time and work with our students."

With the vast amount of information needed to compete in these decathlons Schottland said that motivation is key and that every student is motivated by different things. "Some students are motivated by success, some by getting medals and ribbons or by the camaraderie of finding other students with similar interests," he said. "Some are motivated by the fact we have food at our meetings."

Whatever it took to get them there, the result was golden.

PLANTS, TROUT, TREBUCHETS AND OTHER SCIENTIFIC PONDERANCES

Submitted by Caroline Tsuyuki, LASF Coordinator, Lafayette Elementary School



Cora Murray (L) and Katie Strohmeyer (R) share a laugh in front of their poster at the LASF Science Fair
Photo courtesy of Kevin Strohmeyer

What makes leaves green? If you ask Cora Murray, a kindergartner at Lafayette Elementary School, she will tell you that "leaves get blue from the sky and yellow from the sun." Indeed, it makes sense from a kindergartner's perspective.

Not to be outdone, Cora's friend and classmate, Katie Strohmeyer, offers her own opinion. Katie believes that "the sun gives out all the colors of the rainbow. Plants like the color green the best!"

Cora's and Katie's experiment and the work of 391 other children at Lafayette Elementary School were the main attraction in the largest ever Lafayette Arts & Science Foundation (LASF) Science Fair in the school's history. This number of participants represents 86 percent of the school's student population.

The fair spotlighted many firsts: a potato cannon (dubbed "The Spud King"), a homemade hamster labyrinth, a handcrafted catapult...excuse me, *trebuchet*. First graders created a *magnum opus* production showing the Life Cycle of Trout, the culmination of an ongoing collaboration of the Science program at Lafayette Elementary with the Diablo Valley Fly Fisherman's Association and the California Department of Fish and

Wildlife. Classic science experiments shared bench space with numerous "kid-ventions" and teachers initiated class projects that captured children who typically did not participate in Science Fairs.

The success of this year's fair is a far cry from the 90 participants just two years ago. Energizing the student population required many changes to the fundamental requirements of presenting. The biggest change came with the elimination of the requirement for using only the Scientific Method. Children are now allowed to present research posters and projects on any scientific topic they are interested in.



Grace Dixon (L), LASF volunteer and Lafayette Elementary mom, speaks with children about the Life Cycle of Trout project she helped coordinate with first grade teachers. The large walk-around, walk-through project complete with river sound effects, drew large crowds at the school's Science Fair.



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Friday, April 24 at 5:00 pm & 8:00 pm and
Saturday, April 25 at 3:00 pm & 7:00 pm
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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, April 15, 2009 at 7:30

Lafayette School District

LAFSD Office
3477 School Street, Lafayette
Wednesday, April 15, 2009 at 7:00

Orinda Union School District

OUSD Office
8 Altarinda Road, Orinda
Monday, April 13 at 4:00

Moraga School District

Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
Tuesday, April 14 at 7:30

Accepted, Rejected, or Wait Listed? How to Make Your Final Decision

By Elizabeth LaScala, Ph.D.

Now that it is spring time, the letters you've been waiting for are finally coming in the mail. It's time for you to make your decisions. So, let's put the admissions news in perspective.

Rejected?

Rejection is always difficult to take. Parents can be more upset by a "letter of denial" than their children. Students and parents should realize that rejection from a particular school is not an indication of worth or ability. Colleges have many reasons for turning down applicants. Schools must address their own needs for an entering freshman class—factors like legacy, diversity, sports, and space in specific degree programs all play a role. There is also some randomness to the process.

Wait Listed?

Colleges build wait lists because not every admitted student decides to attend. Colleges wait until after the May 1 deadline to see how many students send in deposits. This process is similar to the way airlines fill their planes! If too many students accept admission, the result can be anything from increasing the number of freshmen in each dorm to converting student lounges into bedrooms or using hotels for housing. Some students get wait listed and, sometimes, accepted later or bounced off the plane!

There is a recent trend toward longer wait lists. The depressed economy could make this trend stronger. Private schools are worried that fewer students than usual will decide to attend. There are many different and conflicting factors at play. The pool of high school graduates is slightly smaller this year than last. Yet in bad economic times, more people attend college, particularly public colleges, rather than search for jobs. With so many factors involved, what should you do if offered a place on a wait list?

First, remember that accept-

ance from a wait list, especially at selective colleges, is a long shot. Don't let a wait list spoil your excitement about getting ready for college. Closure feels better than emotional limbo. Next, send a deposit to one of the colleges where you have been accepted outright by the May 1 reply deadline. Then check with undergraduate admissions at the school that offered the wait list option, and get the specifics. If the wait list is ranked, ask about your status. This is also a good time to ask about conditions attached to being wait listed—for example how does it affect priority housing or financial aid options? If you decide to remain on the list, it is wise to speak to your high school counselor. Your counselor can help your cause by contacting the school to convey support for you and your enthusiasm for attending. A letter from you expressing your interest and any new accomplishments is also important.

Accepted?

Many students get into more than one school. No matter how carefully you ordered the schools, there is often uncertainty about which to choose. Going far from home may become less desirable as senior year draws to a close. A large university may become more attractive than a small liberal arts college, if it invites you to join the honors program. To decide, review your original criteria for college selection. Then revisit your top choices, including the wait list option. Explore the campus, visit classrooms, have lunch in the cafeteria—try to get a sense of the real life of the school. Also, carefully consider the various financial aid awards. Check The College Board's Compare Your Aid Awards at www.collegeboard.com. This tool also offers an array of financing options.

Be sure to ask each school these important questions about financial aid:

1. What are the projected tuition and fee increases for the next four years? Compare this to increases during the past four years.
2. How does the college determine financial need?
3. Is institutional aid renewable? Does aid adjust if family circumstances change?
4. How do you treat outside scholarship awards? Do you reduce loan amounts or grants by the amount of the award? What is reduced first?
5. What is the average four year graduation rate? (Six year rates are typically reported, but the school should be able to provide a four year rate.)
6. What are the principal reasons students don't graduate in four years?
7. What is the average loan indebtedness of your students at graduation?
8. How do you help students prepare for careers (through the college years) and find employment as graduation nears?

Remember Your Manners

When the acceptance letter goes in the mail, other colleges that accepted you should get a brief thank you note declining the invitation to attend. And now you are truly on the road to college.

Elizabeth LaScala, Ph.D. is a certified college advisor who lives and works in Lafayette. Dr. LaScala draws on 22 years of higher education experience to help guide and support the college admissions process for students and their families. She has 3 children—one a graduate of Cal Poly (San Luis Obispo), one a sophomore at MIT and the youngest, a junior in high school. Dr. LaScala is a member of NACAC, WACAC and HECA. She can be contacted at (925) 891-4491 or elizabeth@doingcollege.com.

In the Back Yard Digging Deep—Gardening with Cynthia

By Cynthia Brian

The garden is a love song, a duet between a human being and Mother Nature. --Jeff Cox



Photos Cynthia Brian

Perched along the creek in my meditation meadow, I sit on the rickety white wicker chair listening to the tinkling of the running water. I am filled with anticipation for the beauty of the forthcoming spring as the creeping blue vinca major tickle my toes. Today the weather is mild. I inhale the fragrance of the freesias while admiring the fields of multi-colored daffodils and cerulean lupines. The timid tulips and iridescent Dutch irises are just beginning to unfurl their magnificence. The bountiful blossoms adorning the fruit trees in my orchard hint of the abundant harvest to come.



Yes, I admit, I have a very bad case of spring fever and am itching to get my hands deep in the dirt. Although I thank God we've had buckets of rain throughout February and March to quench the thirst of a drought parched earth, I'm ready to exchange my muddy boots and rain slicker for my clogs and shorts. The

words of Tom Waits filter through my meandering mind, "November has tied me to an old tree. Get word to April to rescue me!"

If you are ready to be rescued from the winter blahs and need a prescription for spring fever, I have a sure cure. Besides starting seeds indoors, I propose preparing for the warm weather ahead by planning our garden areas. Have you ever taken the time to discover what you really want in your landscape? During April and May, Bay area organizations host a variety of garden tours. These are great places to gather ideas for your own backyard. You'll have the opportunity to talk with other like-minded gardeners as well as take photos to remind you of the special ingredients you observe in Lamorinda.

In the meantime, you can begin contemplating your new landscape designs. Whether you are a do-it-yourselfer or you prefer to hire a professional, I've compiled a handy questionnaire to help you create the garden of your dreams.

To get started, you'll need a notebook, a computer, or better yet a garden journal. Ask yourself the following questions and record the responses. It is imperative that you be honest and accurate with your answers to insure the best results.

1. How large is your outdoor space?
2. Do you want to design or redesign the front, sides, and back yard? Are you starting from scratch, or will you have to remove old plantings and debris to create something new?
3. What types of hardscapes do you want to incorporate? Examples would be patios, walls, gazebos, trellises, pergolas, gates, decks, fences, pathways, waterfalls, ponds, fountains, sheds, pool house, conservatory, stone, brick, concrete, etc.
4. What kind of garden space are you envisioning? Do you prefer English gardens, formal landscapes,

cottage gardens, serene Asian styles, natural native plantings, or something entirely eclectic?

5. Is there a color scheme you'd like to maintain? I always advocate bringing the inside out and the outside in. What are your preferred color choices?

6. How much maintenance are you willing to enjoy or endure? Explain in detail if you are willing to do the heavy work or you want to spend only a minimal amount of time planting, pruning, and caring for your new yard? There is no right answer here except what works for you.

7. Do you want a lawn area? If so, are you going to mow the grass? Have you taken the increased water expenses into account?

8. What kinds of trees do you like? Do you want evergreen trees or deciduous trees? Would you like to have flowers and fruit? If you want a mini-orchard, what are your favorite fruits?

9. Do you have pets or children you need to take into account? If you have young kids, you may want a sandbox, tree swing, and play area. If you have teens, it may be better to have hammocks, horseshoes, and ping pong. Dogs may need an enclosed dog run, but if you have a cat, you'll probably want to nix that sandbox and instead provide a tree you can climb, too!

10. Is there wildlife in your neighborhood that you must consider—deer, raccoons, skunks, foxes, or hawks? You'll need to think about your plant list carefully.

11. Do you entertain outdoors? Do you desire a built-in outdoor kitchen or a simple barbecue area and fire pit?

12. Are you interested in adding any of the following to your landscape:

- butterfly garden
- cutting garden
- hummingbird garden
- vegetable garden
- herb garden
- rose garden
- fruit orchard
- fragrance garden
- perennial garden
- ponds
- water features
- birdbaths
- garden ornaments
- outdoor furniture
- exterior lighting
- music and sound

13. List the special needs of your family and pets (for example, basketball or sport court, doghouse, aviary, workshop playhouse, shed, croquet court, etc)

14. Will you install an irrigation system? If so, what are your requirements?

15. How much light do you have in each area? Do you have morning sun, all shade, hot afternoon sun?

16. Do you want to plant a colorful garden filled with annuals and perennials? Do you prefer planting bulbs and corms? Or do you want a variety of ground covers, shrubs and bushes?

17. And finally, the toughest question in this economy—what is your budget? Be realistic. It is not just the cost of the trees, flowers, and bushes, you'll need to include topsoil, soil amendments, compost, labor, fertilizer, and water.



Orinda's Boy Scout Troop 237



Orinda's Boy Scout Troop 237 recently honored its five newest Eagle Scouts: Daniel Esquivel, John Holland, Ted Alper, Evan Bontemps, and Craig Dathe (pictured L to R). The young men achieved Boy Scouting's highest award after completing their individual community service projects, which included helping young inner-city tennis players and young musicians in Berkeley, and the restoration and improvement of the City of Orinda Events Board and the Miramonte High School Aquatics record boards.

Photo provided



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In the Back Yard

-A Sure Cure for Spring Fever

Happy Gardening to You!
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Once you have recorded your answers, you'll want to drive around your neighborhood. Lamorinda boasts many micro-climates, but if you choose plants that thrive in areas near your home, most likely the same plants will do well in your garden as well. If you choose exotic plants and they don't survive, chalk up the experience as an experiment. As I'm famous for quoting, "there is no failure in gardening because failure is fertilizer. Put your mistakes on the compost pile, and grow a new garden." Here's a selection of my favorite plants that generally grow well in Lamorinda and can be planted as soon as the last frost is over and the soil has warmed. This list is by no means complete. Do visit your local nursery to see what is hardy and in stock for spring.



Photos Cynthia Brian

<i>Achillea</i>	<i>Helleborus</i>
<i>Anemone</i>	<i>Heuchera</i>
<i>Artemisia</i>	<i>Hollyhock</i>
<i>Aquilegia</i>	<i>Hosta</i>
<i>Aster</i>	<i>Hydrangea</i>
<i>Astilbes</i>	<i>Lavandula</i>
<i>buddleia</i>	<i>Liriope Muscari</i>
<i>Campanula</i>	<i>Lupine</i>
<i>Clematis</i>	<i>Monarda</i>
<i>Coreopsis</i>	<i>Ornamental</i>
<i>Daylily</i>	<i>Grasses</i>
<i>Delphinium</i>	<i>Pansy</i>
<i>Dianthus</i>	<i>Penstemon</i>
<i>Dicentra</i>	<i>Phlox</i>
<i>Digitalis</i>	<i>Rudbeckia</i>
<i>Euphorbia</i>	<i>Salvia</i>
<i>Fall bulbs</i>	<i>Sedum</i>
<i>Fern</i>	<i>Shasta Daisy</i>
<i>Gaillardia</i>	<i>Veronica</i>
<i>Geraniums</i>	<i>Viola</i>



Read the Labels

Fertilizing begins this month. Do you know what N-P-K mean? Plants need different elements to boost their growth and blooms. N is for Nitrogen, which stimulates leaf formation and gives plants their healthy green glow. P is for

Phosphorus, which encourages root formation. Sturdy roots supply beautiful flowers and fruit set. K is for Potassium, which promotes hardiness and disease resistance. The three numbers that appear on fertilizer labels indicate the percentage of Nitrogen, Phos-

phorous, or Potassium. For example a 5-10-15 means that the package of fertilizer includes five percent Nitrogen, ten percent Phosphorus, and fifteen percent Potassium, also called Potash. A listing is required by law on all organic fertilizers as

well as synthetic and chemical products.

Spring is the time of new birth. We get energized and excited as the weather warms. Get off the couch, get into the garden and dig deep. The season of life is beginning anew.

Cynthia's Digging Deep Gardening Guide for April

"In the spring, at the end of the day, you should smell like dirt." Margaret Atwood
 Now the fun begins. You actually get your hands dirty. Before you start your spring gardening, make sure to clean and sharpen your tools. Spring forward and cure the fever.

- PRUNE wisteria before it leafs out to promote flowering.
- REMOVE old foliage around the new growth of perennials. Keep compost a few inches away from stems to prevent disease and rotting.
- PLANT frost tender plants such as bougainvillea, hibiscus, ground covers, and citrus as the weather warms. Also choose from the list I provided to add a bit of color. Try planting tomatoes in containers.
- RESEED lawns that are sparse or put out new sod.
- CUTTINGS can be taken from geraniums, carnations, fuchsias and many succulents.
- START seeds of your favorite flowers indoors if the weather is still chilly, then transplant outside as the soil warms.
- BAIT the snails and slugs who will hungrily devour any new seedlings. Pick them off plants by hand, use copper barriers, or get them drunk with bowls of beer.
- HOSE off any aphids. Place paper-cups around transplants to discourage cutworms.
- BUY ladybugs at your garden center for natural insect hunting.
- DANDELIONS are edible and nutritious. Wash and add to a salad. If they are overtaking your lawn, spray with vinegar.
- FERTILIZE fall-planted bushes, citrus, roses, lawns, and ground covers. All annuals require a monthly shot of fertilizer. Learn what the N-P-K mean and read all labels before applying any purchased product.
- FEED your rhododendrons now and again after blooming in May.
- FLOAT camellias in a bowl. Camellias are in their full glory for just a few more weeks, so bring them indoors to enjoy.
- PREPARE your vegetable garden for planting. Add the compost from your bins and enrich the soil.
- ROSES are blooming again. Make sure to deadhead to keep the fresh buds coming.
- SUMMER annuals are now stocked in the nurseries. Get there early for the best selection.
- COMPOSTING is still important. Keep adding to your pile or bin, turning, and watering for rapid processing. Kitchen scraps are good for composting. Re-using natural materials and applying organic mulches is safer for all living organisms including you.
- CUT branches from your flowering fruit trees to use in the house as natural mood lifters. A flower a day keeps depression away!
- CHILDREN love the outdoors. Dig together and teach them about photosynthesis and pollination.

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Not to be missed

GARDEN TOURS and EVENTS for April and May

Thursday, April 16th-Moraga Garden Club will be hosting its annual salad luncheon April 16th for members and their guests. Cynthia Brian will be the featured speaker. The topic will be 'Please Eat the Daisies.' New members are being accepted. If you are interested, please contact Pat 376-4675.

Friday, April 17th -Montelindo Garden Club Meeting- 9:30am, Speaker at 10:30. The meeting is free and welcomes guests. The meeting location will be changed for April only to The Gardens at Heather Farms, 1540 Marchbanks Dr., Walnut Creek. Speaker: Brian the Orchid Guy will speak about Orchids. Website: www.montelindogarden.com email: montelindogarden@aol.com

Saturday, May 2nd-Through the Garden Gate Garden Tour-10am - 3pm, rain or shine. Moraga Junior Women's Club's 6th Annual Through the Garden Gate 2009 Garden Tour and fundraiser for UCSF Children's Hospital Child Life Services Showcasing 6 spectacular Lamorinda Gardens. \$30/Ticket Box Lunch \$10. Buy tickets at www.moragajuniors.org. Tickets

also available through Moraga Junior Women's Club members or at Across the Way, McDonnell Nursery, and Orchard Nursery.

Sunday, May 3rd-Bringing Back the Natives Garden Tour. As usual, the free self-guided tour will take place on the first Sunday in May. Sixty beautiful native plant gardens will be open. (Please DO NOT visit these gardens on Sat., May 2, as the hosts will be busy preparing for the event on the following day.) Reservations required. More information at: <http://www.bringingbackthenatives.net/selftour.html>

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SUMMER CAMPS

Camp listings collected and compiled by Wendy Scheck

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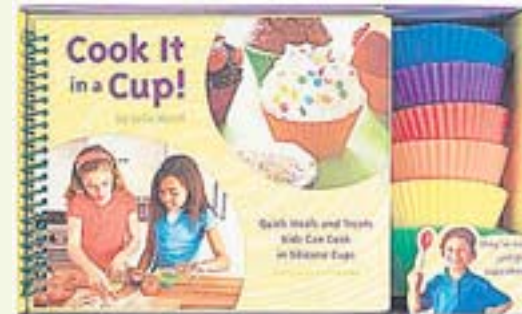
What Does Your Teacher Do Over the Summer?

Some teachers go off on holiday, others work at temporary jobs or tutor students for a couple of months; chances are you might not see them again until the fall. But here in Lamorinda, there's a very good chance you may run into a teacher or two at your summer camp! From Summer Music at Stanley to Moraga Sports Camp, many of Lamorinda's teachers offer our kids a bit of homework-free fun over the summer. Contributing writer Jill McTaggart (see last summer's What's For Dinner articles), a teacher of Foods and English at Joaquin Moraga Intermediate, is offering a new camp this summer - Cook It in a Cup is just one of many teacher-run camps available to Lamorinda's kids!

You may download our Summer Camp Guide:
www.lamorindaweekly.com

Cook It in a Cup First a Book, Now a Summer Camp!

By Jill McTaggart



My eleven year old daughter, Sophia, has inherited a sweet tooth from both sides of our families. She is ready and willing to bake brownies every day of the week. I tried to get her to expand her repertoire and met with zero success until our friend in Lafayette, Julia Myall, announced she was publishing a cook book for kids. Her cook book is the best selling Cook it in a Cup.

Immediately, I looked it up on-line and ordered several copies for my own kids and the kids I cook with every day, as the Foods teacher, at JM Intermediate School in Moraga.

Cook it in a Cup is ingenious in so many ways. It is a small, brightly colored book formatted with a simple food selection ranging from breakfast in a cup, super sides, and sweet treats. Of course, Sophia gravitated right to the brownie recipe. Now any brownie recipe that is not from a box and calls for unsweetened chocolate squares as well as chocolate chips is right up our alley! They are divine. They are as chewy in the middle and lightly crispy on top as any from a cookbook for grown ups we've ever made.

But the highlight of the book is that it comes with 6 brightly colored silicone cups for the chef/kids to use to bake all the recipes in. These cups can sit on any cookie sheet and go directly in the oven. I love these cups because it is automatic portion control, especially when cooking for our family or a few friends, everyone just gets a cup portion. (Some infighting may arise regarding favorite colors etc, but that is to be expected.) For instance when we bake the sweets we limit ourselves to just the one cup instead of cutting a bigger than needed (although wanted oh so badly wanted) piece of the brownie or lemon bar, or strawberry shortcake.

The Little Pear Pie recipe is perfect for Moragans that live near the pear orchards. The pear orchards at Camino Pablo and Moraga Road are open to the public.

And I can think of no better field trip than a walk over to there in mid-summer just as the heavy pears are about to plunk off their stems, and use them for the pies. The recipe calls for frozen puff pastry so that part is doable for cooks of all ages. The cups from the cookbook are turned upside down to make rounds to be used as the pie portion of the pear pies. I told you it was ingenious.

Another fabulous recipe that inverts the cups is the Crispy Potato Nests. Potatoes are thinly grated and mixed with olive oil and garlic, and then heaped on top of the upside down cups. The potatoes are baked and then after they are cooled, set right side up again and become sweet, yummy nests. My students use the inside of the nests to dollop very generous amounts of ketchup.

I have cooked nearly everything in the book and they all worked beautifully and easily. Ben, my nine year old son, is a master of the sinfully simple Nacho Cups. These are a delicious mixture of chips, refried beans, and cheese baked for 10 minutes into a gooey delight. When I am not around, Ben has tried the Nacho Cups in the microwave to a soggy, but still good result.

The cups are dishwasher safe and fairly easy to clean. They do have ribs so you need to use a sponge with an nylon abrasive to clean them. Kids need to be supervised, of course, as cutting and baking is involved.

I am such a fan that Julia and I have teamed up to host the very first Cook it in a Cup Camp this summer at Joaquin Moraga Intermediate School. There will be two different sessions a day. A 8:30-10:30 for chefs 6 years old to 10 years old and a 11:00-2:00pm for more advanced chefs aged 10 and up. Dates are Session 1: June 22-June 26, Session 2: July 13 - July 17, Session 3: July 20 - July 25 at JM Intermediate School. Check out the website at Cook it in a Cup.com for details.

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MATS Hoops Basketball Camps (Orinda)

The Miramonte High School boys basketball staff will host its 3rd annual summer basketball camps. Designed for boys and girls grades 3 to 10, our camps emphasize skill development, sportsmanship and team play. Our two camps run June 22 to 25 and July 13 to 16. Mornings: 9 am to noon - grades 7 to 10. Afternoons: 1 to 4 pm - grades 3 to 6. **Email: MatsHoops@gmail.com**
Phone: 925-945-1901.

Orinda Sports Camps

Basketball, Flag Football, Golf, Mini-Hawks, Lacrosse, Multi-sports, Soccer, and Tennis Camps. Camps offered by the City of Orinda, Parks & Recreation Department. Ages 4-15. (925) 254-2445 www.cityoforinda.org.

Moraga Sports Camps

A wide variety of sports camps are offered this summer: Gymnastics, Golf, Track & Field, Basketball, Baseball, Soccer, Euro Soccer, Volleyball, Tennis, and Cheerleading camp are available through the Moraga Parks & Recreation Department. **www.moraga.ca.us** Phone: 925-888-7045.

Sherman Swim School (Lafayette)

Sherman Swim School has taught more than 36,000 students to Swim and Dive since 1961. Our facility offers 3 pools, a protected warm environment with 90-92 degree water, a shade structure, a misting system, and more. Swimming lessons: from 9 months to adults. Springboard Diving: 7 years to adults. **925-283-2100 or www.shermanswim.com.**

Oakland Strokes offers Rowing Camps

Jack London Aquatic center (JLAC), (Oakland) The nationally recognized Oakland Strokes offer interested students aged 12-18 a perfect opportunity to see what crew is all about. Participants will learn rowing technique, build their strength and endurance, and have fun gaining knowledge about teamwork. Weeks of: June 15, June 22, July 6, July 13, August 3, and August 10. **www.oaklandstrokes.org or call (510) 652-6445.**

Football Camp (Moraga)

Be part of a Lamorinda tradition, the annual summer youth football camp at Campolindo High School. In his 13th year as Campolindo High School head football coach, Kevin Macy directs a full gear contact football camp for grades 4 through 8. The camp runs from July 13 through July 24, Monday through Friday, 1:30 to 5:00. All equipment is supplied, T-shirt is included. Call Coach Macy at **280-3950, Ext. 5163, or 932-1579.**

Lafayette Summer Sports Camp

The camps will utilize the brand new Lafayette Hockey Rink and the beautiful fields of the Lafayette Community Park for fun sports and games like hockey, soccer, football, dodge-ball and capture-the-flag. Both camps are for kids ages 4 to 14 and will take place at the Lafayette Community Center. **925-284-2232 www.LafayetteRec.org.**

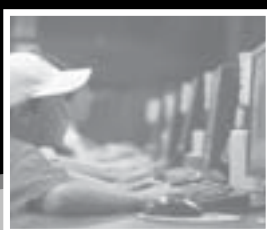
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The Lamorinda Weekly Summer Camp listings are not paid advertising. Our intent is to provide a useful reference guide. In the event we have inadvertently printed misinformation please let us know. LW is not liable for errors or omissions.

2009 / #2

Lamorinda Weekly

3rd Annual Summer Camp Guide

Part 2, Half Day Camps & Classes

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Fun-Games-Crafts & Tumbling



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FOR REGISTRATION FORMS, CONTACT:
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Academy of Language & Music Arts (ALMA) (Orinda)

Special summer group music classes include: Theory and Musicianship, Guitar Ensemble, Intro to Guitar Ensemble, Classical Guitar Ensemble, Rock Guitar Combo I & II, Band Ensemble, Jazz Combo, Improvisation clinic for all instruments, Strings Clinic, Percussion/Drum Clinic, and Vocal Ensemble. Also children's mini-groups for languages, including Italian, French, Spanish, Portuguese & Chinese. Dr. James Fiararone, Director, 925-254-5056 or 254-5053.

It's a String Thing (Moraga)

Spend 2 weeks with a group of local professional string teachers learning to take your string playing skills to the next level! June 28th-July 10th, 9am-1pm. Open to violin, viola, cello and double bass players from late elementary to early high school! Large ensemble, chamber music and alternative styles will be explored. www.summerstringthing.com Adam Noel at anoel@summerstringthing.com.

Summer Music@Stanley (Lafayette)

For any 4th-8th grade student who wants to be a better musician, likes food, and enjoys lots of fun. Summer Music is designed to challenge students at ALL levels, from beginner through the accomplished young musician, and help them take their skills to the next level. July 13-24 M-F 1:30 - 4:30 p.m. Stanley Middle School. www.summermusic.us/Summer_Music 925-768-2949 fun@summermusic.us.

The Art Room (Lafayette)

An art studio where students have fun being involved in the creative process while learning art skills in a nurturing environment. Our goal is to achieve a balance between process and product while building self-esteem and a love of art! Our summer program starts June 15 and goes through August 13. **Phone: 925-299-1515;** **Website: www.TheArt-Room.com.**

Viva el Español Spanish Immersion Camps (Lafayette)

A unique opportunity for children to learn or improve their Spanish language skills! During each week-long camp, students participate in interactive games, music and movement activities, and art projects that center around a specific kid-friendly theme. Weeks of June 15, June 22, July 6, July 13, Aug. 3 & Aug. 10. **Phone: (925) 962-9177** **Website: www.vivaelespanol.org.**

Contra Costa Christian Theatre's

Summer Camp (Walnut Creek)
Students entering grades 6 - 13, July 13 - August 8 (4 weeks)
Monday - Friday, 9am - 3pm
During the last week of camp, Monday - Friday will be devoted to technical rehearsals and performances on the stage at the DVC Performing Arts Centre. summercamp@ccchristiantheatre.org.

Music Box Theater (Walnut Creek)

Camp with Tielle Baker: A nine week musical theater training program for ages 12 to 18 years. Course covers many musical theater skills, including singing, dancing, acting, costumes, hair, makeup, improvisation, and audition techniques. 9-week program culminates in a final production to be performed in 3 shows. June 29- Aug 19 10am-1pm *Performances: Aug 20-22 www.diabloactors.com 925-963-5196 **Samantha M Fryer, Managing Director.**

Orinda Dance Camps

Ballet, Tap, Jazz, Hip Hop, Musical Theater, Storybook, Movie, Princess, Faeries, and Unicorns and many more fun half-day camps. Half-day camps designed for toddlers through teens. Camps offered by the City of Orinda, Parks & Recreation Department. (Ages 3-14) (925) 254-2445 www.cityoforinda.org.

Find Part 1, Full-Day Camps online at:

www.lamorindaweekly.com
click [Summer Camps Listing](#)

Town Hall Kids (Lafayette)

Classes expose children of all ages to theatre arts while developing confidence, leadership, team-building skills and acting techniques. Classes culminate in a performance. Session 1, "The Granny Awards", Session 2, "The Best Little Theatre in Town" and Session 3, "The Little Mermaid." Sessions are three weeks long. (9am-Noon) or (1-pm). 925-262-1159, www.townhallkids.com or email classes@townhallkids.com.

Summer at Sienna Ranch (Lafayette)

Sienna Ranch (formerly known as Deer Hill Ranch) in Lafayette has partnered with TrackersNW to create the ultimate summer experience. This is a kid's summer dream come true. Horses, chickens, rabbits, forts, mysteries, treasure hunts, archery, wilderness skills, theater, magic, art...and so much more! Ages 4-16, June 22nd-Aug 21st, 415-717-3919, bay@trackersnw.com, www.trackersnw.com.

Summer Bridge Tutoring!

Designed to reinforce concepts learned over the past year, while introducing concepts to be taught next year. Mr. Lorie (6th grade - Algebra) and Ms. Steelman (Geometry) will meet with students in a fun, interactive environment. Groups will consist of no more than 5 students and will meet for one hour every other week throughout the summer. For more information, please visit www.lorietutors.com.

Digital Film Making: Freshi Base Camp (Moraga)

Base Camp is a hands-on, immersive introduction to digital filmmaking. Students work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, play, shoot, edit, screen, score and even copyright their movies. July 13 - July 17. 9 am-noon. Offered through Moraga Parks & Recreation. www.moraga.ca.us 925-888-7045

Orinda Engineering, Lego & Science Camps

Some of the exciting camps include: Crazy Chemistry, Engineering FUNDamentals (Legos), Future Geniuses, Let's Get Growing, Mad Machine & Robots, My First Lab, NASA, Pre-Engineering (Legos), Secret Agent, and World Scientists. Camps offered by the City of Orinda, Parks & Recreation Department. (Ages 3.5 - 12) 925) 254-2445 www.cityoforinda.org.

Moraga Valley Presbyterian Church's

SonRock Vacation Bible School. June 15 -19, 9am -noon. This year's outdoor adventure theme will be filled with games, skits, puppets, crafts, snacks, recreation, Bible stories, and much more! A child must be between the ages of 4 years and 4th grade. (entering 5th grade in the fall). Registration begins April 20th. This camp rocks! www.mvpctoday.org 925-376-4800 x234.

Rainforest Adventure Vacation (Lafayette)

All kids from age 2 to 5th grade are invited to swing on in for the Rainforest Adventure Vacation Bible School, presented by Our Savior's Lutheran Church & St. Perpetua Catholic Church, June 23-27, from 2 to 5 p.m. Each day we will focus on a different Bible story. They will play zany games, sing fun songs, enjoy cool crafts, act things out in storytelling, do experiments in science, and make friends in small groups. www.oslc.net 925-283-3722.

Lafayette-Orinda Presbyterian

Vacation Bible School Camp
The week will be filled with incredible Bible-learning that kids see, hear, touch, and even taste! Bible Point crafts, team-building games, cool Bible songs, and tasty treats. Early Bird registration by May 15; Kindergarten-5th grade. June 15 - 19 (9am-12pm) www.lopc.org click on children. (925) 283-9990, ext 233 ask for Audrey.

Temple Isaiah's Camp Kefli (Lafayette)

For two weeks in late August, each morning is filled with the dynamic spirit of the day begins with excitement and anticipation. We offer creative theme days and adventures that enrich and delight our campers! 9AM-3:30PM (M, T, Th); 9AM-5PM (W, F) **Phone: (925) 284-9191** **Website: www.temple-isaiah.org/kefli.**

Lafayette Christian Church- Summer

Adventures in Learning (SAIL)(Lafayette)
Join us for five mornings of games, stories, music and crafts-We will be getting to know our African neighbors in Malawi; learning about the children, their homes and families, schools, and the animals of their country. Come listen, play, sing, create and get wet! For kids ages 4-12. August 10 - 14 9 am - 12 pm 925-283-8304, www.lafayettechristianchurch.org.

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SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

JM 8th Grade Boys Take Championship Title

Submitted by Kim Colonna



Photo submitted by Kim Colonna

Pictured in the back row is Coach Will French, players Mason Windatt, Tyler Garrison, Brett Stephens, Nick Aikawa and John Schmitz. Front row are Brandon Dolan, Garret Colonna and Jack Evans. Not pictured are players Griffin McCaffery, Robbie Tenerowicz and Team Manager David Reynolds.

Following an undefeated season, the 8A Basketball Team from Joaquin Moraga Intermediate School won the end of season tournament in the Championship game, defeating Longfellow Middle School from Berkeley. Garret Colonna was named MVP for the tournament. Not only was this JM team undefeated this year, they were also undefeated last year and won the Championship as 7th graders under the same coach, Will French.

6th Grade Wildcats Win Martinez Tournament

Submitted by Suzy Hansen



Photo Mary Eisner

Coached by Acalanes seniors Alex Peck and David Kann, Stanley's 6th grade team, organized as the culmination of the school's intramural basketball program to compete in Martinez Junior High's March tournament, went undefeated (4-0), taking the tournament's trophy back to Lafayette. Pictured (L-R, in the front row): Kevin Hull (All-Tournament Team), Matt O'Reilly (Tournament MVP); (second row) Michael Samaniego, Tommy Nimura, Chris Hagmaier, Jack Eisner, Casing Harrington; (third row) Joey Layshock, Calvin Saribay, Scotty Fox (holding team trophy), Adam Remotto, Dylan Foster; (back row) Chris Hansen, Joey Hewitt, Coach Alex Peck and Coach David Kann

Stanley 8B Team Wins League Tournament

Submitted by Janet Supple



Photo Janet Supple

Congratulations to Coach Peter Styron and the Stanley Wildcats Boys 8B basketball team on completing a 15-3 season by winning the season-ending league tournament. Stanley beat Joaquin Moraga 53-50 in double overtime in the tournament final. Eric Thomas was named Tournament MVP. Pictured in the front row (left to right) are A.J. Franklin, Parker Hagmaier, Tyler Supple, David Furtado, Brendan Kirbach and Jack Phipps. Back row: Eric Thomas, Andrew Merken, Charlie Fineman, Casey Sclar, Patrick Kalvass, and Coach Peter Styron.

Oakland Strokes

Excels at Oakland Estuary Races

Submitted by Irene Gessling



Men's Lightweight 8 -- (left to right) Cox: Emmet Jacobs (Acalanes 11), James Lenczowski (Bentley HS, 12), Garrett Bell (Las Lomas 12), Matthew Lenhart (Campolindo 12), Stephen Gessling (Campolindo 12), Hayden Bierwith (Athenian 10), Sebastian Davis (Miramonte 10), Andrew Ramos (Alameda High 12), James Kwan (Piedmont 11)

Photo provided



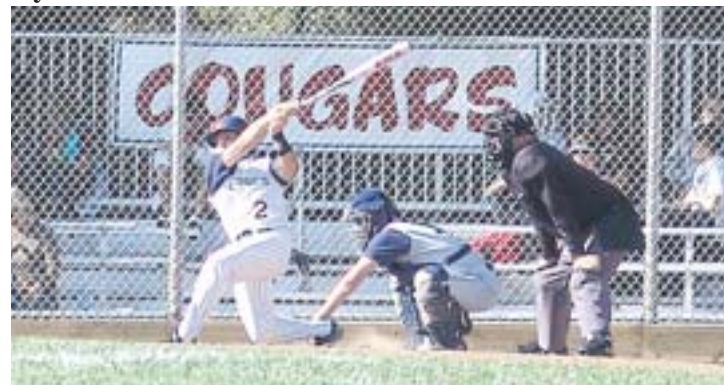
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Cougars Cruise on Opening Day

By Alex Crook



Campo's Michael Kathan (#2) at the plate. It was the 6th inning that provided the game's entertainment. In the top of the 6th, the Wildcats threatened with 2 runners on and only one out. Nate Faris' single off Campo pitcher Matt Robinson brought home the runner from third, giving Dougherty their only run of the game. The bottom half of the 6th inning is what really won the game for Campo. Leading off, second baseman Michael Kathan was hit by a

pitch and sent to 1st base, the 3rd Campo player hit in the game. Right fielder Tommy Stephens walked, and first baseman Chris Killeen executed a picture perfect bunt to load the bases for Campo with no one out.

Center fielder Corbin Chase's walk brought in Kathan, and Campo tied the game at one-all. But that was just the beginning. The Cougars scored 6 more on 2-run RBI singles from freshman third baseman James Marvel and DH Josh Cushing, and another RBI single from Stephens, giving Campo the easy 7-1 win.

During the Cougars' 6th inning scoring run, Campo had a chance to add one more, but Corbin Chase was thrown out at home, thanks to some great Wildcat outfield play.

With the opening day victory, Campo starts their DFAL record on a high note at 1-0, a nice way to start another fun season of DFAL baseball.

Local Youth Riding Team Wins Eventing Competition

Submitted by Anne Branagh



On February 27, four local girls placed at the Twin Rivers Ranch equestrian facility in Paso Robles, competing at the United States Pony Club Eventing Rally representing Crossroads Pony Club. With combined scores, they won their division out of seven teams.

Eventing, which includes dressage, show jumping and cross coun-

tried to all the Pony Club riders. Pictured with Miles (center) are (left to right) Sarah Braun (sophomore, College Park) Lauren Branagh (7th grade, Orinda Intermediate), Grace Ann Carrick (7th, Joaquin Moraga) and Marissa Monroe (sophomore, Campolindo). Branagh and Monroe both ride at Lark Hill Farm, while Braun rides at Poplar Place Stables and Grace Ann rides at Rancho Dos Rios.

Crossroads Pony Club is located in the Briones Valley, just minutes from Orinda. Young equestrians from the Lamorinda area have enjoyed participating with Crossroads Pony Club for the past 35 years. The club teaches riders mounted sports and horsemanship through friendly competition emphasizing teamwork and sportsmanship. For more information about Crossroads Pony Club go to www.ponyclub.org.

VARSITY HOME GAME Calendar ••• High School Varsity @ Home •••

Thursday, April 2
Baseball
Acalanes @ Miramonte, 4pm
Dublin @ Campolindo, 4pm
Softball
Dublin @ Campolindo, 4pm
Friday, April 3
Boys Lacrosse
Dougherty Valley @ Miramonte, 7pm
Saturday, April 4
Baseball
American @ Campolindo, Noon
Tuesday, April 7
Baseball
Las Lomas @ Miramonte, 4pm
Softball
Las Lomas @ Miramonte, 4pm
Boys Lacrosse
Acalanes @ Campolindo, 7pm
Alhambra @ Miramonte, 7pm
Girls Lacrosse
Campolindo @ Acalanes, 7pm
Boys Tennis
Las Lomas @ Acalanes, 3:30pm

Miramonte @ Campolindo, 3:30pm
Boys Golf
Alhambra v. Miramonte @ OCC, 3:30pm
Wednesday, April 8
Boys Lacrosse
Piedmont @ Acalanes, 7:30pm
Track
Alhambra & Dublin @ Acalanes, 3:45pm
Boys Volleyball
Dougherty Valley @ Acalanes, 6pm
Boys Tennis
Alhambra @ Acalanes, 3:30pm
Thursday, April 9
Baseball
Campolindo @ Acalanes, 4pm
Softball
Campolindo @ Acalanes, 4pm
Boys Tennis
Acalanes @ Miramonte, 3:30pm
Boys Golf
Miramonte v. Campolindo @ MCC, 3:30pm
Friday, April 10
Girls Softball
Alhambra @ Acalanes, 4pm

Boys Lacrosse
Dublin @ Acalanes, 7pm
Alhambra @ Campolindo, 7pm
Girls Lacrosse
Granada @ Miramonte, 7pm
Swimming & Diving
Acalanes @ Campolindo, 3:45pm
Boys Volleyball
Dublin @ Acalanes, 6pm
Alhambra @ Campolindo, 6pm
Saturday, April 11
Baseball
Newark Memorial @ Campolindo, 11am
Monday, April 13
Girls Lacrosse
Cal High @ Acalanes, 7pm
Tuesday, April 14
Softball
Miramonte @ Campolindo, 4pm
Boys Lacrosse
Dougherty Valley @ Acalanes, 7pm
Girls Lacrosse
Dublin @ Campolindo, 7pm
Las Lomas @ Miramonte, 7pm

Boys Tennis
Alhambra @ Acalanes, 3:30pm
Dougherty Valley @ Campolindo, 3:30pm
Dublin @ Miramonte, 3:30pm
Wednesday, April 15
Boys Volleyball
Acalanes @ Campolindo, 6pm
Alhambra @ Miramonte, 6pm
Thursday, April 16
Softball
Acalanes @ Miramonte, 4pm
Swimming & Diving
Miramonte @ Acalanes, 3:45pm
Las Lomas @ Campolindo, 3:45
Friday, April 17
Boys Lacrosse
Las Lomas @ Acalanes, 7pm
Miramonte @ Campolindo, 7pm
Girls Lacrosse
Campolindo @ Miramonte, 7pm
Boys Volleyball
Las Lomas @ Acalanes, 6pm
Miramonte @ Campolindo, 6pm

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